

EXTENSION NEWS ■ ENP ■ MASTER GARDENER ■ 4-H



Is that delivery email or text message legitimate? (Part 1)

Sheldon Hammond
*UGA Extension Northwest District director,
College of Agricultural and Environmental Sciences*

More people are relying on shipping and delivery companies to purchase the items they need. Cybercriminals know this and have stepped up their attempts to infect your computer or your mobile device to steal your account information.

BEWARE OF EMAIL ATTACHMENTS

A common method consumers should watch for is an email stating you have an invoice due or a delivery notice attached, and you need to open the attached file to view the contents. The attached file will often be a PDF file, spreadsheet, Word document, zip file or a file made to look like one of those documents.

A good general rule is to never open a file attachment you did not expressly ask to receive, even if it is from someone you know.

Most of these types of documents can be created to execute code upon opening and automatically download malicious code in the background to infect your computer. As a preventive measure, resist the urge to blindly open email attachments you were not expecting.

If you still decide to open the attachment, pay close attention to what you might be asked to do next. Do not answer "yes" or "continue" to notices that ask to make a change to your computer. This is most likely a program trying to install itself. It is possible you will not get this warning, but if you do, pay attention to it.

If you are asked to click on a document, link or button from an unknown source, you are inviting harm to your computer. Most attempts to infect a computer require at least some interaction with you, like opening a file, clicking a link, etc.

If you decide to click a link and the invoice does not immediately appear, it is more than likely a fake notice. If you are prompted to log in or enter a username and password it is very likely an attempt to steal your account information.

Continued on page 3

Inside This Issue

Extension Office Hours 8:00 a.m.-5:00 p.m.	
Master Gardener Column	2
Is That Delivery Email Or Text Cont.	3
Does Fruit & Vegetable Color Matter Nutritionally ?	3
Asian Chicken Meatballs	4
Master Food Safety Advisor Column	5
Is It Okay To Dilute Liquid Hand Soap With Water?	6
Why Is It Better To Get Nutrients From Food Rather Than High Quality Supplements?	6
Workshops, Programs, Bulletins, and Classes	7-12

4-H Clover Talk

Jan./Feb.	
4-H Calendar	13
4-H Enrollments	14
ZSuite Record Books	14
Super Saturday	15
Livestock News	16
Mandatory Quality Assurance	16
KYG	17
4-H Friday Friends	18
Demonstration Day	18
Livestock Committee & Leaders	19-21
Council Meeting Minutes	
Scholarships	19

HAPPY NEW YEAR!



~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

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Winter Leaf Marcescence

Have you noticed the persistent brown leaves still hanging on some deciduous trees long after their foliar companions have fallen? This lack of leaf drop is foliar marcescence, which comes from the Latin, *marcescere*, and means "to fade". These brown leaves may remain attached until spring bud growth pushes them free. The marcescent characteristic is more pronounced on younger trees, but may be seen only on the lower, more juvenile limbs of larger, more mature trees, especially oaks.

A long warm autumn that is quickly followed by the onset of cold weather can cause this problem, as is frequently observed on maples.

Leaves don't drop because they didn't have enough time to develop an abscission layer at the base of each leaf that allowed it to fall. Though marcescence itself does not harm the tree, it is a clue that further damage may have occurred. Notice I said "may." Trees that exhibit marcescence may be perfectly fine.

It is possible that trees that show evidence of marcescence may also have suffered damage to the living tissue under the bark. The sharp drop in temperature may damage at least a portion of the phloem and cambium. Remember the phloem carries food made in the leaves to all parts of the plants including the roots. The cambium produces new phloem. If the phloem and cambium are killed, the cambium cannot produce new, living phloem, thus the roots don't receive the food needed to survive and eventually starve to death.

Trees so affected will not die immediately. First of all, a healthy root system has stored energy reserves that it can use to keep the tree alive. When those reserves are depleted, the tree will die very quickly. Usually this occurs during the summer following the year the damage occurred.

However, there is more to the story. Doesn't a tree also need water? Since the living portion of the trunk was killed, wouldn't this stop water flow? Actually, it would not. Xylem is the structure in the tree that carries water from the soil throughout the plant. The reason the tree can still distribute water to the top portion of the tree is due to how a tree grows and specifically, how xylem works. Even in

perfectly healthy trees, most of the xylem is dead. Portions of this dead xylem form hollow tubes that carry the vast majority of water and nutrients throughout the plant. Though there are living xylem cells, the contents of those cells make them inefficient in moving water. Therefore, the functional portion of the xylem wasn't hurt by the freeze because it was already dead. Since this xylem system still works and provides water for the tree, the tree can live for quite a period of time until the roots starve.

Remember, as stated before, trees with marcescence may be fine. Even if there was also damage to tree tissues, it all depends on how much of the living tissue under the bark was killed. If only a small portion is killed then the tree may recover. If the entire circumference is killed, the tree is done for and there isn't anything you can do to save it. Any portion of the trunk where the bark comes off and the underlying layer is brown is dead.

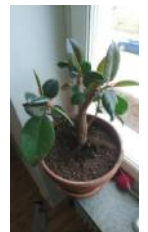
Also, strong winter winds and snow may have a more harmful effect on a tree possessing foliage by causing more branch breakage. However, several theories proposed by plant ecologists suggest that leaves that drop later in the spring will provide a fresh layer of leaf mulch around the tree that helps conserve soil moisture, and these leaves decompose later during springtime to recycle and provide additional nutrients for growth.

Marcescence is an interesting characteristic to see, and if you listen closely, you can hear these noisy, rattling leaves during the winter breezes.

Source: Adapted from K-State Horticulture 2020 Newsletter No. 45 and <https://hgic.clemson.edu/winter-leaf-marcescence>

Monitor Indoor Plant Temperatures

Now would be a good time to check the location of foliage houseplants to be sure the plants don't get too cold this winter. Plants next to windows or in entryways near outside doors are at the greatest risk. Plants sensitive to cold temperatures include Chinese evergreen (*Algaonema*), flamingo flower (*Anthurium*), croton (*Codiaeum*), false aralia (*Dizygotheca*), and ming and balfour aralia (*Polyscias*). Monitor and maintain temperatures above 65 degrees F for the false aralia and above 60 degrees for the rest of the list. Many other indoor plants prefer temperatures above 50 degrees. If needed, move plants away from the windows or door entrances to reduce cold temperature exposure. It may be necessary to move some plants from windowsills before shades or drapes are pulled, especially in the evening. (Ward Upham)



Source: Adapted from K-State Horticulture 2020 Newsletter No. 48



PHONY TEXT MESSAGES AND OTHER PROTOCOLS

Another method imposters use to try to steal account credentials is fake text messages.

If a delivery company is trying to reach you via text message, it is usually easy to determine what the tracking number is from the text. This will allow you to go to a web browser or use an application on your mobile device and enter the tracking number. If the number is invalid, the message is most likely bogus.

Using the same email address and password combination for more than one website or application also puts your data at risk. Identity thieves know that many people do, and once they collect your login information, they will start using it all over the internet.

