



# University of Idaho Extension



HEAD



HEART



HANDS



HEALTH

## February 2021

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# LATAH COUNTY 4-H NEWSLETTER

“To Make the Best Better”

## LATAH COUNTY 4-H OFFICE

February is an exciting month for 4-H on a statewide scale, as youth look forward to participating in Know Your Government conference on President’s Day weekend. Typically held in Boise, youth have the opportunity to visit our State Capitol, learn about the legislative process, and meet with legislators, judges, and other elected officials.

The 2021 conference will be held in a virtual format this year and the Steering Committee is excited to offer a robust schedule of events on February 13-14. We will have four outstanding youth delegates representing Latah County at KYG this year! Special thanks to our Latah County youth and adult KYG Steering Committee members who are serving on this statewide committee and had to make complex decisions about this event. Your work is appreciated.

We know many of you are getting excited for spring to arrive...warmer weather, spring break, and time outside! While we wait for spring to get here, please take the time now to re-enroll in the 4-H year if you have not done so already. Focusing on prioritizing enrollment now means you will be prepared for upcoming events and the Latah County Fair. Check out page 2 for details on how to enroll in the 2020-2021 year.

We are thrilled to see so many returning families, and to those who are new to our program, welcome! We are glad you are here!

**Sara Fluer**  
 Associate Extension Educator  
 UI Extension, Latah County

## COVID-19 & 4-H PROGRAM PROTOCOLS

### ANNEX ACCESS RESTRICTED

Access to the Latah County Annex building is currently by appointment only. If you need to visit us in-person, please call in advance to setup an appointment at 208-883-2267. Building policy requires face coverings for entry.

### RESTRICTIONS ON GATHERING SIZE

Idaho is in Stage 2 of the Idaho Rebounds Plan in response to COVID:

- Gatherings of more than 10 people are **prohibited**.
- Any groups of 10 or fewer must adhere to physical distancing and sanitation protocol: Wash hands with soap and water for 20+ seconds; Cover coughs and sneezes; Regularly clean high-touch surfaces and avoid shaking hands; Stay home if you are sick; Wear a face covering in public.
- The emergency health order for the City of Moscow requiring face coverings and physical distancing of 6' remains in effect.

Clubs and project groups, we highly recommend maintaining your meeting schedule and make modifications to a virtual meeting format, rather than canceling. If you have a group of 10 or fewer and need masks, contact our office. We will provide you with disposable masks.

# GENERAL 4-H NEWS

## ENROLLMENT

Have you enrolled in the 2020-2021 4-H year yet? If not, now is the perfect time! Remember, you are not considered a 4-H member until you complete enrollment through 4-H Online and pay your dues.

- Go to <https://v2.4honline.com>. Bookmark this page for future access.
- Login to your 4-H Online account with your existing credentials. Do not create a new account if you are a returning member or leader.
- With the 2.0 upgrade, you may be asked to reset your password.
- Update your contact information.
- Update your project list! This helps us plan for fair each year. Be sure to add any new projects to your profile and drop any projects you are no longer doing.
- **ACTIVATE your enrollment by paying your dues via check, cash, or credit card over the phone:**

General Members: \$25

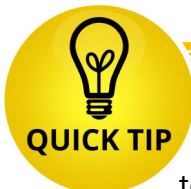
Horse Members: \$30

Leaders: \$5

Family Cap (3+ members): \$75

**\*Members are not covered by 4-H accident insurance until dues are paid!**

Need help? Stop by the Extension office and we will walk you through the process, or visit <https://www.uidaho.edu/extension/4h/4honline/help> for step-by-step guides and a video tutorial.



### QUICK TIP

## IMPORTANT 4-H RESOURCES

Check out the UI Extension 4-H Youth Development website for access to all sorts of 4-H resources!

<https://www.uidaho.edu/extension/4h/documents-records>

Be sure you have read through and know where to find these important documents:

### [Idaho 4-H Policies & Procedures](#)

It is the responsibility of all members, leaders, and parents/guardians to follow 4-H policies and procedures, which includes the 4-H Code of Conduct. You are asked to review and consent to this each year during enrollment in 4-H Online.

