

EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H



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**EXTENSION CONNECTIONS**

~ KEEPING OUR COMMUNITY CONNECTED ~



**The Science of Gratitude**

It makes sense to feel gratitude about good health and happiness, and not just on Thanksgiving. But can gratitude itself—feeling or expressing it—enhance physical and emotional well-being? Gratitude may seem to be primarily a matter for spiritual advisers (“count your blessings”) or motivational speakers, but it has become the focus of scientific study in recent years, often stemming from related research on happiness, stress, optimism, and the health benefits of social support.

In the latest study, in the journal *Personal Relationships* (yes, there is such a peer-reviewed journal), researchers found that expressing and perceiving gratitude helps protect marriages from the adverse effects of conflicts. They interviewed 468 married people about the degree to which they felt appreciated by their spouse, their level of financial strain and the conflicts this caused, and their marriage quality. Spousal gratitude was found to be the best predictor of marital quality and seemed to have protective effects—that is, spouses who consistently perceived gratitude and appreciation from their partner were less likely to suffer the marital instability that can result from marital stress and conflict (as evidenced, for instance, by thoughts about divorce). And there may be a positive “spillover effect,” as people who feel appreciated by their spouse are more likely to express their gratitude, leading to a feedback loop of more positive behaviors and attitudes (what goes around, comes around). Of course, some people are simply more grateful than others, whether by choice or disposition or due to their life experiences.

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# Master Gardener Column



## Orchids as Houseplants

Many of us have purchased an orchid plant and given it plenty of TLC, only to be let down when they begin to suffer from wilting and discolored leaves. This has led

to a common misconception that orchids are hard to take care of, requiring a special kind of green thumb. In reality, these plants are quite easy to care for once you understand their particular needs. In fact, it has been said that they thrive on negligence.

Most orchids we know as houseplants are epiphytes (like mistletoe and Christmas cactus), meaning they do not root into soil but have specialized roots that attach to other plants or rocks and absorb moisture from rainfall, humidity, and dew. They typically come from tropical environments where water is abundantly present in places other than the soil profile. Therefore, they require slightly different care than your typical houseplants.

Since their roots have adapted to absorb water quickly when it's present, they cannot handle extended periods of saturation, which often results in root rot and mortality. Overwatering is probably the most common cause of death for orchids kept as houseplants. The easiest way to assure that you are not overwatering is to check the planting medium. If it still feels damp a few inches down, no need for water. Orchid roots need to completely dry out between watering. That is why some "neglect" can go a long way.

Orchids do require a more specialized potting mix that drains quickly and has ample pore space for air circulation. Many premade mixes are available, consisting of some combination of bark, peat moss, perlite or sand. Most orchid potting mixes do not have enough fertilizer in the media, so fertilization of the plant is necessary. A water-soluble houseplant fertilizer used at one-half of the manufacturer's recommended rate once or twice a month is adequate.

Although orchid roots cannot tolerate saturation for very

long, orchid plants do love humidity. Many common houseplant species, such as Phalaenopsis orchids, thrive in 50-85% humidity, which is difficult, if not impossible, to maintain indoors in the wintertime without use of a humidifier. To provide additional humidity, many home orchid growers place their plants on a tray of pebbles. Water can be added to the tray, not to exceed the height of the pebbles, and the plant's pot can be placed on top. The specialized orchid roots are able to absorb humidity from the air, much like they would in their native tropical home.

Another factor that makes orchids ideal houseplants is that they do not require a lot of light. Too much light can lead to sunburn leaves or cause blooms to drop early. Many east facing or shaded west facing windows provide ample light. A bright south facing room, with indirect light on your plant can be optimal.

Repot orchids only when the roots appear to be almost bursting out of the pot, typically every two or more years. If the roots have attached to the pot or old bark medium, then soak the plant for a long enough period that they can be gently pried off without damage or breakage. Cut off any dead, discolored, or damaged roots, and rinse away the old degraded bark from the plant. If replanting into a larger pot, suspend the plant over the larger new pot and gently fill in around the bottom roots with new bark until the plant sits on top. Water the newly repotted plant to further settle the new bark around the roots.

After your orchid plant is done flowering, cut off the spike at its emergence point. Some orchids, can be stimulated to flower a second time. To encourage a second bloom, cut back the flower spike to just above where the first bud was produced on the original flower spike.

Once you have an understanding of an orchid plants needs, they can provide years of elegant enjoyment.

Adapted from:

<https://extension.illinois.edu/blogs/garden-scoop/2018-02-27-orchids>

<https://warren.cce.cornell.edu/gardening-landscape/warren-county-master-gardener-articles/orchids-as-houseplants>



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



Continued from page 1

But why, and to what effect? Can gratitude be cultivated, and should it be? Can simply expressing gratitude make you *feel* gratitude—and feel better? A major resource for research on these and other questions is the Greater Good Science Center at UC Berkeley. It is undertaking a three-year \$5.6 million project called “Expanding the Science and Practice of Gratitude” to deepen the scientific understanding of the role of gratitude in health, personal and relational well-being, and human development. It also promotes “evidence-based practices of gratitude in medical, educational, and organizational settings.”

For more about the Center’s gratitude project, go to <http://greatergood.berkeley.edu/expandinggratitude>. One of its projects is the Digital Gratitude Journal (Thnx4.org), an online journal that allows users to record and share the things for which they’re grateful. These results will be made available to the research community.

Source: February 2016 University of California, Berkeley Wellness Letter

## Supplement Savvy

Feeling a bit lost about how to choose a supplement? Here are some tips.

Look for a quality assurance seal. The FDA doesn’t endorse or verify seals, logos, or quality claims, so ignore statements like “GMP” (good manufacturing practices) or “3rd party lab tested”.

