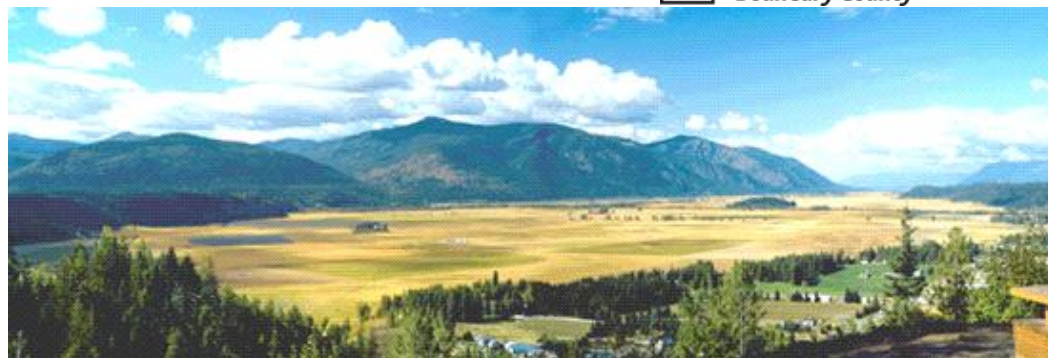


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EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H

Tick Safety In North Idaho

By Samuel DeGrey



Picture caption – A *Dermacentor* dog tick on the author's arm

It's springtime in north Idaho, and whether you're starting to cultivate your garden or trying to bag a spring bear, many of us are starting to head outdoors to enjoy some of the beautiful weather we've been having. Unfortunately we're not the only ones who are becoming more active this time of year. Ticks are very common in our woodlands in this part of the world, and can be common in residential areas as well.

The most common group of ticks in our region are dog ticks (see picture), especially the species *Dermacentor andersoni* (Rocky Mountain Wood Tick). Adults of this species are usually reddish with a white patch, hard bodied, and very flat. Dog ticks do not spread Lyme disease, but they do vector several other serious illnesses, including Rocky Mountain Spotted Fever and Colorado Tick Fever. If you feel sick after receiving a tick bite, please consult your doctor. Not all tick-borne illnesses will result in a rash at the site of the bite.

Continued on page 2

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The Extension Office
will be closed May 26th in
observance of Memorial Day.

The Extension Office will be closed
June 19th in observance of
Juneteenth.



Master Gardener Column

Designing a Northern Idaho Mountain/Valley Landscape (NMV)

Idaho's northern mountain/valley landscapes share many features with the high altitude mountainous regions. However, there are some very important differences. Northern Idaho is typically much lower in elevation, has higher rates of annual precipitation, experiences cooler summer temperatures, and can have considerably longer frost-free seasons. As a result of these distinctive climate characteristics, the native soils and vegetation are inherently unique. The indigenous plants on both valleys and slopes consist principally of tall evergreen and associated understory species. The soils in the valleys are generally deep, moist, and oftentimes exhibit poor drainage. The soils on the slopes can be stony and shallow. All of the soils are relatively acidic. These environmental characteristics impact the choices we make for native landscape plants in this region.

Most communities in northern Idaho are situated in valley locations. Drought in these sites is infrequent and short-lived, although there is typically a summer dry season. Under these conditions, the palette of adapted native plants suitable for landscaping is distinct from any other region in Idaho. Drought-tolerant plants that are central to the high desert and high-elevation native landscape may not survive the relatively moist conditions of northern Idaho.

One of the best techniques for landscaping in northern Idaho's valleys is to preserve and design around existing forest vegetation, by using and managing shade-tolerant and understory plants. While many wildflowers may not survive or bloom in the shady forest landscape, you can still create beauty with the textures and forms of woody shrubs and groundcovers.

Natural water features, including streams, bogs, and lakes, are common in Idaho's northern valleys. You can create pleasant waterside surroundings by protecting and enhancing these water features through judicious placements of moisture-loving trees, shrubs, and perennials.

