



EXTENSION UPDATE

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING

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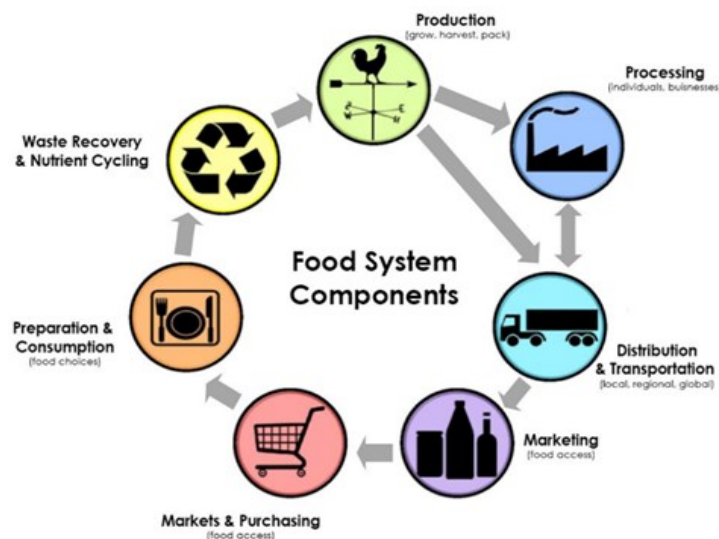
Diving Into Community Food Systems

By Jennifer Werlin,
UI Extension Educator in Community Food Systems

As an Extension Educator focused on "Community Food Systems," my goal is to promote a healthy and resilient food system in the Teton region. But what exactly does a community food system entail?

Using a systems thinking approach, a community food system takes a holistic view of the food system's components, from seed to fork. This includes production, processing, distribution, marketing, consumption, and waste recovery and disposal.

Unlike a "local" food system, a community food system involves more than just geographic proximity; it emphasizes the collaborative and interdependent relationships that support the social, economic, and environmental health of a community. "Local food" typically refers to short, value-based supply chains and direct marketing arrangements, including direct-to-consumer sales. Some definitions consider "local" as products pro-



duced within a 200-mile radius, but this measure is subjective and does not address the unique challenges of many rural areas. Community food systems are multidimensional, socio-ecological systems sustained by the management and labor of farmers, ranchers, farm workers, and a network of intermediaries who help move food from field to fork.

How I Became Involved in Community Food Systems Work

My journey into community food systems began in the early 2000s as a vol-

(Continued on page 2)



(Continued from page 1)

unteer at the University of Idaho's Soil Stewards Organic Farm in Moscow, Idaho. Later, during my graduate studies in Environmental Science at the University of Idaho, I worked on farm-to-institution and school garden research at the McCall Outdoor Science School—one of the first farm-to-school efforts in Idaho. My grandparents were also involved in agriculture.



UI Extension, Teton County's Role in Community Food Systems and Its Impact

The University of Idaho (UI) serves as an educational resource, and I am an Extension Associate Professor in Community Food Systems within the College of Agriculture and Life Sciences. My role involves bringing university programs to the Teton community. As part of the UI Small Farms and Horticulture Extension Faculty Team, I work on community development to strengthen the local food system. I teach horticulture and small farm courses to the public and manage our 4-H youth development program.

One of the key programs I'm involved in is Cultivating Success™ Idaho, a 25-year-old sustainable agriculture initiative created in collaboration with Washington State University Extension and Rural Roots, an Inland Northwest nonprofit organization. Since joining Extension eight years ago, we've reached hundreds of beginning farmers, ranchers, hobby farmers, and gardeners in our state and surrounding communities.

The Unique Nature of Our Community Food System

Every community food system is unique, and ours is no exception. Our foodshed—the area where food is produced and consumed—is rural and geographically isolat-

ed. The Teton foodshed includes Teton County, Idaho, Teton County, Wyoming, and neighboring areas. There is a strong consumer demand for healthy, sustainably produced food, but limited infrastructure to meet this demand.

For example, much of the food consumed in Jackson, Wyoming, is not locally grown due to high land costs and short growing seasons. Instead, much of the food comes from nearby regions like Teton Valley, Idaho, and Star Valley and Lander, Wyoming. Additionally, the Tetons have the highest income gap in the U.S., which means that while some people can afford premium, locally produced food, many others struggle to access healthy food. Beginning farmers also face significant challenges in finding affordable land due to high prices and limited availability.