However, you *can* trust quality assurance seals from USP (U.S. Pharmacopeia), NSF (NSF International), and ConsumerLab. They test to ensure that a supplement’s contents match its label, that it’s free of tested contaminants, and that it disintegrates fast enough to get into your bloodstream. (Whether it’s safe—or effective—is another story).

Keep in mind that supplements can interact with medications. Just two examples:

- St. John’s wort can reduce the effectiveness of oral contraceptives and some drugs used to treat HIV, cancer, heart disease, depression, and more.
- Ginkgo biloba, high-dose vitamin E (more than 400 IU), and aspirin can thin the blood. So does the prescription drug warfarin. Taking two of them together can raise the risk of internal bleeding or stroke.



To play it safe, tell your doctor or pharmacist about any supplements you’re taking.

Adverse event? Contact the FDA. If you have (or suspect you’ve had) an adverse reaction to a dietary supplement, stop taking it, seek medical care, and report the event to the FDA at [www.safetyreporting.hhs.gov](http://www.safetyreporting.hhs.gov).

Source: November 2022 Nutrition Action Newsletter

## Kitchen Cleaning Hacks

If your kitchen has accumulated some wear and tear over the holidays, the start of a new year is a great time to spruce things up. Here are some tips to get your kitchen sparkling.

### Oven

Before you launch into baking, give your oven a deep clean. Burnt food residue and grime can change how your food cooks and tastes, in addition to being a fire hazard.

Remove the racks from the oven and scrub with water and dish detergent. Rinse and let dry, then slide the racks back into place. Wipe down crumbs and other food residue from the inside of the oven using a damp sponge or cloth. Run the oven’s self-cleaning cycle (if it has one) or use an oven cleaner product to remove any stubborn spills.

### Pots and Pans

If your pots and pans have started to build up some



stubborn stains, it’s time to give them a deep clean. Create a slurry of baking soda and water and apply it to the pot or pan. Let it sit for a few minutes before scrubbing it off with a scouring pad. Repeat if necessary, letting the paste sit for a few hours or overnight before scrubbing.

If the stain still isn’t budging, bring a solution of baking soda and water (3 tablespoons to 1 quart) to a boil in the pot or pan. Remove the pot or pan from the heat, let it cool, sprinkle baking soda on a scouring pad, then scrub, rinse and dry.

### Dishwasher

The appliance that washes your dishes needs to be cleaned too. Remove the filter, rinse it under hot running water and scrub it with a soft toothbrush to remove any particles stuck in the crevices. Wipe any grime that may have settled on the door with a damp sponge or cloth. Then run a cycle with a dishwasher cleaning tablet. Some dishwasher cleaning tablets can be used in the same cycle as dishes and detergent. Be sure to read the instructions to check if the tablet you’re using is this type.

Source: Adapted from <https://cleanandhappynest.org/wpd/tag/kitchen/>

# Savory Mushroom Barley

Serves 4

## INGREDIENTS

- 2 Tbs. extra-virgin olive oil
- 3 cloves garlic, minced
- 1 carrot, finely chopped
- 1 Tbs. tomato paste
- 1 sprig thyme or rosemary
- ½ lb. mushrooms (any kind), chopped
- 1 Tbs. reduced-sodium soy sauce
- 2 cups cooked barley, wheat berries, or brown or wild rice



## DIRECTIONS

1. In a large pan over medium heat, heat the oil until shimmering. Sauté the garlic, carrot, tomato paste, and thyme until the tomato paste starts to darken, 2-3 minutes.
2. Add the mushrooms and soy sauce. Cook until the mushrooms start to brown, 3-5 minutes. Remove and discard the thyme stem. Stir in the barley and heat through, about 1 minute.

*PER SERVING* (¾ cup); calories 180; total fat 7g; saturated fat 1g; carbohydrates 27g; fiber 4g; total sugar 2g; added sugar 0g; protein 4g; sodium 160mg

Source: October 2021 Nutrition Action

## Why is Barley Good for You?

- Low in Fat.
- High in fiber. Helps to control cholesterol levels and constipation.
- Provides selenium, copper, B vitamins, and iron.

## Incorporating Barley into Your Diet!

- Add to salads.
- Use as a hot cereal.
- Add to soups and stews.
- Mix barley flour and flakes with wheat flour to make more flavorful baked goods.
- Use as a substitute for rice in any recipe.

Source: University of Georgia Publication # FDNS-E-101

Barley is an ancient grain originally from the Middle East. Most of the crop grown in the United States is used for animal fodder and to make beer and whiskey.

Contains gluten. Provides B-glucan, which may help reduce LDL cholesterol.

TYPES OF BARLEY	LIQUID (per cup of grain)	BASIC COOKING DIRECTIONS	YIELD	NUTRITION NOTES	NUTRITION FACTS (per ¼ cup dry)
<b>HULLED BARLEY</b> Barley kernels are intact but the outer (inedible) husk has been removed	4 cups water	Bring barley and liquid to a boil. Reduce heat to low; simmer covered till grains are tender, 60-70 minutes. Drain.	3cups	Healthiest form: germ and bran are intact.	170 calories; 6g protein; 8g fiber
<b>PEARL BARLEY</b> Kernels, polished to remove hull and bran. Not a true whole grain, but nutritious	3 cups water or broth	Bring barley and liquid to a boil. Reduce heat to low; simmer, covered, till most liquid is absorbed, 40-45 minutes.	3¼ cups	Rich in fiber and nutrients.	176 calories; 5g protein; 8g fiber
<b>QUICK-COOKING BARLEY</b> This type has been rolled thinner than pearl barley	1¾ cups water or broth	Bring liquid to a boil; add barley. Reduce heat to low and simmer, covered, 10-12 minutes	2 cups	Makes a quick, healthy side dish.	128 calories; 4g protein; 4g fiber

Stir sautéed mushrooms and parsley into cooked barley for a side dish. Toss cooked barley with a black beans, red bell pepper, corn, and a lime-cumin dressing for a salad.

