



**University of Idaho**  
Extension  
*Kootenai County*



# **University of Idaho Extension Kootenai County**

2016-2017 Annual Report

[www.uidaho.edu/extension/county/kootenai](http://www.uidaho.edu/extension/county/kootenai)

*Bringing university research and trained volunteers to  
improve the lives of Kootenai County citizens*

# Contents

Page 3: Executive Summary

Pages 4-6: UI Extension, Kootenai County Faculty and Staff

Page 7: Location

Pages 8-20: 2016-2017 UI Extension Programming in Kootenai County

*Page 8-10: Family and Consumer Sciences*

*Page 11-13: Panhandle Area Forestry*

*Page 14-17: Master Gardeners*

*Page 18-19: 4-H Youth Development*

*Page 20: Other Programming*

Page 21: What is Extension?

Pages 22-23: Funding

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# Executive Summary

Kootenai County has had a vital partnership with University of Idaho Extension since 1917, to bring university research and expertise to bear on local issues and to help give Kootenai County residents a voice in guiding university research. This report highlights 2016-2017 programs.

- Family and Consumer Science (FCS) UI Extension programs helped Kootenai County families access healthier foods through 49,239 youth contacts and 2,820 adult contacts. Eat Smart Idaho improves food security and reduces the risks for diet-related chronic diseases. Cost benefit analysis research has shown that Eat Smart Idaho graduates will save \$14.55 in future health care costs for every \$1 invested in healthy living education through Eat Smart Idaho. The net savings in health care costs attributable to adult graduates over the next years is projected to be nearly \$607,000 for every 1000 participants.
- A total of 661 people attended 12 UI Extension forestry workshops and field days held in Kootenai County in 2016-2017. Over 80 percent of the participants in these programs indicated they will improve specific forest management practices that sustainably grow more wood to support living wage jobs here from forest products harvest and manufacturing, reduce fire risk in wildland urban interface areas, and reduce forest insect, disease, and fire issues. Ten certified Idaho Master Forest Stewards in Kootenai County logged 900 hours of total volunteer service to over 2,000 adults and nearly 2,600 youth.
- The Idaho Master Gardener program provided home horticulture education to the public through trained volunteers via diagnostic plant clinics (2,362 contacts). In Master Gardener horticulture classes, 394 individuals learned about straw bale gardening, growing microgreens, keeping honey and native bees, organic gardening, tree identification, basic gardening, and beneficial insects. Master Gardeners also piloted a new youth gardening curriculum in Borah Elementary School and began a new pollination project and demonstration garden at the Kootenai County Fairgrounds.
- Nearly 800 youth gained vital life skills, including leadership, citizenship, communications, and community outreach, with support from over 245 trained adult volunteers. In total, 4-H volunteer leaders gave more than 12,200 hours of service. The UI Extension office made over 7,000 4-H based contacts through teaching programs and other educational events during the year.
- Funding for UI Extension, Kootenai County programs is cooperative. The \$142,000 of appropriated funds and \$53,500 of in-kind support from Kootenai County in the form of facilities and utilities leveraged over \$277,000 in University of Idaho funding, over \$243,500 in grant funding, and nearly \$95,000 in program fees and donations. Every dollar Kootenai County spends on UI Extension programs leverages over \$3.15 from other sources. If the value of volunteer time of 4-H Leaders, Idaho Master Gardeners, and Idaho Master Forest Stewards and other volunteers who were trained and certified by faculty and staff at the UI Extension, Kootenai County office is included, that dollar leverages \$5.10.

For over 100 years, University of Idaho Extension has worked with the Kootenai County Commissioners to offer community-driven, research-based educational programs in Kootenai County. We thank Kootenai County Commissioners, local volunteers, and all our other partners for their support in serving Kootenai County citizens through UI Extension programming.

# UI Extension, Kootenai County Faculty and Staff

UI Extension office staffing in Idaho varies across the state, according to the needs of different counties. Kootenai County has three faculty and five full and part-time staff. Faculty (called “Extension Educators”) are paid through state and some federal funds. Staff are paid through county funds, but we also have additional temporary staff paid through grants and similar sources.



**Chris Schnepf** serves as the Panhandle Area Extension Educator in Forestry and is a Professor with the University of Idaho. Schnepf provides a variety of workshops, short courses, field days, publications, videos and other learning opportunities on applied forest ecology and silviculture for family forest owners, loggers and professional foresters throughout the Idaho Panhandle (Benewah, Bonner, Boundary and Kootenai counties). He has been with the University of Idaho since 1988 and also currently serves as chair for the Kootenai County office.

- M.S., Forestry and Range Management, Washington State University
- M.A., Adult and Continuing Education Washington State University
- B.S., Forestry and Environmental Studies, Iowa State University

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**Shelly Johnson** is Extension Educator in Family and Consumer Sciences for Kootenai County and a Professor with the University of Idaho. Her primary focus is nutrition, health promotion and wellness programs. Johnson is known for her work in obesity prevention, senior nutrition, diabetes management, and nutrition education for high-risk, low-income families. She oversees Eat Smart Idaho in the 10 northern counties of Idaho, policy and environmental change projects that impact access to healthier foods and nutrition education that reaches many low-income families with assistance in buying, preparing and eating healthier foods on a limited budget. Shelly oversees 10 nutrition staff and five dietetic and/or student interns with grant dollars every year. She has served north Idaho since 1999.

- M.S., Health Promotion, University of Montana
- B.S., Exercise Science, University of Montana

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# UI Extension, Kootenai County Faculty and Staff



**Sharla Wilson** is Extension Educator in 4-H for Kootenai County and an Assistant Professor with the University of Idaho. Wilson oversees 4-H Youth Development programming in Kootenai and Shoshone counties. This includes the 4-H club/project programming for youth 5-18 years old and volunteer development and training to accompany these opportunities. She is also working to expand 4-H Youth Development into the area of afterschool and new out of school opportunities for local youth. Sharla previously served as the Kootenai/Shoshone 4-H Program Coordinator from 2002 to 2015.

- M.S., Adult and Organizational Learning and Leadership, University of Idaho
- B.S., Animal Science, University of Idaho

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**Kali Gardiner**, RDN, LD is the Northern District Eat Smart Idaho Program Coordinator and is funded through USDA's Supplemental Nutrition Assistance Program-Education and the Expanded Food Nutrition Education Program. She oversees the day to day operations of Eat Smart Idaho, including monitoring program delivery and data collection compliance, supervision and training of Eat Smart Idaho staff and assists to build and enrich partnerships with agencies. Kali has been with the University of Idaho since 1997 and serves Benewah, Bonner, Boundary, Clearwater, Idaho, Kootenai, Latah, Lewis, Nez Perce and Shoshone counties.

- Registered Dietitian Nutritionist.
- B.S., Food & Nutrition: Dietetics, University of Idaho

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**Teresa Balderrama** serves as the 4-H Program Coordinator for Kootenai County. She provides leadership for various aspects of day-to-day 4-H operations in Kootenai County, including enrollment, volunteer training for horse and livestock leaders, and a variety of local educational events.