In the U.S., the average person spends only about 10% of their disposable income on food. However, healthy food typically costs about \$1.50 more per day than unhealthy food. This discrepancy stems from policies that prioritize the production of high-volume commodities and a supply chain that boosts profitability for highly processed food products.


What Are the Elements of a Healthy and Complete Community Food System? How Healthy is Ours?

Answering this question is difficult due to the complexity of the U.S. food system. Modern food production focuses heavily on specialization, which separates animal and crop production. This trend has increased reliance on synthetic fertilizers, pesticides, antibiotics for livestock, and large manure lagoons. These inputs increase agricultural costs, degrade the environment, and may pose risks to human health. Moreover, this specialization has resulted in an overproduction of crops for

feed and fuel, particularly corn.

The U.S. food system saw dramatic changes in the second half of the 20th century, shifting agriculture toward large, specialized farms and consolidated food industries. As a result, we became more dependent on global trade and supply chains, which bolstered large farm profits and expanded the variety of foods available in the market. However, this growth came at the expense of environmental quality, the rise of diet-related diseases, and the decline of diversified family farms. These changes have made the system more vulnerable to disruptions, as seen during the COVID-19 pandemic. The U.S. was unprepared for the pandemic-related disruptions to the food supply chain, with problems exacerbated by fragmented administrative responsibilities and a lack of public service coordination.

Farmers have always been at the mercy of weather, but over the past 40 years, extreme weather events have become more unpredictable and frequent, further stressing our food system. Shifts in temperature and precipitation have heightened the risk of food- and water-borne diseases, respiratory issues from wildfire smoke, and reduced agricultural productivity due to extreme heat, drought, floods, pests, invasive species, soil depletion, erosion, and other environmental stressors.

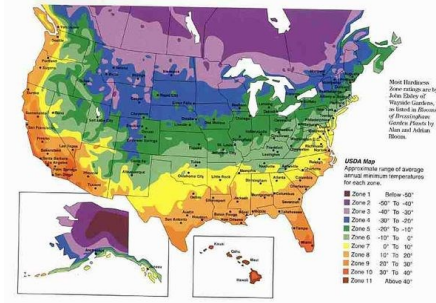
A healthy food system must address the three pillars of sustainability: environmental, socio-cultural, and economic factors. These elements help sustain and strengthen the resilience of community food systems. While we're not fully there yet, there is a growing movement toward creating a healthier food system. Awareness about healthy food systems has progressed substantially since I began my work in sustainable agriculture over 20 years ago. It is exciting to be a part of the local food movement in the Teton foodshed. 

Getting Organized for the Year Ahead

By Andrea Gaudet, Certified Idaho Master Gardener

"A goal without a plan is just a wish." – Antoine de Saint-Exupéry

With the first flakes of snow falling, winter is the perfect time to plan next year's garden. But, why plan ahead, you ask?



1. Hone your vision. Writing things out helps focus your efforts and identify potential conflicts in your plans before your garden fills up. Winter evenings are also ideal for researching varieties suited to our high-altitude climate and short growing season.

2. Preset to-do list. Avoid falling behind by creating a list of tasks and a rough calendar. This will reduce mental overload and avoid annoying rework. Plus, it makes it easier to relax and meditate when you are doing the manual work.

Artifacts to reference for the future. Keep track of what worked (and what didn't) so you don't repeat mistakes. A garden map from the previous year makes crop rotation easy.

What should your plan include?

Inventory of equipment: List any major tools or structures (e.g. high tunnels, grow lights, rototiller, etc.) and assess their condition. Also include any items you want to acquire for the upcoming season.

Big projects: Outline any major projects you intend to tackle (e.g. trellises, windbreaks, etc.), with estimated timeframes. This will help prevent you from stretching yourself too thin.

Plant variety spreadsheet: Create a list of plant varieties you want to grow, including their growing requirements (climate, spacing, germination time, row width, and depth). For now, dream big! You'll narrow it down as you match varieties to your garden map.

Task calendar: Create a calendar annotating ideal conditions for each task, in addition to rough dates. Examples of tasks could be pruning, mulching, fertilizing, and applying pre-emergent pesticides, seed start dates, hardening off, transplanting, and approximate harvest times. As you fill in your calendar, you may even discover fall tasks to set things up for the following season.

Garden map: Draft a bird's-eye map of your growing spaces, including raised beds, cold frames, and any containers. Note important factors like light, wind, and drainage. If planting near a structure, consider drawing a cross-section diagram to visualize what the garden will look like from eye level to avoid blocking windows or obscuring other features. Once your wishlist has been fleshed out with quantities of each variety, you can fill in your map with where they should go. Be mindful of crop rotations and neighboring plants.