Source: Whole Grains Publication, Iowa State University Extension and Outreach



Winter is upon us here in northern Idaho. We have seen several snowstorms here before Winter even started. With snow comes power outages and we need to be thinking of all the food in our freezers and food safety concerns that come with a power outage.

### Freezer Information:

A full freezer will remain below 40 degrees for about 48 hours. A half-full freezer will stay below 40 degrees for 24 hours. Do not open the freezer door and let cold air out.

Frozen foods that have partially or completely thawed can be refrozen if they contain ice crystals. If they have completely thawed but are still at a temperature of 40°F (4°C) or below, they also can be refrozen. Use a digital thermometer to check the temperature of the food. Although partial thawing and refreezing of these foods will be safe, the quality of some foods, especially vegetables and fruits, may be reduced. Hard cheeses, breads, and fruits and vegetables and their juices--if they look and smell normal--can be refrozen.

One way to ensure the safety of thawed meat products that have been above 40°F (4°C) for two hours or less is to cook them immediately. Either serve the food immediately or refreeze the cooked item. Be sure to cook to the proper temperatures, checking internal temperatures with a digital thermometer. Refrigerate and use within two days or freeze the leftovers immediately.

### What foods should not be refrozen?

- Food that thawed completely, especially meat, poultry and seafood
- Prepared, cooked foods such as pizza, hot dishes, stews and soups
- Any food that has poor or questionable color or odor
- Thawed vegetables
- Creamed foods, pudding or other low-acid foods that have thawed
- Melted ice cream

### What is safe to refreeze?

- Foods that still contain ice crystals
- Thawed fruit if it still smells good
- Bread, cake, cookies and plain doughnuts
- Nuts, flour and cereal
- Raw meat and poultry that is still 40 °F or less
- Juice
- Margarine and butter
- Cheese

### Refrigerator Information:

It is important to keep the refrigerator door closed as much as possible during power outages. Having a thermometer in refrigerator close to the door helps monitor the temperature. Once the temperature reaches 40 degrees, you can place ice blocks in the refrigerator or place the perishable items in a cooler with ice to maintain a temperature of 40 degrees or less.

Any food that has an unusual odor, color, or texture also should be discarded. Never taste foods to determine their safety!

Submitted by Tina Goettl Imlay, Master Food Safety Advisor



## Food Thermometers: A Food Safety Must Have

The only reliable way to know that meat, poultry, seafood, and egg products have reached a temperature needed to destroy harmful microorganisms is to use a food thermometer. Using a food thermometer will also help to prevent overcooking thus ensuring a moist, quality food. Research has shown that only 14% of adults use food thermometers on a regular basis. Instead, people often rely on the color of the meat, and juices or texture to measure doneness. Unfortunately, none of these are reliable indicators.

Both dial and digital food thermometers can be used in your home kitchen. Digital thermometers work well on both thin and thick foods and should be inserted 1/2 inch (or deeper for thick foods) for an accurate reading. Dial

thermometers should be inserted 2 to 2 1/2 inches into the food for an accurate reading. Allow time for the thermometer to stabilize (10-20 seconds) before reading the temperature.

### Minimum cooking temperatures:

Product	Minimum internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, Chops, Roasts	145 °F and allow to rest for at least 3 minutes
Fish & Shellfish	145 °F
Ground Meats	160 °F
Ground Poultry	165 °F
All Poultry, Leftovers, Casseroles	165 °F

Submitted by Amy Robertson, Extension Educator

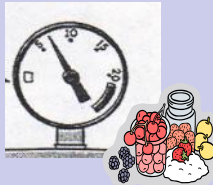
# Workshops, Programs, Bulletins & Classes

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

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

## Dial Pressure Gauge Testing

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



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

## UI Extension Sheep and Goat Monthly

### Webinar:

UI Extension offers webinars on sheep and goat topics. Follow them on Facebook @UISheepandGoats for the current schedule of topics.



## DreamBuilder

DreamBuilder provides free online entrepreneurial training in English and Spanish for **future women business owners**.



If you're thinking of **starting your own business** but don't know where to start, this course can **teach you the skills and concepts you need**. Topics such as marketing, bookkeeping and sales. You'll learn about how much it costs to start a business and about the laws and regulations you'll need to follow. By the end of the course, **you'll have a draft business plan**.

**Work at your own pace** to complete 15 online modules.

Sign up at [www.dreambuilder.org/uidaho](http://www.dreambuilder.org/uidaho) **REGISTER TODAY!**

Contact Paul Lewin with questions at [dreambuilder@uidaho.edu](mailto:dreambuilder@uidaho.edu).

## Mental Health First Aid

**Wednesday, January 18 & Friday, January 20, 2023**  
**8:30 AM-12:30 PM**  
**Boundary County Extension Office**  
**6447 Kootenai Street**  
**FREE**



Mental Health First Aid is a course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.

To join the in-person training please **register** by emailing [amrobertson@uidaho.edu](mailto:amrobertson@uidaho.edu) or calling the Boundary County Extension Office at 208-267-3235.

## PNWHRI PROBLEM WEEDS SURVEY:

**A survey of Pacific Northwest producers to determine priority problem weeds and their location under different management systems.**

As an initial step of the new Pacific Northwest Herbicide Resistance Initiative (PNWHRI), we are launching a **BRIEF** small grains producer survey to learn about problem weeds in their farming systems.

An overview of the PNW Herbicide Resistance Initiative can be found at the recent **Weeders of the West** Blog post.