- B.S., Education, Eastern Washington University

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## UI Extension, Kootenai County Faculty and Staff



**Kara Carleton** serves as the Kootenai County Master Gardener Coordinator, working a little more than half-time. She empowers a team of 60+ volunteers to provide educational outreach and research-based solutions that address a variety of home horticultural, lawn and garden challenges facing local citizens. Carleton fosters a culture that supports the “Helping People Grow” mission. She has diverse experience in the fields of nonprofit administration, green design, horticulture and gardening. Kara joined the Idaho Master Gardener Program in 2013.

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**Carly Shelton** provides primary administrative support for managing the office, financial management for programs, 4-H/youth development and family and consumer sciences programming.

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**Michal Bennett** provides assistance primarily to the forestry and the Idaho Master Gardener programs, working half-time. Michal also helps design newsletters and other graphic materials for UI Extension programs operating out of the Kootenai County office.

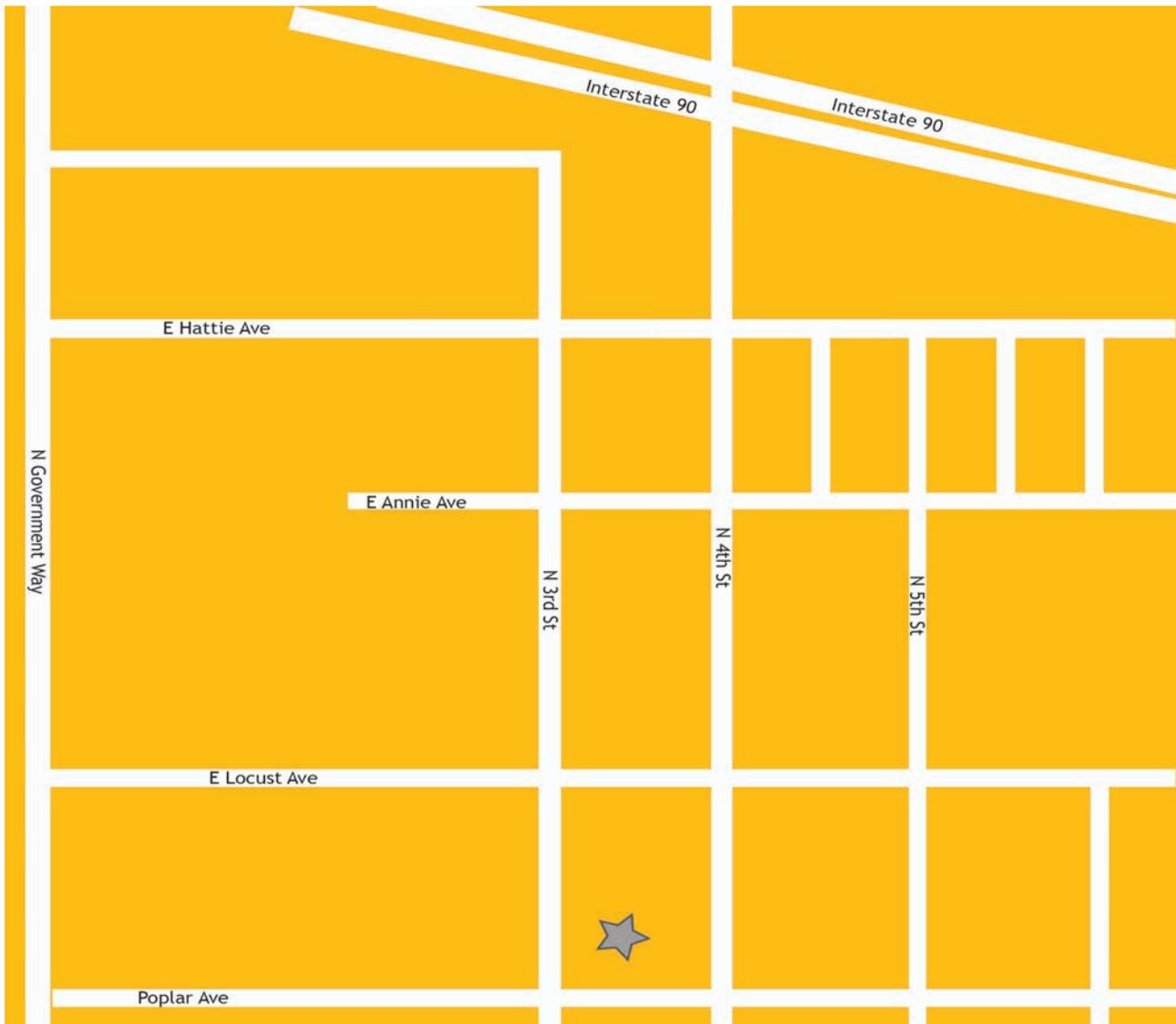
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**Lindy Harwood** provided assistance to the Family and Consumer Sciences and 4-H Youth Development program areas during the programming period described in this document. Lindy retired in January 2018, but still volunteers with the Idaho Master Gardener program.

# Location

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# 2016-17 UI Extension Programming

## Family and Consumer Sciences

Families living in Kootenai County are facing the many health issues currently confronting all U.S. families. The five leading causes of death in Kootenai County are cancer, heart disease, stroke, chronic lower respiratory diseases, and diabetes. Some of the deaths and adverse health effects of these chronic conditions are preventable. Knowledge of the causes of death identifies areas within a community where possible prevention or health education activities could be initiated. For instance, the share of adults in Kootenai County who have been diagnosed with diabetes was 8.4 percent in 2010; a 40 percent increase from 2005. The State of Idaho had similar rates to Kootenai County's numbers, increasing to 7.9 percent in 2010; an increase of 16 percent. At the national level, 8.7 percent of adults had been diagnosed with diabetes in 2010; a 19 percent increase. Obesity and physical inactivity has played a major role in this dramatic increase.

The concern for good health for low-income residents living in Kootenai County continues to grow. From 2000-2011 the share of Kootenai County's population living below poverty level increased by 52 percent. Those that live in poverty are more likely to suffer from chronic health conditions and have lower life expectancies than those that live above the poverty line. Poverty can affect a child's performance in school, impact academic achievement, and ultimately lower job prospects due to lack of education. Additionally, economic deprivation can lead to crime and violence within a community.

### *2016-2017 FCS Programming*

An overarching theme for FCS outreach and extension programs in 2016-2017 has been an increased involvement of the Eat Smart Idaho program within Kootenai County and our drive to assist families with increased access to healthier foods. Policy, Systems and Environmental Change projects have been at the core of programming. Shelly and her team have developed strong partnerships with key agencies and individuals within the Coeur d'Alene School District, Post Falls School District, Second Harvest (our region's food bank distribution center), several faith based organizations, the Coeur d'Alene Fire Department, Northern Lakes Fire Department, Kootenai County Fire and Rescue, Let's Move, Super 1 Grocery Stores, Panhandle Health District, Diabetes and Hypertension Coalition, Kootenai County Farmers' Market, as well as many other key agencies.



