

University of Idaho
Boundary County
Extension Service
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EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H ■ MASTER FOOD SAFETY ADVISOR

Welcome Monique Russell!

Hi, I'm Monique Russell. I was born in Burley, Idaho, and have called Bonners Ferry home since elementary school.

I've always loved working with kids—babysitting, leading 4-H projects, helping at camps, volunteering, and working through schools and community programs. My kids continue on with the 4-H tradition, and during fair week you'll usually find me in the barn helping them and others get ready.

I'm also a proud supporter on the sidelines of nearly every local youth sporting event. When I'm not volunteering or cheering kids on, I enjoy photography, camping, fishing, and exploring the outdoors around Boundary County.

Recently, I was thrilled to become the Boundary County 4-H Coordinator, where I focus on supporting youth and fostering growth. I believe good communication builds strong relationships, and I'm excited to be part of this team and help everyone achieve their best.



Inside This Issue

Extension Office Hours 8:00 a.m.-5:00 p.m.

Master Gardener Column— Rotte Crop Location	2
Master Food Safety Advisors—Food Safety Tips for Holiday Gatherings	3

Winter Driving Tips	3
Holiday Turkey Safety Tips	4

Workshops, Programs, Bulletins, and Classes	5-8
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4-H Clover Talk

Nov./Dec.

4-H Calendar	9
2025/26 4-H Enrollment	10
4-H Friday Friends	10
Livestock News	11
• Bill of Sale vs. Receipt	11
• C.O.O.L.	11
• Project Requirements	12
Scholarships	12
Scholarships Continued	13
Market Lamb Contest	14
Leaders Banquet	14
Sample Livestock Bill of Sale	15



**The Extension Office will be closed
November 27 & 28 & December 24
through January 1 for the Holidays.**

Master Gardener Column



Rotate Crop Location

Planting the same crop in the same spot every year can result in a buildup of insect and disease pressure. It can also result in the reduction of soil fertility and an increase in weeds. Planting vegetables from the same plant family in different areas each year will help support soil health and reduce insect and disease challenges. At least a 3-year rotation between different plant families is recommended.

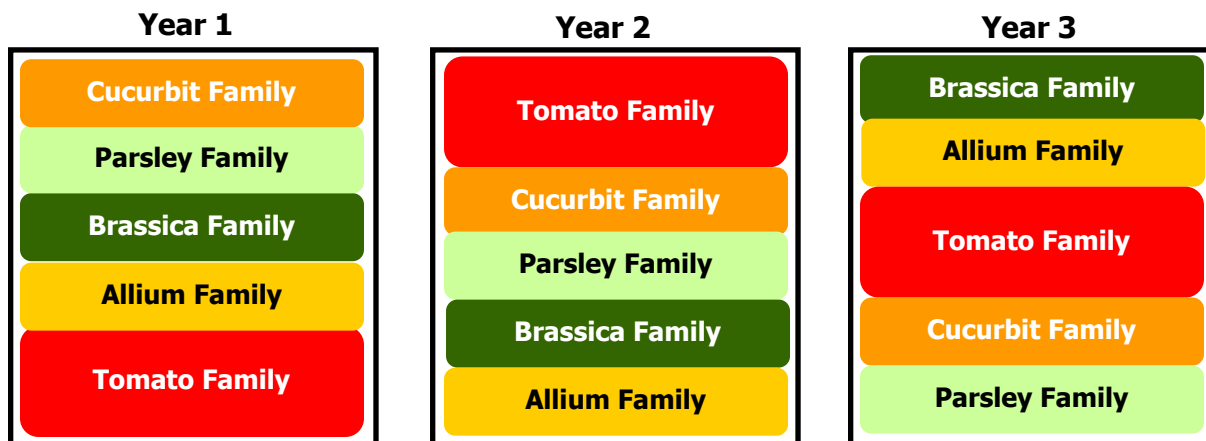
In a larger garden, it can be simpler to move crop families to a different area each year, especially when it is possible to include cover crops in the rotations. In a small or very small garden, including raised bed gardens, it is important to move plants from each crop family as much as is feasible each year—even if it is a short distance. If crop rotation is not very feasible due to the size of garden or crop selection, it becomes even more important to select disease resistant varieties and closely monitor soil health.

Choosing Vegetable Varieties

In choosing varieties for the home garden, consider factors such as disease resistance, weather adaptability, yield, maturity date, size, shape, color, and flavor.

Allium Family	Brassica Family	Cucurbit Family	Legume Family	Tomato Family
Chives Garlic Leeks Onions Shallots	Arugula Bok choy Broccoli Brussels sprouts Cabbage Cauliflower Collards Kale Kohlrabi Mustards Radish Rutabaga Turnip	Bitter melon Cantaloupe Cucumbers Gourds Honeydew melon Pumpkin Squash Watermelon	Dry beans Edamame Long beans Pole beans Shelling peas Snow peas Southern peas	Eggplant Garden huckleberry Ground cherry Pepper Potatoes Tomatillos Tomatoes
Aster Family	Grass Family	Amaranth Family	Mallow Family	Parsley Family
Endive Escarole Jerusalem artichoke Lettuce Sunflower	Corn	Amaranth Beets Chard Spinach	Okra	Carrots Celery Cilantro Dill Fennel Parsnips Parsley

Example of 3-Year Crop Rotation



Food Safety Tips for Holiday Gatherings



Each year, one in six Americans becomes sick with a foodborne illness. Across the country, the number of outbreaks increase during the holiday season. Help keep yourself and your friends and family healthy these coming months by following food safety recommendations.