Hold your phones camera up to the code and select the pop-up link to access the survey. No personal data is requested or collected.



## FREE—Drought Resources for Livestock Producers

**Video Collection Link:** <https://bit.ly/UIDrought>

**These videos are provided to help livestock producers address challenges in times of drought.**

- Possibilities of Grazing CRP in Times of Drought
- Drought Resources for Livestock Producers
- Early Weaning; A Drought Management Strategy
- Feeding Straw During Drought
- Ammoniating Straw for Beef Cows
- Strategic Supplementation for Drought and Dormant Season Grazing
- Utilization of Drought Damaged Feeds
- Culling and Marketing Strategies for Drought

# Workshops, Programs, Bulletins & Classes

## Water Bath Canning

Thursday, January 26, 2023  
1:00 PM-4:00 PM  
Boundary County Extension Office  
6447 Kootenai Street  
COST: \$10



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

Class size is limited to 9 people. Contact the Boundary County Extension Office to **register**; 208-267-3235.

## Dehydration Basics

Thursday, February 16, 2023  
11:00 AM-Noon  
Via Zoom  
FREE



You will learn specific techniques for using your home oven or dehydrator to dry fruits, vegetables, herbs and meats. We will also cover recommended storage for your dried foods. Your family will love these healthy snacks! To **register**, go to <https://bit.ly/dehydration23>.

## Soil Blocking for Seedlings Using Indoor Grow Lights

Tuesday, March 7, 2023  
1:00 PM-2:30 PM  
Boundary County Extension Office  
6447 Kootenai Street  
COST: \$5



Learn how to save space and time by starting your seedlings in soil blocks. These are small cubes of compressed soil that serve as both the container and the soil medium all-in-one. This technique allows seeds to rapidly germinate and creates vigorous seedlings with healthy root systems that can be transferred to the garden without transplant shock. We will also discuss a simple and inexpensive grow light system that can be used for seedlings started in soil blocks or in containers.

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

## Skip the Multi-Vitamin: Maximize Nutrition from Your Garden

Monday, February 13, 2023  
1:00 PM-3:00 PM  
Boundary County Extension Office  
6447 Kootenai Street  
COST: \$5



Soil depletion has decreased the nutrient content of our produce so the fruits and vegetables we eat provide less of the vitamins and minerals our bodies need to develop and function normally. In this class you will learn how to use soil testing and balancing to optimize the nutrients in your soil and grow more nutritious produce. We'll recommend nutrient-dense vegetables to grow in your garden and provide recipes to cook and preserve your harvest.

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

## Freeze Drying

Wednesday, February 22, 2023  
1:00 PM-2:30 PM  
Boundary County Extension Office  
6447 Kootenai Street  
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.



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[www.facebook.com/UIExtensionBoundary](http://www.facebook.com/UIExtensionBoundary)

# Workshops, Programs, Bulletins & Classes

## Fermentation: Sauerkraut and Other Veggies

Wednesday, March 15, 2023  
1:00 PM-3:00 PM  
Boundary County Extension Office  
6447 Kootenai 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!

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

## Plan the Garden, Preserve the Harvest

Wednesday, March 22, 2023  
3:30 PM-5:00 PM  
Via Zoom  
FREE



Learn how to plan out your garden, so you are prepared when it's time to plant! This class will also cover harvesting and safely preserving your garden. Research-based recommendations will be shared for preparing a great garden and also consuming it! There will be opportunities to ask questions, so you are ready to plant, grow, harvest, and store your garden's bounty! To register, go to <https://bit.ly/PlanPreserve23>.

## Boiling Water Canning Basics

Thursday, March 16, 2023  
11am-Noon  
Via Zoom  
FREE



Learn to safely preserve your garden using a boiling water canner. Important steps to process foods for shelf-stable storage will be covered. Safe recipe options will also be shared! To **register**, go to <https://bit.ly/boiling23>.

## Basic Orchard Care

Thursday, March 23, 2023  
1:00 AM-4:00 PM  
Boundary County Extension Office  
6447 Kootenai Street  
COST: \$5



Kyle Nagy, with the U of I Sandpoint Organic Agriculture Center, will be sharing information on how to properly care for your home orchard. In this class you will learn some of the basic tips and tricks to take care of your fruit trees successfully.

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

## Pressure Canning Basics

Thursday, April 20, 2023  
11:00 AM-Noon  
Via Zoom  
FREE



Learn the basics to safely using your pressure canner to process shelf-stable foods! In this class important safety factors will be addressed, and safe recipe options will be shared! To **register**, go to <https://bit.ly/pressure23>.

Visit Us On The Web @ [uidaho.edu/boundary](https://uidaho.edu/boundary)



# Workshops, Programs, Bulletins & Classes



**Winter Session starts  
January 19, 2023  
Registration Deadline: January 17**

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 17, 2023**. The first lesson of the 6-week course opens online on **Thursday, January 19 at 1 pm 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 26 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](mailto:lsant@uidaho.edu) or call the Franklin County Extension Office, 208-852-1097.



