

EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H

~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

University of Idaho
Boundary County
Extension Service
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Bonners Ferry ID 83805
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9 Steps to Fit Feet



Exercises that strengthen and stretch your feet can help improve your coordination, balance, and stability and help prevent injury. Do the following without shoes:

- Alternate flexing your toes up and then down.

- Move your foot in circles, first one way, then the other, and then side-to-side like a windshield wiper. Moving only your foot and ankle (not your leg), or just your toes, "write" each letter of the alphabet.
- Do toe curls by flexing your toes as much as possible, then releasing them.
- With your foot flat on the floor, lift your big toe without lifting your other toes. Then try to lift the little toes but not the big toe. Follow up by keeping your toes and heel on the floor and lifting the arch of your foot.
- Use your toes to pick up items, such as marbles, pencils, or sticks. After grasping the item, toss it away from you or release it into a container. Pick up at least 20 items each session.
- Use the toes on one foot to scrunch a towel on the floor. Keeping your heel in place. Drag the towel from side to side.
- Spread your toes apart like a fan.
- Stand with the outside edge of your foot against a wall, and push your foot into the wall; switch position so the inside edge of your foot rests against the wall, and push in against the wall.
- End your workout by rolling a small rubber ball or tennis or golf ball under your sole—from your arch to heel area—to massage it (plantar stretch).

Source: Special Summer 2016 University of California, Berkeley Wellness Letter

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Choosing Potting Media for Outdoor Use



Understanding Major, Minor, and Specialty Components

These materials are regionally sourced and often composted to reduce particle size. Some materials are manufactured for

the purpose of being used in potting media and many more are by-products of other industries. They are all fine as components but look at the label to understand how much of each “ingredient” is mixed, by volume, into the product you’re purchasing. If that information isn’t on the bag, be wary of purchasing.

- **Major components:** Bark or “composted forest products”, peat (this might be defined by type of peat which often refers to the source material or the coarseness), soil (don’t pay for this unless it’s local/regional and advertised as a single-component soil amendment—not as a potting media), manure, sand. Other waste-product alternative materials such as coconut coir and wood fiber are also great to use, but they’re not seen as often in consumer-level products.
- **Minor components:** Perlite (little white pellets—it’s for aeration, not fertilization), vermiculite (shiny heat-expanded rock pieces), rice hulls (also for aeration with

an added bonus of weed control when applied to the tops of containers). These are the most common.

- **Specialty components:** mycorrhizae (symbiotic fungal organism that, mixed in, can be very beneficial in a container system by expanding the root capacity to take up nutrients and water, it’s less effective in field soil where these organisms are already abundant), fungicide (some products are designed to address specific fungal growth issues).
- **A note about manure and compost:** These are good organic materials; however, you must be careful that the source can guarantee the material that produced the manure (hay, pasture grass, etc.) was not treated with herbicide. Many herbicides used in pasture management have a very long half-life and can persist in your landscape beds, killing desired plants.
- **A note about organic products:** While most media components are considered “natural” and are likely produced using organic practices, few will be labeled as organic simply due to the nature of the organic certification process. An organically labeled product is not inherently better than another, although if you’re looking for a bagged manure product, organic will ensure the absence of herbicide residue. (Cheryl Boyer)

Source: <https://www.kshornewsletters/three-steps-to-choosing-potting-media-for-outdoor-use-part-24637233>



Fruit Trees and Winter Damage

Our extreme January cold snap may have you anxious about the status of your fruit trees. Fortunately, during dormancy, the freezing temperatures are not harmful.

Fruit trees develop cold hardiness, or the ability to tolerate low temperatures, with exposure to freezing weather. As the weather warms up they lose this cold hardiness which is why early spring frosts can be detrimental. Damage to fruit trees typically occurs when the weather fluctuates rapidly from warm to extreme low temperatures. Fruit trees that were not pruned properly are at a greater risk of damage from the extreme cold as well.

As fruit trees begin to set buds the cold hardiness varies. Washington State University has a chart that reports the temperatures fruit trees can withstand during various stages of budding. To view this chart go to <https://treefruit.wsu.edu/article/critical-bud-temperatures/>

Source: Adapted from K-State Horticulture Newsletter No. 3, January 22, 2024

Colcannon

Colcannon is a classic Irish side dish that couples mashed potatoes with cabbage or kale. We used low-fat milk instead of the more traditional cream—and—butter combination for a lighter, but no less delicious, profile. Serve this healthy side with lamb, salmon, or roast chicken any time of year—there's no need to save it just for St. Patrick's Day.

Yield: 6 servings, scant 1 cup serving each

INGREDIENTS

- 6 Sprigs fresh thyme
- 1 Cup low-fat milk
- 6 Cloves garlic, peeled
- 6 Scallions, sliced
- 5 Cups finely shredded green cabbage, (about 1 pound)
- 4 Medium Yukon Gold potatoes (about 1 pound), peeled and cut into 2-inch chunks
- Salt & ground pepper to taste
- 2 Tablespoons chopped fresh parsley



DIRECTIONS:

1. Tie thyme sprigs with twine or in a cheesecloth bag. Combine milk, garlic, and thyme in a small saucepan. Bring to a simmer over medium heat. Reduce heat to low and simmer gently until garlic is soft, 5 to 10 minutes. Discard thyme.
2. Transfer the milk mixture to a blender and puree until smooth. Return to the pan and stir in scallions. Cover and set aside.
3. Bring 1-inch salted water to a boil in a large pot. Add cabbage, cover and cook until very tender, 8 to 10 minutes. Drain well.
4. Meanwhile, place potatoes in a large saucepan and cover with cold salted water. Bring to a boil, reduce heat to medium and cook, covered, until tender, 10 to 15 minutes.
5. Drain the potatoes and return to the pan. Mash with a potato masher or hand-held electric mixer. Gradually add the milk mixture to the potatoes, stirring until smooth. Stir in cabbage and season with salt and pepper. Transfer to a warmed bowl and garnish with parsley.

