

EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H

~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

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

Preventing Stroke

Every year in the U.S., 600,000 people have a first stroke, and 160,000 die from stroke, making it the fifth leading cause of death and a leading cause of disability. More than half of these strokes could be prevented.

TAKE CHARGE!

Follow these tips to reduce stroke risk:

- **CHOOSE HEALTHY FOODS.** Center your dietary pattern around the types of vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins, and fish you enjoy. Limit sodium, refined carbohydrates, processed meats, and added sugars. Use the Nutrition Facts label on packaged foods to choose items lower in sodium and added sugars.
- **BE PHYSICALLY ACTIVE.** Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
- **WATCH YOUR WEIGHT.** Lose weight if you have overweight or obesity. Avoid extreme, unsustainable diet plans. If you have been unable to lose weight through dietary changes and increased activity, discuss other options with your healthcare provider.
- **LIVE TOBACCO-FREE.** If you don't smoke, vape, or use tobacco products, don't start. Seek help if you're having trouble quitting.
- **MANAGE CONDITIONS.** If you have high blood pressure, high cholesterol, prediabetes, or type 2 diabetes, it's very important to work with your healthcare team to make lifestyle changes and identify appropriate medications.
- **GET REGULAR CHECKUPS.** Routine visits to a healthcare provider are the best way to monitor your stroke risk and address any risk factors.
- **TAKE YOUR MEDICINE.** Take all medications as directed. Don't take aspirin as a preventive measure

Source: Adapted from Tufts University Health & Nutrition Letter, March 2025

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Master Gardener Column

Lichen: One of Nature's Wonders

By Beverly Adams & Heather Kolich
Agriculture and Natural Resources Program
UGA Extension Forsyth County

We often get calls from concerned residents about a "fungus" growing on trees and killing them. Usually, the growth is lichen (pronounced *like-in*). While this example of nature's creativity may be sign of trouble with the tree, it is not the cause.

Lichens are the product of a mutually beneficial relationship between an ascomycete—the type of fungus that gives us yeast, truffles, and other edible mushroom—and a green alga or cyanobacteria (blue-green algae). The fungus provides the structure that the slimy algae lacks, and the algae or cyanobacteria produce food to feed the fungus.

Lichens appear all over the earth, even in severe environments. Over 3,600 lichen species are known, by poetic names like sea storm (*Cetrelia chicitae*) and hammered shield (*Parmelia suclata*), in North America. Lichens can grow on trees and rocks, tarps and cars, roof tiles and plastic storage bins—basically any surface that stays still long enough for the fungus to establish a foothold. On some surfaces, the attachment forms through a network of fungal filaments. On rocks, lichens usually attach at a single point.



The attachment of a lichen does not penetrate the surface of the substrate. Lichens are non-vascular; they don't take water or nutrients from trees or other objects on which they grow. Instead, the algae photosynthesize to produce food for both organisms. The growth stimulated by the carbohydrates produced is a unique thallus, a vegetative offspring that doesn't look like either of the parents.

Lichens occur in three growth forms: crustose, foliose, and fruticose. Crustose lichens look crusty—and indeed they form a crust over the substrate, whether it's wood, rock, or even a stable sand dune. Some crustose lichens are colorful and look like they were painted on. About 75 percent of lichen species are the crustose growth form.

Foliose lichens are leaf-like in appearance and somewhat loosely attached to the substrate. Fruticose lichens are shrubby and may look like little beards hanging from twigs and tree branches.

Lichens are indicators of good air quality, and provide vital ecological benefits that often go unnoticed. Lichens are a food source for caribou, moths, slugs, flying squirrels, and other animals. They provide nesting materials for birds and a nitrogen source for plants. They are also ingredients in products such as dyes, deodorants, perfumes, and antibiotic salves.



So what do lichens mean for trees? Lichens may be an indicator of poor plant health, but they are never the cause. On slow-growing and older trees, they are usually not a warning sign. On young, small trees that should be growing, however, lichens usually signal that the tree is under some type of environmental stress: moisture stress from wet or poorly draining soil, drought stress, nutrient stress, storm damage, cold damage, soil compaction, or a combination of these factors. While you can remove lichen by gently scraping it from the bark, it is not treatment for an ailing tree. Restoring the tree to health requires removing or mitigating stress factors.

Source: University of Georgia Forsyth County Extension Field Notes



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County on Facebook:**
**[www.facebook.com/
UIExtensionBoundary](http://www.facebook.com/UIExtensionBoundary)**

**IF YOU ARE MOVING/HAVE A CHANGE OF
ADDRESS, OR WOULD PREFER TO HAVE THE
NEWSLETTER EMAILED TO YOU-**

**PLEASE CALL US AT 208-267-3235 OR EMAIL
boundary@uidaho.edu**



Ham & Cheese Scones

These scones are a great way to use up leftover ham.

Total Time Prep: 20 Min. Bake: 40 Min.