## STRONG WOMEN PROGRAM

**Please join us for new strength training sessions  
Jan.10— Mar. 16, 2023**

**The objective of the Strong Women Program is to improve the health of women by increasing access to safe, structured and effective strength training exercises and nutrition programs.**

**All Equipment Provided**

**Location:** UI Extension Conference Room

**Time Choices:**

- 8:30 a.m.** Tuesday, Thursday  
*Strong Women Stay Young — 2X/wk*
- 10:30 a.m.** Tuesday, Thursday  
*Strong Women Strong Bones — 2X/wk*

**Cost:** \$30 \* for 10 week session

Your place is reserved when payment is received

\*Scholarships available contact Angela at 208-267-3235

**Register @ UI Extension Office, 6447 Kootenai St.  
(208)267-3235**

## Parenting Education Series

**Spring 2023**

**FREE**

We will be offering a FREE Parenting Education Series in Bonners Ferry for families with kids between the ages of 5-11. The class is a ten-week series and sessions will be held one evening per week with some optional parent cafe sessions. The class will be starting in mid to late February and continue through the spring. This program is part of an effort to develop a parenting program designed to meet the needs of rural families in Idaho. Program participants will be given incentives for participating in and completing the program. If you are interested in participating or would like more information, please contact Amy Robertson at [amrobertson@uidaho.edu](mailto:amrobertson@uidaho.edu) or call 208-267-3235.



# Workshops, Programs, Bulletins & Classes

## 31st Annual Family Foresters Workshop



**Friday, January 27, 2023**

**8:15 AM-5:00 PM**

**Doubletree Hotel-Spokane City Center  
322 North Spokane Falls Court  
Spokane, Washington**

Family forests (also known as non-industrial private forests or "NIPF" lands) are vital to the economy and quality of life in the Inland Northwest. These lands are critical for wildlife habitat, timber production, scenic quality, and many other values.

Unique skills are required of individuals who help family forest owners manage their property. This program is designed to:

- Strengthen the skills of consulting foresters, state-employed service foresters, and other natural resource professionals who work with family forest owners.
- Serve as a forum to provide updates on emerging technology and knowledge applicable to family forestry.

### Registrations

This program can accommodate up to 100 people, so please return the registration form on the back of the flyer (available at the Boundary County Extension Office), with a check or purchase order, or register online at

[www.uidaho.edu/FamilyForesterWorkshop](http://www.uidaho.edu/FamilyForesterWorkshop), by January 20, 2023, to assure your place and help us plan. A \$110.00 pre-registration fee (\$120.00 after January 20 or at the door) includes lunch and refreshments.

A small block of rooms at the Doubletree Hotel-Spokane City Center has been reserved at a special rate of \$124 for participants in this program. To make a room reservation, call 1-800-757-6131. To get the special rate, say you are with the "UI/WSU Family Foresters Workshop" by January 13, 2023 (*based on availability—book your room as soon as possible*). For registration questions, contact the UI Extension Office in Kootenai County at (208) 292-2525. For program questions, contact:

*Chris Schnepf*, Area Extension Educator—Forestry  
University of Idaho Extension, Post Falls  
Phone: (208) 292-1288  
E-mail: [cschnepf@uidaho.edu](mailto:cschnepf@uidaho.edu)

*Andy Perleberg*, Regional Extension Specialist—Forestry  
Washington State University Extension, Wenatchee  
Phone: (509) 667-6540  
E-mail: [andyp@wsu.edu](mailto:andyp@wsu.edu)

### Credits:

Society of American Foresters continuing forestry: 6 Credits (Category 1)  
Idaho Master Forest Stewards: 6 Credits  
Idaho Pro-Logger: 7 Credits  
WCLA Master Logger: 7 Credits

## FORESTRY SHORTCOURSE

### Sandpoint

**Wednesday mornings (9:00 AM-12:00 PM)**

**June 14, 21, 28 & July 5, 12, 19, 2023**

**UI Sandpoint Organic Agriculture Center  
10881 N. Boyer Road  
(208)263-8511**

Many Idaho forest landowners desire a better understanding of "what makes their forest tick" and how they can better manage their forest property. The Forestry Shortcourse will help you:

- Understand basic principles of forest ecology and silviculture,

- Apply that knowledge to your forest to meet your goals, and
- Develop a written forest management plan for your property.



To ensure an effective learning environment, each session is limited to 25 people.

A \$38 registration fee (\$120 for UI credit) includes a binder, USB flash drive of forest management resource materials and refreshments.

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



University of Idaho  
Extension  
Boundary County

# 4-H CLOVER TALK JANUARY/FEBRUARY 2023



Debbie Higgins  
4-H Program Coordinator

## 4-H Calendar

**December 26-January 2-  
Christmas Holiday Ext. Office  
Closed**

### January

**January 1-New Year's Day**

**January 6-KYG Registration  
Closes**

**January TBD-All Swine Leaders  
Meeting 5:30 p.m. @ Ext. Office**

**January 10--Livestock & Lead-  
ers Meeting 6:30 p.m. Ext. Office**

**January 10-Signup Deadline For  
Fair Participation**

**January 16-Human Rights Day  
Ext. Office Closed**

**January 28-Super Saturday  
8:45 a.m. @ The Sandpoint  
Organic Agriculture Center**

### February

**February 7-Livestock & Leaders  
Meeting 6:30 p.m. Ext. Office**

**February 14-  
Valentine's Day**



**February 15-New Leader Train-  
ing 5:30 p.m. Ext. Office**

**February 18-20-KYG In Boise**

**February 20-Presidents Day Ext.  
Office Closed**

**February 24-Mandatory Quality  
Assurance Training For All New  
Market Animal Members & Re-  
turning Market Animal Members  
Last Names Starting With H-O  
3:00 p.m. Ext. Office**

HAPPY NEW YEAR! Another year has come and gone, and I look forward to all the great things coming in 2023!

Please remember the enrollment deadline to be eligible to exhibit and compete at fair is January 10<sup>th</sup>, 2023. The cost is \$25.00 per member for up to 3 projects, after that each project is \$3.00 extra. Horse & Dirt Bike are an additional \$2.00, and Jewelry Making and Dutch Oven also have an additional \$5.00 fee. To sign up to be in 4-H, go to 4h.zsuite.org, create a primary profile then add your members.