Nutrition Facts

Per serving: 98 calories; total carbohydrate 21g; dietary fiber 3g; total sugars 5g; protein 4g; total fat 1g; saturated fat 0g; cholesterol 2mg; vitamin A 392iu; vitamin C 41mg; folate 39mcg; sodium 81mg; calcium 103mg; iron 1mg; magnesium 16mg; potassium 538mg

Source: <https://www.eatingwell.com/recipe/251519/colcannon/?print>

Potato Fun Facts

- Potatoes didn't arrive in Idaho until 1836.
- Potatoes were the first vegetable grown in space in 1995.
- A potato has more potassium than a banana.

Source: <https://www.montana.edu/extension/pspp/funspudfacts.html>

Nourishing Potato Hand Mask



Cold weather, and frequent hand washing can take their toll on your hands. Redness, irritation and dry skin will all be soothed with this 2-ingredient potato hand mask.

How-To:

- Peel, cut up and boil 1 medium-sized russet potato.
- Drain the potato and allow it to slightly cool. Add 1 tablespoon olive oil and mash the potato until smooth.
- Massage the potato onto hands using a circular motion. Allow to sit for 15 minutes then wash the mask off with warm water.

Source: Idaho Potato Commission; idahopotato.com



Q: I've heard you can water plants with potato water that came from boiling your potatoes. Are there any real benefits of this and how should I go about doing so?

A: Several gardening sources suggest that using water from boiling potatoes, for use in watering plants is beneficial. This makes sense, as potatoes are nutrient-rich with potassium, magnesium, phosphorus and a host of other vitamins and minerals. Just make sure to let the water cool down first, and refrain from this application if the potato-water contains seasonings.

Source: Adapted from <https://idahopotato.com/dr-potato/print/can-i-water-my-plants-with-potato-water>

Vinegar For Pickling and Canning

When it comes to canning, it is essential that you use the correct type of vinegar to ensure your home canned product is safe to consume. The two types of vinegar commonly used for home canning are Apple Cider Vinegar and Distilled White Vinegar. Most research-based recipes specify a certain type of vinegar, but if it does not, feel free to choose either type as long as it is labeled as 5% acidity. Some vinegars may be labeled as 50 grain, which is the same as the 5% acidity.

There are various types of vinegars such as red or white wine vinegar, malt vinegar, balsamic, and other flavored vinegars. Use these only if specified in a tested recipe. Many of these vinegars only have 4% acidity so are not a safe substitute for using in a traditional pickling recipe. Homemade vinegars are not acceptable for home canning as the pH varies too much to ensure a safe product. However, these vinegars are a great addition to your kitchen when cooking your favorite dishes.

Some products labels can be misleading. For example, there is a company selling a liquid called "Pickling Vinegar Base" that is only 2.5% acidity. This product resembles regular canning vinegar in both the color of the liquid and the shape of the container. The product includes water as well as other ingredients such as sugar and spices. Products like this demonstrate the importance of always reading labels and verifying proper acidity levels.

Here are some tips for safety:

-Do not dilute the vinegar with water unless it specifically says to do so in a research-tested recipe. Vinegar is often the key ingredient in recipes that prevents botulism.

-Do not reuse leftover pickle brine from commercial fruit or vegetable products. The acidity level of these products varies, and they may have become contaminated. Therefore you need to make fresh brine when creating home pickled products.

-Do not use cleaning vinegars or horticulture vinegars in your home canning recipes. These are EXTREMELY high in acid with most being 11-30% acidity and some can be up to 75% acidity. Using these could create products unsafe for human consumption.

-If you accidentally used 4% vinegar in home canned products, you can safely store them in the refrigerator if they were processed in the last 24 hours. Any products older than 24 hours need to be discarded as they are at risk for botulism.

If you have any questions about vinegar or need help finding a safe pickling recipe, please contact me at 208-267-3235 or amrobertson@uidaho.edu.

Submitted by Amy Robertson, Extension Educator



Your kitchen harbors more bacteria than any other room in your house.



DON'T MISTAKE A TIDY KITCHEN FOR A GERM-FREE KITCHEN

- Studies of people's homes (even spotless-looking ones) turn up bacteria like *Listeria*, *Staphylococcus aureus*, *Campylobacter*, and *E. coli* on sinks, faucet handles, countertops, refrigerators, and more.
- Germs from a contaminated sink could end up on foods that you put in it.
- When researchers swabbed 100 home kitchens, they found *Staphylococcus aureus* in roughly 14 percent of samples, mostly from kitchen counters and refrigerator door handles.

