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

## EXTENSION UPDATE

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By Jen Werlin, Extension Educator

For over 100 years, the 4-H youth development program has helped to empower youth to reach their full potential through working and learning in partnership with caring adults. 4-H youth development is sponsored by the Cooperative Extension Service. The University of Idaho is our state's land grant institution and has operated the Extension service cooperatively with county governments in Idaho since 1912. The 4-H program empowers youth to voice and express who they are and how they make their lives and communities better. The 4-H motto is "to make the best better". University of Idaho Extension is dedicated to creating equal opportunities for all youth, regardless of race, ethnicity, or background, and along with the University of Idaho, has a policy of nondiscrimination. 4-H strives to reflect America and celebrates diversity from all beliefs and backgrounds.

The 4-H program is dedicated to providing high-quality youth programs and settings where youth belong, matter, and can explore their personal spark. Positive youth development (PYD) research has shown that there are two key elements that help youth to thrive in life —a sense of belonging and a caring adult beyond a parent or guardian. 4-H personnel and volunteers are advised to help youth feel included and valued. Youth are encouraged to discover their spark—what their passions are and what drives them.

Teton County 4-H along with other 4-H programs throughout the nation provide youth

## **Helping Youth Thrive through 4-H**

with hands-on learning opportunities that cultivate inclusion, diversity, and belonging. Likewise, volunteers and staff are provided with high-quality peer-reviewed 4-H curriculum, trainings, and programs that help youth thrive. Indicators of youth thriving include: openness to challenge and discovery, developing a growth mindset, hopeful purpose, pro-social orientation, transcendent awareness, positive emotionality, and self-regulation through goal setting and management. Emphasizing these socialemotional skills helps youth achieve positive outcomes such as academic motivation and success, social competence, high personal standards, connection with others, personal responsibility, and contribution to community through leadership and civic engagement.

Moving into the 2024-2025 4-H year starting in October, we are committed to playing a part in supporting youth and providing a safe and welcoming space for them to grow and learn. University of Idaho Extension 4-H Youth Development thanks you for your role in "making the best better" by investing your time and energy in the 4-H and other Extension programs! We are always looking for volunteers to help with our 30+ 4-H clubs and ongoing day camps, so if you have a spark, talent, or interest in giving back to our county's youth, please reach out to us! Thank you for your service!

**References:** Adapted from University of Idaho's 4-H Inclusion Statement and National 4-H Council and 4-H Program Leaders Working Group's Positive Youth Development Committee.

Learn more about the 4-H Thriving Model at: https://helping-youth-thrive.extension.org/.

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# SEED SAVING 101

## WEDNESDAY, SEPTEMBER 25 5-6:30 PM, VICTOR BRANCH

Learn seed saving basics with Jen Werlin, University of Idaho Extension Educator.

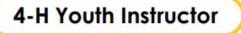
Bring your open-pollinated seeds to share in our community seed library.





The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.

## Serve with 4-H AmeriCorps in Teton County



- Full-time 1,700 hours
  - 11 months
  - 32-40 hours per week
  - Mon-Fri
  - 9:00am-5:00pm flexible if needed
  - Driggs, ID
  - Apply by Oct 1st

## Benefits

- Earn a living allowance!
  - \$23,700.00 paid in allotments of \$987.50 every two weeks
- Get money for school!
   \$7,395.00
- Professional Development
- Networking



<u>Click here to</u> learn more and apply!











## Shape Idaho's Future

Deliver hands-on STEAM education to Idaho's youth! Serve as a positive role model while networking and gaining professional development!

University of Idaho

Extension

AmeriCorps

Idaho



## Online Fitness Classes University of Idaho Extension



## Fitness Made Simple! Thursdays, 10:00–11:00AM MST

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

#### Join Zoom Meeting: https://uidaho.zoom.us/j/85143098244 Meeting ID: 851 4309 8244 Passcode: 693155

#### **Suggested Equipment**

Resistance bands 1-6-pound weights 7-9-inch exercise ball

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.

Reasonable accommodations will be made for persons with disabilities and special needs who contact Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; <a href="mailto:lsant@uidaho.edu">lsant@uidaho.edu</a>.

## "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. Bingh Bingh 412 W Black

Bingham County Extension Office 412 W Pacific Street Blackfoot

#### 1:00-3:00 PM

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.