### [Idaho 4-H Project Requirements Handbook](#)

Not sure what is required of your specific project? Need some project specific resources to get started? Use the project requirement handbook throughout the year to answer your questions!

# GENERAL 4-H NEWS

## SHOOTING SPORTS

With the hope that group size restrictions will improve in the coming weeks, Shooting Sports Instructors are planning to begin practicing .22, Rifle, Shotgun, and Archery later in the spring when meetings and practice can be held outdoors.

Many of you have inquired about Shooting Sports. We are excited to hear you are interested. Get ready for the season by enrolling and paying your dues so you are ready when instructors begin holding meetings/practices. **Members must be enrolled to participate so you are covered by 4-H accident insurance.**

State Shooting Sports is scheduled for June 11-12 in Boise.



## 4-H AT HOME ACTIVITY GUIDE

New from National 4-H Council! 4-H At Home offers hands-on educational resources to engage youth. These activities are great at home or in small groups. 4-H at Home activities have something for everyone—cooking, pollinators, STEM, space exploration and much more! Find simple, step-by-step lesson plans at

<https://4-h.org/about/4-h-at-home/#!view-all-activities>



## 4-H AMBASSADOR PROGRAM

Idaho District Ambassador Retreats remain postponed at this time.

The statewide 2021 Idaho 4-H Ambassador Summit dates have been changed to October 22-24, 2021 at the YMCA Camp at Horsetheif Reservoir (near Cascade).

## 4-H INTERNATIONAL EXCHANGE PROGRAM



Idaho is excited to announce it will be resuming this year's Summer Inbound Program with delegates from our Japan partners.

Interested in serving as a host family to a 4-H member from Japan? Qualified families will be assigned on a first come, first serve basis, so apply early to make sure you are considered as a host family!

This is a great opportunity for 4-H youth to exchange cultural experiences. Please visit [states4hexchange.org](http://states4hexchange.org) to start an application online. Contact Tami Crowley at [tcrowley@uidaho.edu](mailto:tcrowley@uidaho.edu) with questions.

**2021 JAPAN HOSTING**  
*HOST an international youth delegate and bring the richness of the world to your home!*

Host a Japanese Youth in Summer 2021 through States' 4-H International  
*"It's like having a sister I always wanted and a best friend"*  
 -States' 4-H Host Sibling

Open your home to an exchange student and open your lives to the world!



### HOSTING PERIOD: July 24(arrival) to August 18(departure)

- Host a youth aged 12-18 (majority are 12-14) or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively

### HOST FAMILY REQUIREMENTS

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family
- This is a voluntary program; no stipends will be provided

For more information, visit <http://www.states4hexchange.org/> or contact your State Coordinator:  
**Tami Crowley • State Coordinator • 4-H International Programs**  
**Email: [tcrowley@uidaho.edu](mailto:tcrowley@uidaho.edu) • Phone(Cell): 801-391-8764**

Please note: Host family selection is dependent on completion of an application and screening process as well as student availability and personality compatibility



## UPCOMING HORSE EVENTS

With the current group size restrictions limited to gatherings of 10 or fewer, we have adjusted some event dates. Please update your calendars.

- **Model Horse Show** – NEW DATE – Sunday, May 2 @ 1:00 PM
- **Horse Judging** – Saturday, April 10 @ 8:30 AM
- **County Horse Bowl** – NEW DATE – Saturday, April 24 @ 1:00 PM
- **District Horse Bowl** – mid-May 2021. Date TBA.
- **State Horse Contest** – early July 2021. Northern District has the opportunity to host again this year. Dates TBA.
- **Latah County Family Horse Camp** – July 14-18
- **County Horse Show** – Saturday, July 24

## HORSE IDENTIFICATION PAPERS

Due to Latah County Extension **April 15**. Every odd-numbered year, all members are required to turn in new/updated papers on their project animal(s). This year ALL horse members are expected to turn in new forms.

If your family has multiple horses that you may ride, we *strongly* encourage turning in identification papers for all horses by the above deadline. Minimum ownership/lease for horses is 90 days, so you need to have all possible project animals owned/leased and identified with our office by April 15.