Whether on paper or digitally, keep your plan flexible. Use a binder with pencil if working on paper, or apps like Google Suite for digital planning. There are also some promising new garden-specific apps now that do some or all of this exercise!

Remember, planning doesn't need to be done all at once—or be perfect from the start. Begin now, and refine it over time. Even the best plans will evolve, but the process will set you up for success. Keep a journal of your successes and setbacks. It's a valuable reference for next year and a fun record to look back on!



IDAHO
master
GARDENER

A **UNIVERSITY OF IDAHO**
EXTENSION PROGRAM

"We're there when you need us most."



CAREGIVER SUPPORT GROUP

Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!

Meetings Held The 3rd Monday of Every Month.

1:00-3:00 PM

Bingham County Extension Office
412 W Pacific Street
Blackfoot

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and education institution. University of Idaho, U.S. Department of Agriculture and Bingham County cooperating.



the **YMCA** FOR YOUTH DEVELOPMENT* FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

University of Idaho Extension

HELPING YOU FEEL STRONG STEADY & SAFE

Moving For Better Balance



Idaho Falls Family YMCA

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility—this is not true. You can build strength, improve balance, and gain confidence in your mobility through Moving For Better Balance. This is a 12-week, evidence-based, group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements.

FREE for Members and Non-members
Every Wednesday 9:30- 10:30 am
Donations are greatly appreciated.

TO LEARN MORE ABOUT THE PROGRAM:
Geetika Gupta
[208-523-0600 EXT - 407]

INSTRUCTOR: Leslee Blanch, Registered/ Licensed Dietitian Nutritionist, University of Idaho Bonneville County Extension Starting December 6th.

YMCA and the National Council of Young Men's Christian Association of the United States of America (YMCA of the USA) are committed to supporting healthy lifestyles through the Moving For Better Balance program but do not guarantee any specific outcomes for program participants.



University of Idaho Extension Master Food Safety Advisor Program (Master Food Preserver)

Dates:

- Wednesdays 9am-4pm
- January 22nd
- January 29th
- February 5th
- February 12th
- February 19th
- February 26th
- March 5th

Location:
Jefferson County Extension
Courthouse Annex
210 Courthouse Way,
Upstairs Classroom
Rigby, Idaho 83442

Contact:
Deanna Poulsen
(208) 745-6685
dpoulsen@uidaho.edu



Application Deadline: December 12th, 2024

You can apply three ways: online with the QR code to the left, applications can be picked up in our office or emailed to you. Seats are limited, apply now! Preference given to applicants who will complete phase 1 and phase 2.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Deanna Poulsen two weeks before the class at (208) 745-6685 or dpoulsen@uidaho.edu.

Get the Tdap Vaccine

Tetanus bacteria are commonly found in soil, dust, and manure. Tetanus has no cure and previous infections do not create immunity. **Adult boosters are needed every 10 years.**

IT'S MORE THAN JUST DIRT

ES MÁS QUE SOLO TIERRA

Obtenga la vacuna Tdap

La bacteria del tétanos se encuentra comúnmente en la tierra, el polvo y el estiércol. El tétanos no tiene cura y las infecciones previas no crean inmunidad. **Se necesitan refuerzos para adultos cada 10 años.**






IDAHO AG OUTLOOK SEMINAR

DECEMBER 18 | ONLINE OR IN-PERSON
 HILTON GARDEN INN DOWNTOWN | BOISE

Join UI Extension online or in-person for the 2024 Idaho Ag Market Outlook Seminar to learn about supply, demand and price outlook for most of Idaho's major commodities and key production inputs.

COST:

\$35/person for in-person or online attendance. Lunch is provided for in-person attendees.

REGISTRATION:

Visit www.uidaho.edu/ag-outlook for the full agenda and to register to attend.

MORE INFORMATION:

BWILDER@UIDAHO.EDU



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DINNER & SPEAKER SERIES

Join UI Extension, Bear Lake County for our Dinner and Speaker Series events. Each evening will feature a different topic and speaker and dinner is provided. All classes will be held at the UI Extension, Bear Lake County office, 21620 US HWY 30 in Montpelier.

ESTATE AND SUCCESSION PLANNING

NOV. 7 | 6 PM | \$10

Estate attorney Todd Hallock will discuss the basics of estate and succession planning. RSVP by Thurs., Oct. 31.

