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EXTENSION CONNECTIONS

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EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H ■ MASTER FOOD SAFETY ADVISOR

Overcoming Barriers to Physical Activity While Aging



The decline in physical activity among older adults is a well-documented occurrence that can have negative implications on overall health and well-being. In each decade of life, participation in both cardiovascular and strength training exercise trend downward. The reduction in physical activity can lead to decreases in muscle and bone mass, undesired body composition changes, increased risk of chronic disease, and cognitive decline. There are several factors that lead to this increase in sedentary behavior and decline in physical activity rates that are unique to older populations.

The barriers and strategies listed below can help you to incorporate more physical activity into your daily routine.

Physical Limitations

- **Barrier:** Reductions in muscle mass (age-related sarcopenia), joint stiffness, and decreased flexibility are common and can make it more challenging to engage in regular physical activity.
- **Strategy:** Start slow, with small increments of activity (aim for at least 10 minutes at a time), incorporate proper warm-up and cool-down activities to prepare the body for activity, avoid times of day when stiffness is at its peak, such as early morning. Make sure to wear supportive shoes and loose-fitting clothing that you can move freely in.

Chronic Health Conditions

- **Barrier:** With age, comes an increased likelihood of being diagnosed with a chronic health condition that may cause symptoms that make physical activity challenging.
- **Strategy:** Work with your healthcare providers to identify a safe routine for incorporating fitness into your life. Remember that regular exercise works as a preventative practice for many chronic diseases!

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March/April

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Master Gardener Column



Why Weeds Invade Lawns

Instead of combatting weeds all season, take a proactive approach to prevent weeds. Here are some common reasons why weeds invade lawns.

- **Improper Mowing:** Mowing too low and too infrequently thins the turf, allowing weeds to get started.
- **Improper Watering:** Frequent watering encourages weed seed germination, disease, thatch, and a shallow-rooted turf that is less competitive with weeds for soil moisture and nutrients.
- **Improper Fertilizing:** Fertilizing too much, too little or at the wrong time may benefit weeds more than grass.
- **Insect and Disease Injury:** Weeds rapidly invade lawns that are thinned by insects and diseases.
- **Compacted Soil:** Soil compaction is a hidden stress on the turfgrass root system. The grass is unable to compete effectively with weeds.
- **Excessive Wear:** Turf areas used for recreation and sports are subjected to wear and compaction.
- **Wrong Kind of Grass:** The wrong kind of grass for the location will gradually decline and be invaded by weeds.
- **Environmental Stress:** Weeds often take over a lawn after it has been weakened and thinned from weather-related stress.
- **Thatch:** Excessive thatch causes shallow-rooted grass and contributes to insect and disease problems.

Turf Substitutes

Though a thick, healthy lawn can be a beautiful part of the landscape, if you're ready for change there are several alternatives to traditional turf. Japanese spurge, English ivy and periwinkle are three ground covers that are good options for an alternative lawn.

Certain ground covers perform well in compacted soils that are unsuitable for a traditional lawn. Areas with little sunlight may not be conducive to growing turf but can be a great environment for perennials. Keep in mind that it may take more time to establish a thick groundcover lawn and it won't tolerate heavy foot traffic, but once established it will be less maintenance and can stand up to weeds. Here are a few ground cover options to consider:

- Bugleweed (*Ajuga spp.*)
- Periwinkle (*Vinca minor*)
- English ivy (*Hedera helix*)
- Creeping lily-turf (*Liriope spicata*)
- Lamb's ear (*Stachys byzantine*)
- Japanese spurge (*Pachysandra terminalis*)

Pollinator lawns are designed to provide sustenance for bees and other pollinators by combining turfgrass with flowering ornamentals. Though aesthetically this option lacks the uniformity of a manicured lawn, pollinator lawns

require less irrigation, fertilization, mowing and weeding once established. It is important to select turfgrass species that are compatible with the flowering plants and to choose ornamentals that fit the growing conditions. Here are some plants to consider for a pollinator lawn:

- Dutch white clover (*Trifolium repens*)
- Self-heal (*Prunella vulagris spp. Lanceolata*)
- Creeping thyme (*Thymus praecox spp. Arcticus*)
- Common violets (*Viola sororia*)
- Dandelions

When selecting a turf substitute beware of invasive growth habits. Lily of the valley and goutweed are two groundcovers that can be problematic if not managed.