WHAT TO DO

- To remove dirt and grease, clean all surfaces with warm water and dish soap (or a store-bought cleaner). Then disinfect with diluted bleach (1 teaspoon per cup of water) made in the past 24 hours. Or use a store-bought EPA-registered disinfectant (the back or side panel will say "EPA Reg. No.," often in small print). Most disinfectants need a few minutes to do their job, so check the instructions on the label.
- Disinfect your faucet handle daily and your sink weekly. Clean the refrigerator door handle and other high "touch points" like cabinet handles weekly.

Source: Nutrition Action Newsletter, September/October 2023

Workshops, Programs, Bulletins & Classes

Due to space restrictions, proper planning of handouts and trying to ensure an effective learning environment, all Extension sponsored workshops, programs and classes require **pre-registration**. Please contact the Extension office listed for the workshop, program or class you wish to attend.

The University of Idaho Boundary County Extension Office does not want anyone denied access to educational classes based on inability to pay. To inquire about scholarship availability, contact the Boundary County Extension Office at 208-267-3235.

DreamBuilder

DreamBuilder **provides free** online entrepreneurial training in English and Spanish for **future women business owners**.



If you're thinking of **starting your own business** but don't know where to start, this course can **teach you the skills and concepts you need**. Topics such as marketing, bookkeeping and sales. You'll learn about how much it costs to start a business and about the laws and regulations you'll need to follow. By the end of the course, **you'll have a draft business plan**.

Work at your own pace to complete 15 online modules.

Sign up at www.dreambuilder.org/uidaho **REGISTER TODAY!**

Contact Paul Lewin with questions at dreambuilder@uidaho.edu.

Parenting Education Series

Wednesdays, March 6-May 1, 2024
5:30 PM-6:30 PM
Boundary County Extension Office
6791 B Main Street
FREE



We will be offering a FREE Parenting Education Series in Bonners Ferry for families with kids between the ages of 5-11. The class is a seven-week series and sessions will be held one evening per week with some optional parent cafe sessions. This program is part of an effort to develop a parenting program designed to meet the needs of rural families in Idaho. Program participants will be given incentives for participating in and completing the program. If you are interested in participating or would like more information, please **contact** Amy Robertson at amrobertson@uidaho.edu or call 208-267-3235.

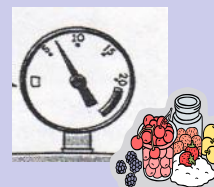
UI Extension Sheep and Goat Monthly Webinar:

UI Extension offers webinars on sheep and goat topics. Follow them on Facebook @UISheepandGoats for the current schedule of topics.



Dial Pressure Gauge Testing

- ❖ Please plan on bringing your canner lid in to the office the day before and leaving for 24 hours.
- ❖ A \$2.00 fee is charged for testing.



If your pressure canner only has a weighted jigler, it does not need to be tested.

Basic Orchard Care

Thursday, March 7, 2024
1:00 PM-4:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



Kyle Nagy, with the U of I Sandpoint Organic Agriculture Center, will be sharing information on how to properly care for your home orchard. In this class you will learn some of the basic tips and tricks to take care of your fruit trees successfully.

Contact the Boundary County Extension Office to **register**, 208-267-3235.



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www.facebook.com/UIExtensionBoundary

Visit Us On The Web @
uidaho.edu/boundary

Workshops, Programs, Bulletins & Classes

Plan the Garden, Preserve the Harvest

Wednesday, March 13, 2024

3:30 PM-5:00 PM

Via Zoom

FREE



Learn how to plan out your garden, so you are prepared when it's time to plant! This class will also cover harvesting and safely preserving your garden. Research-based recommendations will be shared for preparing a great garden and also consuming it! There will be opportunities to ask questions, so you are ready to plant, grow, harvest, and store your garden's bounty! To register, go to <https://bit.ly/PlanPreserve24>.

LEAP Update 2024

Lewiston (March 5, 2024)

8:00 AM-3:30 PM (check-in opens 7:15 AM)

LCSC Williams Conference Center, Room 801-899

4th Street

(208) 885-7718

Post Falls (March 6, 2024)

8:00 AM-3:30 PM (check-in opens 7:15 AM)

American Legion Hall, 1138 E Poleline Ave.

(208) 292-2525

Bonniers Ferry (March 7, 2024)

8:00 AM-3:30 PM (check-in opens 7:15 AM)

Boundary County Fairgrounds, 6571 Recreation Rd.

(208) 267-3235

LEAP Update is an annual opportunity for loggers to build on LEAP with in-depth training on forestry topics. The program also helps loggers meet Idaho Pro-Logger BMP training and continuing education requirements.

COST: A \$45 registration fee includes a catered lunch, resource materials, and refreshments. To **register** and pay online, go to <https://marketplace.uidaho.edu/>, scrolling to, then clicking on "University of Idaho Extension: Panhandle Forestry".

Boiling Water Bath Canning Made Simple

Thursday, March 14, 2024

11:00 AM-Noon

Online Via Zoom-FREE



Learn how to safely preserve food using a boiling water canner. Important steps to process shelf-stable food will be covered. Safe recipe options will also be shared! **Register** at: <https://bit.ly/boilingwater24>.

Seed Starting Basics

Wednesday, March 20, 2024

1:00 PM-3:00 PM

Boundary County Extension Office

6791-B Main Street

Cost: \$5



Learn how to start your own seeds for your own garden. This class will talk about a variety of seeds starting methods including the materials needed and ideal times to start different types of seeds.

