May/June 2022

TENSION CONNECTIONS

University of Idaho Boundary County Extension Service PO Box 267 Bonners Ferry ID 83805 208.267.3235 Phone boundary@uidaho.edu



EXTENSION NEWS = ENP = MASTER GARDENER = 4-H

How Low Should You Go

Is it good to mow your lawn lower in the spring? The answer is yes and no. It doesn't hurt to mow lower than normal the first mowing or two. As a matter of



fact, it can actually speed green-up by removing old, dead grass and allowing the soil to warm up more quickly. But the mowing height should be raised to normal after the first or second cutting to discourage crabgrass and encourage deep rooting.

Crabgrass seed must have light to germinate and a high mowing height will help shade the soil. Also, root depth and mowing height are related on upright growing grasses such as tall fescue and Kentucky bluegrass—the higher the height of cut, the deeper the root system. A deeper root system means a more drought-resistant turf.

So, how low should you go on the first cutting? On tall fescue and Kentucky bluegrass, you can mow as low as 1 to $1\frac{1}{2}$ inches. Be careful you don't go so low that you scalp the turf. After that, raise the mowing height for Kentucky bluegrass to 2 to 3 inches but 3 to $3\frac{1}{2}$ inches for tall fescue. (Ward Upham)

Source: K-State horticulture Newsletter No. 13 March 29, 2022



The Extension Office will be closed May 30th in observance of Memorial Day.

June 20th the Extension Office will be closed in observation of Juneteenth

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Master Gardener Column



Bolting and Buttoning in Cole Crop Plants

Broccoli, cabbage and cauliflower are cole crops that have a tendency to bolt (go to seed) or button (produce an extremely small head) if plants are not grown properly. These crops need to be kept actively growing through their production cycle, including growing transplants from seed. If they slow down due to under-fertilization or are stunted due to overgrowing their container, buttoning or bolting is more likely. Therefore, be sure to



properly fertilize plants grown from seed and ensure they have enough light. The easiest way to fertilize transplants is to use a potting soil with fertilizer already added. Light may be more of a challenge. Often natural sunlight is not sufficient unless the plants are in a greenhouse and additional light is needed. (Ward Upham)

Source: K-State Horticulture Newsletter No. 11, March 20, 2018

COMMON GARDEN PROBLEMS		
SYMPTOM	POSSIBLE CAUSES	CORRECTIVE MEASURES
Plants stunted in growth; yellow color	Lack of soil fertility or abnormal soil pH	Fertilize and correct pH according to soil test. Use 3 to 4 pounds of fertilizer per 100 square feet in absence of soil test.
	Plants growing in compacted, poorly- drained soil.	Modify soil with organic matter.
	Insect or disease damage	Use a regular spray or dust program.
	Poor-quality seed or plants	Use high-quality seed or plants of recom- mended varieties.
Plants stunted in growth; sickly, purplish	Low temperature	Plant at proper time. Don't use light- colored mulch too early in the season.
Holes in leaves; leaves yellowish and drooping, or distorted in shape	Insect Damage	Use recommended insecticides.
Plant leaves with spots; dead, dried areas; or powdery or rusty areas	Plant disease	Use resistant varieties, remove diseased plants when noticed, and use a regular spray.
Plants wilt even when water present	Soluble salts too high or root system dam- age	Have soil tested. Use soil insecticides.
Plants with weak root systems	Poor drainage Insect or nematode damage	Use organic matter. Use recommended varieties and soil insec- ticides.
Plants tall, spindly and unproductive	Excessive shade Excessive nitrogen	Relocate to sunny area. Keep weeds down. Reduce applications of nitrogen.
Blossom drop	Hot, dry periods Low night temperatures Overwatering or disease	Use mulch and water. Avoid planting too early in spring. Stop watering or use regular spray pro- gram.
Tomato leaf roll	Excessive pruning or soil moisture fluctua- tions	Remove suckers when small. Use mulches.
Leathery, dry, brown blemish on the blos- som end of tomato fruit	Blossom end rot	Maintain a uniform soil moisture supply. Avoid overwatering and excessive nitrogen.

What is the History of Soap? And Where did Cleaning Come From?

This history of soap is a long one, dating back thousands of years to Ancient Babylon. Humans have built on that knowledge to create the soaps and detergents we use to clean dishes, laundry, our homes and ourselves today.

Evidence has been found that ancient Babylonians understood soap making as early as 2800 BC. Archeologists have found soap-like material in historic clay cylinders from this time. These cylinders were inscribed with what we understand as saying, "fats boiled with ashes" (a method of making soap).

Records show ancient Egyptians bathed regularly. The Ebers papyrus, a medical document from about 1500 BC describes combining animal and vegetable oils with alkaline salts to form a soap-like material used for treating skin diseases, as well as for washing.



Many other ancient civilizations also used early forms of soap. Soap got its name from an ancient Roman legend about Mount Sapo. Rain would wash down the mountain mixing with animal fat and ashes, resulting in a clay mixture found to make cleaning easier.

By the 7th century, soap-making was an established art in Italy, Spain, and France. These countries were early centers of soap manufacturing due to their ready supply of source ingredients, such as oil from olive trees.

But after the fall of Rome in 467 AD, bathing habits declined in much of Europe leading to unsanitary conditions in the Middle Ages. The un-cleanliness of that time contributed heavily to illness, including the Black Death, which occurred in the 14th century.

Still there were areas of the medieval world where personal cleanliness remained important. Daily bathing was a common custom in Japan during the Middle Ages in Europe. And in Iceland, pools warmed with water from hot springs were popular gathering places on Saturday evenings.

The English began making soap during the 12th century. Commercial soap making began in the American colonies in 1600, but was for many years a household chore rather than a profession.



It was not until the 17th century that cleanliness and bathing started to come back into fashion in much of Europe, particularly in the wealthier areas.

Well into the 19th century, soap was heavily taxed as a luxury item in several countries. When the tax was removed, soap became available to most people, and cleanliness standards across societies improved.

A major step toward large-scale soap making occurred in 1791 when a French chemist, Nicholas Leblanc, patented a process for making soda ash from common salt. Soda ash is obtained from ashes and can be combined with fat to form soap. This discovery made soap-making one of America's fastest-growing industries by 1850, along with other advancements and development of power to operate factories.