Source: K-State Horticulture Newsletter, No. 4 March 18, 2025

Easter Lily Care



Easter lilies should be watered when the soil feels dry to the touch. If the container has a decorative sleeve, remove this to allow water to drain out the bottom. Provide bright, indirect light and daytime temperature of 68°F or less to prolong blooming.

Remove the flower stalk when blooming is over. Easter lilies can be moved outdoors to an area with dappled shade after the danger of frost has passed. Continue to provide water, as needed, until the top growth dies back.

Plant the Easter lily in a sunny location with well-drained soil. Add organic matter to the planting site to improve drainage. The planting hole should be deep enough to allow the bulb to sit six inches deep. Space lily bulbs 12-18 inches apart. Backfill soil over the tip of the bulbs. Water well and add mulch over the surface.

Apply fertilizer at least two-inches away from the stem once per month during the summer using a complete (such as: 10-10-10) fast release.

New growth may develop later in the summer but may be delayed until next spring.

Dormant lilies should be covered in the fall with four inches of straw or three inches of other mulch as pine needles or wood chips. Uncover in the spring to allow new growth to emerge.

Source: K-State Horticulture Newsletter, No. 5 April 1, 2025



Refrigeration is one of the simplest and most effective ways to protect your household from foodborne illness. According to the United States Food and Drug Administration (FDA) and the United States Department of Agriculture's

Food Safety and Inspection Service (USDA-FSIS), keeping your refrigerator at **40°F or below** significantly reduces the risk of harmful bacteria.

Check Your Refrigerator Temperature

The best way to ensure safe storage is by using a refrigerator thermometer. The refrigerator air temperature should be kept between **35°F and 38°F**, while the freezer should be at **0°F or below**. To confirm food safety, the internal temperature of refrigerated foods should remain **40°F or lower**, which can be checked using a food thermometer.

To test your refrigerator temperature:

- Place a refrigerator thermometer in the warmest part of the refrigerator.
- Wait 24 hours, then check the reading.

If the temperature is above 40°F, adjust the control dial according to the manufacturer's instructions. Keep in mind that temperatures may temporarily rise if the refrigerator is more than three-quarters full, the door has been left open for an extended period, hot foods were recently placed inside, or during the automatic defrost cycle. Newly placed thermometers may also need time to stabilize.

Tips for Safe Refrigeration

Proper storage habits help keep food safe and fresh:

- Store raw meat, poultry, and seafood on the bottom shelf in leak-proof containers to prevent cross-contamination.
- Check refrigerator temperatures regularly, ideally daily or at least weekly.
- Refrigerate leftovers within two hours of cooking.
- Divide leftovers into small, shallow containers to help them cool quickly. Cover once cooled.
- Avoid overloading the refrigerator—cool air must circulate to maintain safe temperatures.

Clean your refrigerator regularly and keep a thermometer inside to monitor conditions. Maintaining the correct refrigerator temperature is a small step that makes a big difference in protecting your family's health. A simple refrigerator thermometer can provide peace of mind and help ensure your food stays safe to eat.

Submitted by Amy Robertson, FCS Extension Educator



DIAL PRESSURE GAUGE TESTING



- * 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.

Stuffed Portobello Mushrooms

Serving Size: 1 Stuffed mushroom
Servings: 4

Ingredients

2 Tbs. tomato paste
1Tbs + 1Tbs. olive oil
1 Tbs. balsamic vinegar
1 Tbs. reduced-sodium soy sauce
2 cloves garlic, minced
½ tsp. dried thyme
4 large portobello mushrooms, stems removed
1 lb. ground chicken breast
½ cup chopped oil-packed sun-dried tomatoes, drained
½ tsp. kosher salt
¼ tsp. black pepper
½ cup panko
¼ cup grated parmesan



Directions

1. Preheat the oven to 425°F. In a small bowl, whisk together the tomato paste, 1 Tbs. oil, vinegar, soy sauce, garlic, and thyme. Place the mushrooms on a foil-lined rimmed baking pan, gill side up. Spoon the tomato paste mixture onto the mushrooms. Roast until tender, 18-20 minutes.
2. Meanwhile, in a large bowl, mix the chicken, sun-dried tomatoes, salt, and pepper together. When the mushroom caps are tender, remove them from the oven and stuff them with the chicken mixture.
3. In a small bowl, mix the panko with 1 Tbs. oil until well coated. Stir in the parmesan. Sprinkle over the mushrooms. Roast until the chicken is cooked through, 15-20 minutes.

