

EXTENSION NEWS ■ ENP ■ MASTER GARDENER ■ 4-H



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**Preventing Tick Bites**



Tick exposure can occur year-round, but are most active during warmer months (April-September).

Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

Under the arms	In & around the ears
Inside belly button	Back of the knees
In and around the hair	Between the legs
Around the waist	

Source: Adapted from [ccdc.gov/ticks](http://ccdc.gov/ticks)

~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

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# Master Gardener Column



## What a Soil Test Does Not Tell You

Though soil tests are useful for identifying nutrient deficiencies as well as soil pH, they do not tell the whole story. Often times gardeners have a difficult time growing crops even though the soil test shows the pH is fine and nutrients are not deficient. Here are some factors that can affect plant growth that are not due to nutrient deficiencies or pH.



**Not enough sun:** Plants need a certain minimum amount of sun before they will grow well. As a general rule, flowering (and fruiting) plants need at least 6 to 8 hours of full sun per day. There are of course, exceptions such as impatiens that bloom well in shade. Move sun-loving plants into more sun or use plants that are better adapted to shady conditions.

**Poor soil physical characteristics:** Roots need oxygen as much as they need water. A tight clay soil or excessive water can restrict soil oxygen levels as well as make root penetration of the soil difficult. Increasing the organic matter content of clay soils can help rebuild good structure. Add a 2-inch layer of organic matter and till it in.

**Tree roots:** Trees not only compete with other plants for sun but also for water and nutrients. Extra water and nutrients may be needed.

**Shallow soils:** When new homes are built, the topsoil is often stripped off before the soils are brought to grade. Though the topsoil should be replaced, it sometimes is not or is not replaced to the same depth as it was originally. You are left with a subsoil that usually does not allow plants to grow well due to a lack of soil structure. Adding topsoil to a depth of 8 to 12 inches would be best but this often is not practical. In such cases, try to rebuild structure by adding organic matter and working it into the soil.

In other cases, a thin layer of soil may be spread over top

or construction debris. Plantings in shallow soils will silt and die more quickly than other plants that are on a deeper soil. Use a soil probe to find such obstructions.

**Too much phosphorus:** Soils that have been fertilized for a number of years may have phosphorus levels that are quite high. Extremely high phosphorus levels can interfere with the uptake of some micronutrients such as iron, manganese and zinc. High phosphorus soils should only be fertilized with fertilizers that have no or relatively low amounts of phosphorus.

**Improper watering:** Roots develop where conditions are best for growth. Shallow, frequent watering leads to roots developing primarily near the surface of the soil where the soil is moist. Such shallow root systems are easily damaged by heat and any interruption in the watering schedule. It is better to water less frequently and to a greater depth to encourage a deeper root system that is less sensitive to heat and water stress.

Watering during the evening can also be detrimental to plants if the irrigation wets the foliage. Many diseases are encouraged by free water on the leaves. Watering late in the day often will keep the foliage wet until dew forms. Dew will keep the foliage wet until it evaporates the next morning. It is better to water early in the morning so leaves do not stay wet as long. If you must water late in the day, use drip irrigation if practical (such as in a vegetable garden).

**Overwatering:** Roots need to breathe. In other words, they must have oxygen in order to survive. Be careful to not water so heavily that the soil remains saturated. Water deeply but allow soil to dry somewhat between watering. (Ward Upham)

Source: Adapted from K-State Horticulture Newsletter No. 7 February 15, 2022

## ADVANCED MASTER GARDENER OPPORTUNITY



We are organizing a group for those who have completed the Master Gardener program to work on some community projects including the Plant Clinic. There will be opportunities including advanced educational classes, peer-to-peer networking, and volunteer programs that will help our neighbor's gardens thrive in Boundary County. Call the Extension Office to find out more, 208-267-3235.

# Muscle Building, Sports Performance, and Diet

***What you eat can impact sports performance and muscle—but not in the ways you may think.***

If you want to build muscle, excel at a sport, or simply get the most out of regular physical activity, experts say some popular dietary advice is wrong. Let's take a look at three common myths:

**Myth #1:** When it comes to muscle building and performance, the more protein intake the better. "Protein is important for muscle growth," says Jennifer Satchek, PhD, professor and chair of Exercise and Nutrition Sciences at the Milken Institute School of Public Health, "but extra protein does not equal more muscle. Additionally, while protein is necessary for muscle growth and repair as well as for other tissues in the body, carbohydrates and fats are the main fuelers of performance."

Many people seeking to increase protein intake look to red and processed meats, both of which should be limited in a healthy dietary pattern. Intake of highly processed foods (a category that includes protein powders, shakes, and bars) is associated with negative health effects.

"Most people in the U.S. already consume more than the recommended amount of dietary protein," says Satchek. "Even body builders and serious athletes, who can benefit from higher protein intake, may already be reaching or exceeding recommended thresholds."

**Mythbusting advice:** Don't load up on protein in an effort to build and maintain muscle. Aim for regular intake of moderate amounts protein (roughly one-quarter of each meal) from healthy sources like fish, yogurt, beans, lentils, nuts/seeds, poultry, and some lean red meats. "People don't realize that even grains and vegetables contain some protein," Satchek says.

**Myth #2:** Muscle loss is inevitable with age.

"It's possible to build new muscle—at any age," says Rachele Pojednic, PhD, EdM, an assistant professor and director of exercise science at Norwich University and former researcher with the Nutrition, Exercise Physiology and Sarcopenia laboratory at the Human Nutrition Research Center on Aging at Tufts. Especially for people over 50, maintaining muscle mass and muscle integrity is crucial. "When muscle starts to go away" Pojednic says, "you have increased risk of falls and injury, but also increased insulin resistance and risk for type 2 diabetes." The more physically active you are, the more you can stave off diseases like diabetes, cardiovascular disease, and even cancer.

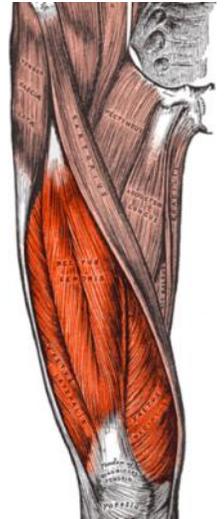


**Mythbusting advice:** There is some reduction in lean muscle tissue with age, but engaging in resistance training and consuming adequate healthy protein can help maintain a significant amount of muscle mass. Aim to work your muscles two to three times a week with activities like lifting weights or using weight machines; doing body-weight exercises like squats, push-ups, and planks; practicing yoga; or using exercise bands.

**Myth #3:** Anti-inflammatory supplements help with recovery.

"There's a lot of marketing telling athletes that reducing inflammation is essential for recovery," says Pojednic, "but reducing inflammation dramatically in exercised muscle is probably the worst thing you can do." When you work your muscles, the muscle fibers break down. The damaged muscle sends an inflammatory signal that triggers the immune system to begin repair. If you take anti-inflammatory drugs like ibuprofen—or powders and other supplements marketed as 'anti-inflammatory'—you could actually be blocking the ability of your muscles to recover.

**Mythbusting advice:** Pojednic recommends avoiding the purportedly anti-inflammatory supplements currently being heavily marketed to athletes. She also suggests letting your muscles be sore and saving ibuprofen and other Non-Steroidal Anti-Inflammatories (NSAIDs) for injuries or soreness during multi-day tournaments. "If you're playing in four tournaments in four days, for example, your muscles don't have enough time to rebuild completely and the soreness may become the limiting factor to performance," she says. "Otherwise, let your body do its thing."



# Shakshuka-Saucy & Spicy Eggs



An easy-to-make comfort food that sounds exotic and tastes delicious. Made from ingredients that we usually have on hand, it's good for breakfast, lunch, or dinner with a slice of crusty whole grain bread or toasted pita bread.