The chemistry of soap manufacturing stayed essentially the same until 1916. During World War I and again in World War II, there was a shortage of animal and vegetable fats and oils that were used in making soap. Chemists had to use other raw materials instead, which were "synthesized" into chemicals with similar properties. These are what are known today as "detergents".

Today, most things we call "soap" are actually detergents. It has become so common to call detergents "soap," that most people would be confused if you asked for a "liquid hand detergent" when shopping.

Source: https://www.cleaninginstitute.org





Oodles of Noodles

Makes six 1-cup servings

INGREDIENTS

2¾ cups Penne pasta, whole-wheat, dry (11 oz)
1½ Tbsp Extra virgin olive oil
2¼ cups Fresh grape tomatoes, halved
1½ tsp Dried basil
¾ tsp Sea salt
¼ tsp Ground black pepper
1 Tbsp Fresh garlic, minced
3 Tbsp Whole-wheat flour
2⅓ cups Low-sodium vegetable broth
4 cups Fresh Swiss chard, stems removed, chopped

DIRECTIONS:

- In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
- 2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
- 3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
- 4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.

Per 1 cup serving 235 Calories; Protein: 9g; Carbohydrate: 43g; Dietary Fiber: 5g; Total Fats: 4g; Saturated Fat: 1g; Cholesterol: 0mg; Vitamin A: 1590 IU (76 RAE); Vitamin C: 15mg; Iron: 5mg; Calcium: 50mg; Sodium: 323mg

Source: TeamNutrition.usda.gov



Swiss Chard History & Fun Facts

Swiss chard originates from a wild version of the beet that naturally grew in the Mediterranean. The original variety has been traced back to the largest

Mediterranean island, Sicily. It was known by the ancient Greeks, but it is difficult to pinpoint chard in historical records because it went by many names similar to beets, spinach, kale, and greens. It began to appear in American and European gardens in the 1830s. Chard can withstand cool temperatures, as it is harvested right before the first frost. Leaves come in all different colors—from white, to green, to red—and served like salad. The celery-like stem

Veggie Scrap Stock



Fresh or frozen veggie scraps: ends, peels, skins, and stems

from washed vegetables (like carrots, celery, onions, tomatoes, and peppers); unused herbs (like parsley stems, dill, and basil); and limp greens.

Salt, pepper, and other dried or powdered herbs and spices, optional, to taste.

Steps:

- 1. Create a bag or container for your freezer to store veggie scraps as they accumulate.
- 2. Put veggie scraps in a stockpot or Dutch oven. Add enough water to cover.
- 3. Bring to a boil over high heat. Lower heat and simmer, uncovered, one hour.
- 4. Strain the liquid from the vegetables.
- Let cool. Refrigerate up to one week or freeze for 3 to 6 months in containers labeled with the date and amount. Use as a base for soups, instead of water to add flavor to grains, or in any recipe calling for stock. (The stock can be seasoned to taste with salt, pepper, and other herbs and spices as desired).

Yield: Varies

Nutrients per 1-cup serving of typical vegetable

broth: Calories: 12; Total Fat: 0g; Saturated Fat: 0; Total Carbohydrate: 2g; Total Sugars: 1g(Added, 0g); Protein: 1g; Sodium: varies; Potassium: 46mg; Calcium: 7mg; Vitamin D: 0mcg; Iron: 0mg

Source: Tufts University Health & Nutrition Letter, April 2022 Vol. 40, No2

portion is referred to as the "rib" and can be treated like asparagus. Unlike most vegetables, chard contains sodium—300 milligrams per cup. However, it also has lots of calcium, magnesium, potassium, and vitamin A, which make it a healthy choice.

Swiss chard is also known as stem chard, spinach beet, leaf beet, white beet, seakale beet, and silver beet. Some gardeners choose to feature chard in their gardens because of the chard's colorful stem and decorative large green leaves.

Swiss chard does not originate in Switzerland—it was named by a Swiss botanist.

Source: Wisconsin Department of Public Instruction





The Scoop on Citric Acid

I recently received a text from a friend, concerned over the fact that when we use citric acid, we are actually eating black mold. She even texted a picture of this ugly black fuzzy mold. So of course, I had to check it out because we can use citric acid in canning to acidify tomatoes instead of lemon juice. If you do substitute citric acid for lemon juice use ½ tsp per quart and ¼ tsp per pint. Not only do we use citric acid in canning, but it is used in the pharmaceutical industry, food and beverage industry, and in cleaning supplies. I personally use it in body care products and cleaning.

Originally citric acid was extracted from citrus fruits, but the demand for citric acid is so great that producers could not keep up with the demand. In 1917, a food chemist named James Currie made a promising discovery: any strain of filamentous mold **Aspergillus niger** (A. niger) would produce high concentrations of citric acid when grown in a sugar medium. Two years after Currie's discovery, industrial-level production using A. niger began, the biochemical fermentation industry began to flourish, and industrial biotechnology was born. Citric acid is a relatively weak acid, it can be used as an antioxidant, preservative, acidulant, pH-regulator, or flavor enhancer in food and beverages, as well as in the pharmaceutical and cosmetics industries. In fact, it is one of the most common food additives in the world.

The main question is, is it safe to ingest? Citrate is a closely related molecule of citric acid and is the first molecule that forms during a process called the citric acid cycle. Citric acid enhances the bioavailability of minerals, which allows the body to better absorb them. Citric acid in the form of potassium citrate prevents new kidney stone formation and breaks apart those already formed. By consuming foods high in natural citric acid like citrus fruits you can also achieve the same results. And lest we forget not all molds are bad, Penicillin is grown from mold. Also strains of Aspergillus oryzae, and A. sojae have been cultured is eastern Asia for many centuries. They are used to ferment a soybean and wheat mixture to make soybean paste and soy sauce. Some sausages, such as salami, incorporate starter cultures of molds to improve flavor and reduce bacterial spoilage during curing. Blue cheese, Roquefort, and gorganzola are other examples of beneficial molds. So based upon what I have discovered I would feel very comfortable using citric acid and feeding it to my family.

The Dangers of Leaving Food in your Car

Transporting foods for a short period of time, for example, from the grocery store to home, is generally safe. However, if you are taking a road trip or



plan to leave food in the car for several hours, it can be dangerous for your health.