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Basic Dehydration

Thursday, March 21, 2024

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

Cost: \$10

In this class we will be sampling different dehydrated foods and making fruit leather. You will learn specific techniques for using your home oven or dehydrator to dry fruits, vegetables, herbs and meats. Your family will love these healthy snacks.

Class size is limited to 12 people. Contact the UI Boundary County Extension Office to **register**, 208-267-3235.



Workshops, Programs, Bulletins & Classes

Fermentation: Sauerkraut and Other Veggies

Wednesday, April 3, 2024
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$10



Learn the basics of fermenting foods for preserving the harvest and enhancing the nutritional value, healthfulness, and digestibility of foods. As part of this hands-on class, you'll take home a jar on its way to fermented goodness!

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Short Season Gardening

Tuesday, April 9, 2024
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



Introduction to short season gardening in Boundary County. Learn tips and tricks to getting the most from our garden whether you are growing vegetables or flowers.

Contact the UI Boundary County Extension Office to **register**, 208-267-3235.

All Things Herbs

Tuesday, April 23, 2024
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



If you are interested in learning more about Herbs, please join us as we explore ALL THINGS HERBS. This class will look at growing, harvesting and preserving a variety of herbs. This class will be presented by UI Extension Advanced Master Gardeners and Advanced Master Food Safety Advisors.

Contact the UI Boundary County Extension Office to **register**, 208-267-3235.

Mason Bees

Tuesday, April 16, 2024
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



Mason bees are very effective pollinators. Just two or three females can pollinate a mature apple tree! As a homeowner, you can play an important role in attracting these gentle, non-stinging bees as well as other pollinators. In this class, you will learn how to build your own mason bee hotel and learn where you can order cocoons.

Contact the UI Boundary County Extension Office to **register**, 208-267-3235.

Pressure Canning Made Easy

Thursday, April 18, 2024
11:00 AM-Noon
Online Via Zoom-FREE



Learn the basics to safely use your pressure canner to process shelf-stable foods! Register at:

<https://bit.ly/pressure24>

IF YOU ARE MOVING/HAVE A CHANGE OF ADDRESS, OR WOULD PREFER TO HAVE THE NEWSLETTER EMAILED TO YOU-

PLEASE CALL US AT 208-267-3235 OR EMAIL boundary@uidaho.edu



Workshops, Programs, Bulletins & Classes



Mental Health First Aid

Friday, April 19, 2024
8:30 AM-5:00 PM
Boundary County Extension Office
6791 B Main Street
FREE

To join the in-person training please **register** by emailing amrobertson@uidaho.edu or calling the Boundary County Extension Office at 208-267-3235.

Mental Health First Aid is a course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.

Planting for Pollinators

Tuesday, May 7, 2024
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
Cost: \$5



The USDA estimates that 65% of this country's pollinators are gone, and with pollinators ensuring our food crops production, we could be in trouble! *Planting for Pollinators*, a class discussing plant varieties that benefit pollinators, and habitat of the pollinator, as well as pollinator preservation. Join us to learn what you can do to increase the number of pollinators, because the salvation for pollinators is in your back yard and garden.

Class size is limited. Contact the Boundary County Extension Office to **register**; 208-267-3235.

Basics for Family Gardening

Tuesday, May 21, 2024
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



Come see how gardening can be a family affair! Learn techniques for planting kid-friendly plants that are easy to grow and fun to eat. Fee includes 2 plants ready to transplant into your garden.

Contact the Boundary County Extension Office to **register**; 208-267-3235.

Jerky Making 101

Thursday, May 16, 2024
11:00 AM-Noon
Online Via Zoom-FREE



Learn how easy and fun it can be to make jerky safely at home! Register at: <https://bit.ly/jerky24>

Hunting for Wild Mushrooms in Boundary County

Thursday, May 16, 2024
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



This popular class will cover precautions as well as advice from a local expert, Art Church.

Class size is limited. Contact the Boundary County Extension Office to **register**; 208-267-3235.

Smoking & Grilling

Thursday, May 23, 2024
10:00 AM-2:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$20



This hands-on class will feature demonstrations as well as hands-on activities. We will learn how to prepare a variety of foods using either a smoker or grill. We will also share tips and tricks on how to make sure your food is both safe and delicious!

Contact the Boundary County Extension Office to **register**; 208-267-3235.

Workshops, Programs, Bulletins & Classes

Noxious and Not so Noxious

Thursday, April 25, 2024

1:30 PM-4:30 PM

Boundary County Extension Office
6791 B Main Street

COST: \$5



In this class we will discuss control of weeds on the Idaho Noxious Weed list and also how to control weeds that are not on the official list.

Contact the Boundary County Extension Office to **register**; 208-267-3235.

3 Pesticide Credits have been requested.

Map & Compass for Forestry

Post Falls

Saturday, March 23, 2024

9:00 AM-3:30 PM

Room 302

UI Research Park, 958 S. Lochsa Street



Foresters have traditionally verified locations and distances using a map and compass. It is now common to accomplish these tasks using a Global Positioning System (GPS) receiver, but it can be dangerous to over rely on this technology. Magnetic compasses do not rely on batteries or electronic signals. Both approaches require a solid ability to read and interpret maps.

This program features 2-3 hours indoors for lecture and practical exercises with maps, followed by field activities using magnetic compasses.

To **register**, contact the Kootenai County Extension Office @ 208-292-2525.