If you use the same login information for multiple sites, you may have provided them access to what they are looking for. And if you click a link or open an attachment, you may inadvertently allow the installation of malicious software that will collect your login information for other sites and send it off without your knowledge.

Stay alert, pay attention to your own activities and be suspicious of anything online that doesn't look right. And even when everything does look perfect, be cautious if you did not initiate the interaction.

Is that delivery email or text message legitimate? (Part 2)

Douglas Stewart

Information Technology Senior Manager, UGA Griffin Campus

You recently received an email or text from a delivery company letting you know you have a delivery. How can you tell if the text or email is legitimate or fake? Sadly, there are not a lot of simple ways to determine the validity of a text message.

My general rule is to never open a link attached to a text. While some are legitimate, in my experience, most are bogus—especially if you are not expecting the message to begin with.

I receive fake notices almost weekly regarding deliveries I never scheduled, prizes I've won and problems with financial

accounts. Yet, when I check my financial accounts using my computer or the related application on my phone, I can never find the problem alluded to in the text I received. This is a dead giveaway that the message is bogus. So again, as a rule, do not click any links sent via text unless you confirm it is valid first.

Email, on the other hand, can be checked from a computer (not a mobile device or tablet) to determine whether it is real or fake. Here are some suggestions to look for to evaluate whether an email is real or fake.

Does the email address match the name listed as the sender? For example, does the email claim to be from Bob Smith but the email address does not match the email address you know to be Bob's? Here is an email I received supposedly from my church. The sender name is listed as Jodeco Road UMC but the email address shown was jhawkins8@my.polk.edu. Since I know my church located in Georgia does not send email through a college located in Lakeland, Florida, this was obviously a fake email.

If the email address ends in .RU or .CN and you do not regularly deal with people in Russia or China, you can bet the email is fake.

If you are dealing with a reputable corporation, you will not receive an email from a Gmail, Yahoo or other free email service as an official notice. Just delete any of those.

Before clicking a link in an email, hover your mouse pointer over the link but do not click. Look at the bottom of the webpage or notice the small pop-up window. Do the words in the link match the words shown in the pop-up or at the bottom of the page? If they do not, the link is probably fake.

If you are receiving a delivery email but the link appears to be going to any other website than the company's, it is probably a fake email. It is true some marketing emails from a delivery company might legitimately link to a third party website, but delivery notices are not handled by an external company.

Think before you click. Take your time to evaluate whether a text or email is legitimate. Ask yourself if there's a reason you should have received the message. If not, resist the urge to tap the link.

Source Healthy Georgia Connections Newsletter Issues No. 8 & No. 9



Should I buy white peaches/nectarines, or yellow? Are purple and yellow carrots a better choice than orange? How much does color matter, nutritionally, and how do I choose?

Jeffrey B. Blumberg, PhD, a professor at the Friedman School and an expert on dietary bioactive components, answers: "The color of a plant food is a clue to which health-promoting phytochemicals it contains:

- * Blue and purple (e.g.: blueberries, plums, black beans, eggplant) indicate the presence of anthocyanins
- * Green colors (e.g.: asparagus, broccoli, spinach, green beans) can come from glucosinolates

- * Orange and yellow (e.g.: apricots, carrots, yellow beets, yellow and orange peppers, grapefruit) is a sign of carotenoids
- * Red (e.g.: cherries, cranberries, strawberries, tomatoes) comes from anthocyanins and carotenoid lycopene
- * White and tan plant foods (e.g.: bananas, pears, cauliflower, garlic, onions, white beans) contain alliacins

"Higher intake of these compounds has been associated with a reduced risk of some forms of cancer, cardiovascular disease, and age-related dementias, so the key is not to pick one color of peach or carrot over another, but to include as much color diversity in your diet as you can. Choose whichever ones you most enjoy—or mix it up—but be sure to eat a rainbow!"

Source: Tufts University Health & Nutrition Letter, November 2020 Vol. 38, No. 9

Asian Chicken Meatballs

Simple. Fast. Tasty. What's not to like about meatballs? Add ½ cup cooked brown rice and 2 cups steamed or roasted broccoli to each serving, and dinner is done.

Number of servings: 4

INGREDIENTS

1 Tbs. peanut or grapeseed oil
1 egg
1 lb. ground chicken breast
4 scallions (3 minced + 1 thinly sliced)
½ red bell pepper, finely chopped
2 cloves garlic, minced
1 Tbs. + 1 Tbs. minced ginger
1 Tbs. + 2 Tbs. reduced-sodium soy sauce
½ cup whole wheat panko bread crumbs
1 tsp. toasted sesame oil
2 tsp. balsamic vinegar
½ tsp. brown sugar
2 Tbs. toasted sesame seeds



DIRECTIONS:

1. Preheat the oven to 475°F. Coat a large lined rimmed baking pan with the oil.
2. In a large bowl, lightly beat the egg. Mix in the chicken, minced scallions, bell pepper, garlic, 1 Tbs. ginger, 1 Tbs. soy sauce, and bread crumbs. Form the mixture into about 20 small meatballs of about 2 Tbs. each and place them on the pan.
3. Roast the meatballs on the top oven rack until cooked through, 10-12 minutes.
4. In a small bowl, mix the sliced scallion with the remaining 1 Tbs. ginger and 2 Tbs. soy sauce and the sesame oil, vinegar, and sugar.
5. Divide the meatballs into four bowls. Top with the sesame seeds. Serve with the sauce.

Per serving (5 meatballs with sauce + ½ cup cooked brown rice + 2 cups broccoli): 440 calories; Total fat: 13g; Saturated fat: 2.5g; Carbohydrates: 46g; Fiber: 7g; Total sugar: 5g; Added sugar: 1g; Protein: 37g; Sodium: 570mg

Source: October, 2019 Nutrition Action Healthletter

Ground poultry and ground poultry dishes should always be cooked to 165°F internal temperature as measured with a food thermometer; leftovers should also be reheated to 165°F. Always wash hands with warm water and soap. Wash, utensils, counters, cutting boards and sink with soap and hot water to prevent cross-contamination of cooked food with raw products.

Ground poultry may be substituted for ground beef or combined with ground beef in many recipes. The important thing is that it be cooked safely. Ground poultry patties, loaves or any combinations should be cooked to 165°F. After cooking, refrigerate leftovers immediately. Separate into small portions for fast, safe cooling.

TYPE	REFRIGERATOR (40°F or below)	FREEZER (0°F or below)
Uncooked ground poultry	1 to 2 days	3 to 4 months
Cooked ground poultry	3 to 4 days	2 to 3 months

Source: fsis.usda.gov

Soy sauce's distinct flavor is characterized by a strong umami, salty, and caramel-like character which enhances the overall savory taste and aroma of many kinds of dishes. Soy sauce is used for a wide variety of both cooked (hot and cold) and uncooked foods, such as sushi, sashimi, stir fried noodles, and any type of fish, meat, and/or vegetable stews. In ancient China, about 2200 years ago, soy sauce was developed as a way to preserve food—due to its salt content—and also to enhance the flavor of the modest, vegetarian Buddhist diet since salt at that moment was an expensive commodity.