It is relatively simple to mix traditional and native landscape plants that are adapted to the northern valleys. This region provides most of the growth requirements for both types of plants. For that reason, it is easy to diverge from an all-native theme in the landscape. If you would like

to stick to a predominantly native landscape, a carefully developed landscape plan might help you stay on course. After installing a new landscape in northern Idaho mountain/valley regions, you may need only occasional irrigation for plants to thrive and grow. Larger trees and shrubs may require 2 to 3 years of supplemental watering to become fully established, but one growing season of establishment irrigation is usually sufficient for many shrubs and perennials.



Source: Adapted from University of Idaho Short-Season, High-Altitude Gardening Bulletin 862

Tick Safety in North Idaho continued from page 1

The best ways to manage ticks on your person are preventative. Wear light clothing so that the dark bodies of ticks stand out more readily. Tuck your pants into your socks, and tuck your shirt into your pants, leaving no spaces for ticks to get under your clothes. Wear a light colored hat and tie your hair up if it is long. The simple combination of light colored clothes and eliminating spaces for ticks to access your skin is one of the most effective ways of preventing tick bites! Always do a tick check after walking in the woods, making sure to feel for the hard bodies of ticks in your hair. Chemical tick repellents are also commercially available, with the most effective being Deet-based, and often take the form of sprays. These repellents are safe to use as long as you follow the safety instructions written on the product label.

Ticks can also be a problem for livestock as well. Tick bites can result in direct harm to livestock through tick paralysis and anemia, in addition to vectoring disease-causing pathogens. Tick control in livestock is generally achieved through various pesticides. A wide variety of application mediums are available, including dusts, tags, sprays.

References - <https://web.uri.edu/tickencounter/> , <https://www.agproud.com/articles/57378-ticks-pathogens-and-livestock-in-idaho>

Turmeric Roasted Cauliflower with Tomatoes

Yield: 10 Servings

INGREDIENTS

¼ cup olive oil
1 tsp sea salt
½ tsp ground turmeric
⅛ tsp cayenne pepper
1 large head cauliflower, cut into florets (about 10 cups)
12 oz cherry tomatoes, halved (about 2 cups)
2 Tbsp chopped fresh cilantro



DIRECTIONS

1. Preheat oven to 425°F.
2. Mix oil, sea salt, turmeric, and cayenne pepper in small bowl. Place cauliflower and tomatoes in large bowl. Drizzle with ½ of the oil mixture; toss to coat well. Repeat with remaining oil mixture.
3. Spread vegetables in single layer on a foil-lined large shallow baking pan.
4. Roast 40 minutes or until cauliflower is tender, stirring halfway through cooking time. Sprinkle with cilantro before serving.

Nutrition Information

Per serving: Calories: 75; Total Fat: 5g; Saturated Fat: 0g; Total Carbohydrate: 7g; Total Sugar: 3g (Added, 0g); Dietary Fiber: 3g; Protein: 2g; Sodium: 219mg; Potassium: 388mg; Calcium: 26mg; Vitamin D: 0mcg; Iron: 1mg

Source: Tufts Health & Nutrient Newsletter, February 2021

What is Turmeric?

Turmeric is a bright yellow spice that is derived from the underground stems, or rhizomes, of the *Curcuma longa* plant. The plant is part of the ginger family and is grown in warm climates around the world.

Turmeric has long been used for its potential health benefits as well as to enhance flavor in culinary dishes. It can be used in various forms, including ground spice and fresh root, and can also be taken as a dietary supplement.

What is Curcumin?

Curcumin is the biologically active compound in turmeric. Turmeric's potential health benefits are primarily due to curcumin.

Incorporating Turmeric into your diet

You can incorporate turmeric into your diet by using the spice as a flavoring for many foods and beverages. Turmeric is widely used in Indian cuisine, particularly in curries. It's what gives curries their intense yellow color. Incorporating turmeric into a meal with fats such as oils can increase the absorption of curcumin by the gastrointestinal tract.