Your Car Can Become a "Danger Zone" for Food

If you find it necessary to leave food in your car for long periods of time, then it's important to understand the basics of food safety. The "Danger Zone" is the range of temperature between 40 and 140 degrees Fahrenheit. This temperature range is ideal for bacteria to reproduce and grow rapidly, some can double as quickly as 15-20 minutes. To prevent this rapid growth, you need to find a way to keep cold foods below 40 degrees and hot foods about 140 degrees.

Your Car Should Not be Used as an Oven or Refrigerator

The interior of your car can fluctuate a lot depending on the temperature outside and the amount of sun or shade at an given time. Even if it seems chilly outside, the bright sun can raise your cars temperature quite a bit. A car's interior can reach temperatures above 140 degrees on a hot summer day. This rapid temperature increase can have a major effect on both the food and the type of packaging it is wrapped in (Styrofoam, plastic, etc.).

How To Properly Store Food in Your Car

Sometimes you have no choice but to keep food in your car for long periods of time. If this is the case, then you will want to invest in a good cooler and ice packs for your cold food, and possibly even a food warmer for your hot foods. It is even recommended to store portable snacks such as beef jerky, energy bars, or nuts in a cooler on hot days. Attempting to keep foods cool by using your air conditioner may be tempting, but this is not an adequate replacement as the air coming out of the vents is not as cold as the interior of a cooler with ice.

Overall, the best thing you can do is to avoid having perishable foods in the car for long periods of time. Leave them home if possible or wait until your destination to purchase perishable items. If you find that you must bring it along, remember to grab your cooler to keep you and your family safe.

Submitted by Amy Robertson, Extension Educator

Submitted by Judy Sharman, Master Food Safety Advisor



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

online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

The first lesson of the 6-week course opens online on Thursday, June 9 at 1:00 p.m. MST. Each lesson includes online text (that can be downloaded and printed), online discussion boards, a weekly real-time video chat to interact with classmates and instructors, and open book guizzes. The weekly online chat session for the first lesson will be on Thursday, June 16 at 1:00 MST.

Summer Session starts June 9,2022 **Registration Deadline: June 6**

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.

Cost: \$35 registration fee.

Contact Laura L. Sant, MS, RDN Isant@uidaho.edu or call 208-852-1097 to reserve your spot or register, online at https://bit.ly/3ehY41w.

For More Information Contact:

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

Q I'm concerned about the recent outbreaks of foodborne illness related to greens. Should I wash my greens even if they are in packages that say they are "prewashed?"



A Judith C. Thalheimer, RD, LDN, managing editor of Tufts Health & Nutrition Letter, answers: "Although raw produce is responsible for a large percentage of foodborne illness (food poisoning) in the U.S., millions of servings of leafy greens are eaten every day without incident.

"Greens can come in contact with germs like E. coli in the field, in packing and processing facilities, during shipping, from unwashed hands during food prep, or from contaminated counters, sinks, cutting boards, dishes, or utensils. Washing does not always remove all the germs, but it is by far the best defense we have. The commercial washing process does at least as good a job as home washing, which is why the Centers for Disease Control and Prevention (CDC) says pre-washed leafy greens in packages that say "ready-to-eat," "triple washed," or "no washing necessary" do not need to be washed again.

For all other greens, washing is important. Remove any torn or bruised leaves and the outer leaves of cabbages and lettuce heads and rinse the remaining greens under running water, rubbing them gently to help get rid of dirt and germs. Soaking is not recommended, as this may allow germs from one leaf to spread to the other leaves. The CDC does not recommend using produce wash, soap, or any other chemicals on foods.

Keep in mind that choices like lettuce, spinach, collard greens, cabbage, kale, and bok choy provide nutrients that may help protect you from heart disease, stroke, and some cancers."

Source: Tufts Health & Nutrition Letter April 2022 VOL. 40, NO.2

DIAL PRESSURE GAUGE TESTING

A free dial pressure gauge testing clinic will be held on the first Tuesday of the months May-September.



- DATES: May 3, June 7, July 5, August 2, September 6
- Please plan on bringing your canner lid in to the office and leaving for 24 hours.
- A \$2.00 fee will be imposed for those brought in on other days for on demand testing.
- Dial gauges need tested every year

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

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.



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 www.uidaho.edu/extension/ipm



Extension Pesticide Safety Education

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.

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.



Jerky Making 101 Thursday, May 19, 2022

11:00 AM-12:00 PM Via Zoom FREE

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

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.

Freeze Drying Class

Friday, May 13, 2022 2:00 PM-3:30 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.

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** <u>amrobertson@uidaho.edu</u> for the registration link.

(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.

Mental Health First Aid

Monday, June 27 & Tuesday, June 28, 2022 8:00 AM-Noon **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.

Air Frying Fun!

Thursday, July 7, 2022 11:00 AM-12:00 PM Via Zoom Cost: FREE



Join us to learn how simple and fun it can be to use an air fryer to prepare a quick meal for you and others! This program will teach participants the basics of air fryers including settings, ease of use and considerations. This class is great for anyone looking to purchase an air fryer or wondering how to put one they own to better use!

Email amrobertson@uidaho.edu. for the registration link.

Sanitizing & Storing Water for **Emergency Situations**

Tuesday, June 14 10am-Noon Sandpoint Organic Agriculture Center N. 10881 Boyer Cost: \$5



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

Getting to Know Your Soil

Thursday, June 30, 2022 1:00 PM-3:00 PM **Boundary County Extension Office** 6447 Kootenai Street **COST: \$5**



A successful garden starts from the ground up. Come to this class and learn about the characteristics of soil in your garden and how you can support soil health. We will discuss simple tools that can be used to access the chemical, physical, and biological properties of your garden soil.

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

Harvesting & Storing Garden

Vegetables Wednesday, July 27, 2022 3:30 PM-5:00 PM Via Zoom



Join us for a free online workshop on how to identify the proper stage of maturity to harvest garden vegetables for peak flavor, nutrition, and storage.

Email amrobertson@uidaho.edu. for the registration link.



Cost: FREE

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

Ten Acres and a Dream

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

<u>St Maries</u> Saturday, May 14, 2022 8:30 AM-4:30 PM Elks Lodge, 628 Main Avenue



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

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

COST: A **\$15 registration fee** includes a field notebook of publications and refreshments.

To Register: Contact the Benewah County Extension Office @ 208-245-2422.