Cleaning

- Wash your hands often during food preparation, serving and cleanup.
- Wash and sanitize all counters, and food preparation areas before cooking. Check to make sure your serving dishes are clean. If they are only used occasionally they will probably need a quick scrub after being pulled out of the cupboard.
- Use separate cutting boards and serving trays for raw or cooked foods rather than ones previously used for raw meat or poultry.

Cook Proteins Thoroughly

- Cook roast beef, pork, veal and lamb to at least 145 degrees F for medium rare and 160 F for medium well done; let stand/rest for three minutes before serving.
- Cook poultry to 165 F or higher.
- Any foods created from ground meat or hamburger should be cooked to 160 F.

Serving Tips

- Serve foods in several small dishes or platters rather than on huge platters.
- Keep the rest of the food in your oven (set at 200-250 F) or cold in the refrigerator until serving. This way, the foods will be kept at safe temperatures for a longer period of time.
- Replace empty small platters with clean dishes rather than

add fresh food to a dish that already had food in it. Remember: Many unwashed hands have been taking food from these dishes and the food has been sitting out at room temperature.

- Food should not sit at room temperature for more than two hours. Throw out anything left out for two hours or more.

Keep hot foods hot and cold foods cold

- Keep hot foods at 140 F or warmer: Use chafing dishes, warming trays or slow cookers to keep hot foods hot on the buffet table. Keep the covers on the hot food dishes to keep the heat inside the dish.
- Keep cold food at 40 F or colder: Nest dishes in bowls of ice to keep foods cold. Otherwise, use smaller serving platters and replace them often.

Clean up after your party

- Use soap and water to wash the countertops, tables and the refrigerator door handle (one of the dirtiest spots in a busy kitchen).
- Follow up with a sanitizing solution (1 teaspoon bleach to 1 quart of water) after washing and rinsing off the suds. Spray solution on the clean surfaces and air-dry.

Leftover food safety

- Refrigerate or freeze leftovers within two hours of serving.
- Throw out foods left on your buffet table longer than two hours.
- Eat your leftovers within three to four days.
- Freeze foods for longer storage.
- Reheat leftovers to a minimum of 165 degrees F.

For more information on food safety recommendations, contact the UI Extension Office in Boundary County at 208-267-3235.

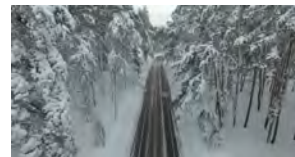
Amy Robertson, FCS Extension Educator

Winter Driving Tips

Protect yourself and your passengers. Allow extra time to reach your destination during inclement weather. It takes only one unprepared or careless driver to slow or stop traffic.

- Check statewide pass conditions online at Idaho511 before heading out or planning trips.
- Drive for conditions: slower speeds, slower acceleration, leave extra space between vehicles, give yourself more time and space to stop.
- Check to see if you have traction tires & chains.
- Watch a video to learn how to install tire chains.
- Do not use cruise control.
- Four-wheel and all-wheel vehicles do not stop or steer better on ice.
- Leave extra room between your vehicle and the vehicle in front of you. And remember, the larger the vehicle, the longer the stopping distance.

- Slow down when approaching intersections, offramps, bridges, or shady spots.
- If you find yourself behind a snowplow, slow down and give the plow a little extra room.
- Slow down and be extra cautious near the chain-up and removal areas. There are often people out of their vehicles.



Winter Driving Supply List

Flashlight, Extra batteries, Nonperishable snacks, Water, Gloves, Boots, First aid kit, Cell phone charger, Tire chains, Ice scraper, Jumper cables, Flares, Kitty litter or sand, Whistle

Source: Adapted from WSU Walla Walla County Extension Newsletter, Vol. 2024: No.6 Nove.-Dec.

Holiday Turkey Safety Tips

Thawing your turkey in the refrigerator is the preferred method for safety reasons, but you can also thaw it in cold water. The thing to remember about both methods is that they keep your turkey *cold* while thawing-the key to preventing excessive bacterial growth.

Thawing in the Refrigerator

Simply place the turkey in its original wrap on a tray or in a pan to catch moisture that accumulates as it thaws. A thawed turkey may remain in the refrigerator for 1-2 days.

Approximately 24 hours per 5 pounds (whole turkey)	
4-12 pounds	1-3 days
12-16 pounds	3-4 days
16-20 pounds	4-5 days
20-24 pounds	5-6 days

Thawing in the Microwave

Follow the microwave oven manufacturer's instruction when defrosting a turkey. Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed.

Roasting Your Turkey

Set your oven to no lower than 325°F. Place the turkey on a rack in a shallow roasting pan. For more even cooking, cook your stuffing outside the bird in a casserole and use a food thermometer to insure stuffing reaches an internal temperature of 165°F.