You can also add curcumin as a flavoring to a variety of foods and beverages. For example:

- Coffee or tea
- Golden milk (combine 1 to 2 teaspoons of turmeric with 1 cup of warm milk, black pepper, cinnamon, and honey or maple syrup over low heat for about 10 minutes).
- Soups and broths
- Roasted vegetables
- Rice dishes
- Lentil or bean stews.

Turmeric Supplements

Another option is turmeric supplements. While turmeric spice typically contains between 2% to 9% curcumin, supplements may contain up to 95% curcumin.

The Arthritis Foundation recommends one 500 mg capsule of curcumin extract taken twice daily to help control symptoms of osteoarthritis and rheumatoid arthritis.

To help increase absorption of curcumin, look for supplements containing piperine. Black pepper is a natural piperine that enhances curcumin absorption. It can also help to take curcumin or turmeric supplements with a meal that includes fats.

Safety of Turmeric and Curcumin Supplements

Turmeric and curcumin supplements are classified as "generally recognized as safe" by the FDA, and both turmeric and curcumin appear to be safe and well tolerated, even when consumed in amounts up to 8 grams (about 3 teaspoons) a day. However, turmeric is likely to cause abdominal pain, nausea, and diarrhea when taken in high doses.

As with any supplement, let your doctor know if you are taking turmeric or curcumin. In addition, talk to your doctor before taking turmeric or curcumin if you have an underlying health condition or are taking medications, particularly if you are taking blood thinners, about to have surgery, pregnant or lactating, have gallbladder disease, or undergoing chemotherapy. In addition, people with diabetes should be aware that turmeric can lower blood sugar.

Source: Adapted from <https://www.health.harvard.edu/staying-healthy/turmeric-benefits-a-look-at-the-evidence>



Don't Guess It--Temp It!

Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.

Fish	Red Meat	Ground Meat	Egg Dishes	Poultry
				
145°F	145°F (with a 3-minute rest time)	160°F	160°F	165°F
	Beef, Pork, Veal & Lamb (Steaks, Roasts & Chops)	Beef, Pork, Veal & Lamb (Ground)		Turkey, Chicken & Duck (Whole, Pieces & Ground)

To prevent foodborne illnesses, it's essential to cook food to a safe temperature. Harmful bacteria such as Salmonella, E. coli, and Campylobacter are commonly associated with raw or undercooked meat products. These bacteria can grow rapidly in food that is not handled properly. With grilling season coming up soon, now is a great time for everyone to refresh themselves on proper cooking temperature guidelines. When we are cooking, it is easy to decide on doneness based solely on the color and/or texture of your food. Unfortunately, that is not a reliable method and the only way to truly make sure your food is safe is to use a food thermometer. Follow these thermometer use guidelines to protect you and your family from foodborne illness:

1. Know Your Target Temps: Different foods have different safe internal temps.

- Chicken: 165°F
- Ground meats: 160°F
- Pork, beef (steaks/roasts): 145°F + rest for 3 minutes
- Leftovers: 165°F
- Fish: 145°F

2. Check the Thickest Part: Stick the thermometer into the thickest part of the food, away from bones or fat, since those can give you a false reading.

3. Let It Sit: Give the thermometer 10-15 seconds to get a steady reading. Don't pull it out too fast.

4. Clean the Thermometer: Before and after each use, wash the probe with hot, soapy water (especially if you're checking multiple foods!). Sanitize your thermometer often.

5. For Reheated or Microwaved Food: Stir the food and check in multiple spots to make sure it's evenly heated to 165°F.

Submitted by Amy Robertson, FCS Extension Educator

Substitutes for Recently Banned Cherry Dye are Limited, says Food Scientist

The U.S. Food and Drug Administration's recent ban on the use of a popular food dye will create a new challenge for home bakers aiming for a signature cherry red color in candy, cakes, icings, and other food products.

Kansas State University food Scientist Karen Blakeslee said there are foods that can substitute for FD&C Red No. 3—such as beets, cranberries, raspberries and more—"but these may also add flavors to food that may not be wanted".

She added that food manufacturers and researchers will look at how these new colors react with other ingredients or temperature changes.