Serves: 8

## INGREDIENTS

- 3 tablespoons olive oil or vegetable oil
- 1 medium onion chopped
- 1 red bell pepper washed, cored, and chopped
- 2 cloves garlic minced (or ½ teaspoon garlic powder)
- ¼ teaspoon crushed red pepper
- ¼ teaspoon black pepper
- 1 teaspoon cumin
- 1 teaspoon paprika
- 2 tablespoons tomato paste
- 1 28-ounce can diced tomatoes
- 8 eggs
- ⅓ cup feta cheese or another crumbly cheese if you like
- 1 bunch cilantro washed and chopped

## DIRECTIONS:

1. Wash hands before preparing food.
2. Preheat oven to 400°F.
3. In an ovenproof skillet, heat oil on a stove over medium heat.
4. Sauté onion, red pepper, garlic, chili powder, cumin, paprika, and pepper for about 5 minutes or until vegetables start to soften and spices begin to smell nice.
5. Stir in tomato paste and tomatoes; bring to simmer.
6. Reduce heat to low on cook stove, stirring occasionally, for about 15 minutes or until sauce has thickened.
7. Make 6 to 8 wells in the sauce with a spoon; crack egg into each well.
8. Transfer pan to oven. Cook for 5 to 8 minutes or until eggs are cooked.
9. Top with cheese and cilantro.

**Per 12 ounce serving** 149 Calories; Protein: 7g; Carbohydrate: 6g; Dietary Fiber: 1g; Sugar: 3g; Total Fats: 11g; Saturated Fat: 7g; Cholesterol: 169mg; Vitamin A: 906IU; Vitamin C: 27mg; Iron: 2mg; Calcium: 80mg; Sodium: 240mg; Potassium: 254mg

Source: <https://eatSMARTidahointheKitchen.com>



To ensure food safety, eggs should be cooked until both the yolk and the white are firm. Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially for those with certain medical conditions. Over-easy, poached, sunny-side-up or soft-boiled eggs may not reach sufficient temperature to be considered food safe. Scrambled eggs should be cooked until firm and not be runny. Casseroles and other dishes containing eggs should be cooked to an internal temperature of at least 160°F. Use a food thermometer to be sure internal temperature is reached.

Source: <https://www.incredibleegg.org/professionals/foodservice/egg-safety-handling/preparation-guidelines>

## ANATOMY OF AN EGG

**SHELL**-Bumpy and grainy in texture, an eggshell is covered with as many as 17,000 tiny pores. Eggshell is made almost entirely of calcium carbonate (CaCO<sub>3</sub>) crystals. It is a semipermeable membrane, which means that air and moisture can pass through its pores. The shell also has a thin outermost coating called the *bloom* or *cuticle* that helps keep out bacteria and dust.

**INNER AND OUTER MEMBRANES**-Lying between the eggshell and egg white, these two transparent protein membranes provide efficient defense against bacterial invasion. If you give these layers a tug, you'll find they're surprisingly strong. They're made partly of keratin, a protein that's also in human hair.

**AIR CELL**-An air space forms when the contents of the egg cool and contract after the egg is laid. The air cell usually rests between the outer and inner membranes at the egg's larger end, and it accounts for the crater you often see at the end of a hard-cooked egg. The air cell grows larger as an egg ages.

**ALBUMEN**-The egg white is known as the albumen, which comes from *albus*, the Latin word for "white". Four alternating layers of thick and thin albumen contain approximately 40 different proteins, the main components of the egg white in addition to water.

**CHALAZAE**-Opaque ropes of egg white, the chalazae hold the yolk in the center of the egg. Like little anchors, they attach the yolk's casing to the membrane lining the eggshell. The more prominent they are, the fresher the egg.

**VIELLINE MEMBRANE**-The clear casing that encloses the yolk.

**YOLK**-The yolk contains less water and more protein than the white, some fat, and most of the vitamins and minerals of the egg. These include iron, vitamin A, vitamin D, phosphorus, calcium, thiamine, and riboflavin. The yolk is also a source of lecithin, an effective emulsifier. Yolk color ranges from just a hint of yellow to a magnificent deep orange, according to the feed and breed of the hen.

Source: <https://www.exploratorium.edu/cooking/eggs/eggcomposition.html>



## Don't Wash Your Chicken!

Do you rinse raw chicken and poultry before cooking it? My mother did. Julia Child did,

and most cookbooks use to insist that you rinse it before cooking. Washing raw poultry was a common unsafe practice. One that many people are still very attached to.

Raw poultry can be contaminated with numerous bacteria, including *Salmonella* or *Campylocacter*, or both. These two bacteria are the leading causes of food-borne illness.

According to food safety researcher Dr. Jennifer Quinlan, "If you wash it (poultry), you're more likely to spray bacteria all over the kitchen and yourself." Dr. Quinlan's USDA funded study for Drexel University published in 2005 led the way to reevaluating the practice of washing raw poultry. Besides, no matter how long you rinse it, you're

not going to kill the bacteria anyway. Only cooking can do that. So, instead of washing raw chicken, take it out of the package and put it directly into the cooking pan or broiler. The heat from cooking will destroy bacteria as long as you reach an internal cooking temperature of 165-degrees Fahrenheit. Cooking kills the bacteria so washing your poultry is not necessary.

Remember, bacteria in raw meat and poultry can spread to other foods, utensils, and surfaces. Rinsing only increases that chance of cross-contamination. If you need to prep your poultry, including removing the skin, use a knife and cutting board, and wash them with hot soapy water immediately afterwards.

Rinsing raw poultry is more of a problem than it is helpful. Cooks need to remember that it's safest if you "don't wash your chicken."

Submitted by Les Bevan, Master Food Safety Advisor

## Clean THEN Sanitize: Stop Food-borne Illness in Your Kitchen

Whenever cooking, especially when using raw meat or poultry, make sure you first clean and THEN sanitize your kitchen surfaces as well as the sink. Rinsing or wiping down these areas is not enough to kill bacteria.



### 1. Clean FIRST

Clean all contaminated kitchen surfaces with warm soapy water using single-use or paper towels. If using kitchen towels for cleaning, they need to be washed frequently using the hot water cycle in your washing machine. Don't forget to wash your hands too! Cleaning with warm soapy water will not kill bacteria, but it does get rid of dirt and grim that can deactivate sanitizing solution as well as potentially remove some of the germs from that surface.

### 2. Sanitize SECOND

Sanitizing kitchen surfaces after cleaning will kill any remaining bacteria. You can use a commercial sanitizer or make your own homemade sanitizing solution by mixing 1 Tablespoon of liquid chlorine bleach with 1 gallon of water. Spray your sanitizing solution on surfaces and wipe them clean with a paper towel. Make sure those surfaces have air dried before using them again.

Submitted by Amy Robertson, Extension Educator



If you are moving or have a change  
of address please let us know.

208-267-3235



# How Not To Die From Botulism

what home canners need to know about the world's most deadly toxin

nwEDIBLE.com

Hello, My Name Is:  
**Clostridium Botulinum**

1. Meet Clostridium Botulinum. He is a soil-borne, single-celled BACTERIUM. He likes Pina Coladas and getting caught in the rain. He hates oxygen. He, really, really can't stand the stuff.



2. In fact, if C. Botulinum senses oxygen showing up to the party, he builds himself an impenetrable armor shell and goes super-introvert, laying dormant until oxygen goes away. In this mode he's called a SPORE. He's really patient as a spore - he can wait **thousands** of years for conditions to improve and still remain viable.

2.

3.