If you stuff your turkey, ingredients can be prepared ahead of time; keep wet and dry ingredients separate. Keep the wet ingredients chilled (butter/cooked celery/onions, broth etc.) Mix the wet and dry ingredients just before filling turkey. Fill cavity loosely. Cook the turkey immediately. Use a food thermometer to insure the center of the stuffing has reached an internal temperature of 165°F.

A whole turkey is safe when cooked to a minimum internal temperature of 165°F. Check the internal temperature in the innermost part of the thigh and wing and thickest part of the breast. If the turkey has a "pop-up" temperature indicator, also check the internal temperature with a food thermometer.

Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve easier. Finally remove all of the dressing from the turkey cavity.

Times table for Roasting Chicken Parts-(325°F)	
2-3 pounds Breast, half	50-60 minutes
4-6 pounds Breast, whole	1½-2¼ hours
6-8 pounds	2¼-3¼ hours
Drumsticks-¾-1 pounds	2-2¼ hours
Thighs-¾-1 pounds	1¾-2 hours
Wings, wing drumettes 6-8 ounces each	1¾-2¼ hours

Thawing in Cold Water

Check the wrapping to make sure there are no tears, and place the bird in its unopened bag in the sink or in a large container and cover it with cold water. If the wrapping is torn, place the turkey in another plastic bag, close securely and then place in water. You will need to change the water every ½ hour as a rule of thumb. Cook the turkey immediately after it is thawed.

Approximately 30 minutes per pound (whole turkey) Change water every ½ hour	
4-12 pounds	2-6 hours
12-16 pounds	6-8 hours
16-20 pounds	8-10 hours
20-24 pounds	10-12 hours

Remember! Always wash hands, utensils, sink and anything else that comes in contact with raw turkey and it's juices with soap & water.

Times table for Roasting-(325°F oven) Unstuffed	
8-12 pounds	2¾-3 hours
12-14 pounds	3-3¾ hours
14-18 pounds	3¾-3½ hours
18-20 pounds	4¼-4½ hours
20-24 pounds	4½-5¼ hours
Stuffed	
8-12 pounds	3-3½ hours
12-14 pounds	3½-4 hours
14-18 pounds	4-4¼ hours
18-20 pounds	4¼-4¾ hours
20-24 pounds	4¾-5¼ hours

Oven Bag Roasting (Easy) If you want to cook your turkey the easy way, but a little faster, use an oven bag. The oven bag will save cooking and cleanup time. Follow the cooking directions on the box; add 30 minutes to the recommended cooking time if you choose to stuff your turkey. Your turkey is safe to eat when the thermometer registers 165°F in the innermost part of the thigh, the innermost part of the wing, the thickest part of the breast and the center of the stuffing.

For more information about food safety call: USDA Meat and Poultry Hotline, 1-888-674-6854, Monday-Friday, 10:00 AM-6:00 PM, Eastern Time or E-mail: MPh hotline@usda.gov. **The hotline is open on Thanksgiving Day from 8:00 AM-2:00 PM, Eastern Time, but closed on other Federal Government holidays.**

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.



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.

Holiday Food Hacks

Thursday, November 6, 2025

11:00 AM-Noon

Online via Zoom

FREE

Learn the tips and tricks of planning holiday dishes so you will be ready to go when the holiday is here!

Register at: bit.ly/holidayhacks25.



Capture the Flavor

Tuesday, November 18, 2025

1:00 PM-2:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Learn the benefits of cooking with herbs and spices, the best practices for storing them safely, and how to flavor meals like a pro! This program is packed with information about the history, usage, and health benefits of using herbs and spices to flavor the foods and beverages we consume.

To **Register**: Contact the Boundary County Extension Office @ 208-267-3235.

Mental Health First Aid

Friday, November 21, 2025

8:30 PM-4:30 PM

Boundary County Extension Office

6791 B Main Street

COST: 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.

Safe Gifts from the Kitchen

Thursday, December 4, 2025

11:00 AM-12:00 PM

FREE

Online via Zoom



Learn fun and easy ways to prepare gifts for the holidays that come straight from your kitchen. This class will cover ways to know what are some safe practices, and what recipes should be avoided from making, based on food safety practices.

Register at bit.ly/25safe.

Gifts in a Jar

Wednesday, December 10, 2025

2:00 PM-3:30 PM

Boundary County Extension Office

6791 B Main Street

COST: \$15

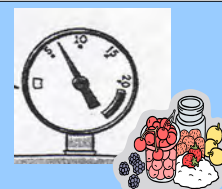


In this class you will learn many different ways to create a unique gift in a jar. You'll go home with some of your Christmas gifts already made, and recipes for creating more at home.

Class size is limited to 10 people.

To **Register**: Contact the Boundary County Extension Office @ 208-267-3235.

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.

Workshops, Programs, Bulletins & Classes

QPR Suicide Prevention Class

Friday, December 12, 2025

Noon-1:00 PM

Boundary County Extension Office

6791 B Main Street

COST: FREE



We invite you to attend the next QPR suicide prevention gatekeeper training course offered by Amy Robertson, U of I Extension. To **join the in-person training** please **register** by emailing amrobertson@uidaho.edu or calling the Boundary County Extension Office at 208-267-3235.