The FDA announced on Jan. 15 that it is banning the use of FD&C Red No. 3 in any food product or drugs that are ingested. The government agency cited two studies indicating cancer in laboratory male rats that were exposed to high levels of the dye, due to a rat-specific hormonal mechanism.

To date, there are no scientific studies that have shown a connection between consuming FD&C Red No. 3 and cancer in humans, but a provision within the U.S. Food, Drug and

Cosmetic Act (called the Delaney Clause) prohibits the use of food or color additives if they are proven to cause cancer in humans or animals.



The FDA will require manufacturers using FD&C Red No. 3 to reformulate their products by Jan. 15, 2027 or Jan. 18, 2028, depending on the size of the business. Imported foods may not contain this ingredient.

If shopping for food colors, consumers can avoid products containing FD&C Red No. 3 by reading the ingredient statement on the packaging, according to Blakeslee.

"Look for FD&C Red No. 3, Red 3, or if the product is imported, it may be called erythrosine", she said. FD&C Red No. 3 is a certified color additive and it must be specified in the ingredient statement if it is included in the product".

Other examples of color substitutes for FD&C Red No. 3 include red beet extract or paprika extract. Blakeslee said future decisions of food additives by the FDA will be based on the best science available.

Source: <https://www.k-state.edu/researchandextension/>

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.

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.

Mushroom Foraging & Safety in North Idaho

Friday, May 2, 2025
10:00 AM-12:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



Join us for an awesome spring class on how to forage for mushrooms. Learn what mushrooms are edible, which ones are poisonous, and where to find them. Bring a lunch for a brown-bag type seminar in the morning, and then after 12 we will carpool on a field trip to try to find some mushrooms in the wild.

Class size is limited. Contact the Boundary County Extension Office to **register**; 208-267-3235.



DIAL PRESSURE GAUGE TESTING



DATES: May 6, June 3, July 1, August 12 (second Tuesday because of fair), September 2

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

- * Please plan on bringing your canner lid in to the office and leaving for 24 hours.
- * A \$2.00 fee will be imposed for those brought in on other days for on demand testing.
- * Dial gauges need tested every year

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

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

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

Workshops, Programs, Bulletins & Classes

Predator Conflict Prevention Workshop

Wednesday, May 14, 2025

4:30 PM-6:30 PM

Boundary County Extension Office

6791 B Main Street

COST: FREE



Come and listen to a presentation by the Idaho Department of Fish and Game, as well as the Governor's Office of Species Conservation on grizzly bear attractants and conflict prevention. The presentation will cover what attractants you may have around your property and how to properly secure them. There will also be information on financial resources available to livestock producers, 4-H members and FFA members for electric fencing and other grizzly bear conflict prevention techniques. This is also a great opportunity to learn about the livestock carcass pickup program that is available to Boundary County residents. Contact the Boundary County Extension Office for more information.

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

Basic Entomology

Tuesday, June 10, 2025

1:00 PM-4:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Join us for a full class on the basics of entomology - the study of insects. This class will not focus on applied management (i.e. what pesticides to apply), but will focus on the basics of insect identification and biology. Useful class for any gardener, farmer, or natural resource professional looking to optimize their monitoring programs and dial in their IPM approaches. Also a great class for anyone who simply likes insects and wants to learn more about them. We will discuss insect morphology and taxonomy, focusing on major groups (orders) of importance to agriculture in our region.

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

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>

Smoking & Grilling

Tuesday, June 3, 2025

10:00 AM-2:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$20



This hands-on class will feature demonstrations as well as hands-on activities. We will learn how to prepare a variety of foods using either a smoker or grill. We will also share tips and tricks on how to make sure your food is both safe and delicious!

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

Thinning & Pruning Field Day

Bonnerr's Ferry

Saturday, June 14, 2025

9:00 AM-5:00 PM

UI Boundary County Extension Office

6791 B Main Street



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

A **\$20 registration fee** includes a field notebook of publications. To ensure an effective learning environment, the program is limited to 40 participants. 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 - Boundary County. Phone: (208) 267-3235.

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.