FORESTRY SHORTCOURSE

Sandpoint Wednesday mornings,9:00 AM-12:00 PM June 15, 22, 29 & July 6, 13, 20, 2022 UI Sandpoint Organic Agriculture Center 10881 North Boyer Road

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 silvicuture,
- 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 USB drive of forest management resource materials and refreshments.



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

Bark Beetle & Root Disease Field Day

Friday, June 10, 2022 8:00 AM-5:00 PM Meet at:



North Idaho College Parking Lot "A" (on Hubbard St. across from the Coeur d'Alene Wastewater Treatment Plant)

Last year brought some very active bark beetle activity to the Idaho Panhandle. Unlike insect outbreaks and fires that can be highly visible, root diseases often go unnoticed, are typically more widespread, and have greater long-term impacts on forest health. Root diseases are the primary tree killer on 2/3 of northern Idaho forests.

The field day will provide opportunities to examine bark beetles and root diseases, evaluate stand conditions, and discuss silvicultural practices that increase or reduce tree mortality from bark beetles and root diseases.

COST: A **\$15 registration** fee covers handouts and refreshments.



For **registration** questions, contact the UI Extension office in Kootenai County at 208-292-2525.

Thinning & Pruning Field Day

<u>Blanchard</u> Saturday, June 18, 2022 9:00 AM-5:00 PM Blanchard Community Center 685 Rusho Lane



Trees killed by bark beetles or root diseases often make forest owners ask: "What can we **do** about it?" Whether you have problems with insects or disease, concerns about fire, or just want to improve forest health and growth, the response from foresters is nearly universal: **thin your stand.** This is especially true in northern Idaho, where forests commonly become overstocked with an unsustainable species mix.

To ensure an effective learning environment, the program is limited to 45 participants. A **\$20 registration fee** includes a field notebook of publications.

For **registration** questions contact the UI Extension Office in Bonner County at 208-263-8511.

BONNER COUNTY CLASSES

Worm Composting Lunch and Learn Friday, May 6, Noon-1pm UI Extension, Bonner County 4205 North Boyer, Sandpoint FREE

Worm composting can be a fun small scale compost method. We will demonstrate how to set up a D.I.Y. worm compost bin and discuss how to feed your worms. The worm compost created from your worm bin is an excellent soil amendment for your garden. We will also talk about how to use the products of a worm compost bin. To **register,** contact the Bonner County Extension Office, 208-263-8511 or <u>bonner@uidaho.edu</u>.

Native Plant Trial Garden Lunch and Learn Friday, May 20, Noon-1pm UI Sandpoint Organic Agriculture Center 10881 North Boyer, Sandpoint FREE

Come to the Native Plant Trial Garden to learn which plants have grown well and which have not. Bring your lunch with you and enjoy this outdoor class in the garden. Information on additional native plants that can be included in landscapes will also be provided. To **register**, contact the Bonner County Extension Office, 208-263-8511 or bonner@uidaho.edu.

Repotting Orchids Lunch and Learn Friday, June 3, Noon-1pm UI Extension Bonner County 4205 North Boyer, Sandpoint FREE

Bring your sack lunch to enjoy while we demonstrate how to repot your orchids. We will also discuss other care and maintenance techniques for your orchids. To **register**, contact the Bonner County Extension Office, 208-263-8511 or <u>bonner@uidaho.edu</u>.

On Farm Egg Production Workshop \$10 for one session, \$20 for both

Tuesday, June 14, 4-6pm <u>Module 1:</u> Infrastructure, Processing and Record Keeping – UI Sandpoint Organic Agriculture Center <u>TBD Module 2:</u> Flock Health, Nutrition, and Record Keeping – Priest River

Are you a beginning farmer or homesteader new to egg production? Come learn more about infrastructure, processing, flock health and record keeping from Extension professionals and local producers. To **register**, contact the Bonner County Extension Office, 208-263-8511 or <u>bonner@uidaho.edu</u>.

Landscaping for Fire Prevention

<u>Blanchard</u> Saturday, July 9, 2022 10:00 AM-Noon Blanchard Community Center 685 Rusho Lane



In this class, forest homeowners learn how to make their home site less likely to burn and easier for firefighters to access in the event of a local forest fire.

A \$10 registration fee covers handouts and refreshments. Class size is limited. To **register** contact the Bonner County Extension Office @ 208-263-8511.

2022 ISDA Grasshopper/Mormon Cricket Control Program

2021 brought on many challenges for Idaho's agriculture producers, with grasshopper and Mormon cricket pests being among those challenges that contributed to the loss of economically important range/croplands across the state. As in years past, the ISDA Grasshopper/Mormon Cricket Control Program will continue to provide landowner assistance on a case-by-case basis, to those landowners who request ISDA assistance and are actively experiencing grasshopper or Mormon cricket infestations on qualified agricultural use lands.

The assistance provided by the program comes in the form of 5% Carbaryl insecticide bait. In situations where Carbaryl bait is not the optimal control method, a preapproved reimbursement option for insecticides purchased and applied by the landowner is available.

The goal of our Program is to serve impacted landowners and encourage judicious use of effective insecticides, while protecting pollinators, non-target species, and sensitive environments. Landowners can request assistance by submitting an online request form by visiting <u>https://</u> invasivespecies.idaho.gov/grasshopper-assistance.

For additional information and resources, please visit the ISDA Grasshopper/Mormon Cricket Program webpage: https://invasivespecies.idaho.gov/grasshoppers.

If you have any questions or suggestions regarding the 2022 program, please do not hesitate to contact Kahla Montrose at 208-332-8592.



Debbie Higgins 4-H Program Coordinator

Thank goodness for the sun! The air smells so fresh, flowers are blooming, and things are growing.

The weather held great for Market Beef Weigh-in on March 19th. It was good to see everyone and check out their project animals. I could tell many of the kids have been spending time working with their steers as most were easy to lead and very gentle. Keep up the good work 4-H and FFA beef members!

The Livestock Quality Assurances classes have all been completed and many of the participants provided positive feedback. Thanks to all market animal exhibitors and their parents for attending these important classes!