If C. Botulinum finds himself back in a comfortable, low-acid, moist, oxygen-free environment, he'll 'reanimate' back into his vegetative, bacterial form. In this form, he can grow, reproduce and, most significantly for the home canner, produce...



4.

The BOTULINUM TOXIN, the most potent neurotoxin in the world and the cause of BOTULISM POISONING. This is what haunts the nightmares of home canners.



## In Other Words....

**If:**  
Vegetative C. Botulinum  
= Tony Stark

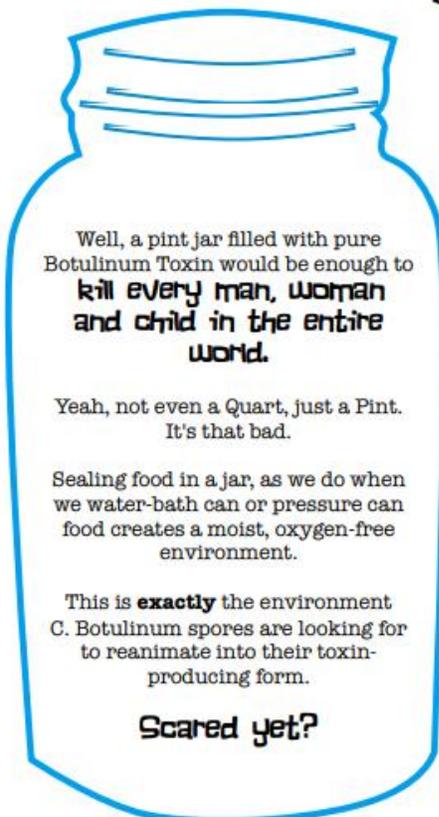


**Then:**  
Spore C. Botulinum  
= Iron Man



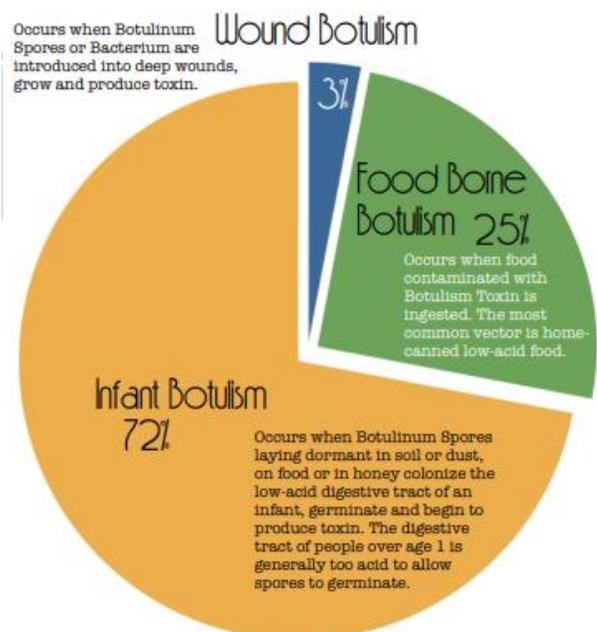
C. Botulinum Spores cannot be killed by boiling, drying, freezing, radiation or most household cleansers. They are wearing the Iron Man Spore Suit.

## How Bad Is Botulism, Really?



## Then How Come We Aren't All Dead?

While Botulism poisoning is deadly serious, it is thankfully very rare. Over about the last 50 years, the United States has averaged about 110 reported cases of Botulism poisoning per year. Of these, the majority are Infant Botulism. About 25% of cases are Food Borne - the kind home-canners are concerned with - and a few cases are Wound Botulism.



Continued on page 7

# So Am I Just Rolling The Botulism Dice Every Time I Make Jam?

Not at all. Canning food at home is not complicated, and it doesn't have to be dangerous, either. You just have to pay attention to acidity and temperature and follow established food handling and processing standards.

The Home Canner has two options to ensure a botulism-free and safe-to-eat product. The first involves controlling the **acidity** of the product so *C. Botulinum* Spores never germinate, the second involves **heating** the product enough to kill the Spores themselves. Let's look at each of them in turn.

## Botulism Control Methods

### 1. Acid Level (stop spore germination)

The spores that cause botulism will not germinate in a strongly acid environment. If the spores never germinate, they cannot make the botulism toxin. Food that has a pH of 4.6 or less is considered strongly acid and is safe to can in a Water Bath Canner.

Some foods are naturally high enough in acid to safely can in a Water Bath Canner. These include most fruits, which is why most jams, preserves, juices and fruits in syrup are safe to can in a Water Bath Canner.

Vegetables, meat, legumes and dairy naturally have a pH of 4.6 or above and are therefore **Low Acid**. These foods **CANNOT** be safely canned in a Water Bath Canner. Doing so would create the low acid, anaerobic environment which could allow the *C. Botulinum* Spores to germinate and produce the Botulism Toxin.

Low Acid foods can be made safe for Water Bath Canning if they are pickled (that is, made much more acidic) with the addition of strongly acid things like Vinegar, Lemon Juice, Citric Acid or (in the case of fermentation) Lactic Acid. This is how cucumbers - low acid and not safe to Water Bath Can - are turned into pickles - high acid and **SAFE** to Water Bath Can.

Because home canners do not generally have the equipment necessary to accurately determine the pH of their high-acid canned product, **tested recipes should be followed**.

### 2. Temperature (kill spores outright)



The *C. Botulinum* spores that can germinate and then create the Botulism Toxin can survive temperatures of 212 degrees F/ 100 degrees C. This is why Water Bath Canning low-acid foods can create dangerous, Botulism-friendly environments.

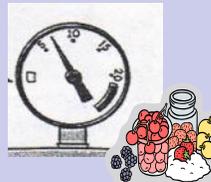
However, even the spores give out eventually. If you get them up to 240 degree F/115 degrees C and keep them there long enough, the spores will die. In the USA, **commercial guidelines** for most canned low-acid food require a "botulism cook" at 250 degrees F/121 degrees C for three minutes, which reduces the chance of a *C. Botulinum* spore surviving to one in a trillion.

At home, temperatures above 212 F/100 C can **ONLY** be achieved in a pressure canner (not the same as a pressure cooker!). Because home canners cannot be absolutely sure how long it takes for every bit of the internal temperature of a jar of food to reach the necessary temperature, **official guidelines for processing time when using a pressure canner must be followed**. Never skimp on processing time, **ever**.

Happy Canning! Have Fun, Eat Well and Stay Safe.  
nwEDIBLE.com

#### 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.
- ❖ Dial gauges need tested every year.



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



**Follow UI Extension, Boundary County on Facebook:**  
[www.facebook.com/UIExtensionBoundary](http://www.facebook.com/UIExtensionBoundary)

# 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](http://www.dreambuilder.org/uidaho) **REGISTER TODAY!**

Contact Paul Lewin with questions at [dreambuilder@uidaho.edu](mailto:dreambuilder@uidaho.edu).



Help us strengthen our own local economy by shopping from local farms, crafters, and businesses in Boundary County! Check out the new, updated website at [www.b-local.net](http://www.b-local.net). Interested in getting on the map? Applications for local producers and business owners are available on the website.

## 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.



## Pesticide Math Online Training for Pesticide Applicators

**The UI Extension Pesticide Safety Education Program has produced three educational ONLINE TRAINING courses. Get FREE access now!**

Simply, create your account at the National eXtension website by using this address: <https://campus.extension.org/course/view.php?id=1588>. Each user must have their own identification name and password. Once you confirm your free account, you will have UNLIMITED access to these online educational materials.

The Calculate Pesticides series includes real-world pesticide calculations in the following courses:

- General Math—you will review basic math concepts needed for calculating pesticides.
- Using Sprayers—you will develop math skills for calibrating yourself to application equipment.
- Application Rates—you will identify the math formulas necessary to calculate pesticide application rates.