Air Frying Fun!

Thursday, July 17, 2025

11:00 AM-Noon

Online via Zoom-FREE



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

Go to www.bit.ly/air25 to register.

Garden Pests Class

Thursday, July 17, 2025

3:00 PM-5:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Discover how to keep away pests like gophers, mice and problematic insects while inviting friendly bugs. Learn to cultivate a strong and healthy garden by nurturing your plants and beneficial insects. Whether you're a novice or a seasoned gardener, this class will enhance your garden by giving you tools to reduce harmful pests while encouraging the helpful ones that have an important role in fostering healthy plant growth!

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



**PRESERVE
@ HOME**
University of Idaho Extension

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

Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

**Enrollment & Payment Deadline
June 9, 2025**

**Online Course Available/Start Date
June 12 at 1:00 p.m. MT**

**Chats Thursday's 1:00 p.m. MT
June 19-July 24**

Each lesson includes online text, online discussions to facilitate participant interaction, a video chat with classmates and instructors, and open book quizzes to assess knowledge gained.

Lessons

1. Causes & Prevention of Foodborne Illness
2. Spoilage and Canning Basics
3. Canning Acid Foods: Boiling Water Canner
4. Canning Low Acid Foods: Pressure Canner-Dial/Weighted
5. Canning Specialty Foods (jams, jellies & preserves; salsas; pickled & fermented foods)
6. Drying & Freezing

Supplemental Materials

7. Nutritional Value & Cost of Preserved Foods
8. Miscellaneous Food Safety & Preservation
9. Preparing for and Coping with Emergencies and Disasters.
10. High Altitude Canning
11. Starting Right-Gardening for Success
12. Root Cellaring: Storing your Garden Harvest

Cost: \$35 registration fee.

Register online at https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135.

For More Information Contact:

University of Idaho Extension, Franklin County at 208-852-1097 or franklin@uidaho.edu.

Workshops, Programs, Bulletins & Classes

2025 Crop Tour Field Day

University of Idaho
Extension
Boundary County



When: 10:30 am-3:30 pm, Wednesday, June 18, 2025

Where: Houck Farm
5285 Farm to Market Road
(From Hwy 1, turn left on to Copeland Rd.; turn right on to Farm to Market Rd.; where pavement ends, turn left on to field road going past machinery)

What: Tour will include presentations from University of Idaho faculty as well as representatives from The McGregor Company. Presenters will give updates on the progress of trials comparing different varieties of spring barely, winter wheat, and winter canola. The effectiveness of commonly used grain varieties will be compared with newly available varieties. Herbicide and disease resistance as well as yield comparisons between different varieties will be discussed **Pesticide credits will be offered.**

Lunch is provided. Please call the Boundary County Extension office to reserve your spot: 208-267-3235.

Pruning to Restore White Pine

Sandpoint

Friday, June 13, 2025

9:00 AM-5:00 PM

UI Sandpoint Organic Agriculture Center

10881 N Boyer Road



Pruning can significantly increase survival of young white pine. This program will help foresters, family forest owners, and forestry contractors evaluate: blister rust status for their white pine, whether pruning is a feasible response, and methods and tools to do the pruning.

The session is limited to 40 people. **A \$20 registration fee** includes a field notebook of publications. To register on line go to: <https://marketplace.uidaho.edu/> then scroll to, and click on "University of Idaho Extension: Panhandle Forestry".

For registration questions, contact the UI Extension Office in Bonner County (208) 263-8511.

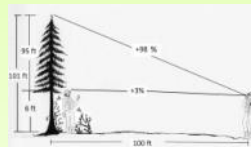
Measuring Your Trees

Sandpoint

Saturday, July 19, 2025

8:00 AM-5:00 PM

UI Sandpoint Organic Agriculture Center
10881 N. Boyer Road



This program is designed to give forest owners a basic understanding of forest measurements. It will help them collect some of their own data and strengthen their interactions

with professional foresters and technicians regarding data-based forest management decisions. The morning will be spent indoors, focusing on principles guiding measurement of trees and forests. The afternoon will be spent outdoors, measuring a variety of forest characteristics using clinometers, diameter tapes, angle gauges, and other forest measurement tools.