INGREDIENTS

• SAUCE:

- ½ cup peach preserves
- 1 tablespoon horseradish
- 1 teaspoon wasabi powder
- ½ teaspoon ground mustard
- ¼ teaspoon ground ginger



• SCONES:

- 4 cups all-purpose flour
- 4 teaspoons baking powder
- 2 teaspoons salt
- 2 cups finely chopped fully cooked ham
- 2 cups shredded cheddar cheese
- 2 cups heavy whipping cream

• TOPPING:

- 1 large egg
- 1 tablespoon water
- 1 tablespoon poppy seeds

DIRECTIONS

1. For sauce, combine all ingredients. Refrigerate until serving. Preheat oven to 375°F.
2. For scones, in a large bowl, whisk flour, baking powder and salt. Add ham and cheese; toss to combine. Stir in whipping cream just until moistened.
3. Turn onto a lightly floured surface; knead gently 10 times. Pat dough into two 7-in. circles. Cut each into six wedges. Place wedges on a greased baking sheet.
4. For topping, whisk egg with water; brush over scones. Sprinkle with poppy seeds. Bake 40-45 minutes or until golden brown. Serve warm with peach sauce.

Nutrition Information

1 scone with 2 teaspoons peach sauce: Calories: 437; Fat: 23g (13g saturated fat); Cholesterol: 85mg; Sodium: 982mg; Carbohydrate: 43g (9g sugars, 2g fiber); 15g protein

Source: <https://www.tasteofhome.com/recipes/ham-cheese-scones>

SCONE FACTS

- A scone is closer to a pastry than it is to bread mainly because it doesn't include any yeast and has almost identical ingredients to a shortcrust with different fat to flour ratios.
- They're pronounced s-con AND s-cone. After countless articles, surveys, online arguments and polls—even the Queen weighed in on the debate!—the question has never really been definitively answered. However, your pronunciation does have a lot more to do with your geographical origins than it does with social class.
- There IS a correct time to eat a scone...Well, historically anyway. According to the snacking routines of Anna, the Duchess of Bedford, Afternoon Tea commenced at exactly 4:00 pm.
- The term "scones" was first used in 1513 according to the Oxford English Dictionary.

Source: Adapted from: <https://www.classiccornishhampers.co.uk/blog/cream-tea/8-amazing-facts-you-didn't-know-about-scones>

Wasabi



Wasabi (*Wasabia japonica* [Miq.] Matsum.syn. *Eutrema japonicum*)

is a perennial plant native to Japan. It is a member of a plant family commonly known as mustards, and, like them, is primarily used as a condiment. Scientifically, wasabi is considered a member of the Cruciferae or Brassicaceae family. Grown for its unique, enlarged stem wasabi has a hot, pungent flavor provided by the compound allyl isothiocyanate. This compound stimulates nasal passages more than the tongue. Although similar to horseradish (*Amoracia rusticana*), another perennial brassica, there is a subtle flavor difference. Wasabi flavor quickly disappears in the mouth, leaving a lingering, sweet taste with no burning sensation.

Though wasabi is a staple condiment in Japanese cuisine, it is used sparingly to enhance the flavor of European and North American foods such as specialty dips, salad dressings, nuts, and cheese.

Because of its unique growing requirements, wasabi is an expensive product. In the marketplace horseradish, which is easier and therefore cheaper to grow, is often substituted for wasabi. Many markets recognize "real" or "genuine" wasabi is superior and distinct from mislabeled "fake" wasabi that is a mix of American or western horseradish, mustard, soy sauce, and green food coloring.

Source: Adapted from PNW605 Growing Wasabi in the Pacific Northwest

Store it Safely:

Recommendations for Storing Home Preserved Foods



Anyone who has preserved food at home knows it is a process that takes a lot of time and effort. Regardless of the type of preservation you choose, it will often take hours and sometimes even days to get it done. Nobody wants all of their hard work to go to waste; therefore, it is crucial to properly store your preserved food to prevent spoilage and declines in quality.

The first rule of food storage applies to all types of preserved food. Always utilize the first in, first out (FIFO) principle. This means to rotate your food by placing your newly preserved foods in the back while bringing the older foods to the front. This will help make sure that older foods don't go unused for years and must be thrown out when they are eventually found.

Storing Home Canned Goods

-Most canned goods maintain their quality for up to one year. It is recommended to only can the amount you will use within a year to help prevent food going to waste.

-Store canned goods in a cool, dark, dry place to assist with quality retention. Exposure to light will decrease the quality of your canned goods at a faster rate. Dampness may corrode metal lids, break seals, and allow recontamination and spoilage.

-The recommended storage temperature is between 50- and 70-degrees Fahrenheit. Avoid storing canned goods above 90 degrees. They can spoil and release their seal if stored at high temperatures.

Storing Frozen Foods

-Always keep your freezer below 0 degrees F. Storing frozen foods at temperatures higher than 0 degrees can shorten the shelf life of frozen foods. Use an appliance thermometer to monitor the temperature of your freezer.

-Choose appropriate packaging to prevent freezer burn. The type of packaging will depend on the food being preserved. When looking for suitable packaging, make sure it is leakproof, sturdy, and consists of food-grade materials.

-Check for signs that frozen food might have thawed and refrozen during storage. Discard any suspect food.