### For More Information:

Pesticide Safety Education Program [CALS-IPM@uidaho.edu](mailto:CALS-IPM@uidaho.edu)  
[www.uidaho.edu/extension/ipm](http://www.uidaho.edu/extension/ipm)



University of Idaho  
Extension  
Pesticide Safety Education

# Workshops, Programs, Bulletins & Classes

## Plan the Garden, Preserve the Harvest

Wednesday, March 9, 2022

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**, email [amrobertson@uidaho.edu](mailto:amrobertson@uidaho.edu).

## Basic Fruit Tree Care

Tuesday, March 15, 2022

1:00 PM-3:00 PM

Boundary County Extension Office

6447 Kootenai St.

Cost: \$5



In this class you will learn some of the basic tips and tricks to take care of your fruit trees successfully.

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

## Basic Dehydration

Thursday, March 24, 2022

2:00 PM-3:30 PM

Boundary County Extension Office

6447 Kootenai St.

Cost: \$5

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.



## Boiling Water Canning Basics

Thursday, March 10, 2022

11:00 AM-12:00 PM

Via Zoom

FREE



Learn to safely preserve your garden using a boiling water canner. Important steps to process foods for shelf-stable storage will be covered. Safe recipe options will also be shared! **Email** [amrobertson@uidaho.edu](mailto:amrobertson@uidaho.edu) for the registration link.

## Seeds and Your Garden

Wednesday, March 16, 2022

1-2pm-Seminar, 2-4:30pm-Seed Bank Open House

Boundary County Extension Office

6447 Kootenai Street

FREE

Boundary County residents have a valuable resource at the local Extension Office—the Boundary County Seed Bank. Local Master Gardeners have donated seeds that have been grown in our climate and short growing season. These seeds are available free during the Spring Seed Bank Open House. New to growing from seed? Then be sure to stop by from 1-2pm for a class about starting seeds and testing the viability of seeds that you may have saved from previous years. Spring Seed Bank Open House—2-4:30pm—Browse available seeds, ask local Master Gardeners questions, and find out more about what grows in Boundary County. Seed varieties and quantities are limited.

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



## 2021-22 Heritage Orchard Conference

Tune into the free Zoom webinar by **registering today**. You will be able to submit questions through our moderator to be directed to the speaker during the Q & A session at the end of the presentation.

10-11:30 AM Pacific Time  
(U.S. & Canada)

Wednesday, March 16-Fruit RegistREE and Cultivar  
Databases

Register @ <https://www.uidaho.edu/cals/sandpoint-organic-agriculture-center/conference>

# Workshops, Programs, Bulletins & Classes

## Soil Blocking for Seedlings Using Indoor Grow Lights

**Monday, March 28, 2022**  
**2:00 PM-3:30 PM**  
**Boundary County Extension Office**  
**6447 Kootenai St.**  
**Cost: \$5**



Learn how to save space and time by starting your seedlings in soil blocks. These are small cubes of compressed soil that serve as both the container and the soil medium all-in-one. This technique allows seeds to rapidly germinate and creates vigorous seedlings with healthy root systems that can be transferred to the garden without transplant shock. We will also discuss a simple and inexpensive grow light system that can be used for seedlings started in soil blocks or in containers.

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

## Short Season Gardening

**Tuesday, April 19, 2022**  
**1:00 PM-3:00 PM**  
**Boundary County Extension Office**  
**6447 Kootenai 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.

## Pressure Canning Basics

**Thursday, April 28, 2022**  
**11:00 AM-12:00 PM**  
**Via Zoom**  
**FREE**



Learn the basics to safely using your pressure canner to process shelf-stable foods! In this class important safety factors will be addressed, and safe recipe options will be shared! Email [amrobertson@uidaho.edu](mailto:amrobertson@uidaho.edu) for the registration link.

## Fermentation: Sauerkraut and Other Veggies

**Thursday, March 31, 2022**  
**1:00 PM-3:00 PM**  
**Boundary County Extension Office**  
**6447 Kootenai 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 UI Boundary County Extension Office to **register**, 208-267-3235.

## Tips and Tricks of Growing Food in North Idaho

**Friday, April 22, 2022**  
**1:00 PM-4:00 PM**  
**Location: TBD**  
**FREE**



Join us as Edward and Julie Newcomb, of Cloud Eleven Mountain Farm, share their experiences on what has (and hasn't) worked for them on their adventure to have a successful garden in North Idaho. After a one-hour informal lecture, participants will drive to their farm to have a tour and see their successes in-person.

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

## Noxious Weed Identification, Why the Need to Control, and What are the Control Options

**Thursday, May 5, 2022**  
**1:00 PM-3:00 PM**  
**Boundary County Extension Office**  
**6447 Kootenai Street**  
**FREE**



Dave Wenk, Boundary Country Noxious Weed Superintendent will have a short course on Noxious weed Identification. The course will help participants learn how to identify noxious weeds, why they need controlled and what are control options.

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

# Workshops, Programs, Bulletins & Classes

## Smoking & Grilling

Friday, May 6, 2022

10:00 AM-2:00 PM

Memorial Hall @ Boundary County

Fairgrounds

6571 Recreation Road

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 a grill. We will also share tips and tricks on how to make sure your food is both safe [and delicious!](#)

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

## Jerky Making 101

Thursday, May 19, 2022

11:00 AM-12:00 PM

Via Zoom

FREE



In this class you will be learning how to safely make your own jerky using an electric food dehydrator. This class will cover how to make jerky from a variety of meats including beef and wild game. Email [amrobertson@uidaho.edu](mailto:amrobertson@uidaho.edu) for the registration link.

## Water Bath Canning

Wednesday, March 30, 2022

1:00 PM-4:00 PM

**Bonner County Extension Office**

**4205 N. Boyer Rd., Sandpoint**

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 product which they can pick up the day after the class.

Class size is limited to 9 people. Contact the Bonner County Extension Office to **register**; 208-263-8511.

## Mason Bees

Tuesday, May 10, 2022

2:00 PM-4:00 PM

Boundary County Extension Office

6447 Kootenai 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.

## Benefits of Integrating Fungi

Thursday, May 26, 2022

1:00 PM-4:00 PM

Boundary County Extension Office

6447 Kootenai Street

COST: \$5



Come and learn how Tony Klinkhammer, of Hammer Ridge Homestead, has integrated mushroom production into his garden. This class will focus on planting King Strapharia (Winecap) mushrooms around your fruit trees and vegetable plants. Participants will receive mushroom spawn to start a small bed in their garden.

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



## Drought Resources for Livestock Producers

FREE

Video Collection Link: <https://bit.ly/UIDrought>

**These videos are provided to help livestock producers address challenges in times of drought.**

•Possibilities of Grazing CRP in Times of Drought • Drought Resources for Livestock Producers • Early Weaning; A Drought Management Strategy • Feeding Straw During Drought • Ammoniating Straw for Beef Cows • Strategic Supplementation for Drought and Dormant Season Grazing • Utilization of Drought Damaged Feeds • Culling and Marketing Strategies for Drought

# Workshops, Programs, Bulletins & Classes

## LEAP Update 2022

**Lewiston** (March 8, 2022)

8:00 AM-3:30 PM (check-in opens 7:15 AM)  
Hells Canyon Grand Hotel  
621 21st St  
(208) 885-7718  
<https://bit.ly/LEAPUpdateLewiston>

**Coeur d'Alene** (March 9, 2022)

8:00 AM-3:30 PM (check-in opens 7:15 AM)  
Best Western Plus  
506 W. Appleway Ave  
(208) 292-2525  
<https://bit.ly/LEAPUpdateCDA>

**Bonniers Ferry** (March 10, 2022)

8:00 AM-3:30 PM (check-in opens 7:15 AM)  
Boundary County Fairgrounds  
6571 Recreation Park Rd  
(208)267-3235  
<https://bit.ly/LEAPUpdateBF>

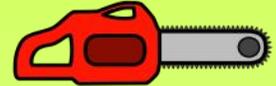
LEAP Update is an annual opportunity for loggers to build on LEAP with in-depth training on forestry topics. The program also helps loggers meet Idaho Pro-Logger BMP training and continuing education requirements.