Living on the Land

Sandpoint

March/April, 2024

Thursdays, 5:30 PM-8:00 PM

Bonner County Extension Office
4205 N. Boyer Ave.

COST: \$100

This course consists of a series of classes designed to meet the needs of participants in the region where it is offered. Topics include: Choosing farm equipment, What to do about weeds, Market and organic gardening, Pasture establishment and renovation, Caring for animals, Water quality, Feeds and feeding, Your living soil, Grazing management.

To **register**, contact the Bonner County Extension Office; 208-263-8511.



Identifying Idaho's Trees

Post Falls

Saturday, April 13, 2024

10:00 AM-1:00 PM

UI Extension-Kootenai County Office

UI Research Park

958 S. Lochsa Street, Room 302

208-292-2525

Because we have such a varied range of geography, soils, and precipitation patterns, Idaho has a wider variety of native trees than most other Rocky Mountain states. The first step in caring for these trees, whether they be in a landscape or in a forest, is correct species identification.

A \$10 registration fee covers handouts and refreshments. Class size is limited.

To **register**, contact the Kootenai County Extension Office @ 208-292-2525.



Workshops, Programs, Bulletins & Classes

Successful Tree Planting - *Establishing Forest Trees*

St. Maries

Friday, April 5, 2024 (1:00 PM-5:00 PM)

Jon Denny Building

Benewah County Fairgrounds

(208)245-2422

Successful tree plantings result from thoughtful planning and carefully applied skills. This program features an indoor session, followed by field activities where participants can try various planting tools and stock types.

Sandpoint

Saturday, April 6, 2024 (1:00-5:00 PM)

UI Sandpoint Organic Agriculture Center

10881 North Boyer Road (208)263-8511

A \$10 registration fee includes handouts and refreshments. To **register**, contact the Extension Office of the session you wish to attend.

Ten Acres and a Dream

Learn how to thrive in a rural setting and make your land ownership dreams come true.

Post Falls

Saturday, May 11, 2024

8:30 AM-4:30 PM

Room 302

UI Research Park, 958 S. Lochsa Street

People who move to the country often have many ideas as to what they want from their land, but many may be less aware of how to achieve those goals or the tasks associated with living on and maintaining rural property.

University of Idaho Extension is offering this one-day program to help owners of small rural acreages manage their land to meet their goals.

COST: A \$15 registration fee includes publications and refreshments.

To **register**, contact the Kootenai County Extension Office @ 208-292-2525.

Forestry Shortcourse

St. Maries

9:00 AM-12:00 PM

June 12, 20, 26 & July 3, 10, 17, 2024

Federal Building Meeting Room

Corner of 7th Street & College Avenue

208-245-2422

Many Idaho forest landowners desire a better understanding of "what makes their forest tick" and how they can better manage their forest property. The Forestry Shortcourse will help you:

- Understand basic principles of forest ecology and silviculture,
- Apply that knowledge to your forest to meet your goals, and
- Develop a written forest management plan for your property.

To ensure an effective learning environment, each session is limited to 25 people. A \$38 registration fee (\$120 for UI credit) includes a binder, USB drive of forest management resource materials, and refreshments.

For **registration** questions, contact the University of Idaho Benewah Extension office, 208-245-2422.



STRONG WOMEN PROGRAM

Please join us for new strength training sessions Mar. 19-May 23, 2024

The objective of the Strong Women Program is to improve the health of women by increasing access to safe, structured and effective strength training exercises and nutrition programs.

All Equipment Provided

Location: UI Extension Conference Room

Time Choices:

8:30 a.m. Tuesday, Thursday

Strong Women Stay Young — 2X/wk

10:30 a.m. Tuesday, Thursday

Strong Women Strong Bones — 2X/wk

Cost: \$30 * for 10 week session

Your place is reserved when payment is received

*Scholarships available contact Angela at 208-267-3235

Register @ UI Extension Office, 6791 B Main St. (208)267-3235



University of Idaho
Extension
Boundary County

4-H CLOVER TALK MARCH/APRIL 2024



Debbie Higgins
4-H Program Coordinator



March

March 8-Ownership/possession
Deadline for ALL MARKET BEEF
(150 Days)

March 10-Daylight Savings
Begins

March 12-Livestock & Leaders
Meeting 6:30 p.m. Ext. Office

March 15-Deadline To Add
Projects

March 15-Mandatory Quality
Assurance Training For All New
Market Animal Members & Re-
turning Market Animal Members
Last Names Starting With P-Z
3:00 p.m. Ext. Office

March 16-Market Beef Weigh In
@ Fairgrounds (142)

March 17-St. Patrick's Day

March 19-
First Day Of Spring

March 31-Easter

April

April 9-Awards Committee Meet-
ing 5:30 p.m. Ext. Office

April 9-Livestock & Leaders
Meeting 6:30 p.m. Ext. Office

April 10-State Teen Association
Convention (STAC) Registration
Opens

April 28-Ownership/possession
Deadline for ALL MARKET
SWINE (100 Days)

April 29-Oral Presentation Day
4:30 p.m. Ext. Office

**The deadline to
add 4-H projects
is March 15!**

Another year of 4-H is underway! Enrollment is complete and we have several new members, it is great to see their eager faces. Your Club and Project leaders will soon be reaching out and letting you know when the first meeting will happen. The fair theme this year is "Red, White and Blue this Fair is for you." Now is a great time to start thinking about barn decorations and displays.