-Keep track of frozen foods by maintaining an inventory list

close that is kept close to the freezer. Organizing frozen food into groups or types of food will assist in keeping track of what foods you have on hand.

-Most frozen foods can be stored for 6-12 months, as long as they are packaged properly. For more information on recommended storage times please refer to the Extension publication, PNW 296 Freezing Convenience Foods.

Storing Dried Foods

-Dried foods are susceptible to moisture reabsorption and insect contamination. Therefore, it is imperative to package dried foods as soon as possible after processing.

-Store dried foods in clean, dry home canning jars, plastic containers with tight-fitting lids or in plastic or mylar bags. Vacuum sealing containers can help dried foods maintain their quality.

-Pack dried food in amounts that will be consumed in one use. Every time a package is re-opened, the food is exposed to air and moisture thus lowering the quality of the food.

-Dried foods should be stored in cool, dry, dark areas similar to canned goods. Recommended storage temperatures are 50- and 70-degrees Fahrenheit. The higher the temperature, the shorter the storage time. Storage times for dried foods range from 4 months to 1 year, depending on type of food and storage environment. For more information on recommended storage times please refer to the Extension publication, PNW 612 Storing Food for Safety and Quality.

-Proper storage of freeze dried foods is similar to dehydrated foods. Make sure to store these foods in a cool, dark, dry environment. It is recommended to use storage containers that can be vacuum sealed or use an impulse sealer in conjunction with oxygen absorbers. Package only small amounts of freeze dried foods to prevent the reabsorption of moisture. If properly stored, these foods can last 20 or more years.

If you have any food storage questions or other food safety/ food preservation queries, please call the Boundary County Extension Office, 208-267-3235.

Submitted by Amy Robertson, FCS Extension Educator

Workshops, Programs, Bulletins & Classes

Due to space restrictions, proper planning of handouts and trying to ensure an effective learning environment, all Extension sponsored workshops, programs and classes require **pre-registration**. Please contact the Extension office listed for the workshop, program or class you wish to attend.

The University of Idaho Boundary County Extension Office does not want anyone denied access to educational classes based on inability to pay. To inquire about scholarship availability, contact the Boundary County Extension Office at 208-267-3235.



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.

STRONG WOMEN PROGRAM

March 18—May 22, 2025

All Equipment Provided

Location: UI Extension Conference Room

Time Choices:

8:30 a.m. Tuesday, Thursday

Strong Women Stay Young — 2X/wk

10:30 a.m. Tuesday, Thursday

Strong Women Strong Bones — 2X/wk

Cost: \$30 * for 10 week session

Your place is reserved when payment is received

*Scholarships available contact Angela at 208-267-3235

**Register @ UI Extension Office, 6791 B Main St.
(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.

Water Bath Canning

Thursday, March 6, 2025

1:00 PM-4:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$10



Learn how to safely make and preserve your own high-acid foods including jams, jellies, tomato products, pickled vegetables, and fruits. This hands-on class will also teach participants about canning basics as well as proper storage and handling of home canned foods. Each participant will make their own jar of product which they can pick up the day after the class. Class size is limited to 9 people.

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

Fermentation: Sauerkraut and Other Veggies

Tuesday, March 18, 2025

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$10



Learn the basics of fermenting foods for preserving the harvest and enhancing the nutritional value, healthfulness, and digestibility of foods. As part of this hands-on class, you'll take home a jar on its way to fermented goodness!

Class size is limited to 12 people. Contact the UI Boundary County Extension Office to **register**, 208-267-3235.

Workshops, Programs, Bulletins & Classes

Plan the Garden, Preserve the Harvest

Thursday, March 20, 2025

3:30 PM-5:00 PM

Via Zoom

FREE



Learn how to plan out your garden, so you are prepared when it's time to plant! This class will also cover harvesting and safely preserving your garden. Research-based recommendations will be shared for preparing a great garden and also consuming it! There will be opportunities to ask questions, so you are ready to plant, grow, harvest, and store your garden's bounty! To register: <https://bit.ly/PlanPreserve25>

Seed Starting Basics

Thursday, March 27, 2025

1:00 PM-3:00 PM

Boundary County Extension
Office, 6791 B Main Street

COST: \$5



Join us at for an informative class on seed starting basics taught by our Master Gardeners. Whether you're new to gardening or have some experience, you'll learn how to pick the right seeds, prep your soil, and create the best conditions for your seedlings to thrive. It's a great way to kick off your gardening season with confidence. We hope to see you there!

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

Pressure Canning Made Easy

Thursday, April 17, 2025

11:00 AM-Noon

Online Via Zoom-FREE



Learn the basics to safely use your pressure canner to process shelf-stable foods! Register at:

<https://bit.ly/pressure25>

Boiling Water Canning Basics

Thursday, March 27, 2025

11:00 AM-Noon

Via Zoom

FREE



Learn to safely preserve your garden using a boiling water canner. Important steps to process foods for shelf-stable storage will be covered. Safe recipe options will also be shared! To register: <https://bit.ly/boilingwater25>



Healthy Diabetes Plate Series

Mondays, April 7, 14, 21, & 28, 2025

10:00 AM-11:30 AM

Boundary County Extension Office
6791 B Main Street

FREE

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

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

Short Season Gardening

Tuesday, April 15, 2025

2:00 PM-4:00 PM

Boundary County Extension Office
6791 B Main Street

COST: \$5



Introduction to short season gardening in Boundary County. Learn tips and tricks to getting the most from our garden whether you are growing vegetables or flowers.