## LOST RIVERS GRAZING ACADEMY



## Regenerative Management of Irrigated Pastures



#### How can you benefit?

- Enhance your grazing-management skills and improve your forage and livestock production
- Reduce the dollars and hours you spend fertilizing, harvesting, and feeding hay
- Increase your animal units and net income
- Improve deteriorated pastures and soil health
- · Gain a foundation of knowledge from which to launch a new livestock operation
- Learn sustainable practices that will maintain and improve the productivity of your ranch

## September 10-13

### O Marsing/Homedale, Idaho

- Continental breakfasts
- Lunches
- Dinner
- One set of materials



For more information: Scott Jensen, UI Area Extension Educator (208) 364-4623 Chad Cheyney, UI Extension Professor (208) 940-0222 ccheyney@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. Persons with disabilities who require alternative means for communication or program information, or reasonable accommodations need to contact us at least two weeks prior to the event at 208-896-4104 or owyhee@uidaho.edu.



## FARM PLANNING COURSE

WHOLE

Online via Zoom – Mondays Sept 25th –Dec 4th 6:00pm-8:00pm

## PLANIFICACIÓN DE TODA LA GRANJA

Curso en línea con Zoom los lunes 25 de sept - 4 de dic 6:00pm-8:00pm Interpretación en español disponible



This fall course will cover a broad range of topics including production and markets for today's small farm! Whether you are just exploring the opportunities available or already have an existing operation, you'll learn what it takes to create, sustain, and grow a viable small farm.







Annie's Project is a six-week course that fosters problem solving, record keeping, and decision-making skills around five areas of agricultural risk management: production, legal, market, human and financial. Open to all, this offering of Annie's Project is designed to meet the educational and skill-building needs of women farmers and ranchers operating small and direct marketing farms.

> Every Monday November 11- December 16, 2024 9 am - 12 pm PT / 10 am - 1 pm MT

## **FREE WEBINAR**



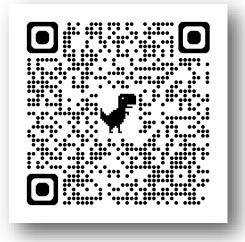
Does My Farm Have the Right Property Insurance Coverage?

September 17, 2024 | 11 AM CT

#### Farm Commons Property Insurance Webinar

September 17 | 11 a.m. CT

Running a farm or ranch business often depends on buildings, equipment, vehicles, and supplies for day-to-day success. If these valuable assets are lost or damaged, it can be devastating to profitability. Different types of property insurance can help address this risk, but only if the farmer clearly understands how these products work. Does your operation have the coverage it needs?



## **University of Idaho Extension Publications**



## **Pasture Principles for Smaller Acreages**

Hancnettes and small farms are cropping up in rural landscapes across Idaho, spurring demand for information on pasture management. This updated publication addresses the most common concerns (scripting a pasture plan, pasture improvement and renovation, healthy soil maintenance, weed management, and balancing livestock and plant production) to help you become a more confident and capable pasture manager.

## Sustainable Small Acreage Farming in Idaho: Finding and Evaluating Land

This publication provides an overview of important considerations for people looking for land on which to establish a successful small farm or ranch. These include farm planning, natural resources, topography, climate, pests and problems, physical assets, nearby activity, site history, legal and regulatory considerations and marketing farm products.



Also included are several stories of small acreage farmers describing how they selected their land, and a checklist to help the reader work through evaluating a piece of land



### WESTERN SARE FARMER/RANCHER RESEARCH & EDUCATION GRANT

The Western SARE Farmer/Rancher Research & Education Grant Program focuses on advancing on-farm sustainability solutions by funding innovative producer-driven research and outreach. This grant program involves agricultural producers (main applicants) and technical advisor(s) implementing projects to address identified needs in sustainable agriculture.

#### **APPLY BY OCTOBER 23**

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Projects with 1-2 producers may apply for up to \$25,000 and projects with 3 or more producers working together may apply for up to \$29,900.

With a Farmer/Rancher Grant, a producer and a technical advisor work together to develop a project (1-3 years in scope) that conducts *both research and outreach* on a sustainable agriculture topic. With the support and guidance of the technical advisor, producers must integrate research and education to conduct onsite/on-farm experiments to address social, environmental, and economic aspects of agricultural sustainability. The goal of this program is to achieve results that can be communicated to other producers and professionals, sustain and improve the environmental quality and natural resource base on which agriculture depends; improve the profitability of producers and associated agricultural businesses; and enhance the quality of life for producers in local communities. Outreach activities may include on-farm/ranch demonstrations, farmer-to-farmer educational activities, and other approaches to assist producer adoption of sustainable agricultural practices.