**COST:** A \$45 registration fee (\$48 for online registration with a credit card-see web site address on the session you wish to attend) includes a catered lunch, resource materials, and refreshments.

## LEAP 2022

**Post Falls** (April 19-21, 2022)

UI Extension—Kootenai County Office  
University of Idaho Research Park  
958 S. Lochsa St., Room 302  
208-292-2525  
[www.uidaho.edu/leappostfalls](http://www.uidaho.edu/leappostfalls)



**Moscow** (April 26-28, 2022)

UI Pitkin Forest Nursery  
1025 Plant Science Rd.  
[www.uidaho.edu/LEAPMoscow](http://www.uidaho.edu/LEAPMoscow)

Logger Education to Advance Professionalism (LEAP) is a nationally acclaimed Extension program designed to strengthen loggers' ability to interpret and apply timber harvest prescriptions and regulations. By participating in this program, logging operators will be better able to communicate with landowners, foresters, and other natural resource professionals, enabling them to operate more efficiently and protect environmental values more effectively.

**Register early! Each LEAP session has limited capacity.**

**COST:** A \$75 registration fee includes refreshments and a large binder of resource materials. Registration forms can be picked up at the Boundary County Extension Office and must be returned with payment to the Extension that you wish to attend by April 8, 2022. Online registration is also available (\$79 per person) at the website listed with the session you wish to attend. It is possible both sessions may be combined if one or both sessions have low enrollment.

For specific program questions, contact Randy Brooks at (208) 885-6356, Audra Cochran at (208) 885-7718, or Chris Schnepf at (208) 292-1288.

### 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**

LIFTING WOMEN TO BETTER HEALTH



## STRONG WOMEN PROGRAM

Please join us for new strength training sessions  
March 22-May 26, 2022

STRONGWOMEN

**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.**



University of Idaho  
Extension  
Boundary County

# 4-H CLOVER TALK

## MARCH/APRIL 2022



Debbie Higgins  
4-H Program Coordinator

### March

**March 4-**Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 3:00 p.m. Ext. Office

**March 8-** Livestock & Leaders Meeting 6:30 p.m. Ext. Office

**March 17-** St. Patrick's Day 

**March 19-**Market Beef Weigh In @ Fairgrounds

**March 20-** First Day Of Spring 

**March 21-**Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 5:30 p.m. Ext. Office

### April

**April 1-** STAC/Camp Registration Opens April 1

**April 1-**National 4-H Congress Application Opens

**April 12-**Awards Committee Meeting 5:30 p.m. @ Ext. Office

**April 17-**Easter 

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

**April 25-**Oral Presentation Day 4:30 p.m. @ Ext. Office

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

Our January thaw went right into February, and we are having our second winter, hooray! I saw some pictures of baby calves and piglets freshly born being posted by 4-H families-they are so cute. It's going to be another great 4-H year here in Boundary County. Everyone is excited to get started and we have several new volunteer leaders leading many of our projects. The beef and swine projects have begun meeting and many other projects are scheduled to start soon. Super Saturday was a great success! It was great to see so many of our volunteer leaders together again. For those 4-H volunteer leaders that didn't make it to training, please log into your adult account on zsuite, scroll down on the dashboard until you see "Clover Academy", click on that, scroll down, and watch the Protecting Minor's Training and the Learning Modules. Please do these trainings as soon as possible. Also, leaders need to be on the lookout for an email invitation from the Advocates of Sterling Volunteers. This is the link to complete your background check. Now is a great time for members to get started on their record books. Even if you haven't had a project meeting yet, get those goals started and make sure you are listing your expenses if you are purchasing any items you will need for your project. Make it a habit to check your zsuite account regularly as we use it as an additional place to post announcements, scheduled events, and important papers.

All the market animal weigh-ins have been scheduled- please put them on your calendar: Market Beef is March 19<sup>th</sup>, 2022, starting at 9:00 am; Market Swine is May 14<sup>th</sup>, 2022 starting at 7:00 am; Market Lamb/Goat is scheduled for June 6<sup>th</sup>, 2022 starting at 5:30 pm. Please have your Bill of Sale filled out completely, and if applicable, your brand inspection fees, Vet check paperwork, and/or your scrapie tag. If you have questions on any

of this, please ask your leader or call 208.267.3235.

The first Market Animal Quality Assurance Training took place on February 18<sup>th</sup>. The two following trainings are scheduled for March 4<sup>th</sup> @ 3:00 pm and March 21<sup>st</sup> @ 5:30 pm, all trainings take place in the meeting room of the Extension Office. Pre-registration is required as space is limited. If your last name begins with the letters **A - G OR** this is your **first time** taking a Market Animal in Boundary County, this is a mandatory training, if you don't make it to one of the trainings you will not be eligible to sell at the Market Animal Auction at Fair. Call 208.237.3235 to register. Parents are encouraged to attend.

Just a reminder, in order to complete their projects and exhibit at fair, members must attend 75% of their individual project meetings, 50% of their Organizational Club meetings and complete a Community Service assigned/organized by the Organizational Club Leader. Make sure you sign in at every meeting you attend, if you don't sign in tracking your attendance is impossible. If for some reason you are unable to attend a meeting call your leader **before** the meeting, not after.

It is also required every member give an oral presentation that is project specific. If you are enrolled in multiple projects, a separate oral presentation is mandatory for each project. There are 3 types of presentations you can give, a Demonstration which is showing how to do something, a Speech which is talking to the group and giving information, or an Illustrated talk which includes props, posters, pictures, or PowerPoint presentations. We are holding a County wide Oral Presentation Contest on April 25<sup>th</sup>, 2022, starting at 4:30 pm located at the Extension Office. If you would like to participate in this contest call 208.267.3235

\*\*\*\*\*  
★ **ATTENTION ALL 4-H LEADERS**—Please mark **March 8 & April 12** 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.  
★  
\*\*\*\*\*





### May

**May 1**-Ownership/Possession  
Deadline for ALL MARKET  
SWINE (100 Days)

**May 10**-Awards Committee  
Meeting 5:30 p.m. @ Ext. Office

**May 10**-Livestock & Leaders  
Meeting 6:30 p.m. Ext. Office

**May 14**-Market Swine Weigh-In  
@ Fairgrounds

**May 23**-Fair Royalty Applica-  
tions Due

**May 30**-Memorial Day  
Parade-Ext. Office Closed



**May 31**-Ownership/Possession  
Deadline for ALL MARKET  
SHEEP (70 Days)

### 2022 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

**BEEF**-Saturday, March 19, 2022  
9:00 a.m.

**SWINE**-Saturday, May 14, 2022  
7:00 a.m.

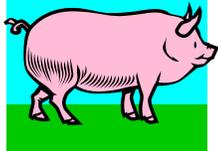
**LAMB & GOAT**-Monday, June 6, 2022,  
5:30 p.m.

**Rabbit**-Friday, July 8, 2022 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 TREE FRYERS, ALLOWED ALTERNATE PEN OF THREE FRYERS



**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!**

**Avian Flu Testing** will be held on Wednesday, July 26, 2022 between the hours of 2:00 p.m.-6:00 p.m. in the back parking lot of the Extension Office.