If you would like to be a 4-H volunteer leader, give me a call. We are always looking for new volunteers to join this fantastic program! If you are a returning leader, please get signed up ASAP. Before any meetings can take place leaders, have to complete enrolled and be approved by our office. Members must be enrolled and have dues paid before they can participate in meetings or other 4-H events.

We will be having our annual Bonner/ Boundary 4-H leader training, "SUPER SATURDAY" on January 28<sup>th</sup>, 2023. Check-in will be at 8:45 am and classes start at 9:00 am. Bonner County is the host this year, so it will take place at the SOAC, Sandpoint Organic Agriculture Center on 10881 N Boyer Rd, Sandpoint, Idaho 83864. We will have a wide variety of classes for 4-H volunteers, drawings for 4-H Swag, and serve lunch at no cost to participants. It is always a fun event and a great way to kick off the new 4-H year. Look on the Boundary County 4-H Facebook page for the schedule and classes

offered. All leaders are required to have training each year, with new leaders needing 3 hours and returning leaders needing 2 hours. Call 208.263.8511 to sign up for the classes of your choice. If you are a new leader, you need to sign up for the New Leader Training being held that day.

If you are a leader, you are part of a large organization of 4-H Leaders across the state. It is requested that you attend the monthly meetings held at the Extension Office. Meetings are the second Tuesday of each month except December and August. The Livestock Committee meetings start at 6:30pm and the Leader's Council meeting starts directly after, usually about 7:00 pm. Every leader should attend the majority of these meetings. We look forward to seeing you the January meeting as it is one of our most important meetings of the year.

Your 4-H record books are located on zsuite and can be started right now. Once logged in to zsuite, go to the Dashboard on the left side of the screen and scroll down until you see Record Books. Click on that, and choose the appropriate record book(s). Right now is a great time to begin your record books and set your project goals. It can also make things easier down the road if you start recording your expenses now as you begin purchasing items for your project. To save you any confusion, your record books from previous years can be archived. If ever you need assistance or have any questions give me a call, 208.267.3235.

\*\*\*\*\*  
★ **ATTENTION ALL 4-H LEADERS**—Please mark **January 10 & February 7** 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 VOLUNTEERS**  
✿ Make a World of Difference ✿



**March**

**March 1-**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 10-**Ownership/possession Deadline for ALL MARKET BEEF (150 Days)

**March 10-**Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With H-O 9:30 a.m. Ext. Office

**March 12-**Daylight Savings Begins

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


**March 17-**St. Patrick's Day 

**March 25-**Market Beef Weigh In @ Fairgrounds

**April**

**April 1-**STAC/Camp Registration Opens

**April 1-**National 4-H Congress Applications Opens


**April 9-**Easter 

**April 11-**Awards Committee Meeting 5:30 p.m. Ext. Office

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

**April 24-**Oral Presentation Day 4:30 p.m. Ext. Office

**April 30-**Ownership/possession Deadline for ALL MARKET SWINE (100 Days)

**4-H Friday Friends** 

The new year is upon us and with that we will be wrapping up the first half of 4-H Friday Friends. This past Fall and Winter we have focused on celebrating National Holidays of the month. In September we touched base on Square Dancing, building skyscrapers, learning about honeybees, and learning different ways to use a potato. In October we did several science experiments such as making bouncy balls, pumpkin slime, and a shipwreck in a bottle. We also got crafty for Halloween and used items we found on a hike to make some amazing nature art! We had wonderful guests come to share their knowledge and expertise. Shalonda from 4-H Robotics came as well as the Sherriff's office and the K-9 Unit. In November the kids and staff took a step back and created a thankful/gratitude tree. We are starting a journey to think of others each month. The 4-H Friday Friends crew will be writing letters, giving pictures/drawings, and other items to the Restorium Residents each month. The month of November was National Aviation History Month. We celebrated by creating 2 different types of airplanes and had a special guest, Kambiz Kamiab, from civil air patrol. We also celebrated National Play Monopoly Day (19<sup>th</sup>) by enjoying a good game of Monopoly. December will be all about Christmas and gift giving. 4-H Friday Friends will be making lots of crafts/ gifts to give to family, friends, and the Restorium Residents. As always you can find us at the Boundary County Middle School. Your child can be dropped off/picked up between the times of 7:30 AM and 5:30 PM. We welcome kids grades K-5<sup>th</sup> and have open enrollment. With open enrollment you can come any Friday that works for you! To register, you can do it during drop off or do it ahead of time at the Boundary Extension Office. Friday Friends is just \$12.00 per child each Friday, however there is a sliding fee scale available. For more information you can always call the Boundary County Extension Office at (208) 267 – 3235 or stop by to check us out some Friday. Hope to see you there! Happy Holidays

<u>Dates: First Semester</u>	<u>Dates: Second Semester</u>
<b>September: 9, 16, 23, 30</b>	<b>February: 3, 10, 17, 24</b>
<b>October: 7, 14, 21, 28</b>	<b>March: 3, 10, 17, 24</b>
<b>November: 4, 11, 18</b>	<b>April: 7, 14, 21, 28</b>
<b>December: 2, 9, 16, 23</b>	<b>May: 5, 12, 19, 26</b>
<b>January: 13, 20, 27</b>	<b>June: 2, 9</b>



**Follow Boundary County 4-H on Facebook:**  
[www.facebook.com/boundarycounty4h](http://www.facebook.com/boundarycounty4h)



**2023 WEIGH-IN DATES**

**Please be sure to mark these dates on your calendar!**

**BEEF**-Saturday, March 25, 2023  
9:00 a.m.

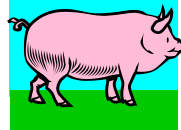
**SWINE**-Saturday, May 20, 2023  
7:00 a.m. (Breeders go first)