## ORGANIC CERTIFICATION APPLY BY OCTOBER 31



Organic Certification Cost Share Program (OCCSP) provides cost share assistance to producers and handlers of agricultural products who are obtaining or renewing their certification under the <u>National Organic Program (NOP)</u>. Certified operations may receive up to 75 percent of their certification costs paid during the program year, not to exceed \$750 per certification scope.

Eligible OCCSP applicants include any certified organic producers or handlers who have paid organic certification fees to a USDA-accredited certifying agent. Cost share assistance covers expenses including application fees, inspection costs, fees related to equivalency agreement and arrangement requirements, inspector travel expenses, user fees, sales assessments and postage. OCCSP pays a maximum of \$750 per certification category for crops, wild crops, livestock, and processing/handling.





## GETTING YOUR RECIPE TO MARKET Tue, Sep 17 5:00 PM to 8:00 PM, 13 sessions ending Tue, Dec 3

A 12-week interve program designed to provide the food entrepreneur with a solid dourdation in business, organizational, and product development, as well as food safety, packaging, production and distribution. Pre-req guided phone interview and program application beveloped by the SBDC, the Food entroversion Center, and New Seasons Market, this program combines the talents of our instructors, business advicer and food professionals to provide a rich learning environment; one that creates a foundation for business planning, product development, and launching of your product so that you produce, promote and profit from your recipe/food complete your disease contact PCC Registration Help at 971-722-8888 (Option 2) or go to: http://www.pcc.edu/enroll/registration/non-credit-registration.html

Scholarships may be available! To learn more, contact jill.beaman@pcc.edu

Turn your idea into a commercial-ready food product with support from food industry experts, OSU's Food Innovation Center, and New Seasons Market.



## Serve Your Idaho Community As A Digital Navigator!

Your involvement as an AmeriCorps Member will benefit the community you call home! Here are just some of the benefits American Connection Corps will provide to you:

- Living Allowance Stipend of \$33,000
  For 1,700 Hours Of Service
- Health Care Plan
- Scholarship Funding Post-Completion Of \$7,395
- 3-4 Fully Paid For, In-Person Week-Long Trainings Nationwide







#### What Is A Digital Navigator?

Serving an AmeriCorps term with the American Connection Corps and University of Idaho Extension Digital Economy Program as a Digital Navigator is assuming the role of a trusted guide who:

- Can help individuals or small groups to make the most of the internet and its opportunities by teaching digital skills to a wide variety of people
- Provides assistance with affordable internet access, device acquisition, technical skills, and application support
- Works alongside local leaders, community partners, and Broadband Action Teams to improve internet access and digital opportunity in Idaho's communities

Recruiting For September 2024 - July 2025 Applications Are Being Accepted Now!







## University of Idaho

#### Serve Your Idaho Community As A Digital Navigator!

Your involvement as an AmeriCorps Member will benefit the state of Idaho! Here are just some of the benefits American Connection Corps will provide to you:

- Living Allowance Stipend
- Health Care Plan
  Two 5-Day Training Retreats
- Opportunity To Attend National Digital Inclusion Alliance Summit
- Scholarship Funding Post-Completion
- 3+ In-Person Graduation Ceremony & Summit In Washington, DC

Applications Are Being Accepted Now!



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY



## HELPING YOU FEEL STEADY 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 evidencebased, group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements.

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

(VMCA) and the National Council of Young Maria Christian Association of the United States of America ("VMCA of the USA") are convertible to supporting healty: (Retryles through the Moning For Dather Salance program but its not guerantee any specific extremes for program participants. 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]



## **Teton County 4-H**



4-H.org #4HBeyondRead

## Save The Date Monday September 23, 2024 6:00-7:30

## **Teton County 4-H Awards Ceremony**

## Join us on the Green Carpet Monday September 23, 2024 6-7:30 PM

## **Teton County Fair Grounds**

4-H Club Members, 4-H Leaders, 4-H Families, and Friends of 4-H are invited to celebrate with us as we close the 2023-2024 4-H year

Celebrate the retirement of X-Treme Archery Leaders Bill and Jackie James, and Christy Moser who will be awarding Archery Club members Fair ribbons

Cheer on Club members as they receive Belt Buckles and Sweatshirts for participation in Teton County Fair 101

Commemorate 4-H Club Members awarded Outstanding Record Book pins for submitting Outstanding Record Books for 2023-2024 4-H Year

Linger after the awards and enjoy an ice cream sundae and conversation with 4-H friends

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## 4-H Babysitter Club

Are you ready to learn the art and safety of babysitting? Do you want to start your own business? Then sign up for 4-H **BABYSITTER CLUB**!