The need for suicide prevention efforts is increasing given the challenges of the last few months. Make a difference and help prevent suicide by becoming a trained suicide prevention gatekeeper.

For more information on QPR, visit qprinstitute.com.

IDAHO MASTER GARDENER PROGRAM

Boundary County—

"Helping People Grow"



The purpose of the UI Master Gardener Program is to develop a network of trained volunteers who can provide our community with research-based horticultural education and technical assistance with gardening and home horticultural problems. Master Gardeners receive about 12 weeks of college-level lectures and hands-on training with UI Extension Specialists, faculty, and local experts. After completion of the training, Master Gardeners must provide a minimum of 30 hours of volunteer service back to their community in order to graduate.

Areas of training include:

- Basic Botany
- Soils & Fertilizers
- Integrated Pest Management
- Entomology
- Fruits & Vegetables
- Trees, Shrubs & Flowers
- Weed Science

Part of the volunteer hours are spent in the Extension Office Plant clinics assisting homeowners with their gardening questions. The other volunteer hours can be spent on a variety of educational gardening projects. Volunteers must meet course requirements and volunteer hours to receive a certificate, name badge, and field magnifier. The cost is \$150. Certified Master Gardeners will receive a \$75 refund upon completion.

Class space is limited. To **request an application** for the Idaho Master Gardener Training Program contact the Boundary County Extension Office @ 208-267-3235 or email boundary@uidaho.edu.

Pressure Canning Basics

Thursday, January 8, 2026

1:00 PM-4:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$10



Learn how to safely make and preserve low-acid foods at home such as vegetables, meats, dried beans, and mixed foods. This hands-on class will also teach participants the basics of pressure canning and proper care for your canner. Each participant will make their own jar of product which they can pick up the day after the class. Class size is limited to 12 people.

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

Basic Dehydration

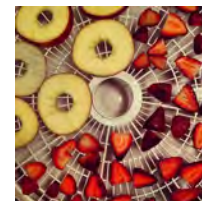
Wednesday, January 21, 2026

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST:\$10



In this class we will be sampling different dehydrated foods and making fruit leather. You will learn specific techniques for using your home oven or dehydrator to dry fruits, vegetables, herbs, and meats. Your family will love these healthy snacks.

Contact the Boundary County Extension Office to **register**; 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:

- 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.



Pesticide Applicators Recertification Training

Wednesday, December 3, 2025
8:30 AM-12:30 PM

UI—Sandpoint Organic Agriculture Center
10881 North Boyer Rd.
COST: \$10



This class gives you the opportunity to obtain pesticide recertification credits before the end of the year! We anticipate having 4 credits available. The course will cover Pesticide Safety, Insect Resistance Management, and The Science of Control, among other topics.

Pre-registration for the Pesticide Applicator Recertification Workshops is encouraged, but not required. To **register**, contact the Bonner County Extension Office @ 208-263-8511.

Freeze Drying

Sandpoint
Wednesday, December 17, 2025
10:00 AM-11:30 AM
Sandpoint Organic Agriculture Center
N. 10881 Boyer Road
COST: \$10



Want to learn about freeze dryers designed for home use? This is the class for you! During this class you will learn about the various freeze dryer models, purchasing and maintenance costs, how to operate a freeze dryer, and proper storage of freeze-dried goods. You will be given the opportunity to see how to prep food and begin the freeze-drying process. We will also be sampling a variety of freeze-dried foods.

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



Winter Session starts
PRESERVE @ HOME January 16, 2026
Registration Deadline : January 14

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 in-depth online food preservation class to teach individuals how to safely preserve a variety of foods. Participants learn how to produce high-quality, preserved foods and the science behind food preservation and food safety.

The registration deadline is **Tuesday, January 14, 2026**. The first lesson of the 6-week course opens online on **Thursday, January 16 at 1pm MT**. Each lesson includes online text that can be downloaded and printed, online bulletin board to facilitate participant discussion, and a real-time weekly chat to interact with classmates and instructors. The weekly online chat session for the first lesson will be on **Thursday, January 24 from 1:00 to 1:45 PM MT**. Topics to be covered include: Foodborne Illness—causes and prevention, Spoilage and Canning Basics, Canning High Acid Foods, Canning Specialty High Acid Foods—pickles, salsa, jams, jellies, Etc., Canning Low Acid Foods, and Preservation—cold storage and root cellaring.

The cost is \$35 plus the cost of supplemental materials. Many of the supplemental materials are available free, online.

For More Information Contact:

Laura Sant, MS RD, UI Extension Educator Franklin County: lsant@uidaho.edu or call the Franklin County Extension Office, 208-852-1097

STRONG WOMEN PROGRAM
January 6—March 12, 2025



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.

Would you be interested in joining a Strong Women class on Tuesday and Thursday mornings at 7:00 a.m.? If so, give us a call! 208-267-3235 If there is enough interest, we will get one started!