HOME LOANS

NOV. 14 | 6 PM | \$10

Learn more about home loans with home loan officer Stan Checketts. RSVP by Thurs., Nov. 7.

OVERCOMING TRAUMA

NOV. 21 | 6 PM | \$10

Extension Specialist Aaron Hunt will discuss strategies for overcoming trauma and the power of positive influences for children. RSVP by Thurs., Nov. 14.

REGISTRATION:

Visit the UI Extension, Bear Lake County office located at 21620 US Hwy 30 in Montpelier to register and pay for each event.

MORE INFORMATION:

BEARLAKE@UIDAHO.EDU | 208-847-0345

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CONNECTING IDAHO'S VETERAN FARMERS AND RANCHERS WITH OPPORTUNITIES FOR HANDS-ON AGRICULTURAL TRAINING, TECHNICAL ASSISTANCE AND PEER NETWORKING

University of Idaho Extension and the Farmer Veteran Coalition of Idaho Chapter are committed to improving the economic opportunities and quality of life for military veterans choosing agriculture as their next mission. This project is funded by a grant from the Western Extension Risk Management Education Center to utilize peer to peer learning and a regional approach to connect Idaho's farmer veterans with risk management education and each other.

WEBINARS Join us on the last Thursday of the month for webinars exploring topics chosen to help veteran and beginning farmers and ranchers identify risks and take action to reduce those risks in their operations. Contact us to learn how to register or watch recordings on-demand at our Youtube channel!



PODCASTS The Idaho Harvest Heroes Podcast delivers production, marketing, financial, legal & human risk management education to new and beginning veteran farmers and ranchers through stories directly from experienced veteran producers. Find episodes: <https://rss.com/podcasts/harvestheroes/>



REGIONAL WORKSHOPS Beginning October 2024, we will be hosting four in-person, regional training workshops, tours and networking meetings across the state. Find out more by emailing conniem@uidaho.edu.

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 status as any protected veteran or military status. University of Idaho and U.S. Department of Agriculture cooperating.



ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

Become an Annie's Project Facilitator



Upcoming
Virtual Training
 December 17-18

TO REGISTER FOR A TRAINING
 CONTACT KARISHA DEVLIN
KARISHA@ANNIESPROJECT.ORG

TO JOIN U OF I'S ANNIE'S PROJECT TEAM
 CONTACT COLETTE DEPHELPS
CDEPHELPS@UIDAHO.EDU

ANNIE'S PROJECT'S MISSION IS TO EMPOWER WOMEN IN AGRICULTURE TO BE SUCCESSFUL THROUGH EDUCATION, NETWORKS AND RESOURCES.

Welcome Jennifer Brown to UI Extension, Teton County 4-H!

UI Extension, Teton County 4-H is thrilled to welcome Jennifer Brown, who joined our team through AmeriCorps on November 1, 2024. Jennifer will focus on planning and teaching STEAM (Science, Technology, Engineering, Arts, and Mathematics) curriculum to 4-H club members and youth in the ABC (Above and Beyond the Classroom) after-school program.

Jennifer brings a wealth of experience, holding a Master of Arts in Music and a Bachelor of Music in Vocal Music. She has taught elementary students for the past four years since relocating to Teton County. Her background includes designing and launching an early childhood program at West Virginia University and teaching English and music integration at YaGe Community Arts Center in Kunming, Yunnan, China. Jennifer's creative talents in graphic design and technology make her a perfect fit

for 4-H.

Jennifer's family is also active in the community. Her husband, Dr. Douglas Brown, teaches 4th grade at Jackson Hole Classical Academy, and their daughter, Sienna, is a 4-H participant and student at RUES Upper Elementary School. Jennifer has already hit the ground running, planning Cloverbud STEAM meetings, coordinating Day Camps, and leading the ABC 4-H Friday STEM Challenge, "Food for Thought," with kindergarten and first graders. She has even joined the county's interfaith choir, further connecting with our vibrant community.

Please join us in extending a warm welcome to Jennifer Brown as she embarks on this exciting journey with Teton County 4-H!



Jennifer Brown, 4-H AmeriCorps Instructor



Message from Abby Grundler, Teton County 4-H Coordinator



Wow, we are off and running with the 2024-2025 4-H year! Clubs are meeting, leaders are planning, and youth are adjusting to the new four-day school week. We're ready for another fantastic year of growth.

In just the first eight weeks, we already have 200 youth enrolled in 4-H! Last year, we reached 207 members, so we're well on our way to matching—or even exceeding—that number. 4-H youth, do you have a friend who might enjoy 4-H? Be sure to invite them to join! And don't forget to record your recruiting efforts in your record book.

