

Roosevelt County



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Roosevelt County Complex, Culbertson by Ann Newhouse.

Roosevelt County, the twentieth largest county in Montana, is located between the Missouri River and Sheridan County, and between the North Dakota state line and Daniels County. It includes 2,385 square miles of Montana's land with farmland encompassing 86% of the land in Roosevelt County. Wolf Point is the county seat, and other incorporated cities include Bainville, Culbertson, Froid and Poplar, where the Fort Peck Assiniboine & Sioux Tribal headquarters and the Fort Peck Community College are located. Other communities include Brockton and Fort Kipp.

Montana State University Extension is an educational resource dedicated to improving the quality of people's lives by providing research-based knowledge to strengthen the social, economic, and environmental well-being of families, communities, and agricultural enterprises. The Roosevelt County MSU Extension staff provides services in the following areas: 4-H Youth Development, Agriculture and Horticulture, Family and Consumer Sciences, and Community and Economic Development.

The Importance of Handwashing

Did you know handwashing is the most effective way to prevent the spread of illness according to the Centers for

Disease Control and Prevention? Handwashing is also the least expensive, most effective way to prevent the spread of germs. It is the first defense for any illness. Hands are the most common way that a virus spreads from one person to the next. These germs and viruses are spread by not washing hands properly with soap and clean running water. Respiratory viruses can spread when mucus or droplets containing the virus get into the body through eyes, nose, or throat. Most often, this spread happens through dirty hands. During this global pandemic, people are realizing the importance of washing hands properly along with other steps to stay safe and healthy.

The Family and Consumer Sciences Extension Agent educated over 100 Culbertson elementary students and teachers about the importance of when and how to wash hands. Students learned to wash hands often, especially during these key times when germs can be spread: after playing with pets and playing outside, using the bathroom, sneezing, blowing nose or coughing, before and after touching a cut or open sore, and eating. It is especially important to wash hands frequently with soap and water while scrubbing palms, back of hands, in-between fingers and underneath the fingernails. Students learned to lather for at least 20 seconds or more and dry hands with a paper towel or air dry them. Teaching students and

faculty about handwashing helps them and their community stay healthy.

Comments from the students were very positive. One student wrote “Thank you for coming to our class to talk about handwashing and germs. It will help us stay safe and healthy.” Another student wrote “Thank you for coming and talking to us. We had a lot of fun doing the activities and I thank you for teaching me the importance of washing our hands.” One teacher stated, “my kiddos enjoyed the extra activities helping them cement their knowledge about why they should be washing hands.”

Cloverbud Day Camp

The Cloverbud program provides age-appropriate activities designed for youth five to seven years of age to foster the development of life skills needed for cognitive, social, emotional, and physical development by providing cooperative learning activities. This year’s Cloverbud camp provided fun, with hands-on and discovery-oriented activities that helped the youth learn about the four “H’s” in the 4-H pledge.

The Cloverbuds planted grass seed in a plastic cup that was decorated using googly eyes, pom poms, and markers to make a face. The grass becomes the “hair” of their person’s head, and head is one of the four “H’s.” The activity was to help them understand that we use our head and mind to learn and think and be creative. The Cloverbuds threaded toasted oat cereal onto pipe cleaners to make a heart-shaped bird feeder. This activity helped youth understand that the “H” for heart means that they care about their community and the things in it. Using paint and markers, the Cloverbuds made cards for nursing home residents. The hands-on activity helped Cloverbuds understand they can learn how to do things using their hands. The “H” for hands was symbolized with giving and recognizing the senior population with a hand-made card. The “H” for health in the 4-H clover is important like the other “H’s.” We must take care of our health to enjoy the other “H’s.” Cloverbuds learned the importance of health by drinking plenty of water on a hot summer day and serving a delicious ice cream beverage to the seniors enjoying their afternoon on the nursing home patio.

The visit to the nursing home was not only fun for the Cloverbud members, leaders and Roosevelt Medical Center staff, but provided some much needed interaction and excitement for nursing home residents that had been unable to see their family or friends for some time due to COVID-19 restrictions. A Facebook message from Vickie Grimsrud, Roosevelt Medical Center Activities Director, July 14, “The moment we have been waiting for nearly eighteen months finally happened today...we were able to have an in-person, socially distanced, outdoor social this afternoon thanks to the organizers of the





Previous Page: (top) Checking for simulated germs under a black light, by Ardis Oelkers; **(bottom)** Cow receiving supplemental hay tested for nitrates, by Wendy Becker ; **This Page: (top)** Northeastern Montana Big Dipper and Northern Lights, by Beth Hekkel; **(bottom)** Cloverbuds sending greetings to nursing home residents, by Ardis Oelkers

Cloverbud 4-H camp! To say that we were excited to finally have community visitors (even though we were on the patio and they were in the grass) is an understatement. Thank you for coordinating this event with our Activity Department! We look forward to the “Parade of Fair Exhibits” next month during fair week. Thank you again for thinking of us!”

Forage Testing

Getting your forage tested is always an important task to do on a farm, but this year with the extreme drought conditions, it has become even more imperative. Northeast Montana was persistently in a drought for almost 20 straight months before the summer started, however, it turned even more severe as spring and summer rolled on. Producers in Roosevelt County had poor range conditions that kept forage availability low. If there was a crop available to sacrifice for feed, it was also subject to drought-stressed conditions which can result in high nitrates. Over 25 tests were run to determine if forages were safe in the area.

Producers can bring in a sample of standing forage, silage pile, hay bales, or forage that has been cut in a row. The sample is run through a forage nitrate test that is available at the office at no charge. The test takes 45-60 minutes to run depending on drying time. Then a lab result can be made if a forage is safe to feed based on the nitrate concentration in ppm (parts per million). Over half of the samples run, tested too high in nitrates to be fed safely. Proper recommendations were given and if the crop needed to be held in the field for another two weeks, it could then be tested again to see if nitrates would decrease. A few samples were also cross-checked with the lab to make sure of the legitimacy of the tests. Some of the samples tested were so high that they would have caused death to sheep and cattle in the county.

Staff



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