



Lines For Leaders

University of Idaho Extension Canyon County, 501 Main St, Caldwell, ID 83605
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February 2022

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Taking Care of Yourself During Stressful Times

The last several years have been hard on so many people, 4-H members and families have had lots of ups and downs from virtual to in person meetings, club meeting locations needing to change, pressures of everyday life, schedules changing, school being cancelled, and so much more. It is easy to feel overwhelmed and stressed these days. So we want to remind everyone to take a breath, take some time, and take care of yourself (both youth and adults).

Here are some ideas:

- Go on a walk – Walking is a great way to destress, and spending time outside will help you unplug. Have everyone focus on these three things by asking: 1) What do you see? 2) What do you smell? 3) How do you feel? Check out this lesson plan for other ideas: <https://4-h.org/wp-content/uploads/2016/03/Nature-Walk-FINAL.pdf>
- Write in a journal – Journaling can help you reflect on what is happening, how you feel and what you are thinking. Check out the Babble Journal for youth activity: https://www.canr.msu.edu/4h/uploads/files/4-H_Heads_In_Hearts_In_Babble_Journal_AA.pdf
- Stop and just Breathe – Breathing exercises are great for all ages and can really help when feeling stressed. Check out the two breathing exercises at: <https://u.osu.edu/4hjournal/category/breathing-techniques/>
- For younger youth especially, try Calm Jars. This activity is used to lead youth through positive “self-talk” practices: <https://4-h.org/wp-content/uploads/2020/11/Calm-Jars-4H-at-Home-2020.pdf>
- For older youth, try Create Your Own Vision Board. This activity helps youth focus on the future and what they want to do: <https://4-h.org/about/4-h-at-home/emotional-wellness/digital-vision-board/> More activities for older youth can also be found at: <https://4-h.org/about/4-h-at-home/emotional-wellness/>
- For Cloverbuds, a great activity is making Calm Down Bottles. It’s a simple craft that requires only a few supplies. Check it out here: <https://u.osu.edu/cloverbudconnections/tag/anger-management/>
- Try something new. The 4-H at Home resource has over 250 activities that you can try at home. There are wonderful cooking, gardening, art, and craft activities (and so many more topics!) that you can try. Pick a few and focus on the enjoyment of the activity: <https://4-h.org/about/4-h-at-home/>

Also please reach out to us if you need assistance or have concerns about 4-H. If you need help finding information or resources for projects, we can help with that too. We know that things have been difficult, but together we will get through this.

Extension Educators
Jerry Neufeld
 Agriculture
Carrie Johnson Clarich
 4-H/Youth Development
Nic Usabel
 Horticulture
4-H Program Coordinator
 Tina Holmquist
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4-H Event Calendar

February

- 4-5 Pistol & Rifle Level 1 Volunteer Training—Rigby
 - 5-6 Hunting & Rifle Volunteer Training—Jerome
 - 10 Canyon County 4-H Leaders' Council Meeting—7pm—ZOOM—[Meeting ID: 878 9416 3736](#)
 - 12 Adventure Camp Counselor Training—UI Caldwell Complex
 - 19-21 Know Your Government Conference—Boise
 - 21 *Office Closed—Presidents' Day*
 - 21-25 Idaho Horsemanship Award written test days
 - 23 4-H Endowment Board Meeting—7pm—Canyon County Extension
 - 25-27 Southern District Ambassador Retreat—Quaker Hill
 - 26 Canyon County Horse Bowl—First Christian Church, Nampa
 - 26-27 Archery, Pistol, Rifle & Shotgun Volunteer Training - Caldwell/Nampa/Boise
-