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.

## 2022 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 A-G. There are three dates to choose from:

**3:00 PM-4:30 PM, Friday, March 4**  
**5:30 PM-7:00 PM, Monday, March 21**

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](mailto:boundary@uidaho.edu)** to register.

# Organizational Clubs & Project Meetings

## Port Hill Porkers Meetings

All meetings will be held at 9:00 a.m. on Fridays at the room behind the Fair Office. You are required to come to 5 of the meetings to be eligible to sell your pig at the fair

**March 4**

**April 1**

**May 6**

**May 14**-Pig weigh-in. Time to be announced.

**June 3**

**July 8**-@ Fair grounds gazebo

**August 5**-Meeting will be held at the pig barn, 6:00 p.m.

**August 7**-Pig drop off. Time to be determined.

**August 8**-Swine weigh-in @ 7:00 a.m. sharp!

## Trailblazers Org. Club

Monthly meetings are held at 6:00 p.m. at the Paradise Valley Grange Hall.

**March 7**-Elections

**April 4**-May Day wreaths for Restorium

**April date TBA**-Community Service

**May 2**-meeting

**May date TBA**-Community Service (clean Paradise Valley Cemetery)

**May 30**-Memorial Day Parade

**June 6**-Game Night

**July date TBA**-family BBQ and games at the park

## 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:**

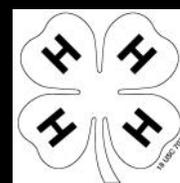
- Always be honest and fair. Treat every member equally. Give the members an honest assessment of their strengths, as well as areas in which they need improvement.
- Teach them that each member is an important part of the project group.
- Give each member an equal opportunity for group involvement. This 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](http://www.four-h.purdue.edu)

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



## 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, 2022**.

# 4-H Friday



2022 is off to a great start at 4-H Friday Friends! We have had some amazing guests, including Mr. Mike from Iron Mike's who spoke with us about physical fitness and even showed us a routine we can do at home! We also had Mr. Weezil come in and the kids got to hammer out some copper rings. Ms. Hana joined us via zoom to teach us a Chinese Character for Lunar New Year. For our Lunar New Year Celebration, the kids made their own fried wontons, which

has probably been one of the most favorite activities at Friday Friends! There are some awesome guests in the coming weeks. Ms. Heather will come and show us how to decorate cakes and cupcakes and we will soon have a visit from the Boundary County Ambulance! Ms. Teri continues to share her time with us by coming on the second and fourth Fridays of the month for story time. Ms. Jenn, our Boundary County AmeriCorps STEAM Educator, will be joining us to do STEM/STEAM activities from our very own Think Make Create Trailer-a great new resource at the Extension Office. We are excited about our second semester programming! You can find our weekly schedule on our Facebook group, 4-H Friday Friends.

As always you can find us at the Middle School. Your child can be dropped off/picked up anytime between 7:30 and 5:30 pm. We welcome kids grades K-6<sup>th</sup> and have open enrollment, so it's any Friday that works for you and your family! To register ahead of time, stop by the Boundary County Extension Office to fill out the paperwork. 4-H Friday Friends is \$12 per child per Friday, however there is a sliding fee scale available. For more information you can always call the Boundary Country Extension office at (208) 267-3235. We hope to see you there!

### **Dates: Second Semester**

**March: 4, 11, 18, 25**

**April: 1, 15, 22, 29**

**May: 6, 13, 20, 27**

**June: 3, 10**

# 4-H



✿ *Make a World of Difference* ✿

## **Calling all 4-H'ers!!!**

Boundary County Oral Presentation Day will be held on Monday, April 25, 2022 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 maybe opportunities to take your presentation 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 this 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.

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



**PLEASE CALL THE  
EXTENSION OFFICE AT  
208-267-3235 BY  
FRIDAY, APRIL 22  
TO PRE-REGISTER!**





# Spring Robotics Programs



Cost: FREE Pre-Registration is Required: Call 208-267-3235

All Classes will be held at the Boundary County Extension Office

## AGES 5-7

Robotic Mice: March 25th

12:30 pm—1:00 pm

## AGES 7-9

Dash & Dot\*: March 11th & 18th 3:00 pm—4:30 pm

Dash & Dot\*: April 15th & 22nd 1:00 pm—2:30 pm

\*this is a 2-part class and both sessions need to be attended

## AGES 9-11

LEGO Challenge: March 4th

12:00 pm—1:30 pm

LEGO Free Play: March 11th

12:30 pm—2:30 pm

## AGES 10-12

Dash & Dot\*: April 15th & 22nd 3:00 pm—4:30 pm

\*this is a 2-part class and both sessions need to be attended



University of Idaho  
Extension



6447 Kootenai Street Bonners Ferry, ID

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!

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



## Boundary County Livestock Committee Meeting Minutes

**November 9, 2021**

The meeting was called to order at 6:35 p.m. by Livestock President Maureen Mai. There were 11 members present.

No minutes to approve: the last meeting was the Leader's Banquet.

**Treasurers Report:** No treasurer's report

**Officer Reports:** No other officer reports

**Committee Reports:**

- Horse group is moving forward with planned spring and summer events. Will keep the committee informed as to what exactly these activities are as they move forward.

**Old Business:**

- A. Market Animal checks still need to be picked up.
- B. Vet Check for pigs: It was discussed whether or not pigs should have a vet check before they are unloaded, not after as has been done in the past. This will take more time than in the past, and monetary compensation of gift certificates or cash was discussed to make this worth the vet's time.
- C. A question of underweight pigs at fair going home and not showing was mentioned as other fairs send them home. Clarity is other fairs do not send them home; in order to finish your project, you have to show your animal in Fitting & Showing.
- D. Wash racks need to be updated. No current plans are in

place to have this done. If it is to be done, plans need to be in place by springtime.

**New Business:**

- A. Poultry Palace Extension is in the works. Pricing is being obtained for a new cover on the existing 50ft frame, as well as a new frame and cover for the remaining 30ft of space. If this is approved, additional requests of new cages and materials to complete them will be requested.

**Other Business:**

- A. Kody Hanner inquired as to the possibility of improvements to the pig barn. A list of these improvements with pricing and a list of volunteers was requested, which Kody agreed to compile and present at the next meeting.

There was no other business.

A motion was made to adjourn the meeting by: Maureen Mai at 7:13 p.m. It was seconded.

Next meeting: January 11, 2022 at 6:30 p.m., Extension Office.

*Submitted by: Amy Tye*

**Members Present:**

- Debbie Higgins
- Amy Robertson
- Amy Tye
- Liz Wood
- Gabby Johnson
- Tammy Hedrick
- Amber Allen
- Sharon Comer
- Kody Hanner
- Leah Sandelin
- Maureen Mai

## Boundary County Leaders Council Meeting Minutes

**November 9, 2021**

The meeting was called to order at 7:14 p.m.  
By: Livestock Chair Liz Wood

There were 10 members present.

Previous month's minutes were read and approved with minor changes.

**Treasurers Report:** A submission was made to the awards committee from "The Gail Alexander Memorial Fund".

**Officer reports:** No officer reports.

**Committee Reports:**

- Awards Committee: There are still awards that need to be picked up.
- Fair Board: This year's fair theme will be "Around the World in 5 Days". The fair book will be online-Kody Hanner offered to help facilitate this. A local band will play in the grandstands on Saturday night at 7 p.m. This change was made to appease food vendors by keeping the concert close to their location and helping to increase sales.

**Old Business:**

- A. Leaders were reminded to sign themselves up on Z-Suites.

- B. A policy clarification was presented on early removal of fair exhibits. The motion was passed.