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

Workshops, Programs, Bulletins & Classes

Basic Orchard Care

Tuesday, April 22, 2025

1:00 PM-4:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Join us for a comprehensive Home Orchard Care Class that will guide you through the essential annual maintenance tasks for a thriving orchard. The University of Idaho Sandpoint Organic Agriculture Center's Orchard Operations Manager, Kyle Nagy, will walk you through a calendar year in the orchard month-by-month, starting with early spring pruning and training, followed by fertilization, pest management and irrigation checks as the growing season ramps up. In summer, learn how to manage fruit thinning, pest & disease control and water needs. As fall approaches, we'll focus on harvesting, long-term storage, and preparing the trees for winter dormancy. Whether you're a beginner or an experienced gardener, this class will help you keep your orchard healthy and productive for years to come.

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

Drip Irrigation

Tuesday, May 6, 2025

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Join us for a brand new class on how to utilize drip irrigation in your garden! Irrigation can be one of the most important, and sometimes expensive, aspects of starting and maintaining a home garden. Drip irrigation systems offer a wide variety of benefits for the home gardener, including water conservation, more precise control over timing and volume of watering, and improved weed control. They are highly versatile and can be implemented in a wide variety of small scale agricultural settings including flower gardens, vegetable gardens, orchards, and greenhouses. In this class we will go over how to set up a drip irrigation system in your home garden, different types of drip systems, how to optimize for your personal garden/orchard/greenhouse, techniques for programming irrigation systems, and resources for obtaining necessary materials to set up an irrigation systems in our area.

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

Mental Health First Aid

Monday, May 12, 2025

8:30 PM-5:00 PM

Boundary County Extension Office

6791 B Main 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.

Map & Compass for Forestry

Sandpoint

Saturday, March 22, 2025

9:00 AM-3:30 PM

Sandpoint Organic Agriculture Center

10881 North Boyer Road

COST: \$10



Foresters have traditionally verified locations and distances using a map and compass. It is now common to accomplish these tasks using a Global Positioning System (GPS) receiver, but it can be dangerous to over rely on this technology. Magnetic compasses do not rely on batteries or electronic signals. Both approaches require a solid ability to read and interpret maps.

This program features 2-3 hours indoors for lecture and practical exercises with maps, followed by field activities using magnetic compasses.

To **register** online go to: <https://marketplace.uidaho.edu/> then scroll to, and click on "University of Idaho Extension: Panhandle Forestry". Otherwise, contact UI Extension - Bonner County. Phone: (208) 263-8511.

Jerky Making 101

Thursday, May 15, 2025

11:00 AM-Noon

Online Via Zoom-FREE



Learn how easy and fun it can be to make jerky safely at home! Register at: <https://bit.ly/Jerky25>

Workshops, Programs, Bulletins & Classes

Cooking and Preserving Series

Bonner County Extension Office
4205 N Boyer Ave, Sandpoint
Wednesdays, 10:00 AM-1:00 PM
COST: \$10 per class



Classes:

- April 23rd: *All Things Lemon!*
- May 28th: *Electric Pressure Cooking*
- June 25th: *Strawberries Many Ways*
- September 24th: *Salsas-Fresh & Canned*
- October 22nd: *Quick Breads and Soups*
- November 12th: *Apples & Pears (alternatives to holiday sweets)*

Pre-registration is required. To **register**, contact the Bonner County Extension Office; 208-263-8511 or bonner@uidaho.edu.

**Visit Us On
The Web @
uidaho.edu/boundary**

LEAP Update 2025

Lewiston (March 4, 2025)
8:00 AM-3:30 PM (check-in opens 7:15 AM)
LCSC Williams Conference Center, Room 801-899
4th Street

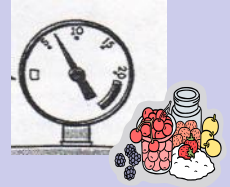
St. Maries (March 5, 2025)
8:00 AM-3:30 PM (check-in opens 7:15 AM)
Elks Lodge
628 Main Avenue

Sandpoint (March 6, 2025)
8:00 AM-3:30 PM (check-in opens 7:15 AM)
Ponderay Events Center
401 Bonner Mall Way, Suite E

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

COST: A \$45 registration fee includes resource materials, and refreshments. **Lunch will be on your own; there will be no catered lunch.** To **register** and pay online, go to <https://marketplace.uidaho.edu/>, scrolling to, then clicking on "University of Idaho Extension: Panhandle Forestry", then click on the LEAP Update program/location you wish to attend.

Dial Pressure Gauge Testing



- ❖ Please plan on bringing your canner lid in to the office the day before and leaving for 24 hours.
- ❖ A \$2.00 fee is charged for testing.