## GENERAL REMINDERS



**Safety Reminder!** 4-H members participating in any 4-H equestrian activity must wear an approved helmet whenever they are mounted on an equine or are in a vehicle (cart, wagon, buggy, etc.) being pulled by an equine. An approved helmet meets the minimum performance standards imposed by the American Society for Testing Materials (ASTM) F1163 and includes certification and labeling required by the Safety Equipment Institute (SEI).

**PNW 4-H Horse Contest Guide**—Idaho uses the PNW 4-H Horse Contest Guide. It is a good idea to review this guide every year so you are familiar with the rules and expectations of participating in 4-H Horse Contests. Hard copies are available at Latah County Extension or

you can access it on UI Extension's [website](#).

**Horse Project Resources**—check out UI Extension's website for horse project resources, including project requirements, permanent identification and health record, project manual, and more! <https://www.uidaho.edu/extension/4h/projects/horse>.

## 2021 UI EXTENSION 4-H & BLM WILD HORSE PROGRAM

In 2020, Moscow Mustangs trained a weaning mustang and we are hopeful to see this project again in Latah County in 2021. This is an opportunity club-oriented project, so that multiple youth may benefit from the experience.

Prospective clubs must apply for this opportunity, and 4-H members must be at least 12 years old to be considered to train a weanling or 14 years old to train a yearling. Funds raised through the adoption go back to the club, less \$25, which goes to Bureau of Land Management (BLM).

Upcoming opportunity to apply in 2021:

### **Event: Western Idaho Fair\***

- Application deadline – June 16, 2021
- Pick-up – June 26, 2021
- Trail Challenge – Aug. 27, 2021
- Western Idaho Fair display – Aug. 27-29, 2021
- Sale – Aug. 29, 2021

\*Events will be modified as-needed to meet COVID-19 protocol.



## Educational Opportunity for Livestock Youth & Leaders!

### LIVESTOCK FIELD DAYS

Annual Livestock Field Days 2021 will be held virtually. Youth and Leaders, whether you are new to livestock or are a seasoned pro, there will be a lot of valuable interactive content covered!

- BEEF—March 20; 9:00 am—12:00 pm
- SWINE—March 27; 9:00 am—12:00 pm
- SHEEP—April 3; 9:00 am—12:00 pm
- GOAT—April 10; 9:00 am—12:00 pm

Counts toward livestock leader training, too!

**Registration fee \$5/person. Latah County Livestock Leaders & Leader's Council has generously offered to cover the \$5 registration fee for currently enrolled Latah County 4-H members. Complete your enrollment now so are eligible for this opportunity.**

Registration information will be coming soon!

### ANIMAL OWNERSHIP

Reminder that as you select animal projects for the year that all animal projects, large livestock and small animals, require ownership and/or providing primary care for a specific number of days.

Plan ahead and make sure you are enrolled in 4-H **and** have your animals secured well in advance.

Days of possession are set at the state level. Refer to the [Idaho Project Requirements Handbook](#) for more information.

- 150 days—Market Beef
- 100 days—Market Swine
- 70 days – Market Goat and Market Sheep
- 90 days—Llama/Alpaca, Breeding Beef, Pullets/

Laying Hens, Family Flock, Cat, Cavy, Dairy Cattle, Dog, Breeding meat Goat, Dairy Goat, Pack Goat, Pet Goat, Horse, Breeding Rabbit, Pet Rabbit, Breeding Sheep.

- 60 days—Pocket Pet
- 8 weeks—Market Broiler and Market Rabbit

### CHIP GILLIAM MEMORIAL PROGRAM

In need of financial assistance for your market project? The Chip Gilliam Memorial Fund is a loan program through the Latah County Fair Office. Since 1997, the loan program has been available to help Latah County youth with financial assistance for their 4-H and FFA market animal projects.

Loan applications are due to the Fair Office March 31, but applications are reviewed on an ongoing basis as funds are available—when in doubt, apply! Applications may only be submitted by Latah County 4-H or FFA members, with approval of their 4-H leader or FFA Advisor.

Applications are found on the Latah County Fair & Events Center [website](#). Questions can be directed to the Latah County Fair Office at 208-883-5722.



### AREA LIVESTOCK FEED PROGRAMS

As you plan your livestock projects, remember that many businesses in the area offer programs that support youth livestock members. Ask for details next time you visit these businesses.