March

- 1 Snow Shoe Day Camp—Bogus Basin
 - 5 Canyon County Horse Oral Presentation Contest—Middleton Community Center
 - 5 Canyon & Ada County Beef Initial Weight-in—9-11am—Treasure Valley Livestock, Caldwell
 - 5 Rock Climbing Day Camp—The Commons Climbing Gym
 - 9 Southern District Shooting Sports Committee Meeting—7pm—UI Caldwell Complex Classroom
This meeting will be offered in person and on **Zoom**— [Meeting ID: 897 5507 1889](#)
 - 12 Southern District Youth Beef Field Day—Owyhee County Fairgrounds
 - 12 Southern District Horse Bowl—Payette County Fairgrounds
 - 12 Southern District Archery Shoot—Caldwell Gun Club
 - 15 Market Livestock Sale Committee Meeting—7pm—**Zoom**—[Meeting ID: 890 7293 2968](#)
 - 17 Fun with Birds Day Camp—Ada County Extension Office
 - 19 Adventure Camp Counselor Training—Ada County Extension Office
 - 23 Babysitting Course—Registration with Caldwell Parks and Recreation
 - 26 BLM Trail Challenge
 - 26 Multi-County Horse Judging—Canyon County Fair Building
 - 26 Rock Climbing Day Camp—Vertical View Climbing Gym
 - 28 Horse Leaders Meeting—7pm—**Zoom**—[Meeting ID: 865 7752 8146](#)
-

You Need To Be Active Prior To Attending A Meeting

All members (youth and volunteer) participating in a 4-H business meeting, 4-H event, and/or a 4-H project meeting **MUST** be active in 4h.zsuite.com. If you have any questions about your enrollment status, please call the Canyon County Extension Office at 208-459-6003.



Important Dates to Remember



February

- 4 Idaho Horsemanship Award Application Deadline
- 16 Canyon County Horse Bowl Entries Due
- 28 TVDRHP Application Due

March

- 4 Southern District Archery Shoot Registration Deadline
- 16 Multi-County Horse Judging Entry Deadline
- 25 Market Beef Online Declaration Deadline

Canyon County 4-H Leaders' Meetings

Thursday, February 10

Everyone is invited to attend the Canyon County 4-H Leaders' Council meetings held on the second Thursday at 7pm in February, April, June, September and November. The agenda includes setting the budget, awarding scholarships, supporting county 4-H events, networking and promoting 4-H in the community.

Everyone is Welcome!

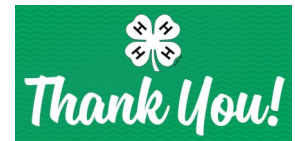
Council meetings also include a volunteer development training for volunteers to gain new skills and ideas to implement at their club meetings. The next meeting is Thursday, February 10 at 7pm via Zoom. To join this meeting via Zoom click the meeting link: [Meeting ID: 878 9416 3736](#)

If you would prefer to join in-person, please RSVP by calling the Canyon County Extension Office at 208-459-6003.

Congratulation New Certified Volunteers!

Kim Boguslawski—Mtown Kritters
 Elya Christman—PawsAbilities
 Elena de la Concepcion—Busy Bugs

Bonnie Holtry—Rock Mountain 4-H Club
 Athea Prillaman—Dirty Boots 4-H



2022 Interview Evaluations — Save the Dates!

Thursday, July 14 Friday, July 15
 Tuesday, July 19 & Wednesday, July 20

Location: Best Western
 908 Specht Ave., Caldwell

Horse members will be required to interview July 14 or July 15 to participate in the Canyon County Fair Horse Show.

Everyone must do an interview evaluation as a component to completing their 4-H project.

2022 Canyon County Weigh-in Dates

- Beef**.....Saturday, **March 5**, 9am-11am, Treasure Valley Livestock Auction, Caldwell
online declarations Due—March 25 (*link coming soon*)
- Swine**.....Tuesday, **April 12**, Deadline for Swine tag numbers, pictures and online declaration
- Sheep/Goat**.....Tuesday, **May 10**, Deadline for Sheep/Goat tag numbers, pictures and online
declaration
- Market Broiler**.....Friday, **April 29**, Intent Deadline
Wednesday, **May 11**, Chick pick up (at Dunlap)
Wednesday, **May 18**, Deadline for Broiler online declaration

****Please note that the process for weigh-ins and declarations will now be managed by the Canyon County Fair.**

2022-2023 Treasure Valley Dairy Replacement Heifer Project



Applications for the 2022-2023 Treasure Valley Dairy Replacement Heifer Project are now available.