### *The Smarter Lunchroom Movement*

Eat Smart Idaho, with full support from the Coeur d'Alene School District, continued to administer the Smarter Lunchroom Movement Project during the 2016-2017 school year. Cornell University's Smarter Lunchroom Project has proven when children are given healthy choices and understand why they should be eating them they are more apt to consume them, not only at school, but during other meals of the day. Smarter Lunchroom has also shown that these healthy behaviors turn into long-term behaviors, creating adults that eat more fruits, vegetables, whole grain and low-fat dairy. Ultimately, creating long-term healthy eaters is an effective way of lowering obesity rates and healthcare costs in our future.

All 10 elementary schools in the Coeur d'Alene School District were evaluated with a pre- and post-Smarter Lunchroom evaluation. With all of the collective works by Eat Smart Idaho within the 2016-2017 school year, we are proud to report that all 10 elementary schools scored a GOLD STATUS, the highest honor under Smarter Lunchroom.

# 2016-17 UI Extension Programming

Key projects lead by Eat Smart Idaho that helped each elementary school achieve their GOLD STATUS standard include:

- Leading hundreds of elementary age students in the Creative Name Project. Every food offered at elementary school lunch and breakfast in the Coeur d'Alene School District now has a creative name.
- An all school contest in creatively naming their school cafeterias. Some of the winning names: The Healthy Husky Café for Hayden Meadows Elementary and The Healthy Delicious Diner at Dalton Elementary, just to name a few.
- Nutrition messaging to accompany the monthly breakfast and lunch menus for all schools in the Coeur d'Alene School District including elementary, middle school and high school. This messaging allows Eat Smart Idaho access to over 10,000 students and their families monthly. We are able to educate families on the importance of eating MyPlate, meal planning, and regular physical activity.
- Developing the healthy recipe calendar in coordination with the Coeur d'Alene Fire Department and Northern Lakes Fire Department. Seven thousand healthy recipe calendars were distributed to every single elementary school in our district with individual classroom presentations. Using our local fire department fire fighters as healthy role models is an important part of the district's wellness campaign. This year's calendar promotes Families Eating Together to highlight the overwhelming research showing youth are more socially, mentally, and physically healthy when families eat together more often.



## Local Food Pantries and Food Drives

A major accomplishment for the Eat Smart Idaho team has been to create better access to healthy food for the lower income families of North Idaho. Shelly wrote the state-wide protocol for Eat Smart Idaho on developing a healthy food pantry. She created signage for food pantries who are wanting to become Choice/MyPlate pantries to further connect families with healthy foods. Eat Smart Idaho continues to assist many of our local pantries with food demonstrations during open hours of operation, as well as nutrition education classes for families. Our school based healthy food pantries continue to be some of the most successful in the state of Idaho.

Shelly, along with her team, developed healthy food donation lists which were used in over 10 food drives in 2017. One of the larger ones is being implemented in the CDA School District with 10,734 students and 969 staff from all 15 schools. This project was exciting for Eat Smart Idaho, as the district decided to use the healthy food donations list with their students and staff at each school to educate people on healthier foods. Additionally, a partnership between all the local Starbucks Coffee Stores, the Coeur d'Alene Fire Department and Eat Smart Idaho raised \$2,621 in a five-hour cash/food drive to help support needy families at Borah Elementary in preparation for the Thanksgiving Holiday break. The local Eat Smart Idaho team has also led the state in the development of Idaho's first food pantry recipe pillar. This pillar has now been replicated over 20 times in the state of Idaho to further support healthy food pantries.

# 2016-17 UI Extension Programming

## *Partnerships Matter Most*

Eat Smart Idaho program has a reputation of creating lasting partnerships and its outreach to the Boys and Girls Club of Kootenai County has been no different. Eat Smart Idaho has offered programming in the form of hands on nutrition education, cooking and life skills to all age groups at the Boys and Girls Club in two locations, Coeur d'Alene and Post Falls, since 2013. Eat Smart Idaho uses experiential learning to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease.

Additionally, Eat Smart Idaho is honored to be called upon throughout the year to provide the Boys and Girls Club with additional assistance. For instance, Boys and Girls Club of Kootenai County identifies 50 of their highest need families to support during the holiday season. The Boys and Girls Club, through donations, provides each family with gifts and \$150 worth of food for the holiday season. Eat Smart Idaho designs the menu and recipes for this project. The recipes are packed with nutrition, meeting criteria of being nutrient dense, low in sodium, low in saturated fat, and high in fiber. The recipes also build on themselves so they can be combined and used for leftovers for another healthy meal. To pull this project off, Eat Smart Idaho has also used its strong partnership with the local Super 1 Grocery Store, who provides many of the food items to our program at cost, further benefiting the families in need. Additionally, Eat Smart Idaho calls upon their strong partnership with the Coeur d'Alene School District's Director of Nutrition Services who provides the transportation for the 10 pallets of food from Super 1 to the Boys and Girls Club where the food packages are assembled.

Eat Smart Idaho prides itself in being a solid partner, providing meaningful lessons that are hands-on and impactful and bringing in other partners to accomplish major projects. Eat Smart Idaho was recognized for its effort by the Boys and Girls Club in January as their 2017 Business of the Year during the Post Falls Chamber of Commerce Gala. In the words of Ryan Davis, Executive Director of Boys and Girls Club of Kootenai County, "The Boys and Girls Club could not operate the way we do without the Eat Smart Idaho Program. For the last few years, Eat Smart Idaho has been a valuable part of programming. They provide nutrition education classes and hands on learning to our youth at our club. We recognize teaching nutrition to youth is a crucial part of their development. Sometimes it is challenging to engage the minds of young people. Eat Smart Idaho has gone above and beyond making our club members excited to learn and participate in every activity they bring. Additionally, our Day for Kids in the summer, partnering with our Thanksgiving meals and being there for our Christmas for Kids, we know that we could in no way impact our members the way that we do without Eat Smart Idaho."



# 2016-17 UI Extension Programming

## Panhandle Area Forestry Programming in Kootenai County

Family forests are one of the largest private land uses in Kootenai County. Roughly 77 percent of Kootenai County is forested. Over 260,200 acres of this forestland (43 percent of all forested land in Kootenai County) is held by over 9,513 family forest owners.

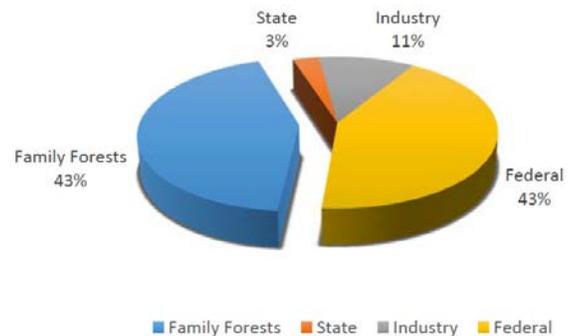
The average timber harvest from Kootenai County family forests since 1987 has been over 47 million board feet annually, with an estimated value of \$28 million milled. Since 1991, family forests produced 25 percent of Idaho's timber harvest, even though they only comprise 12 percent of the state's forest acreage. The portion of timber supply from Idaho Panhandle family forests was likely even higher, since the ratio of family forestland is higher. Family forests are also critical to water, wildlife, and many other shared values. For example, family forests tend to be more concentrated near key locations for ecosystem functions (e.g., along lakes and streams).