4-H Club Members must be 11-18 years old. Club meetings will be held at University of Idaho Extension 445 North Main, Driggs

2024-2025 4-H year runs October-September Sign up begins October 6, 2024 at 4h.zsuite .org



In this 6 week course you will learn all you need to know about launching your own babysitting business. Abby Grundler, 4-H Babysitter Club leader, is excited to help you successfully navigate the ins and outs of caring for young children.

Are you already a 4-H member? Then simply sign up for the Babysitter Club in Zsuite when you enroll for the 2024-2025 4-H year

New to 4-H? Sign up at 4h.zsuite.org. on October 6, 2024. Annual 4-H dues are \$60. Need help signing up for Babysitter Club? Call us at the University of Idaho Extension office at 208-776-8235 for help navigating your way into your own

BABYSITTING BUSINESS!

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August 28, 2024

This year's total amount raised was \$3,372,937 from over 5,800 designated gifts. In 17 years, the Tin Cup has raised over \$26.98 million to benefit Teton Valley's nonprofit community.

Teton County 4-H would like to thank the Challengers and Friends of the Challenge!

Teton County 4-H raised \$4,525.00 Tin Cup Match (56%) \$2,534.00 Nonprofit Bucks Awarded \$125.00 TOTAL GRANT \$7,184.00



## Avian Influenza in Idaho Information for bird owners

Avian influenza (AI) is a virus which can infect all birds. Domesticated birds may become infected through direct contact with infected waterfowl or other infected poultry, or through contact with surfaces that have been contaminated with the viruses.

## Two different strains:

\*Both strains can occur naturally in wild migratory waterfowl.

- Highly pathogenic avian influenza (HPAI) these virus strains are deadly to domestic poultry and can spread rapidly from flock to flock. This is a reportable disease. Disease can be slow and mild in waterfowl.
- Low pathogenicity avian influenza (LPAI) these virus strains are most likely to be carried by wild migratory waterfowl and shorebirds without causing illness. LPAI can infect domestic poultry. Symptoms are usually milder.

## How is HPAI Spread?

- HPAI is spread by direct contact between birds, by coughing and sneezing and through poop.
- People can spread HPAI by moving infected birds, moving contaminated equipment and feed, and by wearing clothing and shoes that have been in contact with infected birds.

## Symptoms Include:

Sudden death without clinical signs

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- Lack of energy and appetite
- Decreased egg production or softshelled or misshapen eggs
- Swelling of head, comb, eyelid, wattles and hocks
- Purple discoloration of wattles, comb and legs
- Nasal discharge, coughing and sneezing
- Incoordination

## **Report Sick Birds**

- If you have multiple sick or dying birds, call a local veterinarian, or refer to ISDA's avian influenza flow chart for reporting guidance.
- The avian influenza flow chart and bird owner reporting form can be found at <u>agri.idaho.gov.</u>

Poultry owners and growers are encouraged to always practice good biosecurity to prevent the spread of AI. Visit agri.idaho.gov for more information.

## State 4-H

## 2024 Easter Idaho State Fair Teton County Results

Class	Place	Youth
Working Ranch		
Dummy Roping	6th	Harper Montesano
Stationing Unit 2	4th	Emma Groth
	5th	Addie Wright-Clark
Team Sorting	1st	Ella Hatch
	1st	Quinten Meyers
	1st	Tristan Montesano

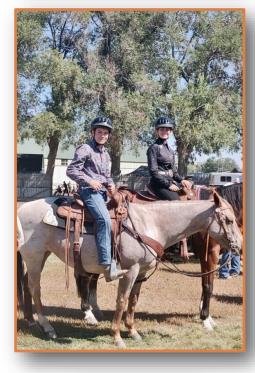
## Horse

Senior Horse Showmanship	3rd	Jimmi Williamson
Junior Horse Showmanship	5th	Adri Hulme
Pony Bareback	1st	Addie Wright-Clark
	5th	Jessie Thackray
Intermediate Bareback	1st	Tristan Montesano
Junior Bareback	1st	Phineas Thackray
	2nd	Harper Montesano
Senior Western Equitation	6th	Jimmi Williamson
Intermediate Western Equitation	2nd	Edie Barnes
Junior Western Equitation	2nd	Harper Montesano
	3rd	Phineas Thackray
Pony Western Equitation	5th	Jessie Thackray
	6th	Tommy Van Vorst
Junior English	1st	Harper Montesano
Intermediate/Senior English	4th	Edie Barnes
	5th	Jimmi Williamson
Youth Jumping	1st	Edie Barnes