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

LEAP 2025

Moscow (April 22-24, 2025)
Seed Potato Germplasm Laboratory
University of Idaho 753 Perimeter Drive
208-885-9338

Coeur d'Alene (April 29-May 1, 2025)
Associated Logging Contractors, In.—Idaho
10589 S. Hwy 95
(7 miles south of CDA just past the Intersection of Carnie & Kidd Island Rd w/ Hwy 95, on the west side of Hwy)



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

Register early! Each LEAP session has limited capacity. **COST:** A \$75 registration fee includes refreshments and a large binder of resource materials. Registration forms can be picked up at the Boundary County Extension Office and must be returned with payment to the Extension that you wish to attend by March 28, 2025. Online registration with a credit card is also available. Go to <https://marketplace.uidaho.edu/>, scrolling to, and clicking on "University of Idaho Extension: Panhandle Forestry" and click on the LEAP program you wish to attend. It is possible both sessions may be combined if one or both sessions have low enrollment.

For specific program questions, contact Randy Brooks at (208) 885-6356, Audra Cochran at (208) 476-4434, or Chris Schnepf at (208) 292-1288.

Workshops, Programs, Bulletins & Classes

Identifying Idaho's Trees

St. Maries

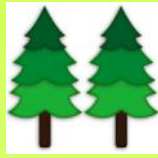
Thursday, March 13, 2025

1:00 PM-3:00 PM

Community Presbyterian Church

100 College Ave.

208-245-2422



Coeur d'Alene

Saturday, April 26, 2025

10:00 AM-1:00 PM

Idaho Department of Fish and Game Meeting

2885 W. Kathleen Ave.

208-292-2525

Because we have such a varied range of geography, soils, and precipitation patterns, Idaho has a wider variety of native trees than most other Rocky Mountain states. The first step in caring for these trees, whether they be in a landscape or in a forest, is correct species identification.

A \$10 registration fee covers handouts and refreshments. Class size is limited.

To **register** online go to: <https://marketplace.uidaho.edu/> then scroll to, and click on "University of Idaho Extension: Panhandle Forestry". Otherwise, contact the UI Extension Office of the session you which to attend.

Successful Tree Planting-

Establishing Forest Trees

Plummer

Friday, March 28, 2025

1:00 PM-5:00 PM

Plummer Community Center, 520 C St.

COST: \$10



Successful tree plantings result from thoughtful planning and carefully applied skills. This program features an indoor session, followed by field activities where participants can try various planting tools and stock types.

A \$10 registration fee covers handouts and refreshments. Class size is limited. To **register** online go to: <https://marketplace.uidaho.edu/> then scroll to, and click on "University of Idaho Extension: Panhandle Forestry". Otherwise, contact UI Extension - Benewah County. Phone: (208) 245-2422.

Landscaping for Fire Prevention

St. Maries

Thursday, March 27, 2025

1:00 PM-4:00 PM

Community Presbyterian Church

100 College Ave.

208-245-2422



Forest fires are not always easy to stop. But you can take action to reduce the risk of damage to your home from wildfire.

Landscaping for Fire Prevention will help forest homeowners modify their houses and landscapes to make them less likely to burn and easier for firefighters to access.

A \$10 registration fee covers handouts and refreshments. Class size is limited. To **register** online go to: <https://marketplace.uidaho.edu/> then scroll to, and click on "University of Idaho Extension: Panhandle Forestry". Otherwise, contact UI Extension - Benewah County. Phone: (208) 245-2422.

Ten Acres and a Dream

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

Sandpoint

Saturday, April 19, 2025

8:30 AM-4:30 PM

Sandpoint Organic Agriculture Center

10881 North Boyer Road

COST: \$15

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.

A \$15 registration fee covers handouts and refreshments. Class size is limited. To **register** online go to: <https://marketplace.uidaho.edu/> then scroll to, and click on "University of Idaho Extension: Panhandle Forestry". Otherwise, contact UI Extension - Bonner County. Phone: (208) 263-8511



University of Idaho
Extension
Boundary County

4-H CLOVER TALK MARCH/APRIL 2025



Debbie Higgins
4-H Program Coordinator

It's almost spring and the days will soon be getting warmer! All of the Organizational Clubs have started their meetings so if you haven't been contacted yet by your leader, call the office so we can get you connected. Some animal projects have started holding meetings, and other projects will start soon. As a reminder, members need to attend 50% of the Organizational Club meetings and 75% of the Project meetings, this is one of several requirements to exhibit at fair. The fair this year is August 4th – 9th. The fair theme is "Generations of Champions", so start thinking about barn decorations because fair will be here before you know it.

This year at fair we are switching things up a bit. Members will bring swine in on Monday morning to weigh that morning starting at 7:00 am. No pigs will come to the fair **before** Monday morning. We will also be making slighted adjustments to the time frames for final weigh-ins. When the schedule is finalized, these times will be shared in the 4-H newsletter and in the Boundary County Fair Book. We will also be doing vet checks before any animals off load on Monday morning.