The Panhandle Area Extension Educator for forestry is based in Kootenai County. In addition to the support provided by Kootenai County and grant funding (notably forest stewardship funding from the Idaho Department of Lands), Boundary, Bonner, and Benewah counties also supplement support for Panhandle Area extension forestry programs.

The primary goal of UI Extension forestry programs is to provide education that helps private landowners, loggers, and natural resource professionals manage forest resources to more effectively meet their goals. UI Extension forestry programs are provided in many formats, including weekend workshops, evening programs, publications, and videos. Last year, 661 people attended the following UI Extension forestry workshops and field days held in Kootenai County:

- Current Topics in Forest Health. A one-day annual program that provides updates on methods to manage animals, plants, insects, and fungi when they impede forest stewardship goals.
- Forestry Shortcourse. Enriches family forest owners' basic understanding of forest planning, forest ecology, silviculture, insects, disease, wildlife habitat, taxes, and other forest stewardship topics.
- Family Foresters Workshop. An annual UI/WSU Extension one-day conference updating foresters and other professionals on emerging technology and knowledge applicable to family forests.
- Ties to the Land. Helped families use succession, estate, and family business planning to maintain family ties to the land between generations.
- Identifying Idaho's Trees. An evening program where participants learned to identify Idaho's native forest trees and some common forest shrubs.
- Map and Compass for Forest Owners. Featured 2-3 hours interpreting topo maps, followed by field activities using magnetic compasses to identify locations and distances.
- Growing Forest Mushrooms. Participants learned to grow a variety of edible forest mushrooms on artificial substrates or natural settings.
- Forest Edibles. Participants learned about huckleberries, mushrooms, medicinals, herbs, and a variety of other foods that can be harvested in forests for personal or commercial use.

**Kootenai County Forest Ownership**



# 2016-17 UI Extension Programming

- Thinning & Pruning Field Day. Included 2-3 hours indoors, followed by a hands-on field tour to learn about forest growth, forest genetics, thinning, and pruning.
- Bark Beetle Field Day. Participants learned about bark beetles that kill Idaho trees and cultural methods, pheromones, and other strategies to prevent tree mortality from bark beetles.
- Logger Education to Advance Professionalism (LEAP). An annual three-day program that helps loggers improve their skills related to forest ecology, silviculture, and water quality.
- LEAP Update. An annual one-day program that deepens and expands on training provided in Logger Education to Advance Professionalism (LEAP).

In addition, many Kootenai County residents attended UI Extension forestry programs held in neighboring panhandle counties. In total, nearly 1,000 people attended UI Extension forestry workshops, field days, and other educational events across the Idaho panhandle in 2016-2017.

Generally, more than 80 percent of the participants in these programs indicated they would improve a whole host of specific forest management practices to more sustainably grow wood to support Kootenai County's economy, reduce fire risk in wildland urban interface areas, and reduce forest insect and disease issues. In addition to the skills gained in these programs, many of these programs also provided continuing education credits for pesticide applicator licenses and other credentials.

## *Idaho Master Forest Stewards*

Idaho Master Forest Stewards (IMFS) receive over 70 hours of education to help them better manage their forest and help others learn more about forest management. In return for their training, certified Idaho Master Forest Stewards provide at least 70 hours of volunteer service over 2 years.

In 2016-2017, the 10 Idaho Master Forest Stewards in Kootenai County logged nearly 900 hours of total volunteer service to over 2,000 adults and nearly 2,600 youth (statewide, IMFS volunteers logged nearly 1400 hours of total volunteer service last year). In addition to interacting with individual peer forest owners, Idaho Master Forest Stewards hosted and taught at forest owner field educational programs, taught youth about forests and forestry, and served in leadership positions in forest owner associations.

To learn more about UI Extension forestry programs check out the University of Idaho Panhandle Area Forestry page at [www.uidaho.edu/extension/forestry/panhandle](http://www.uidaho.edu/extension/forestry/panhandle). To receive emails about UI Extension forestry programs in the Idaho Panhandle, scan this barcode or go to <http://eepurl.com/GDJr5>.



*Every spring in Kootenai County, UI Extension offers a three-day class on forest ecology, silviculture and water quality titled Logger Education to Advance Professionalism or "LEAP". Over 1500 Idaho loggers have taken the training thus far.*



*Idaho Master Forest Stewards taught a class titled "Map and Compass for forest owners this year."*



# 2016-17 UI Extension Programming

## Featured Program: Survey of Idaho Family Forest Owners

Research that has practical application is one of the primary functions of a land grant university, and UI Extension faculty often work with campus faculty on research that can help with local issues and needs. Effective forest management depends on solid data about forest site and stand conditions. Good forestry extension programs, county and state agency assistance efforts, and the work of forest owners' associations also depend on meaningful data - about Idaho's family forest owners.

Over the last 50 years, there have been many national and state family forest owner surveys. But social science research is more useful to the extent it is current and focused locally. In 2016, we worked with Dennis Becker and Phil Cook, with the University of Idaho Policy Analysis Group, on a large survey of Idaho family forest owners. The primary objective was to "better understand family forest owners' management decisions and preferences, and to compare management activities of landowners who have participated in forestry extension and technical assistance programs with those who have not."

This survey used data from IDL fire protection assessments to identify over 36,000 family forest owners in Idaho who own between five and 5,000 acres of forest land. Using that data base, 2,869 Idaho forest owners were randomly selected to receive a 14-page questionnaire. Here are some survey result highlights:

- Over half of Idaho's family forest land owners are at least 65 years old.
- The average size of Idaho's family forest ownerships is 66 acres.
- Most family forest owners live on or near their forests and visit them often.
- The most important reasons for owning family forests in Idaho are: to enjoy beauty or scenery, for personal privacy, to protect or improve wildlife habitat, and to protect nature.
- Timber products were cited as important or very important by 25 percent of forest owners, but 33 percent of the respondents had harvested timber commercially.
- Most forest owners have actively managed their forest in some way.
- Idaho's family forest owners are more active managers than those in other parts of the country.
- Family members and friends were the most-used sources of information in decision-making about forests (69 percent of owners).
- 28 percent of owners indicated they were likely to sell or give away a portion of their forest land within the next five years.
- In the last five years, 20 percent of owners were assisted by an IDL service forester and 23 percent received information or assistance from UI Extension.
- Only 28 percent of Idaho's family forest owners had written management plans, but those who had plans were 1.5 times more likely to have taken actions to improve their forest conditions.
- Forest owners who sought agency assistance or participated in extension programs were more active managers than those that did not, as evidenced by more past and planned actions overall.
- Landowners who have received assistance reported high levels of satisfaction, with 100 percent satisfied or very satisfied with UI Extension and 98 percent satisfied or very satisfied with IDL service foresters.