**LAMB & GOAT**-Wednesday, June 7, 2023, 5:30 p.m.

**Rabbit**-Thursday, July 6, 2023 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).

**Swine Leaders and Parents now is the time to be looking for your market hog projects! You will want to make sure you have contacted a producer about obtaining an animal. Don't procrastinate!**



- 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, 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

**2023 Mandatory 4-H/FFA Market Quality Assurance Training**

All trainings will be held at the Boundary County Extension Office meeting room, 6447 Kootenai St. Training is mandatory for first time 4-H and FFA Market Animal members and returning members with last names starting with H-O. There are three dates to choose from:

- 3:00 PM-4:30 PM, Friday, February 24**
- 5:30 PM-7:00 PM, Wednesday, March 1**
- 9:30 AM-11:00 AM, Friday, March 10**

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

**Trainings are limited to 25 persons. Registration is mandatory.**

**Please call 208-267-3235 or email, [boundary@uidaho.edu](mailto:boundary@uidaho.edu) to register.**

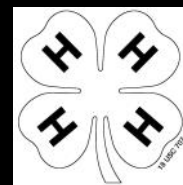
**Leaders Needed**

**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.

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





# BOUNDARY COUNTY 4-H

## Welcome New and Returning 4-H Families

**4-H enrollment period is October 10, 2022-January 10, 2023.**

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 need to be done online @ <https://4h.zsuite.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, 2022. After that date, when you log in there will now 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, 6447 Kootenai 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 2022/2023 is January 10, 2023 for 4-H projects to be part of the 2023 Boundary County Fair. There is a special date for beef projects of November 1, 2022.

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

<b>CLOVERBUD</b> <b>\$25</b>
<b>MEMBER</b> <b>\$25</b>
<b>HORSE</b> <b>\$27</b>
<b>Dirt Bike</b> <b>\$27</b>
<b>Jewelry</b> <b>Extra \$5 to cover cost of materials</b>
<b>Dutch Oven</b> <b>Extra \$5 to cover cost of materials</b>
<b>4 or More Projects</b> <b>add \$3.00 per project</b>

*"Empowering youth to be well-informed citizens who are actively engaged in their communities and the world."*

**Go the Extra Mile 2023**

**KNOW YOUR GOVERNMENT**  
**Save the Date**  
**FEBRUARY 18-20, 2023**  
**BOISE, IDAHO**

Know Your Government Conference  
University of Idaho Extension

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 2023 Fair Book. If you have questions, would like to sell ads, or advertise please contact the Extension Office at 208-267-3235 and ask for Debbie.

## 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 as 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, 2023**.



### **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 2023.**



### **The Symbols of 4-H**

**The Four H's:** The four H's stand for **Head, Heart, Hands, and Health**, and represent the four-fold training and development that 4-H members receive. Together the four H's symbolize the development of the **Head**, to think, plan, and reason; the **Heart**, to be concerned with the welfare of others, accept the responsibilities of citizenship, and develop positive attitudes; the **Hands**, to be useful, helpful, and skillful; and **Health**, to practice healthful living, enjoy life, and use leisure time productively.

**The 4-H Colors:** Green and white are the 4-H colors. Green is emblematic of springtime, life, and youth, while white symbolizes high ideals.

**The 4-H Motto:** "To make the best better".

**The 4-H Pledge:** I pledge....My Head to clearer thinking, My Heart to greater loyalty, My Hands to larger service, and My Health to better living for my club, my community, my country, and my world.

**Calling all 4-H'ers!!!** Boundary County Oral Presentation Day will be held on Monday, April 24, 2023 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, Demonstration 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.



**PLEASE CALL THE  
EXTENSION OFFICE AT  
208-267-3235 BY  
FRIDAY, APRIL 21  
TO PRE-REGISTER!**



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

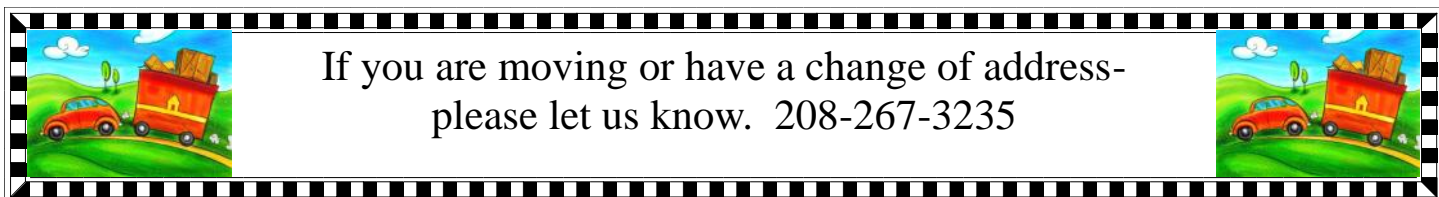
# SUPER SATURDAY

Please join us for the Bonner &  
Boundary County 4-H Leaders Training

January 28th, 2023 @ 8:45 AM

Located at the Sandpoint Organic  
Agriculture Center (SOAC) 10881 N  
Boyer Rd Sandpoint, Idaho 83864

Please call 208-263-8511 to register  
and indicate what classes you are  
attending





# BOUNDARY COUNTY 4-H CALENDAR 2023

## JANUARY 2023

<b>10</b>	4-H Enrollment Deadline to Exhibit @ 2023 Boundary County Fair
<b>TBD</b>	All Swine Leaders Meeting, 5:30 pm @ BC Extension Office
<b>10</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>10</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>28</b>	Super Saturday-SOAC Sandpoint 8:45 AM

## FEBRUARY 2023

<b>7</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>7</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>15</b>	New Leader Training, 5:30 pm @ Extension Office
<b>18-20</b>	Know Your Government Conference