We are conducting Livestock Quality Assurance Trainings again this year, with members in FFA & 4-H with their last names beginning with **A – G OR** if this is your **first year** taking a market animal project. Don't wait to sign up, as the first class is already full, and the others are filling up fast. Call 208-267-3235 to register. It is required to register as space is limited for each session. If you miss Quality Assurance Training, you won't be able to complete your market animal project. We encourage parents to attend if possible.

Mark your calendar for the initial spring weigh-ins for each species. Beef is March 15th at 9:00 am. Swine is scheduled for May 3rd at 7:00 am, Lamb/Goat is May 28th at 5:30 pm. Remember to bring your bill of sale, brand inspection paperwork, haul slips, and, if needed, scrapie tag. Please remember, **all** animal projects must be vaccinated before they come to the initial weigh-in or any other 4-H event where they will be exposed to other animals. If they aren't vaccinated, you will not

be able to offload your animal(s) and they cannot cross the scales. If you purchased your animal out of state, you are required to have a vet inspection before you cross state lines. You will need to provide proof of this at the spring weigh-in also. We allow breeders in our county to go first at every weigh-in, please be courteous in line.

Members start working on your oral presentations for your projects. It is a requirement to give an oral presentation for each 4-H project you are enrolled in. The suggested time frame is Junior: 5-8 minutes, Intermediate: 8-10 minutes, Senior: 10-12 minutes. If you would like to participate in the County Oral Presentation contest, it is April 28th starting at 4:30 pm, call the Extension Office to schedule your time slot. The previously mentioned time frames are mandatory if you are participating in the county contest.

If you have a project meeting at the same time as a club meeting, please call your club leader and let them know before you miss the meeting, let them know the circumstances and attend the project meeting. If you wait to notify the club leader after the fact you will not get credit for attendance.

It is time to start your record books. Get those goals listed and enter each event as it happens. It makes it easier if you do a little along the way instead of trying to remember at the end. It will be less stressful for fair as well. Record books are located in zsuite. In our county pictures are required and the story is project specific. If you have 5 projects you will write 5 different stories, complete 5 different presentations etc.

If you are a volunteer leader please attend the monthly Leaders Council meeting, it is the second Tuesday of each month, at the Extension office starting at 7:00 pm. The Livestock committee meeting starts at 6:30 pm on the same day. Also, if you were unable to attend Super Saturday you still need training and attending these meetings is an easy way to meet that expectation.

March

March 7-Ownership/possession Deadline For ALL MARKET BEEF 150 Days

March 7-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 10:00 a.m. Ext. Office

March 9-Daylight Savings Begins

March 11-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

March 15-Market Beef Weigh In 9:00 a.m. @ Fairgrounds

March 15-Deadline To Add 4-H Projects

March 17-St. Patrick's Day 

March 19-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 5:30 p.m. Ext. Office

March 20-Spring Begins 

April

April 1-STAC Registration Opens

April 8-Awards Committee Meeting 5:30 p.m. Ext. Office

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

April 20-Easter 

April 26-Ownership/possession Deadline For ALL MARKET SWINE 100 days

April 28-Oral Presentation Day County Contest 4:30 p.m. Ext. Office

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at [reasonable-accommodation-for-4-h-parent-completable.pdf \(uidaho.edu\)](https://www.uidaho.edu/extension/4-h-parent-completable.pdf) to assist in evaluating the reasonable accommodation request at least two week prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit the request form found in the link above along with supporting documentation to Center for Disability Access and Resources 875 Perimeter Drive Moscow, ID 83844-4257 cdar@uidaho.edu Phone 208-885-6307, Fax 208-885-9404



2025 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

BEEF-Saturday, March 15, 2025

9:00 a.m.

SWINE-Saturday, May 3, 2025

7:00 a.m. (Breeders go first)

LAMB & GOAT-Wednesday, May 28, 2025, 5:30 p.m.

Rabbit-Tuesday, July 1, 2025

5:30 p.m.

Members, it is your responsibility to be at weigh-in and to arrive promptly. You will need to make sure you have the appropriate paperwork with you such as bill of sale and health certificate (required if your animal is obtained out of state).

- Do not forget to bring your paperwork to the weigh-ins**
- **BEEF**-HAUL SLIP, BILL OF SALE
 - **SWINE**-BILL OF SALE, HEALTH CERTIFICATE (IF PURCHASED OUT OF STATE)
 - **LAMB/GOAT**-BILL OF SALE, SCRAPIES TAG (HEALTH CERTIFICATE IF PURCHASED OUT OF STATE)
 - **RABBIT**-PROOF OF OWNERSHIP OF TWO OR MORE DOES, MUST BRING DOE, LITTER MUST HAVE THREE FRYERS, ALLOWED ALTERNATE PEN OF THREE FRYERS



Training is mandatory for **FIRST YEAR** 4-H/FFA Market Animal members and returning members with **LAST NAME** starting with **A-G**.

There are three dates to choose from:

Friday, February 21 3:00—4:30 PM

Friday, March 7 10—11:30 AM

Wednesday, March 19 5:30—7:00 PM

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

All trainings will be held at the Boundary County Extension Office 6971 B Main St.