Market Swine weigh-in is right around the corner, on Saturday, May 14th starting at 7:00 am. It takes several parents and volunteers to make swine weigh-in run smoothly. If you are able to help, please don't hesitate to jump in and assist wherever we need it. Remember to have your paperwork filled out completely. This includes a Bill of Sale that has the name and address of both seller and buyer, the animal's birthdate, vaccines given, and if purchased out of state, a vet check certificate before it came across state lines. Your animals need to be parasite free inside and out. They also need to have their vaccines before you bring them to weigh-in. It is paramount to keep a clean healthy environment for our members and County. If your breeder did not vaccinate it is your responsibility to do this as soon as possible. If your animal is not vaccinated, you will not be able to unload and weigh-in your swine on the 14th. Please talk to your swine leader or call Debbie at the Extension Office if you have any questions about which vaccines your animal needs to have.

Market Lamb weigh-in is scheduled for Monday, June 6th starting at 5:30 pm. Make sure your lamb has its Scrappies ear tag in place, the Bill of Sale is filled out entirely, and vaccines have been given.

Each animal barn needs to come up with a Country or other location for their barn

theme. The Fair theme is "Around the World in 5 Days", the Swine barn will be decorated with French Themed items as it will be "Pigs in Paris", the Poultry barn will be adorned in British style as it will be "Cluckingham Palace", the Sheep barn will be decorated with Scottish themed items as it is transforming into "Scottlamb", Horses are "Gallop-agos Islands" and Beef is going to represent Bolivia. The Rabbit, Goat and Dairy groups are still deciding on their themes. I can't wait to see all of the barns at fair! I'm sure they will be fun and entertaining.

The second Tuesday of each month the Livestock Committee meets at 6:30 pm, followed by the Leaders Council meeting. If you are a 4-H leader in Boundary County, you are a member of these organizations, and we encourage you to attend—especially if you are an animal project leader.

For teens interested in STAC, State Teen Association Convention, is happening in June on the University of Idaho campus in Moscow. This is a super fun opportunity to meet other 4-H teens from all over the state while getting to see what life is like on campus. Go to our Boundary County 4-H Facebook page @ https://www.facebook.com/ boundarycounty4h/ for more details.

It's time to apply for Family Fun Night Royalty! If you are an active member in 4-H, you can try for one of the four positions. Look for the application in this newsletter or stop by the Extension Office and pick one up. Applications are due on July 18th and Interviews will be held on July 20th. I encourage everyone to try this at least once.

The Kooteneers Organizational Club will have a float in the Memorial Day Parade again this year. If you are planning to to ride on the float, please remember to wear you green and 4-H logos.

Continued on page 13



May

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

May 2-Trailblazers Org. Club 7:00 p.m. @ P.V. Grange

May TBA-Trailblazers Community Service Day

May 6-Port Hill Porkers Swine Meeting 9:00 a.m. @ Fairgrounds

May 8-Mother's Day

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 7:00 a.m.@ Fairgrounds

May 23-Fair Royalty Applications Due



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

June

June 1-National 4-H Congress Application Closes

June 3-Port Hill Porkers Swine Meeting 9:00 a.m. @ Fairgrounds

June 6-Market Goat & Lamb Weigh-In 5:30 p.m. @ Fairgrounds

June 6-Trailblazers Org. Club Game Night 7:00 p.m. @ P.V. Grange

June 14-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

June 19-Father's Day

June 20-Juneteenth Observed Ext. Office Closed

June TBD-Horse Camp

June 20-23-Idaho 4-H State Teen Association Convention



July

July TBA-Trailblazers Org. Club Family BBQ & Games @ The Park

July 4-Independence Day Observed Ext. Office Closed

July 8-Port Hill Porkers Swine Meeting 9:00 a.m. @ Fairgrounds Gazebo

July 8-Market Rabbit Weigh-In 5:30 p.m. @ Extension Office

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

July TBD-Horse Show

July 14-Camp Clover 8;30 a.m.-2:00 p.m. @ Snow Creek

July TBD-Horse Show-Game Day

July 7-9-Sheep Camp 8:00 a.m.-4:00 p.m.

July 20-Family Fun Night Royalty Interviews

July 26-Avian Flu Testing 2:00 p.m.-6:00 p.m. @ Ext. Office Back Parking Lot

July 28-C.O.O.L./Quality Assurance & Fair Entry Forms Due

Continued from page 12

A friendly reminder, if you are a 4-H member and haven't started your online record book, the time to start is now! It will make things easier, and your summer more enjoyable, as we move towards fair.

Boundary County 4-H is hosting several summer camps again this year. Look for the flyer in this newsletter or on our Facebook page. Each camp is different, so please make sure you have the ageappropriate children signed up in the right camp. These camps are open to all youth in Boundary County. You do NOT have to be enrolled in 4-H to participate. Pre-registration is required, and space is limited, so call 208.267.3235 to sign up your child.



Livestock News



Please be sure to mark these dates on your calendar!

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).

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.



Days on Feed 2022

WEIGH-IN DATES DAY

Beef March 19 Swine May 14 Lamb/Goat June 6

	DAYS ON FEED
6	(142) (87) (62)





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 ${\bf 5}$ of the meetings to be eligible to sell your pig at the fair

May 6

May 14-Pig weigh-in 7:00 a.m. 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 7:00 p.m. at the Paradise Valley Grange Hall.

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



Roadrunners Club Committee Report April 18, 2022

On April 16, 2022, Roadrunner's Club members participated in the club's first community service project. The club met at The Curley Creek Community Hall at 9:00 a.m. on Saturday the 16th to hide Easter eggs. Some people brought hardboiled dyed eggs, and some plastic eggs. The egg hunt began at 10:00 a.m., and club members were able to participate. Baskets and prizes were donated by the Curley Ques Homemakers Club.

Submitted by: Bristol Hill

Roadrunners Club Report April 18, 2022

The Roadrunners 4-H Club meeting was called to order on April 18, 2022 at 6:00 p.m. by President Frankie Nordheim. The meeting was held at the VEC building at the fairgrounds.

Pledges to the flags were led by: Mary Hegge and Nevaeh Murphy.

The Treasurer's report showed a beginning balance of \$307.82, income of \$36.50 from the Curly Q's Easter Egg Hunt and the 25 cent raffle. There is a current balance of \$344.32.

Bristol Hill read a committee report on the club's community service involvement in the Curly Q's Easter Egg Hunt.

There was no unfinished business.

New Business:

- 1. Should we participate in the Memorial Day Parade on May 30th?
- 2. Should we purchase a banner for the parade?