Source: <https://pubs.acs.org/doi/10.1021/acs.jafc.0c0427#>



Sesame (*Sesamum indicum* L.) is one of the oldest cultivated plants in the world. Sesame seeds (approximately 50% oil and 25% protein) are used in baking, candy making, and other food industries. Oil from the seed is used in cooking and salad oils and margarine, and contains about 47% oleic and 39% linoleic acid. Sesame oil and foods fried in sesame oil have a long shelf life because the oil contains an antioxidant called sesamol. The oil can be used in the manufacture of soaps, paints, perfumes, pharmaceuticals and insecticides. Sesame meal, left after oil is pressed from the seed, is an excellent high-protein (34 to 50%) feed for poultry and livestock.

Source: <https://hort.purdue.edu/newcrop/afcm/sesame.html>

COLUMN

Being Aware of Food Allergies During the Holidays



Many common holiday foods contain at least one of the top eight allergens: milk, eggs, wheat, soy, fish, shellfish, tree nuts and peanuts. This can make it difficult for people with food

allergies to enjoy holiday meals. There is a wide range of reactions people have when ingesting these allergens including: tingling or itching in the mouth, hives, swelling of the lips, face, tongue and throat, nasal congestion or trouble breathing, abdominal pain, diarrhea, nausea or vomiting. These are all things that can easily be avoided if you follow these suggestions.

1. Check with your dinner guests in advance to be aware of food allergies they have.
2. Keep dishes that contain allergens separate from allergen-free dishes. Avoid cross-contamination by making sure to use separate preparation spaces and serving utensils for foods that contain allergens.
3. Label each dish to clearly identify it. For example, consider using color coded labels to signify what is gluten free.
4. **Always Read All Ingredient Labels**-Even if you think a product is allergen-free, read the label. Food manufacturers change formulas, which may introduce allergens into previously "safe" foods and beverages.
5. Modify traditional recipes using allergen-free ingredients. Once you know a few simple swaps, you may realize just how easy it is to modify your recipes. Focus on 'like items' when considering swaps: non-dairy milk for cow's milk (or vice-versa), or naturally gluten-free grains for wheat. In recipes, ground, rehydrated flax or chia seeds can often substitute for eggs.
6. Ask for help with shopping and prep if you are not sure how to accommodate a certain allergy.

The holidays are a time of fun and enjoyment. We want to do everything we can to ensure that those around us get to have an enjoyable time too and not have to deal with the side effects of eating the wrong thing at a holiday gathering. For more information on this and similar topics, please contact Amy Robertson, FCS Extension Educator, at amrobertson@uidaho.edu or 208-267-3235.

Safe Defrosting



Back when I was in college, my roommate and I would pull items out of the freezer, throw them on the kitchen counter and go to class. We'd come later and cook whatever we had left on the counter all day to thaw for dinner. That's not safe defrosting, that's "Russian roulette."

Any time you store food get between **40°F** and **140°F** you're in the "**Danger Zone**" (temperatures where bacteria multiply rapidly).

Most foods should never be thawed on the kitchen counter, or in hot water, or outside on the back porch. Thawing food may seem simple, but if done incorrectly, it can make you just as sick as under cooking it.

There are several safe ways to defrost (or thaw) your food. It can be done safely in the **refrigerator**, in **cold water**, and by defrosting in your **microwave**. (You can also cook your frozen food as such, but it can take at least fifty percent longer, and it's not usually recommended except for small pieces).

Thawing in the **Refrigerator** is by far the safest method, especially if you are thawing whole food items. However, it also takes the longest amount of time. A pound of food can take 24 hours to thaw, and longer if your fridge is set to 35°F as mine is. After thawing by this method, most foods should be cooked within a day or two.

Cold water thawing is faster than the refrigerator but requires more attention. The food must be in a leak-proof package or zip-lock bag, then submerged in cold water, which needs to be changed every 30 minutes. A small package may thaw in an hour or less, while 3 to 4 pounds may take 2 to 3 hours. Once thawed, foods must be cooked immediately, and must be cooked before refreezing.

Microwave thawing is the fastest, but keep in mind you've just provided optimal temperatures for bacteria to multiply. After using this method, food should be cooked immediately, whether by microwave, conventional oven, or grilling.

Following one of these steps for thawing will make your cooked food safe, if not delicious, to eat.

Les Bevan
MASTER FOOD SAFETY ADVISOR



Is it Okay to Dilute Liquid Hand Soap with Water?

We've all been there: you go to wash your hands and realize you're down to the last dregs of your liquid hand soap. You may be tempted to add water to the soap dispenser. But there's a good reason not to.

Liquid soap is made up of a precise combination of ingredients that work together to effectively lift dirt and grime from your hands and help destroy many kinds of bacteria and viruses, including the new corona virus. Extra water throws off the balance of these ingredients and reduces their strength, making the soap less effective.

Think of it like baking. Adding extra milk or flour to a recipe can drastically change its outcome. While it might be okay to dunk cookies into milk after they're baked, adding too much milk to the batter will leave you with a soggy mess.

There's also the concern of adding bacteria to the mix. Liquid soaps contain a very strict amount of preservatives that prevent bacteria from multiplying in the dispenser. When you open the dispenser and add tap water, you may be adding bacteria as well. Plus the extra water reduces the effectiveness of the preservatives, meaning the bacteria can multiply in the soap. **Studies** (<https://www.ncbi.nlm.nih.gov/pubmed/21421792>) have shown that when you wash your hands with contaminated soap, you could be increasing the number of disease-causing bacteria on your hands.

Next time your liquid soap is running low, flip the bottle to get the dregs out and replace it with a new bottle of soap. If you're using a bulk refillable soap, make sure you're putting the exact same product into the original container—without extra water! If you're out of liquid soap completely, wash your hands with bar soap instead! It does all the same things liquid soap does.

Source: <https://cleanandhappynest.org/wpd/>

Q Why is it better to get nutrients from food rather than high quality supplements?

Optimal health is dependent on consuming the appropriate quantity of nutrients and energy (calories). When scientists learned how to separate nutrients from foods or synthesize them in a laboratory, there was hope we could prevent malnutrition and maximize health simply by administering the right combination of supplements. Unfortunately, this led to the thought that food choices don't matter as long as one takes a multivitamin. Many also feel that if a little of a nutrient is good, more must be better. Neither of these beliefs is true. Although one would not know it from the consistently strong market for dietary supplements, research has shown that supplements do not have hoped-for-health benefits (beyond the expected response for the rare cases of inadequate intake or absorption disorders). What's more, many supplements have detrimental side effects if we take too much.

The most promising data on the positive impact of nutrition on health comes from studies of *overall dietary patterns*. This suggests there are additional, as yet unidentified, factors in food that are important to maintaining health and wellbeing. We know foods contain lots of different bioactive substances (like fiber and phytochemicals). We also know that there is likely much about food components and nutrient requirements that we do not yet understand. All

this is to say that when you eat a food in its natural form your body is getting many bioactive compounds—far more than supplements can provide.