Trainings are limited to 30 members. **Registration is required.**

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



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



Days on Feed 2025

WEIGH-IN DATES

Beef March 15-August 4

Swine May 3-August 4

Lamb/Goat May 28-August 4

DAYS ON FEED

(142)

(93)

(67)

**One of the greatest fears identified by many people is that of speaking in front of others!
4-H members can develop their communications skills through public presentations.**

Plan

Choose a topic that you know and can do well. Be sure you can show or tell others about the topic in the given time frame (Juniors 3-5 minutes, Intermediates 5-7 minutes, and Seniors 8-10 minutes). The times listed here are for project meeting demonstrations. Pick a topic that you think others will be interested in learning about. Select a catchy title for your talk or demonstration. Having an organized oral presentation has three key ingredients; an introduction, body, and conclusion, your recipe for success!

Introduction

- Opportunity to catch your audience's attention
- Inform your audience of what is to come
- Don't forget to include a transition from the introduction to the body. Makes for an easy transition to your main points
- Introduce yourself and your topic (if there is a host/hostess do not need to do so)

Body

- These are the main points, or the substance of your presentation
- Know your material, be prepared
- Show & Tell

Conclusion

- Show the finished product if there is one
- Summarize main points
- Do not introduce new material
- Prompt your audience to ask questions; if you can't answer a question say so. Use complete sentences
- After Q/A add a courteous ending. "Thank you for the opportunity to share". This is intended to let the audience know this is the end.

In preparing for your talk or demonstration, memorize your presentation, use note cards or a combination. If you are giving an illustrated speech or demonstration, you may want to utilize a poster. When using posters:

- Be sure they are attractive, brief, and clear
- Stress important points
- Be simple and uncluttered
- Have large letters
- Use the posters in your presentation

Practice

Plan for your allotted time limit. Use a timer to keep track of how long you talk and how fast you talk. Practice in front of a mirror first and then practice for family or friends. Often when you get nervous, you will talk faster than if you are speaking in front of the mirror. Be sure you have enough material to fill up your time allotment.



Present

Confidence is very important to your presentation, it affects your voice and your body language during your presentation, speak clearly with a loud voice. Pause now and then for effect. Speak with excitement and enthusiasm. Keep good eye contact with the audience, scan the room. Smile and have good posture. If you use your hands keep gestures subtle and to a minimum, don't let these become a distraction. Show you are glad to be present.

When you give your presentation it is your time to shine and you have one opportunity to make your first impression; through how you look. You have to wear clothing that is appropriate for your presentation. It conveys professionalism on your part. What would the judge's think if you are giving a demonstration on how to clean a horse's hoof and you showed up in a t-shirt, shorts, and flip flops? (You may see horse leader's fainting to the floor) What if you arrive late? Does that give the judges a good impression? Arrive early, things happen...you may be in a rotation where the presentations prior to yours went short. Give yourself enough time to set up and prepare yourself for your presentation.

Oral presentations are fun! If you stick with what you know, prepare, organize, and PRACTISE, your confidence will grow with each presentation you give, making your best better!

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



Boundary County 4-H/FFA Event Dress Code

This dress code has been developed to ensure that participants and spectators are not offended or uncomfortable during 4-H/FFA events and activities. As the Idaho State 4-H Family Handbook, and the FFA Code of Ethics states, members should be their own best 'exhibit'. This includes their personal manners, attitudes, and courtesy, as well as appropriate dress and physical appearance. If you choose to dress inappropriately, you will be asked to change or leave the event until proper dress is obtained. Please dress responsibly to ensure that you contribute to a pleasant 4-H/FFA atmosphere.

As a rule, a 4-H/FFA member's clothing should be neat, clean, modest, acceptable in repair and appearance, and be in good taste and decency as appropriate for the specific event. The member is a representative of 4-H/FFA programs, and their appearance should reflect professionalism.

Examples of prohibited dress or appearance include but are not limited to:

- Bare midriff shirts
- Exposed undergarments
- Excessively short or tight garments, including spankx, tube tops, and short shorts
- Shirts with less than a 1-inch strap, including strapless and one-shoulder tops
- Shirts that reveal navel, back below the shoulder blades or cleavage
- Attire with messages or illustrations that are vulgar, indecent or advertise any product or service not permitted by law to minors
- Any adornment such as chains or spikes that could be perceived as a weapon
- Any symbols or styles associated with gangs or intimidation

Livestock Exhibitor Dress Guidelines

These guidelines for dress must be observed whenever exhibitors are in the show ring and during the Market Animal Sale.

A shirt or blouse must be worn. It may be sleeveless, short sleeved or long sleeved, but must have a collar. If the shirt has buttons it must be buttoned to the collar bone. Full Length slacks, pants, or jeans are appropriate. "Grubby", holey or tight worn out jeans as well as excessively baggy pants are not acceptable. Hard soled boots or laced tennis shoes must be worn to meet safety standards. **NO** sandals, flip flops, or heels more than 1 ½ inches high. Western hats are appropriate unless otherwise noted by the judge. **NO** baseball caps. All Dairy projects, (goats, cows, etc.) members must wear white pants and white shirts. 4-H club shirts, vests or jackets must have collars and shirttails must be tucked in. Decorating of exhibitors or animals by means of costume, signs, glitter, body paint, etc. **WILL NOT** be tolerated at any time while competing or during the Market Animal Sale.