Per serving: Calories: 310; Total Fat: 13g; Saturated Fat: 2.5g; Carbohydrate: 16g; Fiber: 3g; Total sugar 4g; Added Sugar 0g; Protein: 31g; Sodium: 580mg;

Source: November/December 2025 Nutrition Action Newsletter

Basic Procedures for Agaricus Mushroom Growing

Hippocrates first mentioned mushrooms when he wrote about their medicinal value in 400 B.C. The first mention of mushroom cultivation, distinct from a chance appearance in the field, was in 1652. Unfortunately, they were described as excellent for “making into compresses for ripening boils” but not as good to eat. In 1707, a French botanist wrote about mushrooms as “originating from a horse”. He went on further to note, “Spores upon germination developed into a fluff, this fluff, planted into horse manure and covered with soil, would grow mushrooms”. The first record of year-round commercial production was in 1780 when a French gardener began to cultivate mushrooms in the underground quarries near Paris. After the Civil War, gardeners introduced mushroom growing to North America by using dark areas underneath greenhouse benches to grow mushrooms.



In spite of some articles that say mushrooms can be grown in any dark hole or building, successful commercial mushroom growing requires special houses equipped with ventilation systems. While mushrooms are usually grown in the absence of light, darkness is not a requirement. Mushrooms have been grown in unused coal and limestone mines, old breweries, basements of apartment houses, natural and man-made caves, rhubarb sheds, and many other unusual structures. Mushrooms were reportedly grown in an old dairy barn, which was so damp that cowl living in it had died of pneumonia. In 1894, the first structure specifically designed to grow mushrooms was built in Chester County, Pennsylvania, which is usually referred to as the mushroom capital of the world.

A Review of Mushroom Growing

The mushroom is a fungus and is quite finicky about its food source. Mushrooms lack the ability to use energy from the sun. They are not green plants because they do not have chlorophyll. Mushrooms extract their carbohydrates and proteins from a rich medium of decaying organic-matter vegetation. This rich organic matter must be prepared into nutrient-rich substrate composts that the mushroom can consume. Even correctly made, this food may become available exclusively to the mushroom and would not support the growth of much else. At a certain stage in the decomposition, the mushroom grower stops the process and plants the mushroom so it becomes the dominant organism in that environment.

The sequence used to produce this specific substrate for the mushroom is called composting or compost substrate preparation and is divided into two stages. Phase I and Phase II. Each stage has distinct goals or objectives. It is the grower's responsibility to provide the necessary ingredients and environmental conditions for the chemical and biological processes required to complete these goals. The management of starting ingredients and the proper conditions for composting make growing mushrooms so demanding.

For more information about *Basic Procedures for Agaricus Mushroom Growing* and read it in its entirety, go to: <https://extension.psu.edu/basic-procedures-for-agaricus-mushroom-growing>.

Visit Us On The Web @
uidaho.edu/boundary

Workshops, Programs, Bulletins & Classes

Due to space restrictions, program 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.

Basic Orchard Care

Wednesday, March 11, 2026
9:00 AM-12:00 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. Class size is limited to 15 people.

To **register** 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.

Cooking Under Pressure

Thursday, March 12, 2026
11:00 AM-1:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$10



Have an electric pressure cooker or thinking about buying one? Come join us to learn how to make quick and easy meals for your family. This is a hands-on class, so don't forget your apron. We will also be comparing various brands of electric pressure cookers and seeing how each one operates in order to help you decide which type of electric pressure cooker best meets your needs. Class size limited to 12 people.

To **register** contact the Boundary County Extension Office at 208-267-3235.

Native Plant Seed Collecting and Propagation

Thursday, March 12, 2026
2:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: \$5



Are you interested in incorporating native plants into your yard or garden, but aren't sure where to start? This new class will teach you the basics of selecting which native plant species are right for your area, as well as some of the special techniques needed to grow native plants that the average vegetable gardener may not be familiar with.

To **register** contact the Boundary County Extension Office at 208-267-3235.