The interrelation among constituents in foods is likewise important. This concept of food synergy contends that the interaction of compounds within the food matrix or among foods has an impact on the human body that is greater than or different from the impact of each individual constituent. Many constituents in food are synergistic, for example: fat soluble vitamins (A,D,E and K) cannot be absorbed without the presence of fat; vitamin C increases the absorption of iron; vitamin D is critical for the absorption of calcium.

Although supplements may be beneficial in cases of frank nutrient insufficiency, a variety of foods from different foods groups (preferably un- or minimally processed) is the best way to ensure we obtained all the nutrients we need in the proper amounts, without overdoing it.

Alice H. Lichtenstein, DSc, executive editor of *Tufts Health & Nutrition Letter*

Source: Tufts University Health & Nutrition Letter, November 2020 Vol. 38, No. 9

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.

North Idaho Annie's Project

Tuesday evenings, Jan. 19 - Feb. 23

6:00 PM-9:00 PM

\$60

Annie's Project is a national risk-management workshop program for farmwomen focusing on problem solving, finding resources, recordkeeping, and decision-making skills for managing agricultural risk. We will cover topics including business planning, market expansion, value-added products, farm succession and retirement planning, insurance, and employee management. Participants will meet other women producers and regional resource people. Course fee includes all materials and at least one networking event or farm walk to be held later in 2021. To register, go to <https://tinyurl.com/2021AnniesProject>.



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 jiggle, it does not need to be tested.



Boundary County has a new online marketplace called b-LOCAL.net. It is free to list your information and sell your produce or handmade items. A weekly pickup for prepaid orders is held Wednesdays from 8:30 to 10:30 am at the UI Extension Office. For more information, go to b-LOCAL.net or contact our office.

Workshops, Programs, Bulletins & Classes

IDAHO MASTER GARDENER PROGRAM

Boundary County—
"Helping People Grow"

The purpose of the UI Master Gardener Program is to develop a network of trained volunteers who can provide our community with research-based horticultural education and technical assistance with gardening and home horticultural problems. Master Gardeners receive about 12 weeks of college-level lectures and hands-on training with UI Extension Specialists, faculty, and local experts. After completion of the training, Master Gardeners must provide a minimum of 30 hours of volunteer service back to their community in order to graduate.

Areas of training include:

- Basic Botany
- Soils & Fertilizers
- Integrated Pest Management
- Weed Science
- Entomology
- Fruits & Vegetables
- Irrigation
- Trees, Shrubs & Flowers

Part of the volunteer hours are spent in the Extension office plant clinics assisting homeowners with their gardening questions. The other volunteer hours can be spent on a variety of educational gardening projects. Volunteers must meet course requirements and volunteer hours to receive a certificate, name badge, and field magnifier. The cost is \$150. Certified Master Gardeners will receive a \$75 refund upon completion.

Class space is limited. To **request an application** for the Idaho Master Gardener Training Program contact the Boundary County Extension Office @ 208-267-3235.

Mental Health First Aid

Friday, January 15, 2021

9:00 AM-5:00 PM

Boundary County Extension Office

6447 Kootenai Street

FREE

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.

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



Boundary County Seed Bank: Saving Locally-Adapted Seeds

Thursday, January 14, 2021

2:00 PM-4:00 PM

Boundary County Extension Office

6447 Kootenai Street

COST: \$5

In this class, you will learn techniques for saving your own garden seeds. We are building a library of open-pollinated seeds from plants grown here in Boundary County. These plants have proven that they are well-adapted to our conditions here, which will increase your chances of success. Small packets of free seeds will be available. Please contact us if you have seeds you'd like to share with our seed bank.



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

WATER BATH CANNING BASICS

Wednesday, January 20, 2021

1:00-4:00 PM

Boundary County Extension Office

6447 Kootenai Street, Bonners Ferry

COST: \$10

Learn how to safely make and preserve your own high-acid foods including jams, jellies, tomato products, pickled vegetables, and fruits. This hands-on class will also teach participants about canning basics as well as proper storage and handling of home canned foods. Each participant will make their own jar of Blueberry-Lemon Jam which they can pick up the day after the class.



Class size is limited to 9 people. Contact the Boundary County Extension Office to **register**; 208-267-3235.

Agricultural program presentations and resources, such as our Cereal School, can be found on our ag blog at www.boundaryagblog.wordpress.com. Gardening presentations and topics can be found at www.boundarygardenblog.wordpress.com.

Workshops, Programs, Bulletins & Classes

PRESSURE CANNING

Wednesday, January 27, 2021

1:00 PM-4:00 PM

Boundary County Extension Office

6447 Kootenai St.

COST: \$10

Learn how to safely make and preserve low-acid foods at home such as vegetables, meats, dried beans, and mixed foods. This hands-on class will also teach participants the basics of pressure canning and proper care for their pressure canner. Each participant will preserve their own jar of beans which they can pick up the day after the class.



Class size is limited to 9 people. Contact the UI Boundary County Extension Office to **register**, 208-267-3235.

Grafting Fruit Trees, Part 1

Friday, January 29, 2021

10:00 AM-Noon

Boundary County Extension Office

6447 Kootenai St.

COST: \$20

In this two-part class, we will learn about collecting scion wood from your favorite apple trees while they are dormant (Part 1) and then we will graft the scions on to hardy rootstock later this spring (Part 2). Course fee covers grafting supplies and rootstock (and scion, if you don't have your own) for grafting two apple trees. Instructor: Casimir Holeski, Infinity Matrix Tree Crops.

Class size is limited to 8 people.

To Register: Contact the Boundary County Extension Office @ 208-267-3235.



North Idaho Cereal School Two-Day Zoom Workshop

Wednesday, January 27, 8:30 AM-11:00 AM

Thursday, January 28, 8:30 AM-11:00 AM

Cost: Free



Idaho Cereal Schools are sponsored by the Idaho Wheat Commission, the Idaho Barley Commission, and the University of Idaho. These educational workshops provide an opportunity for producers to learn about issues in their region, including insect issues, disease updates, variety trials, weed control, economics, markets, and other important issues. Pesticide recertification credits will be available.

Please contact the Boundary County Extension Office, 208-267-3235 or boundary@uidaho.edu for more information.



COOKING UNDER PRESSURE

Monday, February 8, 2021

11:00 AM-1:00 PM

Boundary County Extension Office

6447 Kootenai Street

COST: \$10



Did you get an electric pressure cooker for Christmas and are not sure how to use it? Or do you just want to find out how to cook with one? Come join us to learn how to make quick and easy meals for your family. Due to the current difficulty of hands-on classes, this class will mainly be instructor demonstrations; however, you still need to bring your appetite! We will also be comparing various brands of electric pressure cookers and seeing how each one operates in order to help you decide which type of electric pressure cooker best meets your needs if you are looking to purchase one. **Class size limited to 8 people.**

Contact the Bonner County Extension Office to **register**; 208-263-8511.