Selkirk-Pend Oreille Food Summit

Cultivating Connections for a Resilient Food Future

Friday & Saturday,

November 7 - 8, 2025

Friday: 1:00 pm - 4:30 pm

Saturday: 10:00 am - 3:00 pm

Sandpoint Organic Agriculture Center



The Selkirk-Pend Oreille Food Summit is a two-day event focused on growing connections between farmers, ranchers, and foragers and residents, restaurants, and retailers. On Friday, listen to 5-minute "Ignite!" presentations highlighting the amazing work being done in the region, and take advantage of an abundance of opportunities for networking. On Saturday, join us for a Fall Harvest Festival where you can meet local farmers, ranchers, food business owners, and organizations that provide support in the Selkirk-Pend Oreille Food System.

From farmers, ranchers, foragers, and gardeners to chefs, restaurateurs, foodies, and community members, this summit has something for everyone. Come to learn and share. Leave with new connections and ideas for supporting local farms and eating year-round in the Selkirk-Pend Oreille region!



**University of Idaho
Extension**

Friday: \$10

Saturday: Free to Attend

Questions?

Colette DePHELPS, University of Idaho Extension
cdepheps@uidaho.edu | 208-885-4003

<https://www.idahofoodworks.org/2025-selkirk-pend-oreille-food-summit>

Register by Oct 30th



The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or protected veteran or military status.



Current Topics in Forest Health 2025

Coeur d'Alene

Friday, December 12, 2025

8:30 AM-4:30 PM

North Idaho College

Meyer Health and Science Building, Room 106

COST: \$26

Animals, plants, insects, and diseases can sometimes impede reforestation, wildlife habitat, or other forest stewardship goals. Current Topics in Forest Health is an annual program that updates forest owners, operators, and natural resource professionals on methods to improve forest health.

Please register by Friday, December 5, 2025 to assure your place and help us plan. To register online go to: <https://marketplace.uidaho.edu/> then scroll to and click on "University of Idaho Extension: Panhandle Forestry". For registration questions contact the UI-Kootenai County Extension Office: (208) 292-2525.



**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**



Boundary County Cereal School

Friday, January 23, 2026

Time: TBA

Boundary County Extension Office

6791 B Main Street

COST: FREE



Eight cereal school events are held across the state, including three in northern Idaho. They are sponsored by the Idaho Wheat Commission, the Idaho Barley Commission, and the University of Idaho. These educational workshops provide an opportunity for producers to learn about issues in their region, including insect issues, disease updates, variety trials, weed control, canola issues, markets, and more. Pesticide recertification credits will be available.

There is no charge for the workshop, but we need an accurate head count by **Friday, January 16**, for the lunch order. To **register**, please contact the Boundary County Extension Office at 208-267-3235 or email boundary@uidaho.edu.



University of Idaho
Extension
Boundary County

4-H CLOVER TALK

NOV./DEC. 2025

Monique Russell

4-H Program Coordinator



As the seasons change and the last of autumn leaves fall, we welcome the cozy days of November and the festive spirit of December. It's a wonderful time to reflect on this year's accomplishments and to look forward to all that the upcoming new 4-H year has in store.

4-H enrollment is currently open, so be sure to sign up and invite your family and friends to join in the fun! Whether you are returning to your favorite project or exploring something new, there's no better time to set goals, learn some new skills, and make some amazing memories. If you have not enrolled at 4h.zsuite.org, please do so before Jan 10, 2026 to be eligible to exhibit and compete at fair.

Enrollment Fees are \$25.00 per member for up to 3 projects. Each additional project after that is \$3.00 more per project. Horse and Dirt Bike member fees are \$27.00. Dutch Oven (\$10 extra) and Jewelry Making (\$5 extra) have extra costs too. If you need any help enrolling, don't hesitate to give me a call! Please note that the Extension Office only takes cash or checks, and all fees are paid there.

If you are a returning leader, please sign up in zsuite as soon as possible. Be sure to choose an Organizational Club and add your project, if you are a project leader. I will be sending out background check requests to leaders that need to renew their background checks. Please complete these as soon as possible.

If you are interested in becoming a new 4-H leader, we'd love to have you join our team! Leadership is an amazing way to make a difference, support our youth, and share your great skills. Please give me a call for more information.

We recently held our annual 4-H Leader's Banquet and had the honor of recognizing our dedicated volunteers for their years of service. It was a wonderful evening celebrating all their commitment to youth through our 4-H program. The highlight of the night was honoring our very first 2 volunteers to reach 50 years of service, a

truly remarkable milestone and testament of their dedication and passion. Congratulations Bert and Liz Wood!

We also had our annual Carnival and Awards Banquet on October 23, what a success! Members, families, friends, and volunteers came together to celebrate a fun-filled event to showcase the accomplishments and hard work of our youth. We are especially proud to recognize our five youth 10-year members, reflecting dedication and growth throughout their years in the 4-H Program. If you were not able to attend, please come to the office to pick up your award. We also have some market animal sale checks waiting to be picked up as well.

As the holidays approach, let's take a moment to be thankful for our 4-H community- our volunteers, members, and families who make this program shine all year long. I can't wait to see what this new year brings.



ATTENTION ALL 4-H LEADERS—
Please mark **November 4 on your calendar! December meetings are Executive Sessions.** 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.