4-H/FFA Market Animal Quality Assurance Training is under way again. This year's members needing to attend are those with last names that start with **P-Z**, and **all first-year market animal members**. Our first training was February 16th and second held on February 27th. The last is scheduled for Friday, March 15th, at 3:00 pm, please don't miss this opportunity or you will **not** be able to complete your market project. Call 208.267.3235 to register. Pre-registration is mandatory as space is limited.

Mark your calendars for the market animal weigh-in dates; Beef is March 16th @ 9:00 am, Swine is May 18th @ 7:00 am, and Sheep/Goat is May 29th @ 5:30 pm. All weigh-ins take place at the Boundary County Fairgrounds. Remember to have proper documentation for your animals as appropriate for the species. This includes haul slips, brand inspections, scrapie tag, etc. and if your animal came from out of state you will need to bring your vet check paperwork from that state. If you do not have your vet check paperwork from the state you purchased your animal get it now or you will be turned away, it is the law when crossing state lines. Your local vet can't provide this. Also, your animals need to be vaccinated and dewormed/deloused before bringing them to town. We are doing our best to keep from spreading diseases. At our spring weigh-ins we ask that breeders in the County go first. This is necessary for biosecurity, as we want to keep them as breeders supplying our members with animals.

All 4-H members must attend 50% of their Organizational Club meetings and 75% of

their project meetings to meet the requirements for project completion. If a Club meeting is scheduled at the same time as a project meeting call your Organizational Club leader prior to the Club meeting time and let them know that you have a project meeting at the same time. They will work with you to meet your requirements. If you call after you miss the meeting, it will not count as an excused absence.

Every 4-H member must give an oral presentation at their project meetings for each project they are enrolled in. There are 3 ways to do this, one is a speech; that is where you deliver information without any props or pictures. Another is a demonstration, this is where you build, trim, bake or assemble something. The last is an illustrated talk, you can have pictures, posters, power point, or books to help deliver your message. If you have a good presentation, I encourage you to participate in the County Oral Presentation contest on April 29th. Call the office to sign up or to get more details. Follow our Boundary County 4-H Facebook page for the most current happenings as I post all events there.

Also, it's time to start those record books on Zsuite. You should have your goals completed and put in any expenses you already have. Don't wait to start, this will make it much less stressful come fair time. Remember our County requires pictures in your Record Book and your Story is Project specific. If you start to make little entries now in your record book things will come together easier in the end.

Please attend the Leader's & Livestock meetings held the 2nd Tuesday of each month if you are a leader. Attending these meetings is very important so you can stay informed.

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at [reasonable-accommodation-for-4-h-parent-complete.pdf \(uidaho.edu\)](#) to assist in evaluating the reasonable accommodation request at least two week prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit the request form found in the link above along with supporting documentation to Center for Disability Access and Resources 875 Perimeter Drive Moscow, ID 83844-4257 cdar@uidaho.edu Phone 208-885-6307, Fax 208-885-9404



2024 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

BEEF-Saturday, March 16, 2024
9:00 a.m.

SWINE-Saturday, May 18, 2024
7:00 a.m. (Breeders go first)

LAMB & GOAT-Wednesday, May 29, 2024, 5:30 p.m.

Rabbit-Monday, July 1, 2024 5:30 p.m.

Members, it is your responsibility to be at weigh-in and to arrive promptly. You will need to make sure you have the appropriate paperwork with you such as bill of sale and health certificate (required if your animal is obtained out of state).



Do not forget to bring your paperwork to the weigh-ins

- **BEEF**-HAUL SLIP, BILL OF SALE
- **SWINE**-BILL OF SALE, HEALTH CERTIFICATE (IF PURCHASED OUT OF STATE)
- **LAMB/GOAT**-BILL OF SALE, HEALTH CERTIFICATE (IF PURCHASED OUT OF STATE)
- **RABBIT**-PROOF OF OWNERSHIP OF TWO OR MORE DOES, MUST BRING DOE, LITTER MUST HAVE THREE FRYERS, ALLOWED ALTERNATE PEN OF THREE FRYERS



2024 Mandatory 4-H/FFA Market Quality Assurance Training

All trainings will be held at the Boundary County Extension Office meeting room, 6971 B Main St. Training is mandatory for first time 4-H and FFA Market Animal members and returning members with last names starting with P-Z. There are three dates to choose from:

- 9:30 AM-11:00 AM, Friday, February 16**
- 5:30 PM-7:00 PM, Tuesday, February 27**
- 3:00 PM-4:30 PM, Friday, March 15**

It is requested that parents accompany their child(ren) and also plan on attending the training.

Trainings are limited to 30 members. Registration is mandatory.

Please call
208-267-3235 or email,
boundary@uidaho.edu to register.

Avian Flu Testing

will be held on Wednesday, July 24, 2024 between the hours of 2:00 p.m.-6:00 p.m. in front of the indoor arena at the Boundary County Fairgrounds.

Avian Flu Testing is **required** for all 4-H/FFA and Open Class birds in order to display at the fair.

Displaying waterfowl at the fair is not allowed at this time.

Scholarships

Bonner County Cattlewomen and Cattlemen Agricultural Scholarship

Any college Junior or Senior entering the field of Agriculture or pursuing a degree in Education or any other major, where the student could show an impact on Agriculture (preferably beef). The student must have received their High School diploma while residing in Bonner or boundary County and be entering their Junior or Senior year attending as accredited college in the State of Idaho. Applications are available at Bonner and Boundary County Extension Offices and are due on or before **April 15, 2024**.