NOTE: *Please take pride in your personal appearance, represent yourself respectfully to support the group you are associated with. *Fair Royalty (4-H & FFA) will **NOT** wear sashes or tiaras while competing. They may be worn during the Market Animal Sale.

If during any 4-H/FFA event you are asked to change by a Leader or Advisor, please do not argue and comply as asked. If you think you have been asked unfairly, please change for the time being and follow the guidelines for filing a complaint to the Leader's council and Livestock committees to be dealt with in a reasonable manner as the 4-H Code of Conduct states.

4-H Trailblazers Organizational Meeting Schedule

All meetings held the first Monday of the month at the Paradise Valley Grange Hall @ 6:30p.m.

- Feb 3 meeting—club officer elections
- Mar 3 meeting—parliamentary procedure review and game
- Apr 7 meeting—STAC and Oral Presentation Day presentations
- April Community Service (Roadside clean up) date TBA
- May 5 meeting—Guest speaker
- May Community Service (Paradise Valley Cemetery clean up) date TBA
- May 26 Memorial Day Parade
- June 2 meeting—Patriotic craft for restorium
- June Community Service (deliver craft and visit at restorium) date TBA
- July 7 meeting—Family potluck and games at the park

4-H Friday Friends

our Boundary County youth!

It is hard to believe that we are 2 months into 2025! The time is just flying by, and spring is right around the corner! January was a tough month for 4-H Friday Friends with closing for one Friday due to illness and saying goodbye to our sweet assistant Ms. Val who had to leave 4-H Friday Friends. Even through the hardships though we persist and continue to strive to plan fun, educational, and engaging programming for

In the last two months we have done lots of fun arts and crafts, STEAM/STEM activities, eaten ethnic cuisine to celebrate the Lunar New Year, and had some very fun special guests. Ms. Amy, the STEM Educator at Boundary County Library came and discussed with us about her travels and her work at the Wildlife Refuge here in Bonners Ferry. She also brought with her a 3-D printer and printed everyone a fidget eagle! On the day of her visit, we dove deeper into the study of birds and dissected owl pellets! Some of the kids found whole skeletons! Along with Ms. Teri from the Boundary County Library, who comes twice a month and does a story time for us, we have added another regular monthly guest Ms. Sam. Ms. Sam is also a regular volunteer at Mt. Hall. She is a Bonners Ferry native who is a well of knowledge! Not only does she put together fun crafts for us, but she is also helping the kids understand the significance of resources and using them well. Ms. Sam has been a wonderful addition to our program. Ms. Mary with AmeriCorps 4-H STEAM also joins us once a month and leads a special STEAM project with the kids. So far this year we have done bristlebots, which taught the kids about circuits and electricity, and on her last visit she brought with her Lego Robotics- which the kids had a fantastic time constructing!

This spring we are looking forward to another field trip and more special guests! We are planning on a fun, educational, and active Spring Semester!



Dates: Second Semester

March: 7, 14, 21

April: 4, 11, 18, 25

May: 2, 9, 16, 23, 30

June: 6

4-H Friday Friends meets at the Boundary County Middle School on Fridays during the school year. The cost is \$15 per child, but we do have a sliding fee scale available, which can be applied for at the University of Idaho Extension Office. 4-H Friday Friends hours are 7:30 am-5:30 pm. We are a drop in/open enrollment program-which means your kids can come any Friday for any amount of time, there is no long-term commitment. 4-H Friday Friends is a hands-on/minds-on program that is a great way to get your kids out of the house and to stay active!

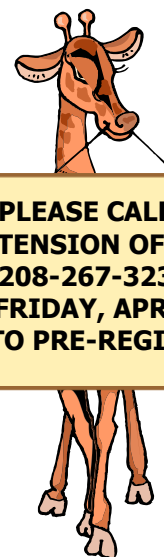
Calling all 4-H'ers!!! Boundary County Oral Presentation Day will be held on Monday, April 28, 2025 at the Boundary County Extension Office starting at 4:30 p.m.

All members are encouraged to take the opportunity to participate in this event. It helps polish your presentation techniques and there may be opportunities to take your demonstration to events outside of Boundary County.

When preparing your presentation, remember there are different presentations that you can do such as an Illustrated Talk, Presentation, and Speech. Look for information in the March/April Newsletter to help you prepare.

This contest is judged and winners will be chosen from each age group. Awards will be presented at the 4-H Awards Ceremony in the fall.

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



PLEASE CALL THE EXTENSION OFFICE AT 208-267-3235 BY FRIDAY, APRIL 25 TO PRE-REGISTER!

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MARCH/APRIL 2025
KEEPING OUR COMMUNITY CONNECTED



Happy Spring

**BOUNDARY COUNTY
EXTENSION STAFF**

Amy Robertson	Extension Educator Family & Consumer Sciences
Samuel DeGrey	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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