November

November 1-Deadline For Beef Project Enrollment

November 2-Daylight Savings Time Ends

November 4-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

November 11-Veteran's Day Observed Ext. Office Closed

November 27-28-Thanksgiving Ext. Office Closed

December

December TBA-Executive Livestock & Leaders Meeting

December 15-College Scholarships Deadline

December 24-25-Christmas Eve & Christmas Day

December 24-January 1-Christmas Holiday Ext. Office Closed

January

January 1-New Year's Day

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

January 10-Signup Deadline For Fair Participation

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

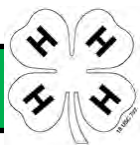
January 19-Human Rights Day Ext. Office Closed



Follow Boundary County 4-H on Facebook:

www.facebook.com/boundarycounty4h

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), 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



BOUNDARY COUNTY 4-H

Welcome New and Returning 4-H Families

4-H enrollment period is October 10, 2025-January 10, 2026

All of us with Boundary County 4-H are excited for the beginning of a new 4-H year. We look forward to seeing all of our returning members and meeting our new members.

All enrollments for new and returning members and leaders needs to be done online @ <http://4hzsuite.org>. This is also the platform that is used for record books with the exception of Cloverbuds. Returning families will log-in and new families will create a log-in when enrollment opens after October 10, 2025. After that date, when you log in there will be an enrollment tab on the left hand side of the screen. Zsuites is accessible by Smartphone, or if using a computer, you must use Firefox or Google Chrome, as Internet Explorer is not compatible. For any families without internet access we will have a computer available at the Extension Office for enrollment use.

The program costs are listed to the right.

All program fees still need to be paid in cash or check at the Boundary County Extension Office, 6791 B Main Street or mailed to PO Box 267, Bonners Ferry. Unpaid enrollments will remain in pending status until program fees have been paid.

The Participation Deadline for 2025/2026 is January 10, 2026 for 4-H projects to be part of the 2026 Boundary County Fair. There is a special date for beef projects of November 1, 2025.

If you have any questions, comments or concerns, please feel free to contact Amy Robertson or Monique Russell at the Boundary County Extension Office; 208-267-3235.

CLOVERBUD \$25
MEMBER \$25
HORSE \$27
DIRT BIKE \$27
Jewelry Extra \$5 to cover cost of materials
Dutch Oven Extra \$10 to cover cost of materials
4 or More Projects add \$3 per project



4-H Friday Friends is once again up and running. With both a new coordinator, Miss Susie and a new program assistant Miss Amanda. They brought some fun and innovative ideas to the program.

Each week we have been doing a STEM activity from the Think, Make, Create Lab trailer. There are some exhilarating projects lined up from science to technology, math, art, health and so much more.

October was fun with costumes and trick or treating onsite at the middle school. We also had some great guests included Mr. Samuel who came to talk about bugs and an officer from the sheriff department to talk about safety.

November offers Thanksgiving, the children are very excited to make their own Thanksgiving dinner and enjoy the history behind it.

All too soon December will be upon us. We are hoping to celebrate the upcoming festivities with a trip hopefully to either the hospital or Restorium, to hand out cards and enjoy a Christmas carol or two.

If you want to have something fun, safe, and educational for your elementary-aged child to do on Fridays, then please come and join us. This is an affordable opportunity for kindergarteners through to 5th Grade at the Boundary County Middle School from 7:30 am to 5:30 pm. The cost is \$15 per child, with an income-based sliding fee also available. Please contact the UI Extension, Boundary County office at 208-267-3235 to learn more.

Dates: First Semester

September 5, 12, 19, 26

October 3, 10, 17, 24, 31

November 7, 14, 21

December 5, 12, 19

January 9, 16, 23, 30

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

Livestock News



Bill of Sale vs. Receipt

Bill of Sale



When we sell items which can range from livestock to a piece of farm equipment it is important that the sale of those items is recorded properly. In 4-H we refer to a **bill of sale** in a livestock project. It is extremely important that you have a bill of sale to show ownership of an animal. A bill of sale is a legal document made by a "seller" to a purchaser, reporting that on a specific date, at a specific locality, and for a particular sum of money or other "value received", the seller sold to the purchaser a specific item of personal, or parcel of real, property of which he had lawful possession.

Is a bill of sale a legal document for a livestock transaction? Yes, if the bill of sale is valid and current.

Note: A brand inspection must be done within 10 days after the date of the sale. A bill of sale does not replace a brand inspection for Cattle & Horses **only**.

A valid bill of sale must include:

- Date of the sale.

- Complete description of livestock sold.
- Name of the purchaser.
- Signature of the seller.

A **receipt** is a written acknowledgement that a specified article or sum of money has been received as an exchange. An example, a receipt from a grocery store lists the items that were purchased and has the date, store information, and amount of money paid. A receipt is not sufficient documentation to establish livestock ownership.

So what do I need in 4-H?

You need to make sure you obtain a bill of sale, this information must be brought with you to initial weigh-ins and needs to be kept in your record book. Given the C.O.O.L. regulations (Country of Origin Labeling) it is really important that you are getting adequate information from the producers. On page 15 is an example of the information that needs to be captured. If you have questions regarding Bill of Sale please do not hesitate to contact the Extension Office at 208-267-3235.

C.O.O.L.

Important Information for all Market Animal Members and Leaders!

As part of the Farm Bill, effective September 30, 2008; individuals who are selling whole muscle retail cuts of meat are required to identify where that animal was born and raised. This labeling is known as Country of Origin Labeling or C.O.O.L.