We're thrilled to welcome **six new leaders** this year:

- **Jennifer Brown** – Cloverbud STEAM and STEAM Clubs
- **Tracy Gridley** – Crafting

- **Alex Heidkamp** – Hiking
 - **Jessica and John Loudenslager** – Beef Club
 - **Leisa Moulton** – General Leadership
- There's still room for more leaders! We are actively seeking volunteers for **Knitting, Crochet, Archery (3 leaders needed), Gardening, Rifle, Weaving**, and more. Are you an entrepreneur? Share your knowledge by leading a club that teaches teens how to start and run a business. Do you enjoy baking? Start a Bakers Club! Are you an avid reader? Lead a Book Club. Have a passion for cross-stitch? We know youth are eager to learn.

If you're interested in becoming a leader and sharing your skills and knowledge with the youth of Teton County, please contact me at **208-776-8235** or **teton4h@uidaho.edu**.

Here's to another exciting and enriching year with Teton County 4-H!

4-H Sewing Day-Camp

LEARN THE BASICS AND MAKE A SIMPLE PILLOWCASE

WHEN

December 20, 2024 1-4 PM

WHERE

UI Extension Office 445 N. Main St. Driggs

SIGN UP ON EVENTBRITE

Scan the QR Code to enroll on Eventbrite



4-H SEWING DAY CAMP HOSTED BY TETON COUNTY 4-H CLUB LEADERS CONNIE DERAPS AND TAMMY SACHSE.

COST: \$40.00 (INCLUDES SUPPLIES & EQUIPMENT)

DAY CAMP OPEN TO ALL TETON COUNTY YOUTH AGES 8-18

SIGN UP TODAY!

Let us Sew!

DECEMBER
20, 2024



IT IS U OF I POLICY TO PROHIBIT AND ELIMINATE DISCRIMINATION ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, RELIGION, SEX, SEXUAL ORIENTATION AND GENDER IDENTITY/EXPRESSION, AGE, DISABILITY, OR STATUS AS A VIETNAM-ERA VETERAN. THIS POLICY APPLIES TO ALL PROGRAMS, SERVICES, AND FACILITIES, AND INCLUDES, BUT IS NOT LIMITED TO, APPLICATIONS, ADMISSIONS, ACCESS TO PROGRAMS AND SERVICES, AND EMPLOYMENT.