**New Business:**

- A. The Leaders will provide Lunch at Super Saturday.
- B. New 4-H Flag: Motion tabled for the next meeting due to lack of voting members.
- C. No new leaders have been found for (1) organizational club and (8) projects.
- D. 4-H Clubs and projects can use the Fairgrounds for meetings on the first Friday and third Monday of every month. All scheduling of the facility needs to be done through Debbie.

There was no other business.

A motion was made to adjourn the meeting by: Liz Wood at 7:42 p.m. The motion was seconded.

Next meeting: January 11, 2022 at 7 p.m., Extension Office.

*Submitted by: Amy Tye*

**Members Present:**

- Kody Hanner
- Leah Sandelin
- Debbie Higgins
- Amy Tye
- Amy Robertson
- Sharon Comer
- Tammy Hedrick
- Maureen Mai
- Liz Wood

## 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.



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

Boundary County Fair Board Member  
Ben Robertson, Chairman  
Ken Goggia, Vice-Chairman  
Bert Wood  
Glenda Poston  
Stacie Watts



Boundary County Fair Board  
P.O. Box 3098  
Bonners Ferry, ID 83805  
Telephone: (208) 267-7041  
Fax: (208) 267-8759  
Email: [bcfair@boundarycountyid.org](mailto:bcfair@boundarycountyid.org)

### 2022 Boundary County Fair Royalty Application

Applications must be complete with all requested information with a wallet size photo and submitted to the Fair Office no later than May 23rd, 2022 or your application will be eliminated from consideration. Applicants must be 15-18 years of age by January 1<sup>st</sup>, 2022. **Royalty application packets can be picked up at the Fair Office or Extension Office. Completed application packets must be returned to the Fair Office or Extension Office no later than May 23rd, 2022.**

**Please type or print clearly:**

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Address (if different): \_\_\_\_\_ Phone: \_\_\_\_\_

**Complete all reports in the application packet, be specific with all lists to include dates and all pertinent information:**

- 4-H/FFA Project Involvement Report
- Leadership/Honors/Awards
- Community Service

**To complete your royalty application:**

- Include this form with photo
- The above lists
- Two sealed letters of recommendation
- Your essay/personal statement of 200 words minimum and 1,000 maximum of how 4-H/FFA has impacted your life and your reason for applying for Fair Royalty
- Certified (official) transcripts from your high school
- All requirements must be submitted as a single packet
- *Present completed packets to either the Fair Office or Extension Office no later than May 23, 2022.*

The Boundary County Fair Board will sponsor (2) two \$500 awards- one \$500 award to the individual named as Fair Queen and one \$500 award to the individual named as Fair King. Winners will be determined by scoring of application, interview with fair board and fulfillment of duties as outlined in packet.

Enclosed is a list of expected and/or optional duties to be carried out by all royalty applicants.

---

Student's signature

Parent's signature

Date

## Fair Royalty Duties

Fulfillment of duties will be included in your overall score on a 1-10 scale.

- ❖ Be a good role model for the younger kids and help them in any way when needed.
- ❖ Meet with the Fair Board for introductions/interviews. **TBD**
- ❖ Meet with the Fair Administrator throughout the summer to help in office/fairgrounds minimum of 8 hours leading up to fair week.
- ❖ Ride in the July 4<sup>th</sup> parade and Fair parade. You are responsible for setting up your vehicles/floats/decorating for each parade. The Fair office has royalty banners for floats.
- ❖ Do an article promoting the fair, ie contests, games, 4-H, FFA, whatever topic you would like addressed, for the newspapers and other news outlets. These articles will be submitted to the news media for publication in the weeks prior to the fair. The articles need to be reviewed by the Fair Manager before submission. Articles must be turned into the fair office by **TUESDAY, July 5<sup>th</sup>, 2022**.
- ❖ Distribute and promote business window decorating applications. Royalty will go as a group and judge window displays prior to the fair to decide on winner. **Monday, August 8<sup>th</sup>, 2022**
- ❖ Help with Camp Clover, need to check with the Extension Office on duties. **July 14<sup>th</sup>, 2022**

### Duties during fair

- ❖ Handout ribbons at the fair for 4-H, FFA and Open Class animals.
- ❖ Help in Fair Office at least once during fair week
- ❖ Help the Fair Superintendents and Fair Board members with games and contests throughout the fair. Please work these games into your schedule along with handing out ribbons.
- ❖ Applicants are responsible for decorating their own personal poster (11"x14") which will be hung in the annex of the Exhibit Hall. This promotes Fair Royalty. Due: **Monday, August 8<sup>th</sup>, 2022**
- ❖ The Fair Board supplies one t-shirt/polo shirt to promote the fair. Meet with the Fair Administrator for sizes/color.
- ❖ The Fair Administrator needs a good phone number/email where you can easily be reached.

Fair Office (Jodi) 208-267-7041, [bcfair@boundarycountyid.org](mailto:bcfair@boundarycountyid.org)

Fair Manager (Paula Burt) [pburt@boundarycountyid.org](mailto:pburt@boundarycountyid.org)

4H Extension Office (Debbie) 208-267-3235

Gary Leonard 208-946-9579 – 4<sup>th</sup> of July



## LOOKING FOR KINGS & QUEENS!!! FAIR ROYALTY

Applications are available at the Fair office or the Extension office. Fair Royalty is open to both girls and boys. The deadline to apply is May 23, 2022, so start thinking about it now!

### **AROUND THE WORLD IN 5 DAYS!**

Boundary County Fair Board Members  
Ben Robertson, Chairman  
Ken Goggia, Vice-Chairman  
Bert Wood  
Glenda Poston  
Stacie Watts



Boundary County Fair Board  
P.O. Box 3098  
Bonners Ferry, ID 83805  
Telephone: (208) 267-7041  
Fax: (208) 267-8759  
Email: [bcfair@boundarycountyid.org](mailto:bcfair@boundarycountyid.org)

**MEDICAL RELEASE FORM**

\_\_\_\_\_  
Father's Signature, Phone # \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
Mother's Signature, Phone# \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
Legal Guardian's Signature, Phone# \_\_\_\_\_ Date \_\_\_\_\_

Permit the medical treatment in case of an emergency for my daughter/son,  
\_\_\_\_\_; a member of the  
2022 Boundary County Fair Royalty

**FAMILY PHYSICIAN**

Name: \_\_\_\_\_

Address and phone#: \_\_\_\_\_

**INSURANCE INFORMATION:**

Insurance Company: \_\_\_\_\_

Subscriber ID and Group#: \_\_\_\_\_

Subscriber's Name: \_\_\_\_\_

**ANY KNOWN ALLERGIES:**

\_\_\_\_\_

**EMERGENCY CONTACTS Name and Phone Number**

\_\_\_\_\_

\_\_\_\_\_





# Leadership/Honors/Awards

Name \_\_\_\_\_

List any 4-H/FFA or any club/school/organization leadership experience(s) that you have had.

Year	Level*	4-H/FFA/Club/School/ Organization Project	What was your role? What did you do?