So what does this mean to you as a livestock member? As a producer of meat animal you will be required to keep records regarding the country the animals you sell were born and raised in. If you are purchasing animals for your 4-H projects you will need this information at the time of purchase. This information must be kept in your records for 1 year after the sale of the animal.

We will utilize the same Quality Assurance form from last year. The form covers the C.O.O.L. requirements for our market animal sale. However, it is important that you can provide the information on your animal(s). It is important you use a good bill of sale and ask the producer questions when you go to purchase your animal(s). If you have any questions regarding C.O.O.L. please contact the Extension Office; 208-267-3235.

Project Requirements

As planning is underway for the 2025/2026 4-H year, please remember that project requirements and exhibit standards are fully described in project materials. All leaders will receive copies of these requirements. If you take the time to review the project requirements at the beginning of a project that helps eliminate a lot of problems when a project is submitted for the Fair.

Remember:

- All projects have a record book
- All record books must include a story-(project focused)
- Photographs are required in Boundary County
- All projects require a demonstration
- All projects have an exhibit standard

Leaders—if you have questions about the exhibit standards or project requirements please contact Monique Russell or Amy Robertson at the Extension Office, 208-267-3235.

Scholarships

The FAFSA application opened on October 1, 2025

Those who are interested in attending a college or university and would like to apply for a 4-H college scholarship will need to complete their online FAFSA and submit an application through the University of Idaho. All applications must be received by the **Dec. 15, 2025 deadline**. This means, students will need to submit an application and all applicable documents (e.g. unofficial transcripts) to UI prior to the December 15th deadline as well. Applications and materials received after December 15th will not make it in the application selection pool. Applying for a 4-H College Scholarship **does not** mean that you have to accept the University of Idaho as your institution for higher education to receive the 4-H scholarship, unless specified with the scholarship requirements.



You can find useful information in the *APPLYING FOR 4-H COLLEGE SCHOLARSHIPS, A Guide for Idaho 4-H Scholarship Applicants* manual located at www.uidaho.edu/extension/4h/programs/scholarships.

Call Amy Robertson or Monique Russell at 208-267-3235 to get information on how to access the application.

Please be prepared and apply EARLY! Contact the University of Idaho Extension, 4-H Youth Development Office if you are unsure or have any questions: fourh@uidaho.edu or 208-885-6321.

O. M. Plummer Memorial Scholarship

The Oregon Community Foundation offers an annual scholarship to an Idaho 4-H member who has participated in livestock showing or judging beyond the county level. Applicants must be a senior in high school, a member of a 4-H livestock club and have taken livestock projects for at least three years. The amount of the scholarship has varied from \$300-\$570 in recent years. Completed applications must include an achievement story, a transcript and a photo. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

Idaho Friends of 4-H College Scholarship

The Idaho Friends of 4-H offers \$1,000 college scholarships to Idaho 4-H members attending post-secondary schools in Idaho universities, colleges, technology or trade schools. Applicants must be between the ages of 16 to 20 and have been a 4-H member for four years, with at least two of those years during high school. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

Roy and Mamie Jones

A \$1,000 college scholarship is available to graduating 4-H members from the Northern District (Benewah, Bonner, Boundary, Clearwater, Idaho, Kootenai/Shoshone, Latah, Lewis, and Nez Perce Counties), who have been in 4-H at least 5 years. Leadership and 4-H achievement in projects other than livestock shall be the primary consideration.

Community involvement and academic achievement are secondary considerations. The award is not based on financial need. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

Johannesen Leadership Scholarship

A \$1,000 college scholarship is available to graduating Idaho 4-H members who have been in 4-H at least four years and are currently enrolled in 4-H. Overall leadership and 4-H achievement shall be the primary considerations. Community involvement, academic achievement, and financial need are secondary considerations. Applicants must have a high school GPA of 2.8 or higher. Preference will be given to students attending the University of Idaho. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

Ruth Shane Memorial Scholarship

A \$1,000 scholarship is available to any Idaho graduating high school senior, who has been in 4-H at least four years and is currently enrolled in 4-H. Applicant must attend the University of Idaho and have a minimum cumulative GPA of 2.5. Primary consideration will be given to applicants based on their Family and Consumer Sciences project achievement and leadership experience in 4-H and their community. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

Lillian Jeanette Craig Memorial Scholarship

A \$1,000 college scholarship is available to a graduating high school senior, or someone currently enrolled in an institution of higher education, who has been involved in 4-H in Idaho and is a childhood cancer survivor or the sibling of someone who has had childhood cancer. If a sibling, the applicant must have lived in the same household and been between the ages of 4 and 18 when his/her sibling was diagnosed and treated. The scholarship may be used at any college, university or vocational institution. Preference will be given to applicants attending academic institutions in Idaho. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

Murdoch Ranch and Home Supply 4-H Scholarship

The Murdoch's Ranch & Home Supply Scholarship offers \$1,000 college scholarships to Idaho 4-H members attending post-secondary schools. This is not limited to Idaho only. Scholarships will be offered for first year students at any university, college, technology or trade school. Applicants must be between the ages of 16-20 and have been a 4-H member for four years, with at least two of those years during high school. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

Quinn Family 4-H Food Preservation Scholarship

The Quinn Family 4-H Food Preservation Scholarship shall provide eligible Idaho 4-H students who have participated in food preservation projects with scholarships to support their post-secondary education. Applicants must provide 250-words detailing their participation in food preservation projects during their 4-H Career. This scholarship is available to students planning to attend a two-year trade school, two-year associates degree program, or a four-year college or university of the student's choice. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow the *Applying to the University of Idaho Guide* (PDF) instructions.