Announcements:

- 1. The next meeting will be May 16th at 6:00 p.m. at the VEC building.
- 2. We will be decorating for the parade at the meeting.
- 3. The volunteer for snack is Mikayla Murphy.
- 4. The volunteer for raffle item is Rebecca Hegge.

Extras:

1. We had an Egg Race Relay and the winner for the 25 cent raffle was drawn.

The meeting was adjourned at 6:36 p.m.

Submitted by: Hannah Frago, Secretary

Boundary County Livestock Committee Meeting Minutes

January 11, 2022

The meeting was called to order at 6:36 p.m. By: Jaycee Atkins

There were 12 members present.

Previous Month's Minutes: approved as read.

Treasurers Report: Balance from all accounts read; no changes to report.

Committee Reports:

A. Horse: Horse events are going to be included in FFN again this year. Horse is planning less meetings to make the project A. Livestock Judging schedule more manageable, and leaders will remain Amber, Sharon, and Julia.

Old Business:

- A. Poultry Palace: Main frame cover has been ordered, and will be paid for by the Fair Board. The Livestock Committee will then cover the cost of the 30ft extension needed to fully cover the entire space of the Poultry Barn area.
- B. Large Animal Wash racks: Plans are in progress, more details to come.
- C. Swine Barn improvements: A list of needed repairs and improvements was submitted by Kody Hanner. They include the following:
 - a. Gate for Sheep side, gate repairs on Pig side and

swivel hinges for pig barn

- b. Watering system repairs (nipples)
- c. Loose/broken board repairs and upgrades for single pens
- d. Pressure wash pens (paint as needed)
- Fans, mister, and exhaust e. fans
- Upgraded Chute System f.
- Fly mitigation/Wash stall q. drainage

New Business:

- Amy Tye • tentatively set for Wednesday night.
- 4-H Calendars have been finalized, this will be put up online. B.
- Pigs will remain on the same entry order schedule as in the C. past; bring in Sunday, weigh Monday, and show Tuesday.
- D. Opening Ceremonies will be Tuesday night; this will move all showing schedules up.

There was no other business.

A motion was made to adjourn the meeting at 6:57 p.m.

Next meeting: February 9, 2022 at 6:30 p.m., Extension Office.

Submitted by: Amy Tye

Boundary County Leaders Council Meeting Minutes

January 11, 2022

The meeting was called to order at 6:58 p.m. By: Liz Wood

There were 12 members present.

Previous Month's Minutes: Minor changes made, then approved.

Treasurers Report: The yearly budget was submitted with no changes to report.

No officer Reports

Committee Reports:

Fair Board: Large cover has been ordered for the Poultry Palace. Discussions are in the works for a large fun event to be a feature every night of the Fair. Paula Burt is the Fair Manager this year.

Old Business:

4-H Flag: A motion was made to order a new flag for the Α. Extension office. The motion was seconded, and the motion passed.

New Business:

A. KYG: A petition of scholarship was made by Noah Nichols for delegate fee, trip, and clothing. A motion was made and

seconded to support this. An award of \$250 was given. A

second petition for scholarship was made by Amy Tye for her daughter and herself to attend the conference as a Delegate and an adult chaperone. A motion was made and seconded to support this. An award of \$200 was given.

- The fair theme this year will be B. "Around the World in 5 Days".
- C. Fair book ad sales sheets were divvied up and distributed.
- D. Super Saturday is February 5th. Leaders are required to have 2 hours of training per year.
- E. Kody Hanner agreed to become the leader for the 4-H group "Catacootas", She will need to be added to approved list at the bank.

There was no other business.

A motion was made to adjourn the meeting by Jaycee Atkins at 7:38 p.m. The motion was seconded and the meeting was adjourned.

Next meeting: February 9, 2022 at 6:30 p.m., Extension Office.

Submitted by: Amy Tye

Members Present: •

- Amy Robertson
- **Debbie Higgins**
- Adetta Umphenour
- Leah Sandelin .
- Brandy Warren
- Kody Hanner •
- Ron Hanner .
- Sarah Carver
- Maureen Mai
- Liz Wood •

•

- Jaycee Atkins
 - Amy Tye

- Members Present:
- Amy Robertson
- **Debbie Higgins**
- Adetta Umphenour
- Leah Sandelin
- Brandv Warren •
- Kody Hanner •
- Ron Hanner .
- Sarah Carver
- Maureen Mai •

Liz Wood

•

•

Javcee Atkins

Boundary County Livestock Committee Meeting Minutes

February 8, 2022

The meeting was called to order at 6:33 p.m. By: Jaycee Atkins

There were 8 members present.

Previous Month's Minutes: Tabled for lack of quorum.

Treasurers Report: No changes to report

Committee Reports:

Horse committee is planning a sleigh ride on the 19th of February, weather permitting.

Old Business:

- A. Quality assurance training dates and times were read and reviewed. Location will be at the Extension office.
- This years fair theme will be "around the world in 5 days". B. General discussion of how the fair might best be decorated was made.
- C. Poultry Barn Improvements are moving forward. Amy Tye will A motion was made to adjourn the meeting at 6:46 p.m. It was bring in final proposals and paperwork for requested improvements to the next meeting.
- D. Large Animal Wash Rack: designs and costs are being discussed, no final proposal has been reached.
- Beef weigh in is scheduled for March 19th @ 9:00 a.m. This E. date may need to be changed if there are any large sporting

events that day.

F. Swine Barn Improvements: No new developments.

New Business:

- A. A decision needs to be made for the auctioneer at fair this year. Keeping the same auctioneer was suggested, but this idea could not be brought to vote for lack of quorum.
- July 26th will be the date for Β.

- **Members Present:**
- Debbie Higgins •
- Jaycee Atkins
- Adetta Umphenour •
- Julie Smith
- Leah Sandelin
- Sarah Carver •
- Amy Tye
 - Maureen Mai
- Avian Flu testing this year. This will take place in the back parking lot of the Extension office.
- C. Swine weigh in date is set for May 14th.
- D. P1FCU was recommended to handle the auction this year. Vote was tabled due to lack of quorum.

There was no other business.

seconded and the motion passed.

Next meeting: March 8, 2022 at 6:30 p.m., Extension Office.

Submitted by: Amy Tye

Boundary County Leaders Council Meeting Minutes

February 8, 2022

The meeting was called to order at 6:43 p.m. By: Maureen Mai

There were 8 members present.