The program is limited to 40 people. **A \$20 registration fee** includes a field notebook of publications. To register on line go to: <https://marketplace.uidaho.edu/> then scroll to, and click on "University of Idaho Extension: Panhandle Forestry".

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

The drip irrigation class scheduled for Tuesday, May 6, has been postponed to a future date. Date and time to be determined.



University of Idaho
Extension
Boundary County

4-H CLOVER TALK MAY/JUNE 2025

Debbie Higgins

4-H Program Coordinator



Bring on the sunshine! All the 4-H and FFA market beef have been weighed in. Thanks to all of our helpers, the morning went smooth, and you can tell the members have been working with their animals. The next 4-H/FFA weigh-in will be for market swine projects. It is scheduled for Saturday May 3rd, 2025, starting at 7:00 am at the Fairgrounds. As we have in the past, we will be letting breeders go first to help reduce the risk of biosecurity issues. Please be courteous as you wait your turn. To help speed up the process, please make sure you have your bill of sale fully filled out with addresses and listing the vaccinations given even if you did not give them. Also remember the member is the owner of the animal not the parent or guardian, so the members name needs to be listed on the bill of sale. If you cannot show proof of ownership or vaccines, you will not be able to offload and weigh in your animal. If you purchased a pig out of state, bring your **Certified Veterinary Inspection (CVI)** paperwork.

Lamb and goat weigh-in is scheduled for Wednesday, May 28th, 2025, at the fairgrounds. They are required to have their scrappies tag in their ear. State law requires the scrappies tag to remain in their ear for its entire life. Remember to bring your bill of sale and make sure any vaccines given are listed on the bill of sale. As with other livestock, sheep or goats purchased out of state need to have a CVI.

The Boundary County fair theme for 2025 is "Generations of Champions". It's a great time to start thinking about barn decorations. One idea is gather parents and/or grandparents that were in 4-H, get together and take a picture and put it up at the fair. This could be a lot of fun and might start some great conversations.

If you want to participate in the Memorial Day Parade, talk to your organizational club. Several of the clubs have floats in the parade and this is a great way to represent 4-H. Reminder, if you ride your horse in any parade, you must have a person following behind to be your cleanup crew. This is required by the city.

The Family Fun Night Committee met a few weeks ago and have added some new events. As always, it will be an exciting evening and we encourage all families to participate. Boundary County 4-H is looking for Family Fun Night Royalty for the 2025 fair! This is open to any enrolled 4-H member. It is a super fun experience with great rewards. Applications are here at the Extension office, or I can email one to you. The Boundary County Fair Board also has Fair Royalty opportunities for teenagers. You can pick up a fair royalty application at the Extension Office or the fair office. The application deadline for fair royalty is May 23rd which is just around the corner. Don't hesitate, get your application filled out right away!

We have also set the dates for our Summer Day Camps series. Watch our Facebook page, Boundary County 4-H, for more information. Camp Clover is scheduled for July 10th, 2025, at Rotary Park, Snow Creek Pond off Lions Den Rd. This camp is for any Boundary County Child between the ages of 5 to 9 years old. A flyer with more information will be posted on our Facebook page. If you are a 4-H member aged 13 and up and need to make up an organizational club meeting or community service activity, you can volunteer to help with this fun event. Call the Extension Office and sign up to help.

State Teen Association Conference (STAC) will be held on the University of Idaho campus in Moscow on June 23rd-26th. We currently have three 4-H members from Boundary County planning to attend. It's not too late to register! See the flyer on our Facebook page for more information.

Leaders, please attend the Leader's Council and Livestock Committee meetings held on the second Tuesday of every month at the Extension Office. These meetings are important for planning 4-H events and keeping everyone in the loop.