Applicant must be currently enrolled as a 4-H or FFA member. All participants must attend an orientation meeting and will select a heifer during Selection Day in April. An application for financial assistance is included in the application packet.

Application Deadline
February 28

Application packets can be picked up at the Canyon County Extension office or emailed to you upon request. They are also available on the website at [Canyon County Extension](#) under *Animals and Livestock*.

Applications are due **February 28** together with a **\$25 deposit made payable to** “Treasure Valley Dairy Replacement Heifer Project.” For questions or more information, please contact the TVDRHP Committee at treasurevalleydairy@gmail.com or contact the Canyon County Extension Office at 208-459-6003.

4-H Market Broilers Project

Do you have a small backyard? Don't have the space to raise a large market animal? Why not try the Market Poultry project! The Market Poultry project consists of raising Cornish-Cross chicks for 8-10 weeks, only a fraction of the time that it takes to raise any other market project! Birds must be pre-ordered and pre-purchased. Pens of three birds will be sold at the Market Livestock Sale during the Canyon County Fair.

Contact the Canyon County Extension Office at 208-459-6003 or email Tina Holmquist at tinah@uidaho.edu for more information. After you have *updated your enrollment information for the 2022 4-H year*, select “*Animals—Poultry/Poultry—Market Broiler*” as the project you are enrolling in.



2022 Fair & Extension Changes

As we start the new year, we wanted to let you know about a few changes coming for the 2022 year. Last fall a new Memorandum of Understanding was signed between the Canyon County Fair and the Canyon County Extension Office. So, the question is: How does this affect you?

Below are a few of the main things you will notice as we move into the 2022 season:

- Market animal weigh-ins/declarations, ear tags, and forms will now be managed by the Fair. This means they will coordinate them, collect forms, pictures, and fees. Please plan on the Fair office as your point of contact for delivery and information. (*Address & phone below*)
- Fair livestock entries will now be managed by the Fair and they will provide the online entry system for entries and declarations.
- The livestock superintendents, show office, and livestock shows will be managed by the Fair.

Things that will stay the same:

- The Market Livestock Sale will be managed by the Canyon County Market Livestock Sale Committee under the guidance of the Extension Office as it is a 4-H committee governed by Idaho 4-H Policies & Procedures.
- The Family Consumer Science (FCS) and Cloverbud non-animal departments will be managed by the Extension Office.

We will try our best to make these changes as easy as possible and to help share information from the fair as soon as we get it. Please let us know if you have any questions or concerns. Below are contacts for the different areas so you know who the best contact for your question is:

Canyon County Fair (weigh-ins, ear tags, declarations, livestock entries & shows, Round Robins)
111 S 22nd Ave S, Caldwell, ID 83605
208-455-8500

1st Contact - Samantha Ball—CCF Agricultural Programs Coordinator
(208) 614-5066 or samantha@canyoncountyfair.org

2nd Contact – Diana Sinner—CCF Fair Director
(208) 614-5067 or diana@canyoncountyfair.org

Canyon County Extension Office (FCS, Cloverbud non-animal, Style Review, 4-H project requirements, 4-H interview evaluations)

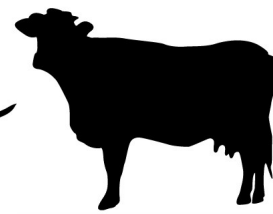
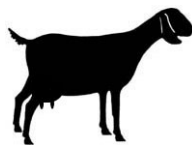
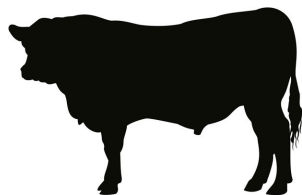
General questions – (208) 459-6003 or canyon@uidaho.edu