Previous Month's Minutes: Tabled for lack of quorum.

Treasurers Report: Current balance is \$7,892.63

Officer reports: No officer reports.

Committee Reports:

- Awards committee meeting will be April 12th at 5:30 p.m.
- Family Fun Night: a committee needs to be formed; no discussion at this meeting.

Old Business:

- A. Fair book ad sales: Deadline is February 28th. All ads must be sent in digitally and paperwork completely filled out.
- Super Saturday: if any leaders were not able to attend, a B. reminder was broached to watch the mandatory leader modules in zsuites. It is also mandatory for all leaders to watch Protecting Minors as well.
- C. Kody Hanner has filled the role of organizational leader for the Catacootas.

D. Steve Usher has stepped in to fill the role of leader for Dirt Bike.

New Business:

- A. STAC-State Teen Association Conference will be in June. Registration opens in March, scholarships are available.
- B. April Shooting Sports Training will be April 9-10.

There was no other business.

A motion was made to adjourn the meeting at 6:53 p.m. It was seconded and the motion passed.

Next meeting: March 8, 2022 at 7:00 p.m., Extension Office.

Submitted by: Amy Tye



- Members Present:
- Debbie Higgins •
- Adetta Umphenour
- Julie Smith •
- Leah Sandelin •
- Sarah Carver •
- Amy Tye ٠
- Maureen Mai •
- Javcee Atkins •

Oral Presentation Day

Congratulations and thank you to everyone who participated in this year's Oral Presentation Day event! All of the presenters chose great topics. Every day I am impressed with the talent and creativity within our program.

A very special thank you to our guest judges Amy Tye and Renee Murphy.

I had a great time putting the event together this year and I am looking forward to the great new topics and members who will join us next year!

2022 Demonstration Day results are as follows:

NAME		RIBBON PLACEMENT
Katie Vader	Senior	Overall Champion
Kate Vader	Senior	Top Senior
Cameron Kerttu	Intermediate	Top Intermediate
Delilah Christensen	Junior	Top Junior

CONGRATULATIONS !!!

Project Requirements

As planning is underway for the 2021/2022 4-H year, please remember that project requirements and exhibit standards are fully described in project materials. All leaders will receive copies of these requirements. If you take the time to review the project and exhibit requirements at the beginning of a project that helps eliminate a lot of problems when a project is submitted for the Fair.

Remember:

- All projects have a record book
- All record books must include a story-(project focused)
- Photographs are required in Boundary County
- All projects require an oral presentation
- All projects have an exhibit standard

Leaders if you have questions about the exhibit standards or project requirements please contact Debbie at the Extension Office, 208-267-3235.

Completion Requirements



WE WANT YOU!

Memorial Day is on Monday, May 30, 2022. Every year the Boundary County 4-H program participates in the Memorial Day Parade. Benjamin Apo, with the American Legion, encourages everyone to participate! Your signage should say thank you to the vets for

their service to our country. Wear your red, white, and blue! Due to the popularity of the parade, anyone participating needs to be at the Boundary County Fairgrounds at 9:00 a.m. for staging. The parade starts promptly at 10:00 a.m., route will go from the Fairgrounds to downtown.

For Boundary County 4-H many of the Organizational clubs have begun their meetings. I would like to remind everyone that members must attend a minimum of 50% of the organizational meetings. A majority of the clubs meet once a month up to fair time. This provides ample time to fulfill the completion requirements. Members must also participate in at least one community service activity, attend 75% of their project meetings, give an oral presentation, and exhibit their completed project. Please remember that members must complete an oral presentation and complete a record book for each project that they take. The easiest way to ensure that you are meeting your project requirements is to simply ask your organizational or project leaders if you are in good standing. It is the member's responsibility to communicate to the leader if you are going to miss meetings etc. Keeping those lines of communication open will help avoid issues later in the year.

If you have additional questions about completion requirements do not hesitate to call the Extension Office at 208-267-3235.



It's that time of yeartime to bring out the rulers, rubber cement, pencils, and gummed erasers. Making posters can be fun and a great way to add that visual impact for your



projects. Here are some tips to help you design effective posters.

Design Tips for Non-Designers

Creating Coherence

•Constructing a coherent poster means that it's easy for your audience to move from one topic discussed on your poster to another and to see the relationships between them. Create coherence by carefully planning the arrangement of information by relying on what we know about how readers read.

- •Since English-speaking readers read text from left to right and top to bottom, use this pattern to form the arrangement of information in your poster. While the poster title is conventionally centered across the top of the poster, it can be placed to the left or to the right, but the area it occupies should command the rest of the space, perhaps by using a colored area behind it.
- •**Repetition-**helps organize; ties things together. Effective repetitions are alignments, shapes, spacing, bold or light typeface, bullets, and indents.

Posters

•Posters are an avenue of communication and self-expression that relay information to the audience. They are one-stop shopping so the audience knows what is going on in a presentation.

•To select the content for your poster, you must gather the most essential information from the wealth of knowledge you've gained. It's psychologically hard but you can't use EVERTHING. You want to select the most crucial information for your subject. You can rank the information into three categories:

Must know (to get the point) **Good to know** (equipment, size, volume, and so on)

Nice to know (perhaps historical or social context, cost, unexpected effects)

You should include the MUST, add some Good, and save "Nice" details for talking with your audience.

A good poster is self explanatory-it speaks for itself and will make people STOP, READ, and REMEMBER.

<u>Planning</u>

When you make a poster, it is only as effective as your planning...and this planning doesn't happen the night before you turn in fair books.

Who & What

- Topic
- ✤ Size requirements
- ✤ Audience
- Materials

Your first consideration is who and what. You want your poster to say something-what is it? Is it relaying information for an illustrated talk? Is the poster telling a story? Who will be your audience? Do they know the information? What do you want the audience to know?

If the poster is to be in the fair, what are the size requirements? In Boundary County the size requirements are 14x22.

What materials or tools will you use to create your poster? Are you going to produce it via computer or by hand. Some tools you may need are a pencil, gum eraser, and rubber cement. Regardless of how the poster is produced neatness counts! If you don't allow enough time to plan it is reflected in the poster.