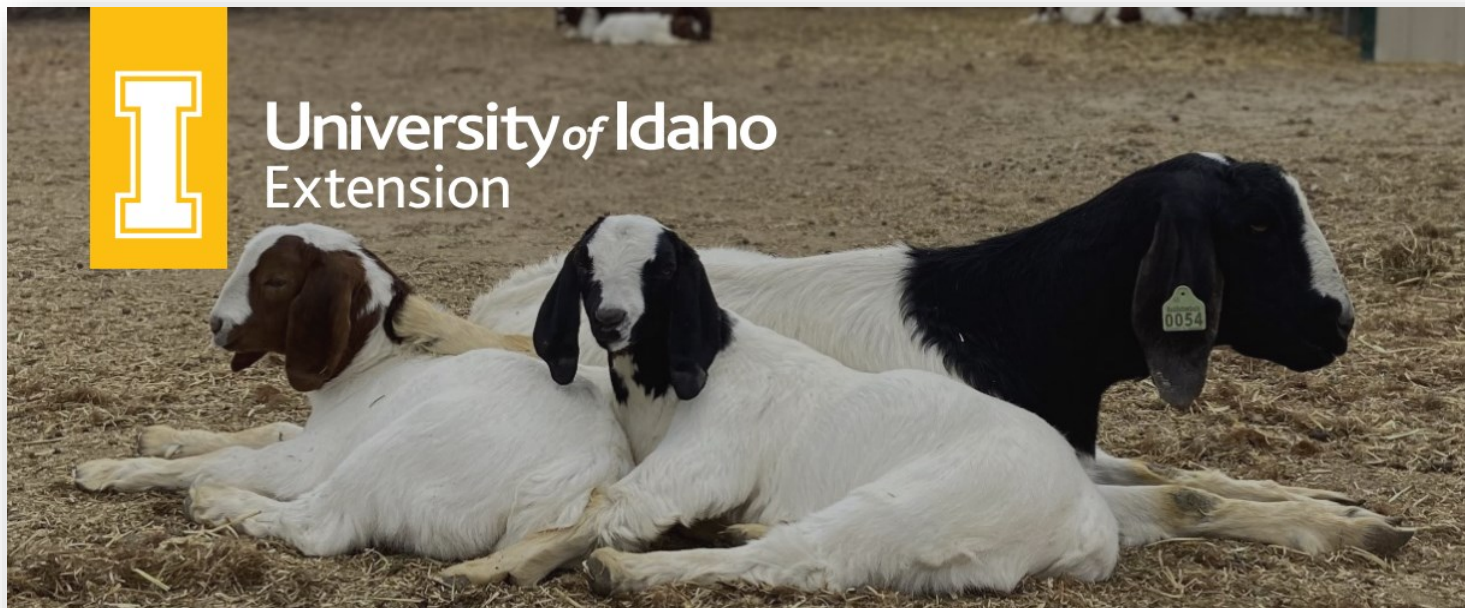


University of Idaho
Extension





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KIDDING/LAMBING CLINIC

DECEMBER 13, 2024 | 9:30 AM- 2 PM

412 W PACIFIC ST. | BLACKFOOT

AGENDA:

- 9:30 a.m. Registration
- 9:45 a.m. Nutrition During Gestation and Early Parturition, *Carmen Willmore, UI Extension*
- 10:10 a.m. Diseases/Vaccination, *Melinda Ellison, UI Extension*
- 10:50 a.m. Break
- 11:00 a.m. When to Help and When to Call the Vet, *Tony Parsons, Blackfoot Animal Clinic*
- 12:00 p.m. Lunch
- 12:30 p.m. Kid/Lamb Care; Disbudding/Banding, *Chad Page, USU Extension*
- 1:15 p.m. Facilities, *Bret Taylor, US Sheep Experiment Station*
- 2:00 p.m. Event Ends

COST:

The clinic is \$20/operation (up to three participants) and includes lunch. Youth are welcome to attend, however, youth under age 14 must attend with an adult and able to be attentive during the class. **Deadline to register: Dec. 9**

REGISTRATION AND QUESTIONS:

CWILLMORE@UIDAHO.EDU | 208-785-8060

The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability. Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Carmen Willmore at cwillmore@uidaho.edu by Dec. 9.

KNOW YOUR GOVERNMENT CONFERENCE

February 15-17, 2025 in Boise

Registration Cost: \$225

Open to youth in grades 8 to 10

(Youth may only attend 2 times unless selected for the Steering Committee)

MISSION

Provide youth an opportunity to become knowledgeable about the decision-making process in legislative and judicial branches of government.

YOUTH LEADERSHIP

- KYG Conference is planned in partnership with youth and adults.
- Youth in grades 9 and 10 may apply to serve on the planning committee.
- Applications are accepted at Conference

MORE INFORMATION

For more information, visit:
<https://www.uidaho.edu/extension/4h/events/know-your-government>

REGISTER

- From Dec. 1 - Jan. 17
- Online at ZSuite:
<https://4h.zsuite.org>
- Payments made in ZSuite

ACCOMODATIONS

- Hyatt Place Downtown is the Conference Hotel
- Lodging & most meals are included.
- Transportation to and from Boise is provided for youth from Northern, Central, and Eastern Idaho.
- Events held at the Boise Centre, Capitol, UI Law Center, Supreme Court, and Ada County Courthouse



Idaho 4-H Know Your Government Conference

February 15-17, 2025

Boise, Idaho

Youth Experience

Open to youth in grades 8 to 10
(2 years total unless selected to serve on the Steering Committee)

Participants in the Legislative Workshop learn about the state government decision making process by participating in mock committee meetings with guidance from legislators at the Capitol then participating in a mock legislative session.

Participants in the Judicial Workshop learn about the Idaho court system, how laws affect teenagers and participate in mock trials held at the Ada County Courthouse. They take tours of the Supreme court building and visit with judges and attorneys.

Learn how the state government decision making process works.

Learn how teens can participate politically to influence state government.

Action to improve communities requires knowledge of government and how it works. Join 4-H'ers from across the state to see our government in action.



Mission

- Provide 4-H members an opportunity to become knowledgeable about the decision-making process in their communities and state. This strengthens the connection between youth and our political system

Get Involved!