Carrie Clarich – 4-H Educator carriej@uidaho.edu

Tina Holmquist – 4-H Program Coordinator tinah@uidaho.edu

Debbie Lowber – Office Manager debbie.lowber@canyoncounty.id.gov

Diana Hoffman – Administrative Specialist diana.hoffman@canyoncounty.id.gov



Save the Dates - 2022 Horse Contests

Idaho Horsemanship Award

Feb. 4 Applications Due
Feb 21-25 Written Test
TBD Performance Test

Horse Bowl

Feb 26 County
March 12 District

Horse Oral Presentations

March 5 County
April 16 District

Hippology

TBD County
May 14 District

Horse Judging

March 26 Multi-County
May 14 District

Save the
Dates on Your
Calendars!



Save the Date—2022 State Horse Contests

The State 4-H Youth Horse Contests are tentatively scheduled for **July 8 and 9**

Friday, July 8—Horse Judging—Birt Arena—Nampa

Friday July 8—Hippology—Skyview High School—Nampa

Saturday, July 9—Oral Presentation & Horse Bowl—Skyview High School—Nampa

Canyon County Horse Leaders' Meeting

Monday, **March 28**, 7pm via ZOOM

Join via Zoom: [Meeting ID: 865 7752 8146](https://us02zoom.us/j/86577528146)

EVERYONE (*parents and volunteers*) are welcome to join the next Canyon County Horse Leaders Meeting. This is where you will get “first-hand” information on what the future holds for the horse project in Canyon County. It could include contest information, clinics, practices and resources that would be available for horse youth. *You cannot beat the ease at joining from the comfort of your home or if you are on the go and not in the area.* President Kelsie Atkinson would love to see you pop in and introduce yourself on Monday, **March 28** at 7pm (**meetings are held on the 4th Monday of the month**). Please call the Extension Office at 208-459-6003 if you have any questions.

Mandatory Horse Camp Orientation—Tuesday, May 31; 7pm

at the Canyon County Extension Office

Horse Camp — Save the Date — June 23-26 at Cascade Lake 4-H Camp

2022 4-H Adventure Camps—Registration Opening January 31

- June 9-12 **NEW** Fairy Tale Camp (3rd-5th grades, only)
June 16-19 June Kids Camp (3rd-5th grades, only)
July 5-8 **NEW** Wizarding Camp (6th-8th grades, only)
July 11-15 July Teen Camp (6th-8th grades, only)
August 11-15 August Mixed Camp (3rd-8th grades)



Campers will enjoy a safe environment for making new friends, learning leadership and teamwork skills, and making lasting memories. *Scholarships are available by emailing idaho4hadventurecamp@uidaho.edu!* Registration will be completed through Zsuites in the events tab.

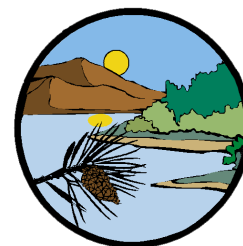
4-H Adventure Camp wants CHAPERONES for 2022 Camps!

Are you interested in being a chaperone for 4-H Adventure Camp? There is no cost for adults to chaperone. The deadline to decide which camp you would like to attend is May 1. All parents will need to become certified in order to chaperone. Contact Camp Director Abbey Bressler for more information at abressler@uidaho.edu or call the Ada County Extension Office at 208-287-5900.

2022 4-H Adventure Camp Counselor Training Dates

- Feb 12 Counselor Training @ UI Caldwell Complex
Mar 19 Counselor Training @ UI Extension, Ada County
April 9 Counselor Training @ Boise Metro Chamber in Downtown Boise
May 7 Counselor Training @ UI Extension, Canyon County or UI Caldwell Complex

For more information, contact Abbey Bressler, 4-H Adventure Camp Director, at 208-576-2655 or email her at abressler@uidaho.edu.



Congratulations to our Canyon County 4-H Adventure Camp Counselors!

We would like to congratulate our youth who will be representing Canyon County as 2022 4-H Adventure Camp Counselors. They are:

Riley A.	Carrie G.
Amelia A.	Ivy H.
Kathryn C.	Trustin S.