We will be assessing these survey results for different parts/regions of Idaho for years to come to gain insights regarding how we conduct forestry assistance and extension programs. For example, the survey revealed that Idaho landowners relied heavily on forestry information from their peers. Idaho's Master Forest Stewards are well positioned to strengthen such peer-to-peer interaction.

If you would like to learn more, the survey results will be posted in Spring 2018 on the University of Idaho Policy Analysis Group's web page ([www.uidaho.edu/cnr/policy-analysis-group](http://www.uidaho.edu/cnr/policy-analysis-group)).

# 2016-17 UI Extension Programming

## Idaho Master Gardeners

The Master Gardener Program was started in 1972 in Pierce County, Washington by an Extension Agent, Dr. David Gibby. He became so inundated with calls from home owners with yard and garden problems that he had little time for commercial growers. He devised a program to train volunteers in home horticulture and diagnostics who would then return volunteer time by fielding the calls from the public. This successful program has spread to most U.S. counties, several Canadian provinces and South Korea.

### *Master Gardener Volunteers*

The Idaho Master Gardener program provides home horticulture education to the public through trained volunteers, educational classes, outreach and leadership within the community. Each volunteer begins with 60 hours of advanced training in botany, horticulture, pesticide management, entomology, soil science, plant pathology, water quality, forestry, turf grass management, home orchards, small fruit culture, vegetable gardening, plant diagnostics and landscape problems. Training is provided annually and yearly recertification is required.

After their initial training, each volunteer trains in the Plant Diagnostic Clinic with our coordinator for 24 hours throughout the summer. The remaining 11 hours of their annual requirements are spent educating the public and completing yearly advanced training and certification requirements. Each Idaho Master Gardener is charged to “Help People Grow” through education, leadership, support and encouragement. Some volunteers have been with our program for over 29 years.

### *Annual Horticulture Series*

The Kootenai County Master Gardeners also hold an Annual Horticulture Class Series, with 8-12 exciting class topics that rotate each year. The classes are taught by Idaho Master Gardeners, UI faculty and staff, and area professionals. In 2017, over 342 individuals learned about straw bale gardening, growing microgreens, keeping honey bees, keeping native bees, organic gardening, tree identification, basic gardening, and beneficial insects.

### *Master Gardener Partnerships*

Idaho Master Gardeners have many partnerships in Kootenai County. In 2017, Idaho Master Gardeners:

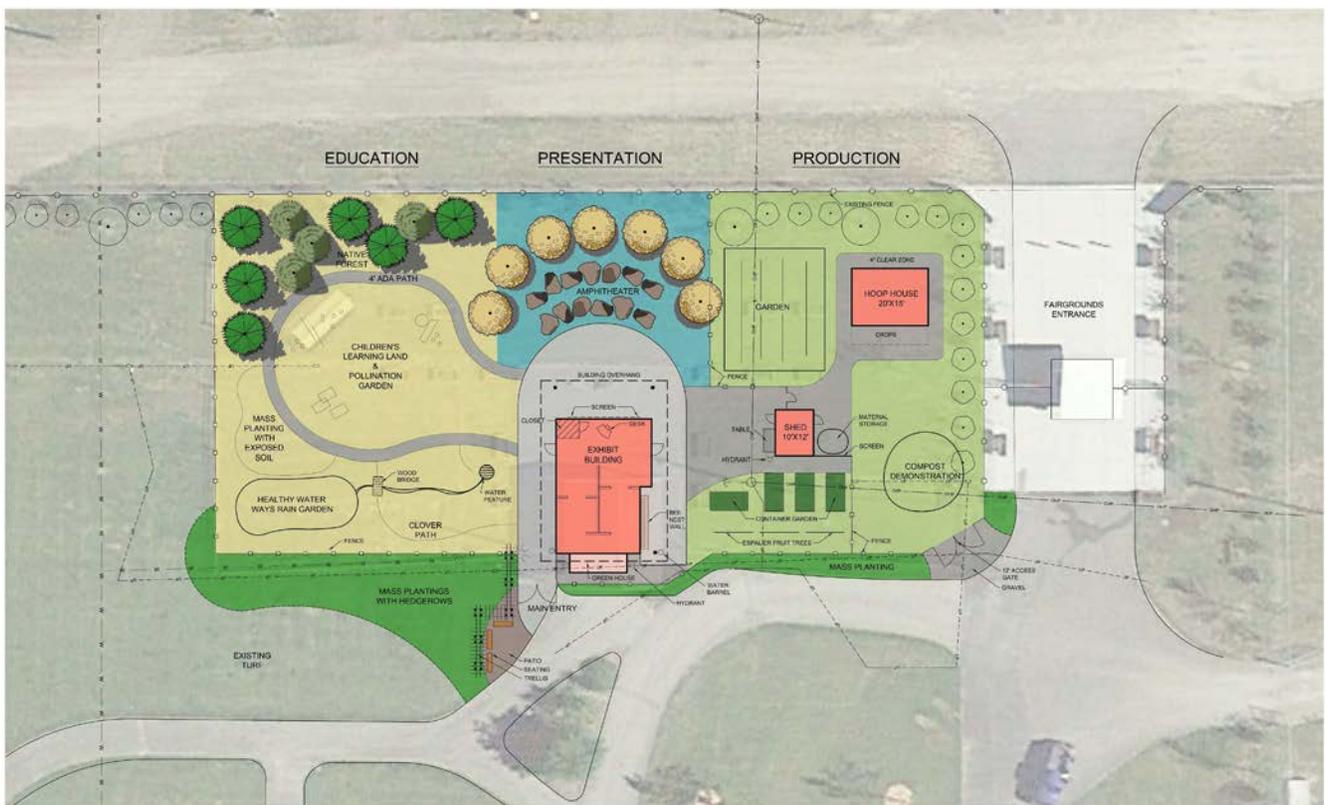
- Organized fresh produce donations to local food assistance facilities in the Plant a Row (PAR) Project. Free seeds are given to the public for their efforts to donate 50 percent of their harvest back to PAR. Kootenai County residents and IMGs donated 10,122 pounds of fresh produce back to their community.
- Worked with the Inland Northwest Food Network and their POP Club (Power of Produce).
- Taught classes to area schools, libraries, and community groups.



# 2016-17 UI Extension Programming

- Worked with True to Seed seed library to further establish a stream of locally grown seeds for community members. Idaho Master Gardeners “grew out” seeds to replenish the library with locally adapted generations of seeds of popular vegetables for growing in our climate.
- Educated the public using research-based information at the North Idaho State Fair, The River City Gardeners Plant Sale, The Arbor Day Celebration with the City of Hayden, The Earth Day Fair, The Coeur d’Alene Garden Club Garden Tour, and The Sodbuster Plant Sale.
- Planted annual plants and vegetables to beautify the Kootenai County Fairgrounds.
- Educated attendees at the Free Tree Giveaway hosted by the City of Post Falls to make the best selection for their site. Typically, 3,000 community members show up to receive trees or shrubs given away at this event.
- Helped the Idaho Department of Lands prepare tree seedlings to distribute on Arbor Day. This annual event allows our volunteers to work alongside local youth and opens conversations about trees, forests, and sound environmental stewardship practices.