Do you want to keep track of all our local extension classes, and have reminders sent to your electronic calendar?

Simply go to our website, www.uidaho.edu/boundary, go to the MENU bar on the left side of the page, and select News and Events. Click on the event you wish to attend, then use the links on the bottom of the page to add the event to your electronic calendar, or use the link More Event Actions to receive an email or text.

Workshops, Programs, Bulletins & Classes

Freeze Drying Class

Wednesday, February 17, 2021

3:00 PM-4:30 PM

Boundary County Extension Office

6447 Kootenai Street

COST: \$10



Want to learn about freeze dryers designed for home use? This is the class for you! During this class you will learn about the various freeze dryer models, purchasing and maintenance costs, how to operate a freeze dryer, and proper storage of freeze-dried goods. You will be given the opportunity to see how to prep food and begin the freeze drying process. We will also be sampling a variety of freeze-dried foods.

Class size is limited. To **Register:** Contact the Extension Office @ 208-267-3235.

Basic Dehydration & Making Jerky

Monday, February 22, 2021

2:00 PM-3:30 PM

Boundary County Extension Office

6447 Kootenai Street

Cost: \$10



In this class we will be sampling different dehydrated foods, and learning how to making fruit leather and jerky. This class will cover how to make jerky from a variety of meats including beef and wild game. You will also 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 8 people.**

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

Supporting our Local Pollinators

Wednesday, February 10, 2021

1:00 PM-3:00 PM

Boundary County Extension Office

6447 Kootenai Street

Cost: \$5

Zoom option: Pick up your publication at the office!

A dramatic decline in our plant pollinators necessary for pollinating about 75% of our food crops is a cause for concern. Local Master Gardener Art Church will teach you what works best here in Boundary County across the whole growing season. You will receive a publication that describes locally adapted plants that support pollinators in this region.

Class size is limited. To **Register:** Contact the Extension Office @ 208-267-3235.



Indoor Seed Starting: It's Time!

Wednesday, March 3

1:00 PM-3:00 PM

Boundary County Extension Office

6447 Kootenai Street

Cost: \$10

Zoom option: Pick up your kits before class!



In our short-season climate, indoor seed starting is an economical method of maximizing your garden's productivity. Please join us for this hands-on course in which you will start some peppers and tomato varieties that thrive in North Idaho and learn how to care for your seedlings over the next several months.

Class size is limited. To **Register:** Contact the Extension Office @ 208-267-3235.



Healthy Diabetes Plate Series

Fridays, March 5, 12, 19, 26, 2021

10:00 AM-11:30 AM

Boundary County Extension Office

6447 Kootenai Street

FREE

This 4-session class is designed for individuals with type 2 diabetes and the people who plan their meals. This class will use various methods to teach the types and amounts of foods that should be consumed using the diabetes meal plan. Although this class is geared primarily for individuals with type 2 diabetes, it's a healthy way for all family members to eat. You don't have to be a certain age or be diagnosed with diabetes to benefit from the Healthy Diabetes Plate approach to meal planning.

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

Workshops, Programs, Bulletins & Classes

CULTIVATING SUCCESS ONLINE CLASS **Scratching Below the Surface: Idaho** **Small-Scale Poultry Production**

January 14, 21, 28 and February 4

5:30 - 7:30 pm PST / 6:30 - 8:30 pm MST

Cost: \$75 | \$60 early registration (before Jan. 4th)

From baby chicks to laying hens and drumsticks – are you looking to explore and expand your skills in small-scale poultry production? This course guides beginning producers through the process of raising poultry for profit. We will cover goals and record keeping, bird nutrition and housing, egg handling, and meat processing. Join Extension Educators and poultry farming professionals for this comprehensive experience that's something to crow about! For more information, contact Kate Painter, kpainter@uidaho.edu, or Rebecca Mills, rmills@uidaho.edu.

Registration link: <https://small-scale-poultry.eventbrite.com>



CULTIVATING SUCCESS ONLINE CLASS **Digging Deeper: Developing Your** **Idaho Market Garden**

February 18, 25 and March 4 & 11

5:30 - 7:30 pm PST / 6:30 - 8:30 pm MST

Cost: \$75 | \$60 early registration (before Feb. 8th)

Wondering what to do to create a sustainable market garden in Idaho? If you're interested in small-scale production of vegetables, fruits, culinary herbs, or cut flowers to sell, this course is for you! We will focus on in-depth production skills and taking what you grow to market. Join our group of Extension Educators and farmer collaborators for presentations and activities to guide you through the production year. From farm planning, to harvesting, washing and packing you will come away with skills needed to run a more sustainable and efficient farm. Questions? Contact Jen Jensen at jenjensen@uidaho.edu, 208-263-8511.

Registration link: <https://idaho-market-garden.eventbrite.com>



Ten Acres and a Dream

Online only

Fridays, March 12, 19 & 26, 2021

9:00 AM-Noon

FREE



In this 3-part virtual course, you will learn how to realize your homesteading dreams with plenty of resources on topics including forestry fundamentals, permaculture, land evaluation, crop production, fruit production, and raising livestock. A panel of producers will share their experiences and answer your questions. **Sign up** at CultivatingSuccess.org/land-stewardship.

FORESTRY SHORTCOURSE

Sandpoint

Wednesday mornings

9:00 AM-12:00 PM

June 16, 23, 30 & July 7, 14, 21, 2021

UI Sandpoint Organic Agriculture Center

10881 North Boyer Road

(208) 263-8511

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, the program is limited to 25 people.

A **\$38 registration fee** (\$120 for UI credit) includes a binder and flash drive of forest management resource materials and refreshments.

For **registration** questions, contact the Bonner County University of Idaho Extension office: 208-263-8511.



Workshops, Programs, Bulletins & Classes



STRONG WOMEN PROGRAM

Please join us for new strength training sessions
Jan. 12—Mar. 18, 2021

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
6447 Kootenai St.
(208)267-3235



Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an online

food preservation class to teach individuals how to safely preserve a variety of foods. Participants learn how to produce high-quality, preserved foods and the science behind food preservation and food safety.

The first lesson of the 6-week course opens online on Thursday, January 14 at 1:00 p.m. MST. Each lesson includes online text (that can be downloaded and printed), online bulletin board to facilitate participant discussion, and a real-time weekly chat to interact with classmates and instructors. The weekly online chat session for the first lesson will be on Thursday, January 21 from 1:00 to 1:45 p.m. MST.

Winter Session starts January 14, 2021

Registration Deadline: January 11

Lessons

1. Causes & Prevention of Foodborne Illness
 2. Spoilage and Canning Basics
 3. Canning Acid Foods: Boiling Water Canner
 4. Canning Low Acid Foods: Pressure Canner-Dial/Weighted
 5. Canning Specialty Foods (jams, jellies & preserves; salsas; pickled & fermented foods)
 6. Drying & Freezing
- Supplemental materials will include materials on planting varieties for food preservation, cold storage and root cellaring.

The cost is \$35 plus the cost of supplemental materials. Many of the supplemental materials are available free, online. Class size is limited.