Shooting Sports Volunteer Trainings - Caldwell/Nampa /Boise

Archery, Pistol, Rifle & Shotgun

Archery: Saturday, February 26

Nampa Indoor Range, 222 W Railroad St., Nampa

Pistol: Saturday February 26

Boise Rifle & Pistol Club, 6961 Supply Way, Boise

Rifle: Sunday, February 27

Nampa Indoor Range, 222 W Railroad St., Nampa

Shotgun: Sunday, February 27

Caldwell Gun Club, 21840 Pond Ln., Caldwell



Required Training prior to **February 26**: Complete **all four** Youth Development/Risk Management online modules. Print & bring completion certificate to registration.

Make checks payable to: Canyon County Extension, 501 Main St., Caldwell, ID 83605

Single discipline—\$80/person (lunch, refreshments & printed materials provided)

This statewide volunteer training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports Instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office
- Be trained and certified in any discipline(s) that they are teaching at the county level
- **Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification**

Scholarships are available through the Canyon County 4-H Leaders' Council.

Registration information is at the Canyon County Extension or can be emailed to you upon request.

Southern District Shooting Sports Contests—Stay Tuned for Registration Info

Archery	March 12	at Caldwell Gun Club
Shotgun	April 16	at Caldwell Gun Club
Air Rifle	April 30	at Nampa Indoor Range
Small Bore Rifle	May 7	at Nampa Outdoor Range
State Shoot	June 11 & 12	within the Treasure Valley

Clover Sparks—Cloverbud Programming

The Clover Sparks program has doubled its presence in Canyon County starting as of January! In addition to our groups meeting in Middleton and Wilder, we will have new groups that have started in Nampa and Bowmont. This program is already making waves among 5-7 year-old kids in our community and families are welcome to begin attending at any time during the year. The fun, educational activities are repeated at each of the locations, and there are two new activities scheduled every month. Our activities for the upcoming meetings include knitting, wildlife, and robotics! Dylan Fuller (dylanf@uidaho.edu) and Johanna Harness (jharness@uidaho.edu) are leading up this program and are excited to welcome new members. Please feel free to contact them with any questions. Find a location closest to you.

Bowmont Community Church

1st and 3rd Tuesdays, 6pm-7:15pm
7263 2nd Street, Nampa

Middleton Community Center

2nd and 4th Tuesdays, 6pm-7:15pm
113 W Main St, Middleton

Nampa Indoor Public Range

1st and 3rd Thursdays, 6pm-7:15pm
222 Railroad Street, Nampa

Chula Vista Activity Center

2nd and 4th Thursdays, 6pm-7:15pm
500 5th Street, Wilder

Congratulations to our 2022 KYG Delegates



The following youth will attend the Know Your Government Conference and learn about the judicial and legislative branches of US Government, from those that work in the field everyday.

Chloe L.—Broken Arrow Archery

Sheridan R.—Vallivue 4-H

Gianna P.—Vallivue 4-H

Southern District Youth Beef Field Day

Saturday, March 12

Time TBD

Owyhee County Fairgrounds, Community Building
Homedale



Participants will be able to complete an animal science lesson for each station they attend. Participation is open to 4-H & FFA youth and adults.

4-H Adventure Camp Day Camps

4-H Adventure Camp will be offering day camps. These events are open to all youth. [Scholarships are available](#) by emailing idaho4hadventurecamp@uidaho.edu. 4-H youth can register in Zsuites. See full list of camps below:

Show Shoeing—**March 1**, 10am-2pm, Bogus Basin Nordic Lodge
Cost is **\$6.00**, grades 3-10, drop off and pickup locations available in Nampa & Boise

Rock Climbing—**March 5**, 12:45-4pm, The Commons Climbing Gym
Cost is **\$15.00**, ages 8-17 (as of January 1, 2022)

Fun with Birds—**March 17**—8am-1pm, Ada County Extension Office
Cost is **\$25.00**, ages 10-13 (as of January 1, 2022)

Spring Break Adventure Daily Camp—**March 21-25**, 9am-3:pm, Ada County Extension Office
Cost is **\$150.00**, ages 9-13 (as of January 1, 2022)

Join 4-H Adventure Camp Coordinators for a week of daily outdoor adventures doing; archery, fishing, bike riding, fishing and much more! Sack lunch will be required.