Plan the Garden, Preserve the Harvest

Thursday, March 19, 2026
11:00 AM-12:30 PM
FREE- Via Zoom



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**, go to <https://bit.ly/planpreserve2026>

Workshops, Programs, Bulletins & Classes

Seed Starting Basics

Thursday, March 19, 2026

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!

To **register** contact the Boundary County Extension Office at 208-267-3235.

Food Handlers Class

Monday, March 23, 2026

8:30 AM-5:00 PM

Boundary County Extension Office

6791 B Main Street

FREE



Do you work in the food industry or have a job that involves cooking for others? Take our class and receive your Idaho Food Handlers Card. This class will be held at the Boundary County Extension Office on Monday, March 23 from 8:30 AM-5:00 PM. This class is offered free of charge and pre-registration is mandatory. Snacks and beverages will be provided but participants are asked to bring a sack lunch.

Class size is limited. To **register** contact the Boundary County Extension Office at 208-267-3235.

Old Fruit Tree Rehabilitation Class

Tuesday, March 24, 2026

1:00 PM-4:00PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Many of us here in Boundary County have old fruit trees that need a little bit of love and care. Join us for a live workshop demonstration on how to fix up an old fruit tree, including pruning and other care techniques.

To **register** contact the Boundary County Extension Office at 208-267-3235.

Boiling Water Canning Basics

Thursday, March 26, 2026

11:00 AM-Noon

FREE- *Via Zoom*



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/boiling26>

Fermentation: Sauerkraut and Other Veggies

Thursday, March 26, 2026

1:00M-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!

To **register** contact the Boundary County Extension Office at 208-267-3235.

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



Workshops, Programs, Bulletins & Classes

Short Season Gardening

Thursday, April 2, 2026

1:00 PM-3:00 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.

To **register** contact the Boundary County Extension Office at 208-267-3235.

Pressure Canning Made Easy

Thursday, April 16, 2026

11:00 AM-Noon

FREE- *Via Zoom*



Learn the basics to safely use your pressure canner to process shelf-stable foods! Register at: <https://bit.ly/pressure26>

Sourdough Made Simple

Thursday, April 30, 2026

1:00-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Join us to learn tips and tricks for how to make sourdough bread from scratch. Perfect for beginners and home bakers, this workshop walks you through the process of making both regular as well as gluten-free sourdough bread.

To **register** contact the Boundary County Extension Office at 208-267-3235.

The Science of Sips: Creating Fermented Drinks

Tuesday, May 5, 2026

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$10



Discover the art and science of fermentation in this interactive class designed for beginners and curious food enthusiasts alike. Participants will learn the fundamentals of safe and successful fermentation for foods such as kombucha and kefir.

To **register** contact the Boundary County Extension Office at 208-267-3235.

STRONG WOMEN PROGRAM

March 17—May 21, 2026



All Equipment Provided

Location: UI Extension Conference Room

Time Choices:

8:30 a.m. Tuesday, Thursday

Strong Women Stay Young — 2x/week

10:30 a.m. Tuesday, Thursday

Strong Women Strong Bones — 2x/week

Cost: \$30 * for 10 week session

Space is limited.

*Scholarships available, contact Angela at 208-267-3235.

Jerky Making 101

Thursday, May 21, 2026

11:00 AM-Noon

FREE- *Via Zoom*



Learn how easy and fun it can be to make jerky safely at home! Register at: <https://bit.ly/jerky26>



2026 Growing, Cooking & Preserving Your Garden Harvest

Bonner County
Extension Office

4205 North Boyer Road, Sandpoint

Each class is 10:00 AM-2:00 PM

COST: \$10 per class



- April 16-Carrots
- April 30-Spinach, Greens & Early Season Vegetables
- May 14-Peppers and Tomatoes
- May 28-Jam and Rhubarb
- September 10-Garlic
- October 8-Flour of all kinds
- November 12-Gifts in a jar & homemade spice mixes

To **register**, contact the Bonner County Extension Office; 208-263-8511.

Continued from page 1

Fear of Injury

- **Barrier:** Older adults may be concerned about the risk of injury during physical activity, especially if they have experienced falls or accidents in the past. This fear can lead to avoidance of exercise.
- **Strategy:** Focus on proper technique. Follow the cues of exercise leaders and ask questions of facility staff. Try seated exercises or other modifications to reduce fall risk. Make sure to incorporate a proper warm-up and cool-down into every exercise session.