For More Information Contact:

Laura Sant, MS RD, UI Extension Educator Franklin County: lsant@uidaho.edu or call the Franklin County Extension Office, 208-852-1097.

UI Extension Sheep and Goat Weekly Webinar:



UI Extension offers weekly webinars on sheep and goat topics on **Thursdays at 11:30 AM**. Follow them on Facebook @UISheepandGoats for the current schedule of topics.

UI Extension Beef Cattle Webinar: Every other Wednesday, 11:00 AM



UI Extension offers webinars on Beef Cattle topics on every other **Wednesdays at 11:00 AM**. Follow them on Facebook.com/UIBeef for the current schedule of topics.



University of Idaho
Extension
Boundary County

4-H CLOVER TALK

JAN./FEB. 2021



**All Dates are
Tentative & Subject
to Change**

December 31-New Year's Eve

January



January 1-New Year's Day

**January 6-KYG Registration
Closes**

**January 10-4-H Signup Dead-
line For Fair Participation**

**January 12-Swine Leaders Meet-
ing 5:30 p.m. Ext. Office**

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

**January 18- Human Rights Day
Ext. Office Closed**

**January 30-Super Saturday Via
Zoom Sign-in @ 8:45 a.m.**

February

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

**February 13-15-K.Y.G.
Conference Saturday -Via Zoom
Sunday -North District Worley**

February 14-Valentine's Day 

**February 15-Presidents Day Ext.
Office Closed**

**February 24-New Leader Train-
ing 5:30 p.m. Ext. Office**

March

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

**March 14- Daylight Savings
Begins**

March 17- St. Patrick's Day 

**March 27-Market Beef Weigh In
Fairgrounds**

Debbie Higgins
4-H Program Coordinator

**WE MADE IT! 2020 is officially
over, thank goodness.**

Happy New Year everyone. I hope all are doing well and getting excited for the 4-H year. The enrollment deadline to exhibit at the 2021 fair is January 10th, 2021. If you haven't enrolled yet please go to v2.4honline.com and enroll. If you have enrolled, please come to the Extension Office at 6447 Kootenai St. in Bonners Ferry and pay your 4-H fees. The cost is \$25.00 per membership up to 3 projects, for every project after it is an additional \$3.00 per project. Horse & Dirt Bike are \$27.00 base fee. Some projects may have some additional costs depending on materials needed to complete the project.

All returning leaders please get signed up also. If you would like to lead a project or be a club leader let me know, it's super fun! We will be offering Super Saturday Leader training on January 30th, 2021. Please call 208-263-8511, as register. Bonner County is the host this year. Lots of new and exciting things are happening in 4-H, you won't want to miss this opportunity. All new leaders are required 3 hours of training and returning leaders must have 2 hours of training.

Record Books are on Zsuite again this year, please feel free too go on and start filling out your books. It's not to early to start. Give me a call if you have any

questions, 208-267-3235.

Every month the Leader's Council & the Livestock Committee meet the 2nd Tuesday of the month. In January we will meet on the 12th at 6:30 pm in the meeting room at the Extension Office, all leaders are invited to attend. All swine leaders will meet this same day but at 5:30 to plan out the year. In February we will meet on the 9th at 6:30 pm. Hope to see you there.

Happy New Year to everyone!



ATTENTION ALL 4-H LEADERS

Please mark **January 12 & February 9** on your calendar!
Come to the meetings to stay on top of what is going on in 4-H.
Livestock committee meets first at 6:30 p.m. followed by Leaders' council starting at 7:00 p.m. at the Extension Office. All parents, members, and community members are welcome to attend meetings.





BOUNDARY COUNTY 4-H

Welcome New and Returning 4-H Families

4-H enrollment period is October 13, 2020-January 10, 2021.

All of us with Boundary County 4-H are excited for the beginning of a new 4-H year. We look forward to seeing all of our returning members and meeting our new members.

All enrollments for new and returning members and leaders need to be done online. <https://v2.4honline.com> is accessible by Smartphone, or if using a computer, you must use Firefox or Google Chrome, as Internet Explorer is not compatible. For any families without internet access we will have a computer available at the Extension Office for enrollment use.

The program costs are listed to the right.

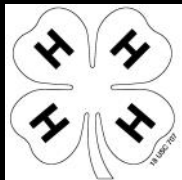
All program fees still need to be paid in cash or check at the Boundary County Extension Office, 6447 Kootenai Street or mailed to PO Box 267, Bonners Ferry. Unpaid enrollments will remain in pending status until program fees have been paid. Members are not allowed to participate in any 4-H activities until their fees have been paid.

To enter the online enrollment, go to <https://v2.4honline.com>. The Participation Deadline for 2020/2021 is January 10, 2021 for 4-H projects to be part of the 2021 Boundary County Fair.

If you have any questions, comments or concerns, please feel free to contact Debbie Higgins or Amy Robertson at the Boundary County Extension Office: 208-267-3235.

CLOVERBUD \$25
MEMBER \$25
HORSE \$27
Dirt Bike \$27
Jewelry Extra \$5 to cover cost of materials
Scrap Booking Extra \$10 to cover cost of materials
Dutch Oven Extra \$5 to cover cost of materials
4 or More Projects add \$3.00 per project

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



ZSuite Record Books

Once again we will be creating all record books on a web-based platform called ZSuites Books. The record books are based off of the paper/digital versions we were using in the past. This platform allows for members to work on records on a laptop, tablet or smart phone and are IOS and android compatible. Parents will have access at the family level and can review or help all family members. Project volunteer leaders will also be able to view the books of members in their project(s) to make sure things are staying up to date. Other records that can be created and managed through ZSuite are Secretary and Treasurer records and all Involvement Reports.

The major advantages of this platform are not having it lost in that "safe" place, you will always know where to look for it and you can update any time and anywhere!

Bonner/Boundary County 4-H Super Saturday

January 30, 2021

All training options are being offered via zoom

8:45 a.m. to 8:55 a.m.	Log in to Zoom				
9:00 am – 9:50 am	Horse Project Q & A <i>Jim Wilson</i>	Conflict Resolution/Dealing with Difficult People <i>Amy Robertson</i>	Deeper look at Protecting Minors & Code of Conduct <i>Sharla Wilson & Debbie Higgins</i>	Navigating ZSuites and the UI Extension Website <i>Gail Silkwood</i>	Noxious Weeds Dangerous to Animals <i>Jennifer Jensen</i>
10:00 a.m. to 10:50 a.m.	Livestock Judging – Tips for Success <i>Jim Wilson</i>	Planning & Delivering project meetings and Fulfilling Project Requirements <i>Amy Robertson</i>	Pre-Teen & Teen opportunities <i>Sharla Wilson</i>	Navigating ZSuites and the UI Extension Website <i>Gail Silkwood & Debbie Higgins</i>	
11:00 a.m. to 11:50 a.m.	Livestock Judging – Tips for Success <i>Jim Wilson</i>	Conflict Resolution/Dealing with Difficult People <i>Amy Robertson</i>	Organizing the Organizational Club <i>Sharla Wilson</i>	Low Stress Handling of Animals <i>Gail Silkwood</i>	

Pre-registration is required for this event to insure we have an email addresses to send out zoom links. Please call the Bonner County Extension Office by Noon, January 29th at 208-263-8511 or email to bonner@uidaho.edu to sign up. Include your email and phone number when signing up Your participation in this event will fulfill your leader training requirements. Parents and members are welcome to attend any of these sessions; we simply request that they pre-register too. An email will be sent to you containing the zoom

WANTED

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 for more information.