Days on Feed 2024

WEIGH-IN DATES	DAYS ON FEED
Beef March 16-August 5	(142)
Swine May 18-August 5	(80)
Lamb/Goat May 29-August 5	(69)





2024 BOUNDARY COUNTY FAIR

RED, WHITE, AND BLUE

THIS FAIR'S FOR YOU !

Project Leader Tips

As a 4-H project leader, you should be able to deal effectively with all age groups, but most importantly the 4-H age group. Encourage their self-esteem and growth through positive motivation. Congratulate the members for learning new skills and knowledge, for achieving goals, and for being attentive and enthusiastic. Criticism in any form is usually nonproductive. The members will make mistakes and should be corrected in a positive manner. Teach them to learn from their mistakes and past experiences, and encourage them to go forward with that new experience.

Leaders also need other skills and traits when dealing with 4-H members:

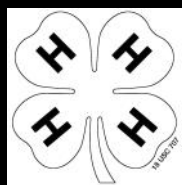
- Always be honest and fair. Treat every member equally. Give the members an honest assessment of their strengths, as well as areas in which they need improvement.
- Teach them that each member is an important part of the project group.
- Give each member an equal opportunity for group involvement. This helps them feel accepted and involved in the learning process.

Communicate with the project member's parents.

- Tell them about their child's progress. Parents are interested in their children and can greatly help motivate them as well as aid in the physical needs of conducting the project and related activities. Do not be afraid to ask parents for help. Most are happy to assist.
- Always bear in mind that the leader's own attitudes and behaviors affect the attitudes and behaviors of the members.

Source: Adapted from www.four-h.purdue.edu

**ADVERTISE YOUR CLUB &
PROJECT MEETINGS IN THE
CLOVERTALK!!!**



Did you miss the opportunity to advertise in this year's Fair Book? Do you know someone who has a business or is new to town that would benefit by advertising in the Fair Book?

Please call Boundary County Extension Office to get advertising information for the 2024 Fair Book. If you have questions, would like to sell ads, or advertise please contact the Extension Office at 208-267-3235 and ask for Debbie.

Scholarships

Bonner County Cattlewomen and Cattlemen Agricultural Scholarship

Any college Junior or Senior entering the field of Agriculture or pursuing a degree in Education or any other major, where the student could show an impact on Agriculture (preferably beef). The student must have received their High School diploma while residing in Bonner or boundary County and be entering their Junior or Senior year attending as accredited college in the State of Idaho. Applications are available at Bonner and Boundary County Extension Offices and are due on or before **April 15, 2024**.



Rotary Scholarship

The Rotary Scholarship is offered to any deserving citizen of Boundary County who is graduating or has graduated from Bonners Ferry High School or Home School Program, and wishes to pursue higher education at any accredited college in the State of Idaho. **Applications and deadline will be available early 2024.**

Calling all 4-H'ers!!! Boundary County Oral Presentation Day will be held on Monday, April 29, 2024 at the Boundary County Extension Office starting at 4:30 p.m.

All members are encouraged to take the opportunity to participate in this event. It helps polish your presentation techniques and there may be opportunities to take your demonstration to events outside of Boundary County.

When preparing your presentation, remember there are different presentations that you can do such as an Illustrated Talk, Demonstration and Speech. Look for information in the March/April Newsletter to help you prepare.

This contest is judged and winners will be chosen from each age group. Awards will be presented at the 4-H Awards Ceremony in the fall.



**PLEASE CALL THE
EXTENSION OFFICE AT
208-267-3235 BY
FRIDAY, APRIL 26
TO PRE-REGISTER!**



<u>Age divisions:</u>	<u>Time allowances for presentations are as follows:</u>
Juniors 8-10	Juniors 5-7 minutes
Intermediates 11-13	Intermediates 7-10 minutes
Seniors 14-18	Seniors 8-12 minutes

Leaders Needed

Join the 4-H Community as a member or volunteer leader today!

The start of a new 4-H year is just around the corner and leaders are needed in many different areas.

If you are interested in joining as a leader or Volunteer contact the Extension Office at 208-267-3235.

If you are moving or have a change of address-please let us know. 208-267-3235



Oral Presentations

One of the greatest fears identified by many people is that of speaking in front of others!
4-H members can develop their communications skills through public presentations.

Plan

Choose a topic that you know and can do well. Be sure you can show or tell others about the topic in the given time frame (Juniors 3-5 minutes, Intermediates 5-7 minutes, and Seniors 8-10 minutes). The times listed here are for project meeting demonstrations. Pick a topic that you think others will be interested in learning about. Select a catchy title for your talk or demonstration. Having an organized oral presentation has three key ingredients; an introduction, body, and conclusion, your recipe for success!

Introduction

- Opportunity to catch your audience's attention
- Inform your audience of what is to come
- Don't forget to include a transition from the introduction to the body. Makes for an easy transition to your main points
- Introduce yourself and your topic (if there is a host/hostess do not need to do so)

Body

- These are the main points, or the substance of your presentation
- Know your material, be prepared
- Show & Tell

Conclusion

- Show the finished product if there is one
- Summarize main points
- Do not introduce new material
- Prompt your audience to ask questions; if you can't answer a question say so. Use complete sentences
- After Q/A add a courteous ending. "Thank you for the opportunity to share". This is intended to let the audience know this is the end.