## Dog

Rally Novice A	1st	Edie Barnes
Junior Novice Showmanship-Novice	1st	Harper Montesano
Junior Showmanship-Open	5th	Cara Frenette
Intermediate Showmanship-Novice	2nd	Edie Barnes
Intermediate Showmanship-Open	4th	Tristan Montesano
Beginner-Class A Obedience	2nd	Edie Barnes
Beginner-Class B Obedience	4th	Cara Fernette
Novice B Obedience	1st	Tristan Montesano













Cost is \$175 scholarships available in registration

4-H LEADS (Learn, Engage, Act, Develop Summit) is open to youth in grades 8-12 from all delivery modes (club, camp, afterschool, in-school, military partnership, Juntos, etc.). LEADS is designed to help youth discover sparks, belonging, and relationships while empowering them to lead to change within their 4-H program, school and/or community. With an emphasis on leadership development, the program provides learning and teaching opportunities for teens in the areas of agricultural sciences, health and well-being, STEM and expressive arts.





Horse Thief Reservoir Transportation provided

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## #4HBeyondReady

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# Beyond Ready



## National 4-H Week October 6-12, 202 **Registration Opens Octob** 4h.zsuite.org

**4-HTECH Changemakers** 4-H Livestock (Beef/Swine/Sheep) Alpine 4-H Camp Art Babysitter **Beginning Weaving Cake Decorating** Cat Cloverbud: Art, Explore, STEAM, Yoga Cooking

Teton County 4-H believes in the power of young people. Every child has valuable strengths and influence to improve the world. We invite you to explore with us.

A 4-H Club is a group that meets locally year round. Clubs focus on projects that encompass a range of activities. Club members complete one or more ageappropriate projects per year and present at Teton County Fair.

**Country Dance** Crafting Crochet Gardening **Grand Photography** Hiking Horse-BLM Wild Mustang Horse English Horse Intro to English **Horseless Horse** 

Horse-Shadow Riders Western Hunting Leathercraft Llama Packing Packgoat **Pistols/Handguns** Poultry **Rabbits Rifle Shooting** Sewing

S.T.E.A.M. Swine **4-H X-Treme Archery Teen Leaders Teton Quilters** Shotgun **Vet Science** Working Ranch **Yoga and Mindfulness** Conservation/Ecology

Youth ages 8-18 can join 4-H. Youth must be 8 by December 31, 2024 to enroll in 4-H. Some projects have age limits.

Cloverbud introduces children 5-7 to 4-H. They must be 5 by December 31. 2024.

Dues and fees for the 2024-2025 4-H year are \$60. Some projects have additional costs.

The 2024-2025 4-H year begins on October 6, 2024. Some projects/ clubs have enrollment deadlines so enroll early.

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and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.

University of Idaho Extension



### **UPCOMING EVENTS**

- September 10-13 Lost Rivers Grazing Academy Marsing /Homedale Idaho
- September 12; EISF Record Books Due by 4 PM
- September 16; Care Giver Support Group
- September 17; Free Farm Insurance Webinar
- September 19; Field Day
- September 23; 4-H Awards Ceremony 6-7:30 PM Teton County Fair Grounds
- September 25; Seed Saving 101 Victor Library 5-6:30 PM
- October 4-6 Idaho LEADS Summit, Cascade Idaho
- October 6-12 National 4-H Week
- October 6-Zsuite Registration Opens for 2024-
- 2025 4-H Year
- October 15-17 National 4-H Conference Boise
- November 11-December 16 Annie's Project 101
- November 25 Sewing Day Camp 10:30-3:00
- December 20 Sewing Day camp 10:30-3:00



#### **CONTACT US**

#### UNIVERSITY OF IDAHO EXTENSION, TETON COUNTY

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Phone: 208-776-8235 Email: teton@uidaho.edu

Web: https://www.uidaho.edu/extension/county/teton/4-h



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Abby Grundler, 4-H Coordinator teton4h@uidaho.edu