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.

Rotary Scholarship

The Rotary Scholarship is offered to any deserving citizen of Boundary County who is graduating or has graduated from Bonners Ferry High School or Home School Program, and wishes to pursue higher education at any accredited college in the State of Idaho. Applications and deadline will be available early 2026.

Know Your Government

February 14-16, 2026

Boise

Registration opens December 8, 2025

The Know Your Government (KYG) Conference aims to empower youth to be well-informed citizens who are actively engaged in their communities and the world. KYG is held each Presidents Day weekend in Boise while the legislature is in session. The 2026 conference will be held **Feb. 14-16**. Registration for the 2026 conference opens on **Dec. 8, 2025**.

The conference is designed for youth in **grades 8-10** to:

- Learn how state government decision-making works.
- Influence state government.
- Learn how the state judicial system works.
- Find out how cases are brought to court.
- Observe the legislative process in action.
- Share ideas with legislators, judges and other elected officials.
- Have breakfast with legislators and judges.
- Meet teens from across the state.

Youth may attend the KYG conference as a delegate two (2) years. Additional years are only available to youth selected to serve in the steering committee.

The 2026 KYG conference will be held at University of Idaho College of Law, the Basque Center, the Boise Centre, the Ada County Courthouse and the Idaho State Capitol building.

Bus transportation to Boise is provided for participants. Delegates and Chaperones are required to provide their own transportation to and from the district bus stop locations.

The 2026 registration fee is \$230 for delegates. Steering committee members and chaperones are eligible for up to \$75 in financial assistance. Attendees register through ZSuite. To register, youth must be enrolled in both 4-H **and** the Know Your Government project for the current year.

Details about the conference will be made available after registration closes on Jan. 8, 2026. If you have questions regarding the KYG conference, please contact Mike Knutz at mknutz@uidaho.edu or view the KYG handbook (pdf).

MARKET LAMB CONTEST



This is for all Boundary County 4-H members.

If you are looking to start the Market Lamb Project this contest is for you! Submit an application with an essay attached by 5:00 pm, January 10th, 2026 to the Extension Office located at 6791 Suite B, Main St., Bonners Ferry or email to mmrussell@uidaho.edu Applications can be picked up at the Extension Office or emailed to interested members.

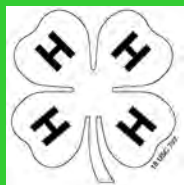
Leaders Banquet

The annual 4-H Leader's Recognition Banquet was held on Tuesday, October 7th at Memorial Hall to recognize all the efforts of the 4-H Volunteer Leaders.



The evening included a delicious buffet dinner, awards presentation, and election of the Leaders Council President and Secretary. Congratulations to Maureen Mai who agreed to stay on as President and was duly re-elected and Amy Tye accepted to stay in the Secretary position and also was elected into office. A very special thank-you to all the volunteers who helped make this program year a huge success through their support and dedication to Boundary County 4-H.

ADVERTISE YOUR CLUB & PROJECT MEETINGS IN THE CLOVERTALK!!!



Did you miss the opportunity to advertise in this 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.

Leaders Needed

Join the 4-H Community as a member or volunteer leader today!

The start of a new 4-H year is just around the corner and leaders are needed in many different areas. If you are interested in joining as a Leader or Volunteer contact the Extension Office at 208-267-3235.

LIVESTOCK BILL OF SALE

Seller Name:	Buyer Name:
Address:	Address:
City, State, Zip:	City, State, Zip:
Phone:	Phone:

ANIMAL #1	ANIMAL #2
Species:	Species:
Breed:	Breed:
Sex:	Sex:
Color:	Color:
Birth Date:	Birth Date:
State of Origin:	State of Origin:
Tag or ID#:	Tag or ID#:
Out of State Permit#:	Out of State Permit#:
Parasite Treatment:	Parasite Treatment:
Vaccines Given:	Vaccines Given:
Purchase Price:	Purchase Price:
Breeding Information:	Breeding Information:
As an affidavit is deemed by the USDA as an official record of Country of origin, I attest through first hand knowledge, normal business records, or producer affidavit(s) that all livestock referenced by this "bill of sale" are of _____ (list country) origin.	As an affidavit is deemed by the USDA as an official record of Country of origin, I attest through first hand knowledge, normal business records, or producer affidavit(s) that all livestock referenced by this "bill of sale" are of _____ (list country) origin.

Signature of Seller and Date

Signature of Buyer and Date

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

RETURN SERVICE REQUESTED

NON-PROFIT
PRSRT STD
U.S. POSTAGE PAID
PERMIT NO. 145
BONNERS FERRY, ID

November/December 2025
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
Susie McDonald	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary

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