4-H Calendar

May

May 3-Market Swine Weigh In
7:00 a.m. @ Fairgrounds (93)

May 3-4-District Horse Contest

May 7-Horse Committee Meeting
4:00 p.m. @ Ext. Office

May 11-Mother's Day



March 13-Livestock & Leaders
Meeting 6:30 p.m. Ext. Office

May 23-Fair Royalty Applications Due

May 25-Ownership/Possession
Deadline For ALL MARKET
SHEEP (70)

May 26-Memorial Day
Parade Ext. Office Closed



May 28-Market Goat & Lamb
Weigh In 5:30 p.m. @ Fair-
grounds (67)

June

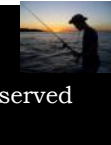
June 1-30-National 4-H Congress
Application Open

June 4-Horse Committee
Meeting 4:00 p.m. @ Ext. Office

June 7-Carter Country Customer
Appreciation

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

June 15-Father's Day



June 19-Juneteenth Observed
Ext. Office Closed

June 20-Summer Begins

June 23-26-Idaho 4-H State
Teen Association Convention

June 27-29-Horse Camp

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at [reasonable-accommodation-for-4-h-parent-complete.pdf \(uidaho.edu\)](https://www.uidaho.edu/reasonable-accommodation-for-4-h-parent-complete.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



July

July 2-Horse Committee
Meeting 4:00 p.m. @ Ext. Office

July 4-Independence Day
Observed Ext. Office Closed

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

July 19-Mid-Summer Horse
Show

July 10-Camp Clover 8:30 a.m.-
2:00 p.m. Snow Creek

July 11-Sheep Camp

July 16-Family Fun Night Appli-
cations Due

July 18-Family Fun Night Roy-
alty Interviews

July 23- Avian Flu Testing 2:00
p.m.-6:00 p.m. @ Fairgrounds

July 24-C.O.O.L./Quality Assur-
ance & Fair Entry Forms Due

July 29-Livestock & Leaders
Meeting 6:30 p.m. Ext. Office

July 30-Style Revue 6:00 p.m. @
Memorial Hall

July 31-Dirt Bike Skills Compe-
tition 5:30 p.m. @ Fairgrounds



ATTENTION

ALL 4-H

LEADERS—Please

mark May 13 & June

10 on your calendar!

Come to the meetings to stay
on top of what is going on in
4-H. Livestock committee
meets first at 6:30 p.m. fol-
lowed by Leaders' council
starting at 7:00 p.m. at the
Extension Office. All parents,
members, and community
members are welcome to
attend meetings.



Boundary County 2025 Fair

Generations of Champions



LOOKING FOR KINGS & QUEENS!!! FAIR ROYALTY
Applications are now available at the Fair office or the Extension Office. Fair Royalty is open to both girls and boys. So stop by and pick up an application now! Completed application packets must be returned to the Fair Office or Extension Office no later than May 23rd, 2025

The Boundary County Fair Board will sponsor two \$500 Awards—one \$500 award to be awarded to the individual named as Fair Queen and one \$500 award to the individual named as Fair King.

4-H Trailblazers 2025 Organizational Meeting Schedule

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

- 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

2025 Kids Day Camps

Dates & Times to be announced. Check our Facebook page for upcoming Day Camps information.



Follow Boundary County 4-H on Facebook:

www.facebook.com/boundarycounty4h



It's that time of year-time to bring out the rulers, rubber cement, pencils, and gummed erasers. Making posters can be fun and a great way to add that visual impact for your projects. Here are some tips to help you design effective posters.



Design Tips for Non-Designers

Creating Coherence

- Constructing a coherent poster means that it's easy for your audience to move from one topic discussed on your poster to another and to see the relationships between them. Create coherence by carefully planning the arrangement of information by relying on what we know about how readers read.
- Since English-speaking readers read text from left to right and top to bottom, use this pattern to form the arrangement of information in your poster. While the poster title is conventionally centered across the top of the poster, it can be placed to the left or to the right, but the area it occupies should command the rest of the space, perhaps by using a colored area behind it.
- Repetition**-helps organize; ties things together. Effective repetitions are alignments, shapes, spacing, bold or light typeface, bullets, and indents.