For more information about the Know Your Government Conference:

- REGISTER and learn more at the KYG Conference website: <https://www.uidaho.edu/extension/4h/events/know-your-government>
- Delegates that have attended two years and are currently in the 9th or 10th grade can apply to become members of the Know Your Government Steering Committee. The following positions (the numbers indicate number of positions needed) are selected each year:
 - Legislators (6)
 - Judges (6)
 - Reporters (8)
 - Chief Justice (1)
 - Speaker of the House (1)
 - Social Media/Video Producer (1)
 - News Editor (1)

Mike Knutz
Conference Chair
208-736-3608
mknutz@uidaho.edu

REGISTRATION
OPENS DEC. 4

<https://4h.zsuite.org>



4-H Archery Indoor Buckle Up Shoot

(Open to currently enrolled 4-H Members from Idaho that are 8 years of age or older by January 1st, 2025)

Date: Saturday, January 25th, 2025

Registration Deadline: January 4th, 2025

Register in Zsuite events!

Flighted Start Time

(Seniors)

8:00 am: Equipment check in
9:00 am: Event starts

(Juniors & Intermediates)

9:00 am: Equipment check in
10:00 am: Event starts

Place: Endless Archery, 805 Park Centre Way, Nampa, Idaho 83651

Cost: \$35

Method of payment: Cash, Check or Card

***Make checks payable to Canyon County Extension Office**

Course of Fire

Juniors (ages 8-10)

- 1 end of 6 arrows each from 20 meters
- 1 end of 6 arrows each from 15 meters
- 2 end of 3 arrows each from 10 meters
- 3 end of 3 arrows each from 5 meters
- 3D shoot of 15 stations; 1 arrow shot at each station unmarked distances from 5 to 20 yards

Intermediates (ages 11-13)

- 2 ends of 6 arrows each from 25 meters
- 1 end of 6 arrows each from 20 meters
- 3 ends of 3 arrows each from 15 meters
- 3 ends of 3 arrows each from 10 meters
- 3D shoot of 15 stations; 1 arrow shot at each station unmarked distances from 5 to 30 yards

Seniors (ages 14-18)

- 3 ends of 6 arrows each from 60 to 50 meters
- 6 ends of 3 arrows each from 40 and 30 meters
- 3D Shoot of 30 stations; 1 arrow shot at each station unmarked distances from 5 to 50 yards

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

Persons with disabilities who require alternative means for communication, program information or reasonable accommodations to participate in University of Idaho Extension 4-H Youth Development programs need to complete and submit this form (pdf) to the University of Idaho Center for Disability Access and Resources (CDAR) at least two weeks prior to the event. Submit this electronic request form by sending the application and 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.



Team and Contestant Eligibility

1. Each county may enter up to two Senior teams and two Junior teams in the contest.
2. Teams consist of three or four members. In teams in which there are four members, all will compete, but the member receiving the lowest overall score will be automatically declared the alternate. The scores of the alternate will not be included in any of the team totals but will be considered in making all individual awards. Teams consisting of three members will not have an alternate and all members' scores will count in determining individual and team awards.
3. The teams may be selected by any procedure that the county deems to be appropriate. Team members must be enrolled in 4-H during the current year. Their eligibility must be certified by the county 4-H professional.

The registration deadline (and fees being paid) is January 6, 2025, and can be completed through ZSuite. No late entries will be accepted!

4. Each contestant must be at least 8 years of age by January 1 of the current year and less than 19 years of age on January 1 of the current year.
 - a. Junior Division is open to those youths who have not reached their 14th birthday before January 1 of the current year.
 - b. Senior Division is open only to those youth who have reached their 14th birthday as of January 1 of the current year and who have not reached their 19th birthday as of January 1 of the current year.
 - c. Mixed age-division teams will be allowed, the age of the oldest member of the team will determine which division the team competes in (example: team of 4 with ages 10, 11, 14, 15 will compete in the Senior Division).
5. The top senior team at the state contest will be invited to represent Idaho at a National Livestock Skill-A-Thon contest in Louisville, KY in November the same year. Mixed age-division teams, even competing in senior division, are not allowed to participate in the national contest.
6. An entry fee of \$40 per team member will be due with the team entry. These funds are used to pay for T-shirts, committee travel and contest expenses. Lunch may be available to purchase on site.

Go to the link for more information https://4h.zsuite.org/api/files/user-uploads/114688/2024-11-25_19-29-19_contests-livestock-skillathon-rules-pdf.pdf

4-H College Scholarships Application Process for 2025-2026 School Year

4-H College Scholarships are available for 4-H youth planning to attend Idaho post-secondary institutions. Please review the information on the scholarships available and how to apply by visiting [our 4-H Scholarships page](#). **Applications are due by December 31.** Please plan ahead and apply early.