Lifestyle Changes and Lack of Social Support

- **Barrier:** Retirement, changes in social circles, and the loss of a spouse or friends can lead to increased sedentary behavior. A lack of structure in daily routines can contribute to reduced physical activity.
- **Strategy:** Build exercise into your day, just like you would a meeting or appointment. Exercise can be more enjoyable when you participate with others. Find a friend and make a regular exercise date. Research facilities in your area that cater to older adults and try a group fitness class. There are many choices, so if the first one is not your favorite, try another option!

Lack of Accessibility

- **Barrier:** Finding safe and accessible places to exercise may be challenging in your community due to lack of transportation, weather, or handicap accessibility issues.

- **Strategy:** There are many opportunities for exercise without leaving the comfort of your home; anything that gets your body moving is beneficial. Find transportation services within your community that may provide rides to classes or facilities nearby.



Misconceptions About Exercise

- **Barrier:** Some older adults might hold misconceptions about exercise, believing that they are too old or frail to benefit from physical activity.
- **Strategy:** Everyone, regardless of age, can benefit from exercise and physical activity. You do not need to possess special skills or talents to exercise. There are also many activities you can do that are completely free and require zero equipment, such as walking or dancing!

In Summary

Engaging in regular physical activity across the lifespan can slow the decline of many negative health consequences and help improve cardiovascular fitness, increases in muscle and bone mass, balance, cognition, and overall well-being. There are many things that can impede a regular fitness routine, but having a plan and strategies for when a barrier pops up can be beneficial in remaining committed to staying active.

Source: <https://extension.sdstate.edu/about/newsletters>



University of Idaho
Extension
Boundary County

4-H CLOVER TALK
MAR./APR. 2026

Monique Russell

4-H Program Coordinator



From a late winter chill to the first signs of spring, 4-H is off and running with exciting projects and new adventures. The Organizational Clubs have started their meetings, so if you haven't been contacted yet by your leader, please call the Extension office so we can get you connected. Some animal projects and other projects have also started holding meetings, and additional projects will begin 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. If you have a project meeting that conflicts with a club meeting, please contact your club leader ahead of time to let them know the circumstances and attend the project meeting. If you notify your leader after the fact, you will not receive credit for club attendance.

The fair this year will be from August 11th through the 15th. The fair theme is "There's Magic in the Fair," so start thinking about barn decorations because fair will be here before you know it.

We are once again hosting Livestock Quality Assurance Trainings this year for members in FFA and 4-H whose last names begin with H-O, or for anyone taking a market animal project for the first time. The remaining training sessions will be held at the Boundary County Extension Office on Wednesday, March 4th, from 5:30-7:00 pm, and Friday, March 20th, from 10:00-11:30 am. Don't wait to sign up, spots in each session are limited. Call 208-267-3235 to register. Attendance is required; if you miss Quality Assurance Training, you will not be able to complete your market animal project. Parents are encouraged to attend if possible.

Mark your calendars for these important animal project dates! Market beef ownership deadline is March 13th, with weigh-in at 9:00 am on March 21st at the Boundary County Fairgrounds. Market swine ownership deadline is May 2nd, with weigh-in at 7:00 am at the fairgrounds on May 16th. Market lamb and goat ownership deadline is June 1st, with weigh-in at 5:30 pm on June 3rd at the fairgrounds. Don't forget 4-H and open class Avian bird flu testing on July 27th from 2:00-6:00 pm at the Boundary

County Fairgrounds.

All animal projects must be vaccinated before attending the initial weigh-in or any other 4-H event where they will be around other animals. Animals that are not vaccinated cannot be offloaded or weighed. If you purchased your animal from out of state, a veterinary inspection is required before crossing state lines, and proof of this inspection must be provided at the spring weigh-in. We also ask that county breeders go first at each weigh-in. Please remember to bring your bill of sale, brand inspection paperwork, haul slips, and, if applicable, your scrapie tag.

It's time to shine, 4-H members! Start working on your oral presentations for your projects; every project you're enrolled in gets its own chance to share what you've learned. Suggested times are Junior: 5-8 minutes, Intermediate: 8-10 minutes, and Senior: 10-12 minutes. Do you want to take it to the next level? Join the County Oral Presentation Contest on April 27th at 4:30 pm at the Boundary County Extension Office! Call the office to grab your time slot. Get ready to show off your skills, have fun, and wow the judges. The time limits above are your guide for the contest.