## MARCH 2023

<b>10</b>	Ownership/possession deadline for ALL MARKET BEEF 150 days
<b>14</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>14</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>25</b>	Market Beef Weigh In @ Boundary County Fairgrounds (135)

## APRIL 2023

<b>1</b>	STAC/Camp Registration Opens
<b>1</b>	National 4-H Congress Application Opens
<b>11</b>	Awards Committee Meeting, 5:30 pm @ BC Extension Office
<b>11</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>11</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>24</b>	Oral Presentation Day, 4:30 pm @ BC Extension Office
<b>30</b>	Ownership/possession deadline for ALL MARKET SWINE 100 days

## MAY 2023

<b>9</b>	Awards Committee Meeting, 5:30 pm @ BC Extension Office
<b>9</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>9</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>20</b>	Market Swine Weigh-In @ Boundary County Fairgrounds (80)
<b>TBD</b>	Fair Royalty Applications Due
<b>29</b>	Memorial Day Parade-Extension Office Closed
<b>29</b>	Ownership/possession deadline for ALL MARKET SHEEP 70 days

## JUNE 2023

<b>1</b>	National 4-H Congress Application Closes
<b>7</b>	Market Goat & Lamb Weigh-In, 5:30 pm @ Fairgrounds (61)
<b>13</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>13</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>TBD</b>	Horse Camp
<b>26-29</b>	Idaho 4-H State Teen Association Convention

## BOUNDARY COUNTY 4-H CALENDAR 2023

### July 2023

<b>6</b>	Market Rabbit Weigh-In, 5:30 pm @ BC Extension
<b>11</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>11</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>TBD</b>	Horse Show
<b>13</b>	Camp Clover 8:30 am-2:00 pm @ Snow Creek
<b>TBD</b>	Sheep Camp
<b>21</b>	Family Fun Night Royalty Interviews
<b>27</b>	C.O.O.L./Quality Assurance & Fair Entry Forms due

### August 2023

<b>1</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>1</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office
<b>2</b>	Style Revue, 6:00 pm @ Boundary County Fairgrounds
<b>3</b>	Dirt Bike Skills Competition, 5:30 pm @ BC Fairgrounds
<b>4</b>	Idaho 4-H Key Award Applications due @ BC Extension Office
<b>4</b>	4-H Dog Show, 9:00 am @ BC Fairgrounds
<b>5</b>	4-H Horse Show Part I, 8:00 am @ BC Fairgrounds
<b>7-12</b>	Boundary County Fair
<b>9</b>	Livestock Judging @ the Fair
<b>10</b>	Family Fun Night
<b>11</b>	Buyers Social, 5:00 pm
<b>11</b>	Market Animal Sale, 7:00 pm
<b>13</b>	Pick up items 9:00 am to 11:00

### September 2023

<b>12</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>12</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office

### October 2023

<b>2-6</b>	National 4-H Week
<b>3</b>	Leader's Appreciation Banquet, 6:00 pm @ Chic N Chop
<b>26</b>	Awards Ceremony, 6:00 pm @ BC Fairgrounds

### November 2023

<b>14</b>	Livestock Committee Meeting, 6:30 pm @ BC Extension Office
<b>14</b>	Leaders' Council Meeting, 7:00 pm @ BC Extension Office

**ALL DATES AND TIMES ARE TENTATIVE AND SUBJECT TO CHANGE. KEEP IN CONTACT WITH YOUR LEADERS AND THE BOUNDARY COUNTY EXTENSION OFFICE TO CONFIRM DATES AND TIMES.**



# Robotics Programs



**Cost: FREE    Pre-Registration is Required: Call 208-267-3235**

**All Classes will be held at the Boundary County Extension Office**

## January Classes

### Ages 5-8

LEGO Essential	Jan 13th	10:15 am-11:15 am
Robot Mouse	Jan 20th	3:15 pm-3:45 pm

### Ages 9-13

LEGO Spike Prime	Jan 13th	8:30 am-10:00 am
Dash and Dot	Jan 20th	2:00 pm-3:00 pm

## February Classes

### Ages 5-8

Dash and Dot	Feb 17th	8:30 am-9:30 am
Robot Mouse	Feb 24th	10:15 am-10:45 am
LEGO Essential	Feb 24th	11:00 am-12:00 pm

### Ages 9-13

Dash and Dot	Feb 17th	9:45 am-10:45 am
LEGO Spike Prime	Feb 17th	11:00 am-12:30 pm
LEGO Spike Prime	Feb 24th	8:30 am-10:00 am



**University of Idaho**  
Extension



**6447 Kootenai Street Bonners Ferry, ID**

**208-267-3235**

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

RETURN SERVICE REQUESTED

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PERMIT NO. 145  
BONNERS FERRY, ID

# JANUARY/FEBRUARY 2023

*KEEPING OUR COMMUNITY CONNECTED*



## BOUNDARY COUNTY EXTENSION STAFF

Amy Robertson	Extension Educator Family & Consumer Sciences
	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Mindy Summerfield	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary
Shalonda Miller	4-H Robotics Instructor

\*Where trade names used, no discrimination is intended and no endorsement by the University of Idaho Extension System is implied.

### *College of Agricultural and Life Sciences*

The University of Idaho provides equal opportunity in education and employment on the basis of race, color, religion, national origin, gender, age, disability, or status as a Vietnam-era veteran, as required by state and federal laws. Anyone attending programs highlighted in this document that requires auxiliary aids or services should contact the Boundary County Extension Office at P.O. Box 267, Bonners Ferry, ID 83805, or by calling 208.267.3235, or via email at [boundary@uidaho.edu](mailto:boundary@uidaho.edu) at least two weeks prior to the event.