Kootenai County Master Gardeners will continue to teach environmentally sound techniques for our landscapes and teach tomorrow’s leaders about our valuable natural resources and food sources.



University of Idaho Extension - Pollination Garden

1.16.2018



# 2016-17 UI Extension Programming

## Featured Program: Learn, Grow, Eat, Go! Youth Curriculum

A Jr. Master Gardener curriculum was piloted with two new partnerships in 2017. Kootenai County was one of the first to pilot this curriculum outside Texas. Learn, Grow, Eat, Go! is an **interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement.**

Students at the Lola and Duane Hagadone Boys and Girls Club and fourth graders at Borah Elementary School in Coeur d'Alene participated in 10 weeks of gardening and nutrition programming with the Idaho Master Gardeners and Eat Smart Idaho. The youth learned what plants need to thrive and what our bodies need to thrive. From these identified needs, they determined an ideal location for a raised garden bed at their school. They participated in building this raised bed, filling it with soil, planting seeds and transplants, and daily care and harvest of their new garden. The harvested vegetables were utilized in taste tests and recipes in the classroom. These activities encouraged students to evaluate new and familiar vegetables using all five senses and use descriptive words to note how they enjoyed each food. For a majority of the students, this was their first time planting a garden and tasting several new vegetables. The students were so excited to try new foods.

Each student took home:

- A recipe book detailing recipes they cooked during the 10 weeks
- A journal documenting lessons each week and their reflections on each lesson
- A math lesson with each recipe
- A weekly letter to the parents detailing the lessons and activities
- Instructions and seeds for a simple garden project at home

*"This year my class and I had the privilege to have the Learn, Eat, Grow, Go program in our classroom. The Master Gardeners from UI taught the lessons in the program, gave the kids hands on experiences in planting, harvesting, healthy food choices, the food groups, and the importance of growing our own food. My students were engaged and excited each week to learn and try new foods. It is a fantastic program, and I cannot wait to watch it continue to grow at our school."*

**-Kerry Erwin, Borah Elementary, 4th Grade, Coeur d'Alene, Idaho**



# 2016-17 UI Extension Programming

## Featured Program: The Pollination Project and the UI Extension Demonstration Garden

*Did you know there are over 600 native bees in Northern Idaho? Did you know they provide the majority of the pollination required to supply our local food system and backyard gardens? If you didn't, don't worry, no one else does either. That's why we are introducing a new community education center for the public on these and other pollinators in northern Idaho.*

UI Extension, Idaho Master Gardeners, and the UI Small Farms team have future plans for a half acre site on the Kootenai County Fairgrounds. We will provide an indoor classroom, an outdoor amphitheater, a children's exploratory garden, an arboretum-type garden with self-directed learning, and a research area to assist our local small farms and our local economy.

As we learn the importance of newfound pollinators beyond the European Honey Bee, the need for education is essential. For example, one native bee can pollinate more effectively than 100 European Honey Bees. You can keep native bees in your yard by creating habitat, or by having nesting materials and raising young bees, similar to honey beekeeping. Learning about this part of our ecosystem will help discover solutions each day to protect bees and other pollinators, which in turn will help protect our food supply, human health, and our local economy.



**Who will this project serve?** This educational center would serve continuous needs expressed to us by our local clients, backyard gardeners, and small farmers. This space will allow us to expand class offerings, increase outreach into our local communities and enrich the experience of community members as they learn where our food comes from and who is providing it. The location of this project allows us to host school fieldtrips, private group rentals, tours, classes and workshops, North Idaho State Fair attendees, Jr. Master Gardener participants, 4-H projects, backyard gardeners, local producers, and research areas for our local farmers to enhance our economy and food system.

**Why is The Pollination Project unique?** While our area has a few small demonstration gardens, they don't educate on a specific topic, such as the Idaho State Pollinator Protection Plan. This educational center will fill the gap between how food comes to be on farms and in our gardens. It will allow us to learn our active role within our ecosystem and our economy. This site will become a monitoring area for pollinator populations. Within UI Extension, we will link this site with our water education programs (IDAH20), our nutrition program (Eat Smart Idaho), robotics, technology and animal husbandry within our 4-H program, and Plant a Row for the Hungry to tackle food insecurity in our communities. The Idaho Master Gardener program piloted pollinator curriculum to over 500 youth in 2017. It has sparked the interest of budding scientists and stewards of our natural world. We are ready to expand this curriculum and offer a place to learn how gardening can beautify your home, enhance individual health, and improve and strengthen the fabric of our community.

### Current partnerships and sponsors of other areas of this project:

Architects West	Coeur d'Alene Tractor
Idaho Forest Group	Crown Bees
Rimrock Trucking and Subsurface	The Farm Bureau
D Stevens & Sons Custom Grading	North Idaho Fair Board
Tierney Landscaping	The Kootenai County Fairgrounds

# 2016-17 UI Extension Programming

## 4-H Youth Development

In 2016-2017, nearly 800 youth gained vital life skills including leadership, citizenship, communications and community outreach, with support by over 245 adult volunteers. Our club/project program has nearly 40 community clubs that offer projects in 70 different topic areas ranging from livestock, horses, sewing and cooking to topics like GPS, computers, aerospace, photography, leadership and more.

4-H volunteers enroll annually, during which time they go through a background screening and receive Protecting Minors training. In addition, each volunteer must complete 2-3 hours of program or project topic related training. These volunteers organize and run the various community clubs and provide education in a variety of project topic areas. In total, 4-H volunteer leaders give more than 12,200 hours of service annually worth \$257,420.

An eight-year longitudinal study done by Tufts University surveying more than 7,000 youth from diverse backgrounds in 42 states found that 4-H'ers were nearly four times more likely to make contributions to their communities and about two times more likely to be civically engaged. 4-H youth are also two times more likely to participate in science programs out of school, as well as make healthier choices. Overall, 4-H helps to provide positive and sustained relationships between youth and adults, provide activities that build important life skills, and give the youth opportunities to use those skills. The overall impacts of the 4-H program can be seen in youth having higher rates on contribution and reduced risk behaviors.

The mission of the Idaho 4-H Youth Development program is that "4-H empowers youth to reach their full potential through working and learning in partnership with caring adults." We strive to do this by engaging youth in non-classroom educational opportunities where they can learn content skills as well as life skills such as leadership and citizenship. These opportunities have traditionally been offered in a community club program where members enroll in projects lead by 4-H volunteers.

During 2016-2017, we made almost 7,000 4-H based contacts through teaching, programs and other educational events. These interactions ranged from camps, 4-H shows and contests, to educational events open to the general public or other non-4-H youth. Of these, almost 2,000 interactions were with adults, primarily in volunteer development settings (we offered 20 trainings during the year).