Reminder: The High School Senior's FAFSA application for college opens Oct. 1. Complete it and turn it in as soon as possible, as many schools use this information to award scholarships in early January. Contact your local High School Counselor for information.

If you have questions, please contact the UI 4-H Office at 208-885-6321 or fourh@uidaho.edu.



4-H 2024 HOLIDAY ORNAMENTS ARE HERE!
Celebrate the season with these Barnyard Buddies

100% of your purchase benefits local 4-H.

TSC TRACTOR SUPPLY CO

4-H

Limited Edition 4-H Holiday Ornaments

Stop into any Tractor Supply store nationwide and get your limited edition collectible 4-H holiday ornaments. These ornaments, featuring three unique designs for 2024, will surely become a cherished family tradition for 4-H'ers for years to come.

100% of the funds raised from ornament sales will benefit 4-H.



Beyond Ready



At 4-H, we believe that when young people are equipped with the right skills and support, they can become leaders who are *Beyond Ready* for anything life throws their way. Dr.

Growing up in Hilo, Alfred Mina's journey with 4-H began as a member of the Paniolo Livestock 4-H Club. But his 4-H experience was more than just raising animals—it gave him the confidence to pursue a dream that others doubted. "At a time when my high school counselors were suggesting I reconsider my dream of becoming a veterinarian, 4-H was my biggest supporter," Alfred shared. "They helped me stay focused, determined, and confident in pursuing my career goals."

With 4-H by his side, Alfred followed his heart. He went on to earn degrees in Agriculture and Biology from the University of Hawaii-Hilo and later graduated from Washington State University as a Doctor of Veterinary Medicine. Today, Dr. Mina owns a thriving veterinary practice in Hilo, where

More Than Livestock.

Alfred's 4-H experience went far beyond livestock projects. As a 4-H member, he gained leadership skills, learned the value of community service, and became a role model for others.

One of his most cherished projects was PALS (People, Animals, Loving, Sharing), where he brought his animals to elderly care homes and schools, spreading joy and connection.

Why It Matters

Alfred's journey shows how 4-H empowers young people to go after their dreams, even when the path seems difficult. **He didn't just prepare for a career—he became *Beyond Ready* to lead, serve, and make a difference in his community.**



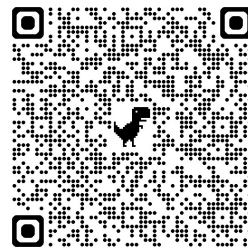
Paper Clovers are Available at Tractor Supply

Check items off your holiday shopping list and support your local 4-H club. From now through December 15th, you can pick up a Paper Clover at any Tractor Supply store.



American Farm Bureau Convention Offering Free Registration to 4-H'ers

The [American Farm Bureau Convention](#) is offering FREE registration to 4-H'ers who'd like to attend their Youth Leadership Program on January 26th in Salt Lake City, Utah. Students age 17 and younger will receive free registration and lunch if registered by December 15th.



Healthy Pumpkin Pie Pudding



Ingredients

- $\frac{3}{4}$ cup Vanilla yogurt
- 4 tablespoons Pumpkin Puree
- $\frac{1}{4}$ cup Granola
- 1 teaspoon Honey
- 1 $\frac{1}{2}$ teaspoon Pumpkin pie spice

Preparation

1. Wash hands
2. Stir all ingredients together in a bowl
3. Serve cold and enjoy!

Tips

Add dried cranberries, chopped apricots, nuts, seeds, shredded coconut, or sub out the honey for some maple syrup. Make the night before, for a ready to eat breakfast!



<https://eatsmartidahointhekitchen.com/2018/11/10/healthy-pumpkin-pie-pudding/>

UPCOMING EVENTS

TETON FOOD AND FARM COALITION MEETING

Wednesday, December 18, 2024

Agenda: Winter planning, update about Sweet Hallow Farm and their no-till project

12-1pm MT via Zoom

Register: <https://tetonfoodfarmcoalition.org/>

4-H SEWING DAY CAMP (Pillow Cases)

Friday, December 20, 2024 1-4 PM \$40.00

Day Camp open to all Teton County Youth ages 8-18.

SAVE THE DATE 4-H EVENTS

BEEF WEIGH-IN Saturday, 3/8/2025 9-10 am Fairgrounds

SWINE WEIGH-IN Monday, 4/28/2025 4-6 pm Fairgrounds

ANIMAL PAPERWORK DUE Thursday, 5/8/2025 4 pm Office

SHEEP & GOAT WEIGH-IN Tuesday, 5/27/2025 4-6 pm Fairgrounds

CONTACT US

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