Dutch Oven & Outdoor Cooking—**March 23-25**, 12-2:30pm, Washington County Extension
Cost is **\$35.00**, ages 9-13 (as of January 1, 2022)

Rock Climbing—**March 26**, 12:45-4pm, Vertical View Climbing Gym
Cost is **\$15.00**, ages 8-17 (as of January 1, 2022)

Fun with Birds—**May 28**, 8am-1pm, Ada County Extension Office
Cost is **\$25.00**, ages 10-13 (as of January 1, 2022)



Cascade Lake 4-H Camp Work Weekend

May 13-15, 2022



Mark your calendars for the annual Cascade Lake 4-H Camp work weekend! Pretend you are a camper again with campfires, canoeing and other activities, in addition to helping with a few important projects. Cabins are available on a first come first serve basis. Please **RSVP for a cabin by May 5**. If you are interested, please call Kathy Lauer at 208-250-8444 or email contact@cacadelake4hcamp.com so that you will get a reminder when the weekend gets closer to check your availability.

States' 4-H Summer Hosting

HOST an International youth delegate in summer of 2022 and bring the richness of the world to your home!

July 22, 23, 24, 2022 through August 15, 16, 18, 2022*

*exact dates dependent on your state. Please check with your state's Coordinator for details.



Host a youth aged 12-18 (*majority are 12-14*) or an adult chaperone. These youth have a range of English language abilities, so host families should be prepared to communicate imaginatively. This is a voluntary program; no stipends will be provided.

You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host). Families without children may host an adult chaperone. No special activities need to be planned since these youth want to experience American culture, make new friends and improve their English by staying with your family.

For more information, visit <https://www.states4hexchange.org> for details or contact Tamara Crowley at tcrowley@uidaho.edu.

Open your home to an exchange student and open your lives to the world!

Equipment Check Out

Do you know what an Animal Learning Lab is? Do you often wish you could borrow equipment for a 4-H activity? Well you can!!

Canyon County Extension has a plethora of equipment, and learning materials available for check-out to 4-H members and volunteers.

The Animal Learning Labs are used in conjunction with the Animal Science Lesson Plans to teach youth about animals and assist youth in completing their Animal Science Skills Checklist. Learning Labs include activities and information on breed, cuts of meat, bio-security and more.

Do you have youth interested in a robotics project but not sure how to go about it? Canyon County Extension has robotics kits available for check out.

Do you have youth that are interested in sewing but not ready to make the commitment to buy the equipment? Canyon County Extension has sewing machines and equipment available for check out.

Do you have youth shouting for more sweet activities? Canyon County Extension has kits available with baking and cake decorating equipment. Kits include items such as piping tips, measuring cups/spoons, rolling pins, portable burners and more!

To check out items, clubs or volunteers must leave a refundable deposit. Once the equipment is returned the deposit will be returned. Please contact the Canyon County Extension with any questions.

University of Idaho Extension
Canyon County
501 Main Street
Caldwell, ID 83605

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RETURN SERVICE REQUESTED



Canyon County

Lines For Leaders

February 2022

2022 Market Livestock Weigh-in and Declaration Deadlines

March 5 Beef
April 12 Swine Declaration
May 10 Sheep and Goat

2022 Market Broiler Dates

April 29 Intent to Participate
May 11 Chick Pick Up (at Dunlap)
May 18 Online Declaration

Check out the calendar in
Zsuite for meeting
information, Zoom links and
event registration!!

**HORSE ONLINE DECLARATIONS
ARE DUE APRIL 15!**