If you haven't already, now is a great time to get started working on your record books! Set your goals and record each event as it happens — a little progress along the way makes things much easier than trying to remember everything at the end. This also makes fair time less stressful! Record books are available in ZSuite, and in our county, pictures are required, and each story is project specific. That means if you have 5 projects, you'll write 5 different stories and complete 5 separate presentations. Keep track as you go, and watch your accomplishments add up!

Volunteer 4-H leaders, please plan to attend the monthly Leaders Council meeting, held on the second Tuesday of each month at 7:00 pm at the Extension Office. The Livestock Committee meeting begins at 6:30 pm on the same day. If you were unable to attend Super Saturday, attending these meetings is a simple way to complete your required training.



March

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

March 4-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With H-O 5:30 p.m. Ext. Office

March 8-Daylight Savings Begins

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

March 13-Ownership/possession Deadline For ALL MARKET BEEF 150 Days

March 15-Deadline To Add 4-H Projects

March 17-St. Patrick's Day



March 20-Spring



March 20-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With H-O 5:30 p.m. Ext. Office

March 21-Market Beef Weigh In 10:00 a.m. @ Fairgrounds (142)

April

April TBD-STAC Registration Opens

April 5-Easter

April 14-Awards Committee Meeting 6:00 p.m. Ext. Office

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

April 27-Oral Presentation Day County Contest 4:30 p.m. Ext. Office

The deadline to add 4-H projects is March 15!

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/extension/4-h-parent-complete.pdf), to assist in evaluating the reasonable accommodation request at least two weeks 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

May

May 2--Ownership/possession Deadline For ALL MARKET SWINE 100 Days

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

May 10--Mother's Day



May 16--Market Swine Weigh In 7:00 a.m. @ Fairgrounds

May 22--Fair Royalty Applications Due

May 23--Cat Show 9:00 a.m.

May 25--

Memorial Day Parade Ext. Office Closed



ATTENTION ALL

4-H LEADERS—

Please mark **March 10 & April 14 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. followed by Leaders' council starting at 7:00 p.m. at the Extension Office. All parents, members, and community members are welcome to attend meetings.

4-H Friday Friends It is hard to believe that it's already March! Time is flying by and spring is right around the corner. With winter's late arrival we had a snow day that gave us an unexpected winter pause!

February brought a transition for 4-H Friday Friends as we say goodbye to Ms. Susie. We are thankful for all she gave to our program.

Meet Our New 4-H Friday Friends Coordinator: Ms. Amanda! Amanda grew up in Burns Lake, a small town in Northern British Columbia, Canada, and brings a love of adventure and learning to every activity. She's inspired to work with kids because, "They're the best! They have the silliest jokes, the best stories, and all they really want is some quality time and a listening ear—I'm happy to be that person on Fridays." When she's not at 4-H, Amanda enjoys hiking, camping, and hunting for cool rocks to add to her collection. She's looking forward to summer fun with the kids: hiking, camping, berry picking, swimming, and more. Fun fact: she used to plant trees and mine for gold to pay for college! With longer, warmer days ahead, Amanda is excited to spend plenty of time outside with the 4-H Friday Friends.

At 4-H Friday Friends, we love to learn, create, and let our imaginations shine! From hands-on crafts to creative building challenges, the kids stay busy exploring new ideas and trying new skills. We also welcome some pretty amazing guests throughout the month. Ms. Mary with 4-H AmeriCorps joins us once a month to lead exciting STEAM activities that get everyone thinking, building, and experimenting. Ms. Terri from the library visits twice a month for engaging story times that spark great conversations and a love for reading. There is always something fun happening, and the kids look forward to each visit!

Every Friday, kids from Kindergarten through 5th grade join us at the Boundary County Middle School from 7:30 am to 5:30 pm for a full day of hands-on projects, games, and creativity. It's the perfect place to learn, play, and make new friends. The program is just \$15 a day. We provide 2 healthy snacks during the day and all learning materials. The only thing we ask kids to bring is a lunch and warm clothes suitable for playing outdoors. Registration paperwork is always available at the door, and you can take care of the daily fee when you check in. If you have any questions, call the Boundary County Extension Office at 208-267-3235.