WANTED

CLUB REPORTS!!!

Publish them in the Clover Talk!!!



**Follow Boundary County 4-H
on Facebook:**
[www.facebook.com/
boundarycounty4h](https://www.facebook.com/boundarycounty4h)



Livestock News



2021 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!



Rabbit-Thursday, July 8, 2021 5:30 p.m.

BEEF-Saturday, March 27, 2021

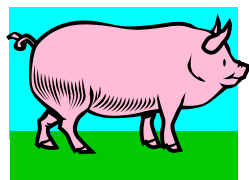
9:00 a.m.

SWINE-Saturday, May 15, 2021

7:00 a.m.

LAMB & GOAT-Wednesday, June 2, 2021, 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).



Swine Leaders and Parents now is the time to be looking for your market hog projects! You will want to make sure you have contacted a producer about obtaining an animal. Don't procrastinate!

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 TREE FRYERS, ALLOWED ALTERNATE PEN OF THREE FRYERS

2021 Mandatory 4-H/FFA Market Quality Assurance Training

All trainings will be held at the Boundary County Extension Office meeting room, 6447 Kootenai 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:

3:00 PM-4:30 PM, Friday, February 19

3:00 PM-4:30 PM, Friday, March 5

5:30 PM-7:00 PM, Tuesday, March 16

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

Trainings are limited to 25 persons. Registration is mandatory.

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

LOOKING FOR KINGS & QUEENS!!! FAIR ROYALTY

Applications will soon be available at the Fair office or the Extension office. Fair Royalty is open to both girls and boys. So start thinking about it now!





FEBRUARY 13-15

The Know Your Government (KYG) Conference is designed for youth in grades 8 to 9 to learn how government decision making works, how the judicial system works, and meet teens from across the state and more!

Conference Changes for 2021

We will Reunite at KYG in 2021 in a new and exciting way!

Steering Committee (SC) youth will be hosting a hybrid conference from Boise, ID. Youth delegates and chaperones will join from their homes via Zoom on February 13th and travel to a face-to-face district location on February 14th for committee hearings and mock trials. District sites will be hosted by Steering Committee adults, locations to be announced on the registration materials available November 20. Lunch and breaks will be provided on February 14th.



If you have questions or need further information about KYG please contact
Donna R. Gillespie at donna@uidaho.edu or 208-312-4109

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment. Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Donna R. Gillespie by January 1, 2021 at 316 Falls Ave., CSI Campus, Evergreen Bldg., Twin Falls, ID 83301 or 208-312-4109 or donna@uidaho.edu.

4-H Friday



Friends

This year is flying by and we are almost done with the first half of 4-H Friday Friends. We have had a lot of fun and learning so far this year. As always Ms. Teri from the library comes in every other Friday to read books to the kids, and on the other Fridays Ms. Ashley comes to do STEAM activities. We had Mr. Tony from South Boundary Fire come and talk to the kids about fire safety, and he showed them the firetruck. We had Nancy Genys come and teach the students some different dances in early December. Ms. Debbie came and painted with us, and both Ms. Debbie and Ms. Amy came and did some Christmas crafts. We will not be open during Christmas Break, but will be back in full swing again starting on January 8th. We operate in the Middle School every Friday, come for them all or pick and choose which days to come. You can drop off and pick up your child anytime between 7:30am and 5:30pm. Our age group is still K-6th grade. We are still limiting our numbers to 20 per day, so please call the Extension Office by 12 noon the Thursday before to reserve your child's spot. Cost is \$12 per day with a sliding fee scale available. For more information and registration packets, contact the Boundary County Extension office at (208) 267-3235, or email kwood@uidaho.edu. We look forward to seeing you there!

Dates: First Semester

January: 8, 15, 22, 29

Dates: Second Semester

February: 5, 12, 19, 26

March: 5, 12, 19, 26

April: 2, 16, 23, 30

May: 7, 14, 21, 28

June: 4, 11

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

Calling all 4-H'ers!!!

Did you know that you get credit for participating in Demonstration Day? Boundary County Demonstration Day will be held on Monday, April 26, 2021 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 are 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. An Illustrated Talk is not a Demonstration! 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 23
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

Boundary County Livestock Committee Meeting Minutes

August 4, 2020

The meeting was called to order at 6:31 p.m. by Livestock Chair Liz Wood. There were 12 members present.

Officer Reports:

- Brenda read the July minutes which were approved as read.
- Treasurer's report was dispensed with.

Committee Reports:

- The horse group reported that horse camp was a success. The horse show in July went well and the fair show is starting on Monday. The kids are excited.

Old Business:

- A. The indoor arena has been painted and looks great.
- B. All results for the Avian Flu test came back negative.
- C. We need one more ring man and a photographer for the sale.
- D. Dave will be the weigh master. This is his last year, we need a new one next year.
- E. The fair volunteer sign-up sheet is going around, please help out wherever you can.
- F. Swine come in on Monday night. Dr. Burt will do vet checks, but leaders need to check pigs for lice, etc as they unload.
- G. Hand wash stations will be at the fair by the barns.
- H. T-shirts will be handed out when you turn in your record books. It will be the size that is in your profile online.

New Business:

- A. There are new designated parking areas for fair this year. Be sure to check the map and each family gets a

parking permit for the reserved area. Campers need to be registered with Paula. Stock trailer needs a permit on it as well.

- B. C.O.O.L. forms are in.
- C. Livestock haulers will be needed, we will be asking the same people that hauled last year.
- D. Waterfowl is not recommended at the fair by the USDA.
- E. Beef barn is coming along, but will need some things, like a roof, before fair.
- F. The sale will be projected at the fair. We need King size white sheets and a way to hang them before Friday night. Only buyers should be in the arena, families and other spectators can watch from outside. The sale will also be broadcast online for those who want to watch.
- G. A press release is going out discussing any changes that have been made to fair events and activities.
- H. Livestock judging is 5:00 p.m. on Thursday of the fair. Adults will be needed.
- I. Please remind 4-H members of the dress code and to represent 4-H appropriately.

Shelby motioned to adjourn the meeting. Shyann seconded the motion and the meeting was adjourned at 7:18 p.m.

Next meeting: Tuesday, August 11th, 6:00 p.m., Memorial Hall

Members Present:

- Debbie Higgins
- Brenda Kerttu
- Liz Wood
- Maureen Mai
- Shelby Cowley
- Shyann Hoover
- Leah Sandelin
- Sharon Comer
- Julie Stuber
- Brandy Warren
- Jaycee Atkins
- Tammy Hedrick

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, 2021.**



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 2021.**

Boundary County Leaders Council Meeting Minutes

August 4, 2020

The meeting was called to order at 7:20 p.m. by President Maureen Mai. There were 10 members present.