Construction

Putting your ideas on paper is one of the biggest challenges of posters. You don't have to be an artist to create your visual masterpiece, it can be fun and easy, but that doesn't mean you get to cut corners. Lettering is very important for your poster.

Readable-Letters should be well drawn and all words spelled correctly. Lower case letters are easier to read than capitals. Fancy or script lettering is harder to read. Avoid too many fonts if you construct using a computer. Posters for 14x22 should have letters from ³/₄ to 1³/₄ inches high. **Simple-**each poster should contain only one idea in as few words as possible and **Well designed**.

<u>Color</u>

Don't be afraid to use color. Color can be utilized effectively to impact the message you are trying to send and affects how easily the message is read. The basis of most color combinations is the color wheel. There are many ways to combine the colors on the color wheel, and come up with a usable scheme.



Put it all together

Judges look for Neatness first and foremost in posters. They also are checking to see if you got your measurements correct and accurately conveyed project information. Practice makes perfect, when you are working with posters make sure you have taken the time to plan and create your posters; readable, simple, well designed, and NEAT! It is as easy as 1-2-3.

Source: Adapted from Cain Project @ www.owlnet.rice.edu and Designing Effective Posters by Erika Thiel



PRE-REGISTRATION IS REQUIRED; 208-267-3235 PAYMENT DUE TWO DAYS BEFORE CAMP SPACE IS LIMITED

These day camps are being put on by Boundary County 4-H. If you have any questions or want more information, please contact Debbie Higgins or Amy Robertson at the Boundary County Extension Office, 208-267-3235.

Cooking Camp

(\$15) Ages 8-12 June 15 @ 9 am-3 pm Boundary County Extension Office

Robotics Camp (\$15)

Ages 8-12 June 23 @ 9 am-3 pm Boundary County Fairgrounds

Nature Camp

July 7 @ 9am-3pm

(\$15)

Refuge

Ages 8-12

Youth Farm Tour (\$15)

Ages 8-14 June 29 @ 9am-4 pm Boundary County Fairgrounds

Art Camp

(\$15) Ages 8-12 July 19 @ 9am-3pm Boundary County Fairgrounds



Kootenai National Wildlife

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Amy Robertson one week before the starting date of the program at 208-267-3235 or <u>amrobertson@uidaho.edu</u>.



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







6447 Kootenai Street Bonners Ferry, ID 208-267-3235

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



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

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

All Classes will be held at the Boundary County Extension Office

AGES 7-8

Dash & Dot: May 20th 1:30 pm-2:30 pm

AGES 9-10

Dash & Dot: May 20th

3:00 pm—4:00 pm

AGES 11-12

Dash & Dot: May 27th

12:00 pm—1:00 pm

1:30 pm—2:30 pm

AGES 12-13

LEGO Robotics*: June 3rd & 10th



We are getting close to the end of the school year for 4-H Friday Friends. Ms. Teri from the Library is still coming in every other week to read stories and play games with the kids. At the beginning of April, we had a staffing change as Ms. Catherine delivered her twin girls early and will be needing to spend her time taking care of them. Kate Wood, our previous program coordinator, has agreed to step in as coordinator for the remainder of the school year. We have some exciting plans and programs coming up for our last few weeks!

4-H Friday

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-6th 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!

20

Dates: Second Semester

May: 6, 13, 20, 27

🏅 June: 3, 10

	Family Fun Night (FFN) Royalty Application Applications due to extension office July 18, 2022	
Name	Age (as of 1/1/2022)	
Address		
Phone	Cell Phone	

Please answer the following questions (you may attach an additional page)

1. Please list activities (school, church, 4-H, sports) you are involved in.

2. Write a short essay (90 words or less) explaining why you want to be selected as FFN Royalty, what the honor would mean to you, and how you would promote 4-H and Family Fun Night.

PARENT/GUARDIAN SIGNATURE

DATE

APPLICANT SIGNATURE

DATE

2022 Family Fun Night (FFN) Royalty Application

REQUIREMENTS: Applicants must provide the following information.

- 1. Applicants must be a current member of Boundary County 4-H.
- 2. Completely fill out and return application to the Boundary County Extension Office by **July 18, 2022**. **No late applications will be accepted.** Parent or guardian must sign the application.
- 3. Applicants must be reasonably available during fair week.
- 4. Family Fun Night Royalty represent the Boundary County 4-H program and serve as a positive youth role model, upholding expectations outlined in the Code of Conduct, Policies and Procedures 2020-2022 and all other applicable 4-H rules.
- 5. Applicants for consideration will be notified and must be present for final interviewing and crowning. The leader's panel will narrow the applicants to the top 6 for interviews.
- 6. Judging, interviews, and crowning will take place at the extension office July 20, 2022 directly following the interviews.
- 7. Several things will be considered: activities, attendance, participation, appearance, and overall performance and involvement.

8. Organizational Leader: Name	Phone:	
9. Project Leader: Name:		
	2	
34	4 5	
11. Past 4-H Projects: 1	3	
45	6	
12 Have you ever been crowned	FEN Royalty? VES NO	

12. Have you ever been crowned FFN Royalty? YES NO

13. If chosen for FFN Royalty, **you** will receive a list of things you will need to assist with during fair week and at Family Fun Night. Good luck to all who apply.





Camp Clover is an action packed day camp open to <u>ALL</u> youth ages 5-9. <u>Participants must be pre-registered by July 13th, 2022</u>



BUGS! BUGS! BUGS!

CONTACT BOUNDARY COUNTY EXTENSION OFFICE TO REGISTER 208-267-3235

- COST: Free!
- WHERE: Snow Creek Pond, on Lions Den Rd
- **ARRIVE:** 8:45 a.m.
- WHAT TO WEAR: Play clothes, since it is outdoors be prepared for inclement or hot weather
- SCHEDULE: 8:45-9:00 a.m. Sign-in 9:00-9:15 a.m. Orientation
- Morning stations 9:30-11:45 a.m. Lunch 11:45 a.m.-12:15 p.m. Afternoon stations 12:30-2:00 p.m.
- Parents pick up 2:00 p.m.



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UI EXTENSION BOUNDARY COUNTY P.O. BOX 267 BONNERS FERRY, ID 83805

RETURN SERVICE REQUESTED

NON-PROFIT PRSRT STD U.S. POSTAGE PAID PERMIT NO. 145 BONNERS FERRY, ID

MAY/JUNE 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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