Posters

- Posters are an avenue of communication and self-expression that relay information to the audience. They are one-stop shopping so the audience knows what is going on in a presentation.
- To select the content for your poster, you must gather the most essential information from the wealth of knowledge you've gained. It's psychologically hard but you can't use EVERYTHING. You want to select the most crucial information for your

subject. You can rank the information into three categories:

Must know (to get the point)

Good to know (equipment, size, volume, and so on)

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

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

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

Planning

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

Who & What

- ❖ Topic
- ❖ Size requirements
- ❖ Audience
- ❖ Materials

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

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

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

Construction

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

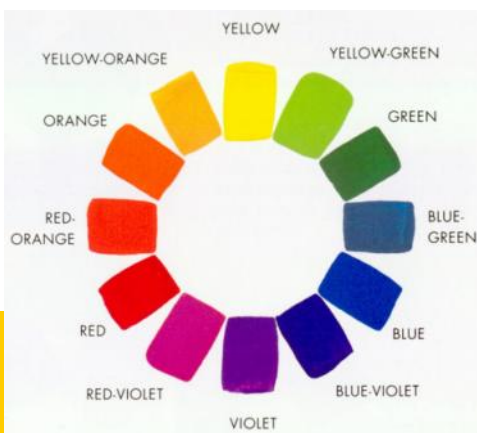
important for your poster.

Readable-Letters should be well drawn and all words spelled correctly. Lower case letters are easier to read than capitals. Fancy or script lettering is harder to read. Avoid too many fonts if you construct using a computer. Posters for 14x22 should have letters from ¾ to 1¾ inches high.

Simple-each poster should contain only one idea in as few words as possible and **Well designed.**

Color

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



Put it all together

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

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

4-H Friday Friends



And just like that we are in the final days of 4-H Friday Friends for the 2024-2025 school year. It has been a fun-filled year full of science experiments, neat crafts, and wonderful guests. Twice a month we have been lucky to have Ms. Teri from Boundary County Library come and host a special story time just for us. We have also been super fortunate to have special STEAM sessions with Ms. Mary, the Boundary County 4-H AmeriCorps Volunteer, once a month. Ms. Sam, a dedicated volunteer at Mt. Hall Elementary, has also been giving us a few hours of her time once a month. Not only does she lead a craft, but she takes the time to instruct the kids to be resourceful and mindful of using and reusing resources. Ms. Nancy, a local astronomy enthusiast, came and taught the kids about the Spring Equinox and even had the kids make a model of the sun and Earth! Our program had a record number of kids earlier in April when we planned our first Pokemon themed day. Kids brought their Pokemon cards, we played games, made Pokemon crafts, and even ate Japanese inspired snacks, like rice balls! For the remainder of the year we have lots instore including a field trip to Tractor Supply where the kids will learn about the store and do a hands-on activity. We will also have some more special guests, like Boundary County Master Gardeners, and maybe even a special appearance from Maggie the Cow. 4-H Friday Friends is a mind on/hands on afterschool program that runs all day on Fridays during the school year. As always you can find us at the Boundary County Middle School every Friday following the school calendar. 4-H Friday Friends is for any and all kids from K-5th, homeschoolers are welcome! Kids can be dropped off/picked up anytime during the hours of 7:30 a.m. to 5:30 p.m. We are an open enrollment program so come any Friday that works for your schedule. It's \$15 per child per Friday, but we have a sliding fee scale available. For more information call 208-267-3235!

Dates: Second Semester

May: 2, 9, 16, 23, 30

June: 6

Oral Presentation Day

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

A very special thank you to our guest judges Sarah Carver, Tammy Hedrick, Todd Carver, and Kim Ross.

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

2025 Oral Presentation Day results are as follows:

NAME	RIBBON PLACEMENT
Hank Robertson	Grand Champion
Trinity Newman	Reserve Champion
Trinity Newman	Top Senior
Emma Robertson	Top Intermediate
Hank Robertson	Top Junior

CONGRATULATIONS !!!

Completion Requirements

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

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

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KEEPING OUR COMMUNITY CONNECTED



**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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