# 2016-17 UI Extension Programming

## Featured Program: 4-H Youth Quality Assurance Training

Each 4-H youth who produces a market animal; beef, goat, sheep or swine, is a contributor to the food chain. As a rule of thumb, most youth members are very diligent about taking the best care of their animals and therefore producing a high-quality meat product. To help ensure that all members are producing a safe, wholesome meat product we added a mandatory Quality Assurance training for all youth who plan to sell an animal at the North Idaho State Fair in Coeur d'Alene. While youth are doing a good job in raising market animals, we want to make sure that they are applying current, research based best management practices and fully understand the implications of having less than ideally raised animals make it into the food chain.

We held seven face-to-face trainings with 224 youth in the summer of 2017. In addition to the face-to-face option, youth also had the option to complete the new Youth for the Quality Care of Animals ([yqca.org](http://yqca.org)) online training and certificate program. In total, 284 youth received quality assurance training prior to exhibiting and selling their market animals.

The face-to-face trainings covered the Quality Assurance topics of record keeping, veterinary client patient relationships, production practices, care and handling, feeding, biosecurity and ethics. To keep youth engaged, all topics were taught by the use of activities so that participants had a hands-on and interactive learning experience. Activities included things like identifying unmarked oranges, tracing disease spread using candies, matching games and more.

So that we could establish initial knowledge bases and growth during the training, all face-to-face training participants took a pre- and post-test. In addition, the results of this testing will help to direct content for future training so that areas of lower competence can be addressed in future trainings. What we learned from the pre- and post-testing was that on average the participants increased their score by 7.8 percent (average pre-test was 62.7 percent and average post-test was 70.5 percent) as a result of the training. In addition to testing, teaching evaluations were collected and participant feedback included comments such as participants plans to put into practice things such as:

- “making a biosecurity plan”
- “have an emergency plan”
- “better feeding schedule”
- “cleaning my animal’s pen more frequently”
- “work with animal more”
- “better records keeping”
- “to correctly administer vaccinations”
- “get to know my vet”
- “exercise my animal more”

All of which are components that we would like to see youth adopt or improve to support the quality production of animals intended for the food cycle.



Moving forward, we will continue to require an annual Quality Assurance training or a comprehensive and rigorous test out option for all youth selling market animals at the North Idaho State Fair. With these additional educational opportunities our goal is to intentionally help youth to produce safe, wholesome food products that contribute to a positive and productive food system. With this additional education, we are working to make the best better!

# 2016-17 UI Extension Programming

## Other Program Areas

A variety of other University of Idaho faculty and staff support UI Extension programming in Kootenai County. For example, **Jim Ekins**, a UI Area Extension Educator based at the UI Coeur d'Alene Center offers a variety of water quality programs throughout the 10 northern Idaho counties, including the Idaho Master Water Stewards, a program that teaches citizens how to monitor and improve water quality. **Jim Wilson**, an area 4-H Extension Educator provides support for 4-H and youth development programs in the 10 northern counties, as do other staff from the Idaho State 4-H office in Moscow. The University of Idaho Extension also has staff members named **Yolanda Bone** and **Cheryl Lockard** housed with the Coeur d'Alene Tribe, in Plummer who support 4-H and other youth programming on the Coeur d'Alene Reservation. **Colette DePhelps**, an Area Extension Educator based in Moscow, supports programming across the 10 northern counties on sustainable small farm/community food systems.

The UI Extension, Kootenai County office also leverages many additional UI Extension faculty and staff who work on extension publications and other curricula used by Kootenai County residents and travel to Kootenai County to help instruct in extension programs. The following faculty and staff from the University of Idaho and partner land grant universities traveled to Kootenai County in 2016-2017 to teach at UI Extension programs here.

- Travis Cowles, University of Idaho
- Vikram Yadama, Washington State University Extension
- Kevin Zobrist, Washington State University Extension
- Charley McKetta, University of Idaho (Emeritus)
- Dennis Becker, University of Idaho
- Greg Latta, University of Idaho
- Randy Brooks, UI Extension Forestry Specialist and Professor
- Rob Keefe, UI Forest Operations Assistant Professor
- Karen Richel, UI Extension Educator and Professor

A variety of professionals from the partner agencies listed in this report were also instrumental in delivering UI Extension programs in Kootenai County.

# What is Extension?

In 1862, the Morrill Act, the law signed by Abraham Lincoln that created land grant universities, such as the University of Idaho, made higher education available to all and brought more attention from higher education to bear on real world problems.

In 1914, The Smith Lever Act added traction to the Morrill Act's goals by creating the Cooperative Extension System - a nationwide system of cooperative funding for extension work which endures to this day. The U.S. Department of Agriculture makes funds available to land grant universities and these funds are matched by each state and by county governments which fund an extension office and local support staff.

## ***Extension is Locally Based***

One of the geniuses of the Cooperative Extension System is that local presence and county-based financial support help ensure that extension programs are driven by locally identified needs and priorities. University of Idaho Extension programming in Kootenai County is guided by a variety of local groups described throughout this document.

## ***Extension Helps People Apply Current Research***

Whether it is responses to dying forest trees, a lawn or garden fertilizer recommendation, or training on food safety, extension programming provides adults and youth with alternative solutions based on current scientific research. County-based extension faculty work closely with faculty on the Moscow campus and at UI research and extension centers across Idaho, to make sure programming is grounded in the best available research. However, UI Extension is not just about disseminating research results - it is also helping local peoples' needs guide the kinds of research done through the University of Idaho. That is another reason UI Extension works closely with local stakeholders.

## ***Extension Program Areas are Broad***

When Extension started, at least half of the nation's population was living in rural areas and a third was engaged in farming, so initially the main emphasis was agriculture and natural resources. Agriculture and natural resources are still a major focus of extension programs, but as a larger portion of the population has moved off the farm, land grant universities and Extension have evolved to provide a richer array of local programming in youth development, family and consumer sciences, nutrition education, community development, and many other areas.

## ***Extension Focuses on Practical, Experiential Learning***

With the rise of the internet, more information is more widely available than ever before. But learning and applying knowledge requires more than a web search. Accessing information is not the same as learning that information, knowing how to judge the validity of information, or knowing how to apply that information to local issues. These are all skills that extension programs empower.

Much has been written about peoples' different learning styles. Extension's focus has always been on practical, hands-on learning, or as Seaman Knapp, an early extension pioneer put it, "What a man hears, he may doubt. What he sees, he may possibly doubt. What he does himself, he cannot doubt." So, in addition to all the well-researched publications and web content UI Extension provides, we offer demonstrations, field days, workshops, peer-to-peer learning networks, and a variety of other unique, experiential learning experiences to help participants solve problems and improve their lives.

## ***Extension Trains, Certifies, and Manages Volunteers***

Since its beginning, Extension has carried out its mission by training volunteers to provide additional capacity in the effort. 4-H was one of the first forms of this, whereby adults and teens are trained to lead learning opportunities for youth.