In preparing for your talk or demonstration, memorize your presentation, use note cards or a combination. If you are giving an illustrated speech or demonstration, you may want to utilize a poster. When using posters:

- Be sure they are attractive, brief, and clear
- Stress important points
- Be simple and uncluttered
- Have large letters
- Use the posters in your presentation

Practice

Plan for your allotted time limit. Use a timer to keep track of how long you talk and how fast you talk. Practice in front of a mirror first and then practice for family or friends. Often when you get nervous, you will talk faster than if you are speaking in front of the mirror. Be sure you have enough material to fill up your time allotment.



Present

Confidence is very important to your presentation, it affects your voice and your body language during your presentation, speak clearly with a loud voice. Pause now and then for effect. Speak with excitement and enthusiasm. Keep good eye contact with the audience, scan the room. Smile and have good posture. If you use your hands keep gestures subtle and to a minimum, don't let these become a distraction. Show you are glad to be present.

When you give your presentation it is your time to shine and you have one opportunity to make your first impression; through how you look. You have to wear clothing that is appropriate for your presentation. It conveys professionalism on your part. What would the judge's think if you are giving a demonstration on how to clean a horse's hoof and you showed up in a t-shirt, shorts, and flip flops? (You may see horse leader's fainting to the floor) What if you arrive late? Does that give the judges a good impression? Arrive early, things happen...you may be in a rotation where the presentations prior to yours went short. Give yourself enough time to set up and prepare yourself for your presentation.

Oral presentations are fun! If you stick with what you know, prepare, organize, and PRACTISE, your confidence will grow with each presentation you give, making your best better!



Follow Boundary County 4-H on
Facebook:
www.facebook.com/boundarycounty4h

Boundary County 4-H/FFA Event Dress Code

This dress code has been developed to ensure that participants and spectators are not offended or uncomfortable during 4-H/FFA events and activities. As the Idaho State 4-H Family Handbook, and the FFA Code of Ethics states, members should be their own best 'exhibit'. This includes their personal manners, attitudes, and courtesy, as well as appropriate dress and physical appearance. If you choose to dress inappropriately, you will be asked to change or leave the event until proper dress is obtained. Please dress responsibly to ensure that you contribute to a pleasant 4-H/FFA atmosphere.

As a rule, a 4-H/FFA member's clothing should be neat, clean, modest, acceptable in repair and appearance, and be in good taste and decency as appropriate for the specific event. The member is a representative of 4-H/FFA programs, and their appearance should reflect professionalism.

Examples of prohibited dress or appearance include but are not limited to:

- Bare midriff shirts
- Exposed undergarments
- Excessively short or tight garments, including spankx, tube tops, and short shorts
- Shirts with less than a 1-inch strap, including strapless and one-shoulder tops
- Shirts that reveal navel, back below the shoulder blades or cleavage
- Attire with messages or illustrations that are vulgar, indecent or advertise any product or service not permitted by law to minors
- Any adornment such as chains or spikes that could be perceived as a weapon
- Any symbols or styles associated with gangs or intimidation

Livestock Exhibitor Dress Guidelines

These guidelines for dress must be observed whenever exhibitors are in the show ring and during the Market Animal Sale.

A shirt or blouse must be worn. It may be sleeveless, short sleeved or long sleeved, but must have a collar. If the shirt has buttons it must be buttoned to the collar bone. Full Length slacks, pants, or jeans are appropriate. "Grubby", holey or tight worn out jeans as well as excessively baggy pants are not acceptable. Hard soled boots or laced tennis shoes must be worn to meet safety standards. **NO** sandals, flip flops, or heels more than 1 ½ inches high. Western hats are appropriate unless otherwise noted by the judge. **NO** baseball caps. All Dairy projects, (goats, cows, etc.) members must wear white pants and white shirts. 4-H club shirts, vests or jackets must have collars and shirttails must be tucked in. Decorating of exhibitors or animals by means of costume, signs, glitter, body paint, etc. **WILL NOT** be tolerated at any time while competing or during the Market Animal Sale.

NOTE: *Please take pride in your personal appearance, represent yourself respectfully to support the group you are associated with. *Fair Royalty (4-H & FFA) will **NOT** wear sashes or tiaras while competing. They may be worn during the Market Animal Sale.

If during any 4-H/FFA event you are asked to change by a Leader or Advisor, please do not argue and comply as asked. If you think you have been asked unfairly, please change for the time being and follow the guidelines for filing a complaint to the Leader's council and Livestock committees to be dealt with in a reasonable manner as the 4-H Code of Conduct states.



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MARCH/APRIL 2024

KEEPING OUR COMMUNITY CONNECTED



BOUNDARY COUNTY EXTENSION STAFF

Amy Robertson	Extension Educator Family & Consumer Sciences
Cody Beus	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Hope Newman	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary

*Where trade names used, no discrimination is intended and no endorsement by the University of Idaho Extension System is implied.

College of Agricultural and Life Sciences

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status. Persons with disabilities have the right to request and receive reasonable accommodations. Please contact the Boundary County Extension Office at P. O. Box 267, Bonners Ferry, ID 83805, or by calling 208.267.3235, or via email at boundary@uidaho.edu at least two weeks prior to the event to request reasonable accommodations.