SPENCE HARDWARE—enroll in the market project program to be eligible for discounts and gift certificates. Inquire now so you don't miss account setup deadlines.

INTERMOUNTAIN FEED—receive 1 free bag of starter feed for your market project when you sign up for their Market Project Program.

NORTH 40 OUTFITTERS—Youth members are eligible for 10% off regular priced feed and show supplements through the Junior Livestock Feed Program.

CHS PRIMELAND—ask about their Rate of Gain program.

# LEADER'S CORNER

## LEADER TRAINING

Returning leaders, to maintain your certification for the 2020-2021 4-H year, you must:

- Enroll in the new 4-H year in 4-H Online.
- Complete the 20-minute Protecting Minors Training in 4-H Online during enrollment.
- We recommend a minimum of 2 additional hours of continuing education related to 4-H, youth development, or your project area. Some ideas:
  - \* CALS Speaker Series—[Temple Grandin](#) lecture. Found on UI website.
  - \* [Stewards of Children](#)—offered through Gritman Medical Center. We will reimburse you the cost of the class if you provide proof of attendance.
  - \* Livestock Field Days 2021— Beef 3/20; Swine 3/27; Sheep 4/3; Goat 4/10. All sessions will be held virtually.

## Upcoming meetings for Horse Leaders, Livestock Leaders, & Leader's Council:

- March 22
- May 24
- July 26
- September 27

Meetings will be held at the Latah County Fairgrounds unless otherwise noted. Groups meet as follows:

- Horse Leaders—5:30 pm
- Livestock Leaders—6:00 pm
- Leaders Council—6:30 pm

## Question, Persuade, Refer (Q.P.R.) Suicide Prevention Training

Idaho is one of five western states leading the US in suicide rates. Over 30% of Idaho's youth in grades 9-12 report experiencing feelings of hopelessness or having suicidal thoughts. What can you do? Learn Q.P.R.!

Idaho 4-H Youth Development & Idaho Department of Health and Welfare have partnered to provide Q.P.R. Gatekeeper training to 4-H Volunteers. Q.P.R. is designed to teach others the warnings signs of a suicide crisis and how to respond.

This is a no-cost, 1-hour online training that could help save a life. Register at: [https://uidaho.co1.qualtrics.com/jfe/form/SV\\_6eRrE4ykkGbvUVT](https://uidaho.co1.qualtrics.com/jfe/form/SV_6eRrE4ykkGbvUVT).

Send your completion certificate to [sfluer@uidaho.edu](mailto:sfluer@uidaho.edu) for your leader file.

## 4-H ONLINE

Currently, fully enrolled club organizational leaders can view their club's roster in 4-H Online 2.0. This is a roster of contact information only and does *not* include a project breakdown. If you are an organizational leader or a project leader who needs a breakdown of members by project, please contact our office and we will provide you with an up to date list.



# CALENDAR

## FEBRUARY

- 13-14—Know Your Government Conference
- 15—Holiday, Latah County Extension closed—President’s Day

## MARCH

- 20—Beef Field Day (virtual)
- 22—Leader’s Council Meeting
- 27—Swine Field Day (virtual)

## APRIL

- 3—Sheep Field Day (virtual)
- 10—Goat Field Day (virtual)
- 10—Horse Judging
- 15—Horse Identification Sheets Due
- TBA—Market Beef Tagging/Weigh-in
- 24—Horse Bowl

## MAY

- 2—Model Horse Show
- 24—Leader’s Council Meeting
- 31—Holiday, Latah County Extension closed—Memorial Day

## JUNE

- 1—Market Swine Possession Deadline
- 11-12—State Shooting Sports—Boise
- 15—UI Dairy Cattle lease forms due to Extension office
- TBA—State Teen Association Convention (STAC)
- 28—Market Sheep and Meat Goat Weigh-in/Tagging

## JULY

- 5—Holiday, Latah County Extension closed—Independence Day (observed)
- 9-12—CL2N 4-H Camp (*this event is tentative*)
- 14-18—Horse Camp
- 24—Horse Show
- 26—Leader’s Council Meeting

## SEPTEMBER

- 6—Holiday, Latah County Extension closed—Labor Day
- 16-19—Latah County Fair