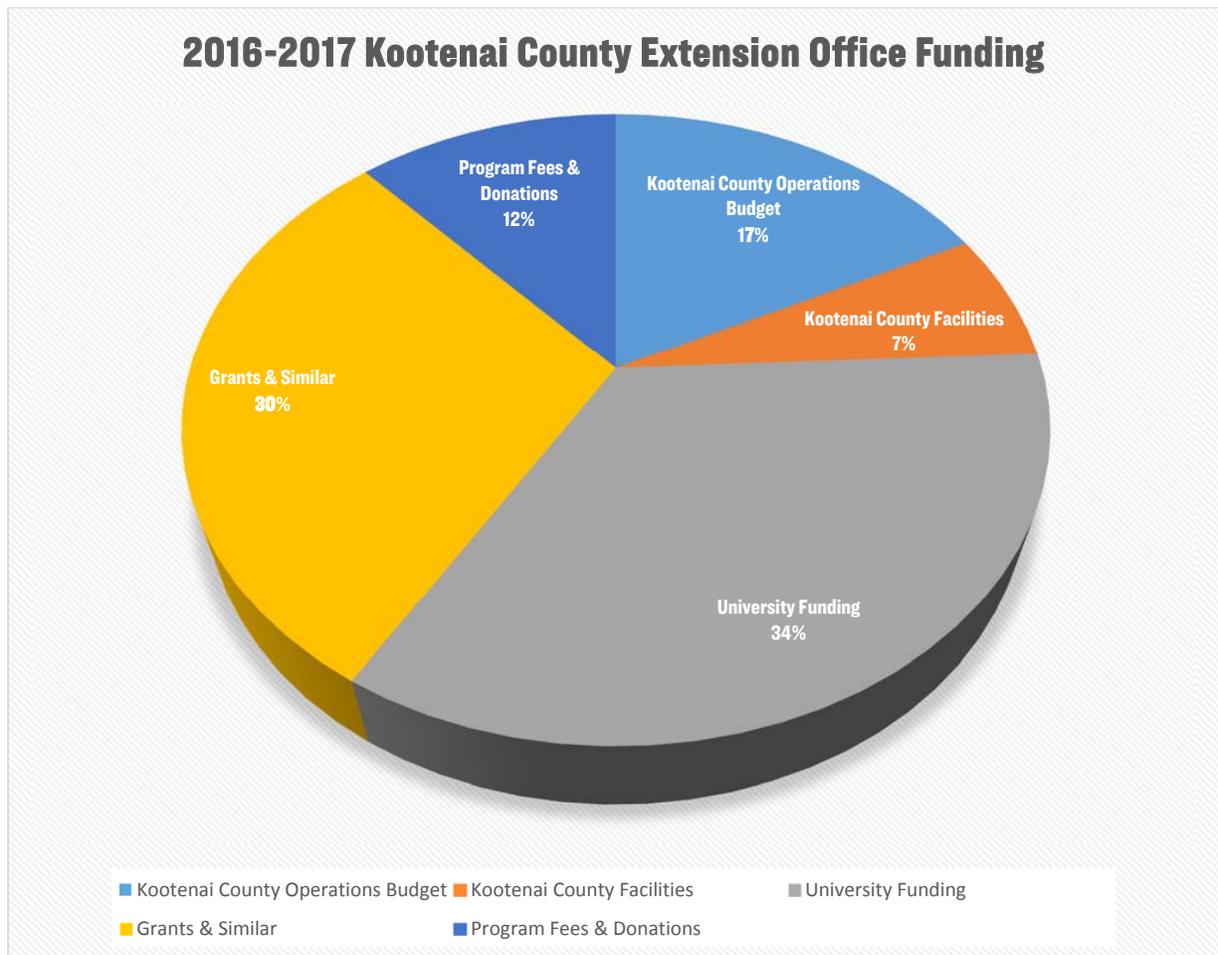
Over time, Extension has developed a variety of other trained volunteer programs that multiply the effectiveness of extension programming exponentially. Examples in Kootenai County include Idaho Master Gardeners, Idaho Master Forest Stewards, Master Food Preservers, and Master Water Stewards. These volunteers complete as much as 70 hours of training to help deliver research-based education and serve as informed local citizens who help guide our research and extension efforts.

## ***Extension – a Very American Idea***

The United States Cooperative Extension System has been described as the world's largest non-formal adult and youth education institution. There are roughly 2,900 extension offices in the U.S. No country has as strong a tradition of the learner-driven, issue-based, practical, problem-solving approach embedded in the DNA of our Cooperative Extension System.

# Funding 2016-17

## 2016-2017 Kootenai County Extension Office Funding



### ***County Funding***

As with all other counties in Idaho, funding for extension programs is cooperative. None of the programs described in this annual report would exist in Kootenai County without the support of the Kootenai County Commissioners. In 2016-2017, Kootenai County provided \$142,000 to pay for support staff, local office operations, and travel. Kootenai County also provides \$53,500 of in-kind support by hosting the UI Extension office in a county building with accompanying utilities.

### ***University Funding***

The University of Idaho provided \$277,096 in funding for salaries and fringe of UI Extension faculty and staff working in the Kootenai County office. This amount does not include the value of time from University of Idaho faculty and staff not based in the UI Extension, Kootenai County office who contributed to UI Extension programs in Kootenai County. Of UI funding, roughly 80 percent comes from Idaho state appropriations and 20 percent from Smith-Lever funds (federal funding).

# Funding 2016-17

## *Grants and Similar*

Grants and similar funds are a big part of extension programming. Extension faculty and staff continually seek grants and other funds to support educational needs identified by local citizens. In 2016-2017, UI Extension faculty and staff working in the UI Extension office in Kootenai County procured \$243,576 in grant funding, from a variety of sources.

## *Program Fees and Donations*

There is public value to nearly all extension programs. 4-H members gain skills that they share with everyone. When more people eat healthier, health care costs are reduced for everyone. When people use the correct amount of fertilizer for home landscapes, everyone benefits from better water quality. When private landowners manage their forests more effectively, everyone benefits from healthy forests, timber supply to local mills, and lower fire-fighting costs.

Nevertheless, there is often a private benefit to extension program participants, so many extension programs charge a small fee to participants primarily to aid in program planning and off-set some program expenses, such as refreshments, speaker travel, facility rental, and program supplies such as handouts. Last year, \$94,966 of program fees and donations were generated in support of extension programs in Kootenai County.

## *The Return on Kootenai County's Investment*

Kootenai County gets a very good return on their investment. In addition to the benefits to citizens and the community resulting from the education programs described in this report, for every dollar Kootenai County invests in UI Extension, there is an additional contribution from other sources of \$3.15 in programs for Kootenai County residents. When the value of volunteer hours for UI Extension (\$383,353) is factored in, the return in Kootenai County is \$5.10 for every dollar invested. That number would be higher still, if time and travel costs of UI faculty traveling to Kootenai County to participate in programs here and purchases of 4-H livestock at the Kootenai County Fair (\$520,715) were included.



**University of Idaho**  
**Extension**  
***Kootenai County***