Dates: Second Semester
February 6, 13, 20, 27
March 6, 13, 20, 27
April 10, 17, 24
May 1, 8, 15, 22, 29
June 5

Did you miss the opportunity to advertise in last year's Fair Book? Do you know someone who has a business or is new to town that would benefit by advertising in the Fair Book?



Please call Boundary County Extension Office to get advertising information for the 2026 Fair Book. If you have questions, would like to sell ads or advertise, please contact the Extension Office at 208-267-3235.

August 11-15, 2026
Boundary County Fair
Magic in the Fair

Livestock News



2026 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

- BEEF**-Saturday, March 21, 2026
10:00 a.m. (142 Days)
- SWINE**-Saturday, May 16, 2026
7:00 a.m. (Breeder's go first) (86 Days)
- LAMB & GOAT**-Wednesday, June 3, 2026 5:30 p.m. (68 Days)

5:30 p.m.
RABBIT-Tuesday, July 7, 2026
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).

QUALITY ASSURANCE TRAINING

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

There are three dates to choose from:

Friday, February 20 10:00-11:30 AM

Wednesday, March 4 5:30-7:00 PM

Friday, March 20 10:00-11:30 AM

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.

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

Days on Feed 2026

| WEIGH-IN DATES | DAYS ON FEED |
|-----------------------------------|--------------|
| Beef March 21-August 10 | (142) |
| Swine May 16-August 10 | (86) |
| Lamb/Goat June 3-August 10 | (68) |

Project Leader Tips

As a 4-H project leader, you should be able to deal effectively with all age groups, but most importantly the 4-H age group. Encourage their self-esteem and growth through positive motivation. Congratulate the members for learning new skills and knowledge, for achieving goals, and for being attentive and enthusiastic. Criticism in any form is unusually nonproductive. The members will make mistakes and should be corrected in a positive manner. Teach them to learn from their mistakes and past experiences, and encourage them to go forward with that new experience.

Leaders also need other skills and traits when dealing with 4-H members:

- Always be honest and fair. Treat every member equally. Give the members an honest assessment of their strengths, as well as areas in which they need improvement.
- Teach them that each member is an important part of the project group.

- Give each member an equal opportunity for group involvement. This helps them feel accepted and involved in the learning process.

Communicate with the project member's parents.

- Tell them about their child's progress. Parents are interested in their children and can greatly help motivate them as well as aid in the physical needs of conducting the project and related activities. Do not be afraid to ask parents for help. Most are happy to assist.
- Always bear in mind that the leader's own attitudes and behaviors affect the attitudes and behaviors of the members.

Source: Adapted from www.four-h.purdue.edu

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 is project related. The following are suggested times (Juniors 5-7 minutes, Intermediates 7-10 minutes, and Seniors 8-12 minutes). The times listed here are for project meeting demonstrations. Pick a topic about your project that you think others will be interested in learning about. Select a catchy title for your talk or presentation. 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 your time and attention". This is intended to let the audience know this is the end.

In preparing for your talk or oral presentation, memorize your presentation, use note cards or a combination. If you are giving an illustrated talk or presentation, 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!

Calling all 4-H'ers!!! Boundary County Oral Presentation Day will be held on Monday, April 27, 2026 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:

- Juniors 8-10
- Intermediates 11-13
- Seniors 14-18

Time allowances for presentations are as follows:

- Juniors 5-7 minutes
- Intermediates 7-10 minutes
- Seniors 8-12 minutes



Scholarships

Bonner County Cattlewomen and Cattlemen Agricultural Scholarship

Any college Junior or Senior entering the field of Agriculture or pursuing a degree in Education or any other major, where the student could show an impact on Agriculture (preferably beef). The student must have received their High School diploma while residing in Bonner or Boundary County and be entering their Junior or Senior year attending an accredited college in the State of Idaho. Applications are available at Bonner and Boundary County Extension Offices and are due on or before April 15, 2026.



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 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 1½ 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.

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

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March/April 2026

KEEPING OUR COMMUNITY CONNECTED

BOUNDARY COUNTY EXTENSION STAFF



| | |
|-----------------|--|
| Amy Robertson | Extension Educator Family & Consumer Sciences |
| Samuel DeGrey | Extension Educator Agriculture & Horticulture |
| Monique Russell | 4-H Program Coordinator |
| Amanda Böhmer | 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.

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