Officer Reports:

- Liz read the July minutes which were approved as read.
- Treasurer's report was dispensed with.

Committee Reports:

- The Family Fun Night Committee reported that things are looking good. Be brainstorming for some new ideas.
- The awards committee will meet after fair.

Old Business:

- A. The Idaho 4-H Key award applications are due August 5th to the Extension Office.
- B. FFN interviews are completed. Morgan Tye is the Queen, Avalon Thiel is the princess, and Trent Myers is

the prince.

- C. State 4-H advisory committee still needs a volunteer member from the North District.

New Business:

- A. The Friday Friends positions have been filled.
- B. There is a half-time AmeriCorps position open for Sept. 2020 through Aug. 2021.

There was no other business.

Shelby motioned to adjourn the meeting. Brenda seconded the motion and the motion passed. Meeting was adjourned at 7:33 p.m.

Next meeting: Sept. 8, 7:00 p.m., Extension Office

Submitted by: Brenda Kerttu, Secretary

Members Present:

- Debbie Higgins
- Maureen Mai
- Liz Wood
- Shelby Cowley
- Shyann Hoover
- Brandy Warren
- Leah Sandelin
- Brenda Kerttu
- Jaycee Atkins
- Amy Robertson

Boundary County Livestock Committee Meeting Minutes

September 8, 2020

The meeting was called to order at 6:30 p.m. by Livestock Chair Liz Wood. There were 8 members present.

Officer Reports:

- The minutes were dispensed with.
- Treasurer's report stated that the money is coming in and market animal sale checks will be issued soon.

Committee Reports:

- The horse group reported that fair went well.

Old Business:

- A. Hauler appreciation was discussed. They will each receive a gift certificate to Super 1 and will be invited to the Leader's Appreciation Banquet.
- B. Fair wrap-up included that we must have a list of guaranteed haulers on Sunday morning that includes names and phone numbers. Remember that pushers are not necessarily haulers. We need to have the list with confirmations 3 days prior to hauling.

New Business:

- A. There is a swine leaders meeting November 10th at 5:30 p.m. at the Extension Office.
- B. C.O.O.L. forms and thank you notes need to be turned

in ASAP.

- C. Beef enrollment deadline is earlier than other projects due to the long-term nature of the project. Call Extension Office to get your name on the list and sign up in 4honline.com by November 1st. Dues must be paid before attending any meetings.
- D. The goat project is going to be modified. The projects offered will be dairy goat, market goat, or goat, which will include all others.
- E. There was a proposal of imposing a fine on members not showing up for barn duty, as well as imposing a fine on parents cleaning stalls. There is a plan in place that allows for fines to be imposed for any infractions after a warning has been served. The livestock leaders felt that at this time leaders can deal with this in their barns. It just needs to be reinforced and reminders said at the start of fair.

Members Present:

- Debbie Higgins
- Jaycee Atkins
- Maureen Mai
- Liz Wood
- Tammy Hedrick
- Shelby Cowley
- Leah Sandelin
- Shyann Hoover

Shelby motioned to adjourn the meeting. Jaycee seconded the motion and the meeting was adjourned.

Next meeting: November 10th, 6:30 p.m., Extension Office

Boundary County Leaders Council Meeting Minutes

September 8, 2020

The meeting was called to order at 7:00 p.m. by President Maureen Mai. There were 9 members present.

Officer Reports:

- Minutes were dispensed with.
- Treasurer's Report was tabled.

Committee Reports:

- The Family Fun Night Committee reported that things went well and there was a good turn out.
- The Awards Committee will be meeting again on Oct. 2nd to fill out certificates and finalize awards.

Old Business:

- A. The extra t-shirts will be donated to the schools. Jaycee will take them.

New Business:

- A. Items need to be ordered for the Leaders Recognition Banquet. Executive Committee will meet to make a plan.
- B. Table decorations also need to be planned for the Leaders Recognition Banquet.
- C. Organizational leaders need to turn in their financial packets by October 15th.
- D. Vice-President and Treasurer positions are up for election. Voting will take place at the banquet.

- E. Several Leaders are needed. Three organization leaders and 5 project leaders including archery, sewing (co-leader), photography, scrapbooking, and fishing.

- F. Friday Friends coordinator is Mikayla Wilkerson, Assistant is Kate Wood.

- G. Leaders Appreciation Banquet is 6:30 p.m. on October 13th. Please RSVP, letters will go out this week.

- H. The ATV/OHV project is being modified to dirt bikes only, for age 10 and older, and will be limited to 10 members.

- I. AmeriCorps Member has been hired, they will be shared with Naples Elementary and they will help with the camps next summer.

There was no other business.

Liz motioned to adjourn the meeting. Shyann seconded the motion and the motion passed. Meeting was adjourned at 7:20 p.m.

Next meeting: Banquet, 6:30 p.m., October 13th @ Chic n Chop

Submitted by: Brenda Kerttu, Secretary

Members Present:

- Debbie Higgins
- Tammy Hedrick
- Jaycee Atkins
- Shelby Cowley
- Leah Sandelin
- Julie Stuber
- Shyann Hoover
- Maureen Mai
- Liz Wood

Boundary County 4-H Leader's Appreciation Banquet

October 12, 2020

Welcome and greetings at 6:38 p.m. by Treasurer Tammy Hedrick.

Pledges were said and introductions were made. 18 people were in attendance.

An invocation was delivered and dinner was served.

At 7:20 p.m. the recognition of leader commenced:

- First Year Leaders: April Isaac, Kevin Boldt, Jaycee Atkins, Anna Fuller, Dena Cook, and Nick Larsen
- Five Year Leaders: Ingalisa Younger
- Twenty Year Leaders: Tammy Hedrick and Renee Murphy
- 4-H Leader of the Year: Shelby Cowley
- Distinguished Service Award: Shelby Cowley

During the business meeting it was discussed that the terms for Vice President and Treasurer are up and positions are open.

Voting was unanimous, Liz Wood will continue in the position for another two-year term and Tammy Hedrick will continue with another two-year term, but would like to begin training someone to take over.

The idea of splitting the Treasurer's position into two, one for Livestock and one for Leaders, was briefly discussed. No motions were made at the time.

A group of leaders volunteered to review the by-laws as it has not been done since 2018. They will bring recommended changes to the November meeting.

The business meeting concluded with a thank you and acknowledgement of all leaders and volunteers for their time.

The banquet concluded at 7:32 p.m.

Submitted by Brenda Kerttu, Secretary

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JANUARY/FEBRUARY 2021

KEEPING OUR COMMUNITY CONNECTED

BOUNDARY COUNTY EXTENSION STAFF



Amy Robertson	Extension Educator Family & Consumer Sciences
Kate Painter	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Kate Wood	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary

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