## BOUNDARY COUNTY 4-H CALENDAR 2022

<b>JANUARY 2022</b>	
<b>10</b>	4-H Enrollment Deadline to Exhibit @ 2022 Boundary County Fair
<b>11</b>	All Swine Leaders Meeting, 5:30 pm @ BC Extension Office
<b>11</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>11</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>FEBRUARY 2022</b>	
<b>5</b>	Super Saturday-Naples Elementary School 8:45 am
<b>8</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>8</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>19-21</b>	Know Your Government Conference
<b>23</b>	New Leader Training, 5:30 pm @ Extension Office
<b>MARCH 2022</b>	
<b>8</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>8</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>19</b>	Market Beef Weigh In @ Boundary County Fairgrounds (142)
<b>APRIL 2022</b>	
<b>1</b>	STAC/Camp Registration Opens
<b>1</b>	National 4-H Congress Application Opens
<b>12</b>	Awards Committee Meeting, 5:30 pm @ BC Extension Office
<b>12</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>12</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>25</b>	Demonstration Day, 4:30 pm @ BC Extension Office
<b>MAY 2022</b>	
<b>1</b>	Ownership/possession deadline for ALL MARKET SWINE 100 days
<b>10</b>	Awards Committee Meeting, 5:30 pm @ BC Extension Office
<b>10</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>10</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>14</b>	Market Swine Weigh-In @ Boundary County Fairgrounds (87)
<b>23</b>	Fair Royalty Applications Due
<b>30</b>	Memorial Day Parade-Extension Office Closed
<b>31</b>	Ownership/possession deadline for ALL MARKET SHEEP 70 days
<b>JUNE 2022</b>	
<b>1</b>	National 4-H Congress Application Closes
<b>6</b>	Market Goat & Lamb Weigh-In, 5:30 pm @ Fairgrounds (62)
<b>14</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>14</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>TBD</b>	Horse Camp
<b>TBD</b>	Idaho 4-H State Teen Association Convention

## BOUNDARY COUNTY 4-H CALENDAR 2022

### JULY 2022

<b>8</b>	Market Rabbit Weigh-In, 5:30 pm @ BC Extension
<b>12</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>12</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>TBD</b>	Horse Show
<b>14</b>	Camp Clover 8:30 am-2:00 pm @ Snow Creek
<b>TBD</b>	Horse Show-Game Day
<b>TBD</b>	Sheep Camp
<b>20</b>	Family Fun Night Royalty Interviews
<b>28</b>	C.O.O.L./Quality Assurance & Fair Entry Forms due

### AUGUST 2022

<b>2</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>2</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>3</b>	Style Revue, 6:00 pm @ Boundary County Fairgrounds
<b>4</b>	Dirt Bike Skills Competition, 5:30 pm @ Boundary County Fairgrounds
<b>5</b>	Idaho 4-H Key Award Applications due @ Boundary County Extension Office
<b>5</b>	4-H Dog Show, 9:00 am @ Boundary County Fairgrounds
<b>8</b>	4-H Horse Show Part I, 8:00 am @ Boundary County Fairgrounds
<b>8-13</b>	Boundary County Fair
<b>10</b>	Livestock Judging @ the Fair
<b>11</b>	Family Fun Night
<b>12</b>	Buyers Social, 5:00 pm
<b>12</b>	Market Animal Sale, 7:00 pm

### SEPTEMBER 2022

<b>13</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>13</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office

### OCTOBER 2022

<b>4-10</b>	National 4-H Week
<b>4</b>	Leader's Appreciation Banquet, 6:00 pm @ Chic N Chop
<b>27</b>	Awards Ceremony, 6:00 pm

### NOVEMBER 2022

<b>8</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>8</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office

**ALL DATES AND TIMES ARE TENTATIVE AND SUBJECT TO CHANGE. KEEP IN CONTACT WITH YOUR LEADERS AND THE BOUNDARY COUNTY EXTENSION OFFICE TO CONFIRM DATES AND TIMES.**



## Livestock Import Rules Apply to 4-H and FFA Animals

As you begin selecting animals for your 4-H & FFA projects for the upcoming fair season, please keep in mind that all import rules for livestock apply to animals brought into Idaho that will be used as 4-H and FFA market and breeding animals. Below is a quick reference (as of 2/6/2019) for each species. For a complete listing of import requirements, please go to the ISDA website at:

<https://agri.idaho.gov/main/animals/>

### ➤ Cattle:

- > Castrated male cattle (steers) must have a Certificate of Veterinary Inspection (CVI) from a licensed veterinarian with a full physical address of the origin and destination.
- > Intact female beef cattle must have a CVI with the full physical address of the origin and destination. Female cattle 4 months and older require vaccination for Brucellosis with their legible tattoo recorded on the CVI. Female cattle 18 months and older require individual, official identification listed on the CVI. Female calves accompanying their dam may enter without vaccination.
- > All intact dairy cattle must have a CVI with the full physical address of the origin and destination and an entry permit. Female cattle 4 months and older require vaccination for Brucellosis with their legible tattoo recorded on the CVI. All dairy females 6 months of age and older are required to have a negative Tuberculosis test within 60 days before entering Idaho. Individual, official identification must also be listed on the CVI.
- > Brand Inspections required on all cattle (even if unbranded.) For information on Brand Inspections please call the Idaho State Brand Department Lewiston District Office at 208-799-5019.

### ➤ Horses:

- > CVI with full physical address of the origin and destination. Six month equine passports are accepted from states participating in Global Vetlink's EECVI program. Negative EIA (Coggins) test required within 12 months prior to entering Idaho.
- > Brand Inspections required on all horses (even if unbranded.) For information on Brand Inspections please call the Idaho State Brand Department Lewiston District Office at 208-799-5019.

### ➤ Sheep and Goats:

- > Castrated male sheep and goats (wethers) CVI with full physical address of the origin and destination and an entry permit from the Idaho Sheep and Goat Health Board (contact: Brandy Kay at 208-803-5084).
- > Intact female sheep and goats must have a CVI with full physical address of the origin and destination and an entry permit from the Idaho Sheep and Goat Health Board (contact: Brandy Kay at 208-803-5084). Scrapies tag, tattoo (if recorded on Breed Registry papers), or other official, individual identification recorded on CVI.
- > Intact male sheep and goats must have a CVI with full physical address of the origin and destination and an entry permit from the Idaho Sheep and Goat Health Board (contact: Brandy Kay at 208-803-5084). Scrapies tag, tattoo (if recorded on Breed Registry papers), or other official, individual identification recorded on CVI.
- > All dairy type goats over 6 months of age need a negative Brucellosis test within 30 days before entering Idaho.
- > All intact male sheep over 6 months of age must have a negative Brucella ovis test within 30 days before entering Idaho.
- > All sheep and goat CVI's must also state that listed animals are free from Scrapie (known to have not been exposed for at least 72 months prior to date of inspection), Scabies (known to not have been exposed for at least 6 months immediately prior to date of inspection), Foot Rot, Brucella and do not have any symptoms of any communicable diseases (known to have not been exposed to any communicable disease for at least 30 days immediately prior to date of inspection.)

### ➤ Hogs:

- > All swine entering Idaho require a CVI with the full physical address of the origin and destination and an entry permit. Individual, official identification must be listed on the CVI. The following statements must also be on the CVI; Raw Garbage Statement, PRV Statement and a PEDv Statement.
- > All breeding swine not originating from a Brucellosis free herd or a Brucellosis free state must have a negative Brucellosis test within 30 days of movement into Idaho.

For more information please contact the Boise ISDA Office at 208-332-8540, or for the Northern Region (Boundary, Bonner, Kootenai, Benewah, Shoshone, Latah, Nez Perce, Lewis, Clearwater and Idaho Counties) contact:

Dr. Scott Barnes, DVM, Veterinary Medical Officer  
Moscow Field Office, 208-790-3139

or

Kerry Sanford, Sr. Livestock Investigator  
Lewiston Field Office, 208-790-8210

UI EXTENSION BOUNDARY COUNTY  
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# MARCH/APRIL 2022

*KEEPING OUR COMMUNITY CONNECTED*



## BOUNDARY COUNTY EXTENSION STAFF

Amy Robertson	Extension Educator Family & Consumer Sciences
	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Catherine Abrego	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*

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