

# BINGHAM COUNTY EXTENSION UPDATE

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

## INSIDE THE ISSUE

### FOOD & CONSUMER SCIENCE NEWS

Julie's Retirement!  
Pages 10

### HORTICULTURE NEWS

Seed Bed Preparation!  
Page 4

### LIVESTOCK NEWS

2025 Calving School!  
Page 5

### Hello, Bingham County, 4-H Community:

In order to ensure we are continuously providing the youth of Bingham County a positive, educational, and fulfilling 4-H experience we have established several dates of final opportunity to enroll as leaders, within certain projects, and into the program in general. We want to encourage all leaders to be fully enrolled online, Protecting Minors Training completed, background check if needed and attendance to annual leader training by January 31, 2024. After the leaders have completed all necessary enrollment and training youth will be listed as Activated in their club. This approach will help ensure that all our youth and volunteers are on the same page moving forward into the new 4-H season, helping start off the year with a positive club experience.

Youth will need to be enrolled online at [4h.zsuite.org](http://4h.zsuite.org) starting October 9, 2023, and have registration fees paid by the cut off dates listed for the project they are doing. This is required by the University of Idaho for insurance purposes. If you need assistance setting up your Zsuite account, please call the office at 208-785-8060.

### Project Registration Cut Off Dates 2024

#### Leader

Current Leader re-enrollment-  
January 31, 2025  
First time Leader registration-  
February 14, 2025

#### Animal Projects

Market Poultry-February 1, 2025  
must be ordered and paid through office  
Beef-February 21, 2025  
Swine-April 11, 2025  
Sheep-April 30, 2025  
Meat Goats-April 30, 2025

Dog-April 30, 2025  
Dairy Goats-April 30, 2025  
Dairy Cattle-April 30, 2025  
Horse-April 30, 2025  
Poultry-April 30, 2025  
Rabbit-April 30, 2025  
**FCS** All FCS Projects -May 12, 2025

## UPCOMING EVENTS - SAVE THE DATE

## 2025 Calendar

February	13	Butte County Gardening Series, Arco, contact David 208-527-8587
	14	Sew4HFun Club - see last page for information
	14	DEADLINE - NEW 4-H leader enrollment (1st time leaders)
	15-17	Know your Government (KYG), Boise
	17	Discoveries in Agriculture, Rexburg, contact Jared 208-359-3215
	17	Holiday - Office Closed
	21	DAY CAMPS - see last page for information
	21	Straight Shooters Archery Club, 9:30-11 a.m., Archery Range
	21	Sew4HFun Club - see last page for information
	21	DEADLINE - Beef project enrollment
	21	Pesticide Use & Safety, Arco, Contact David 208-527-8587
	24	Care giver support group, 1-3 p.m., Bingham Office
	25	Julie Buck Retirement Open House, 11-1 p.m., Bingham Office
	27	Electric Pressure Cooker, 6-8 p.m., Bonneville County Office
	27	Butte County Gardening Series, Arco, contact David 208-527-8587
	28	Sew4HFun Club - see last page for information
March	1	DEADLINE - EISF Scholarships due, EISF main office
	1	Market Beef Weigh-in, 8-9:30 a.m., Blackfoot Livestock Auction Yard
	7	DAY CAMPS - see last page for information
	7	Straight Shooters Archery Club, 9:30-11 a.m., Archery Range
	13	Butte County Gardening Series, Arco, contact David 208-527-8587
	17	Care giver support group, 1-3 p.m., Bingham Office
	21	Straight Shooters Archery Club, 9:30-11 a.m., Archery Range
	25	DEADLINE - Bingham County 4-H Scholarships due by Noon, Bingham Office
	27	Butte County Gardening Series, Arco, contact David 208-527-8587
	31	DEADLINE - Bingham 4-H Scholarships are due
April	10	Butte County Gardening Series, Arco, contact David 208-527-8587
	11	DAY CAMPS - see last page for information
	11	DEADLINE - Swine project enrollment
	11	Straight Shooters Archery Club, 9:30-11 a.m., Archery Range
	16	Office Closed for Training
	16	EISF Market Sale Committee, 6 p.m., Bingham Office
	21	Care giver support group, 1-3 p.m., Bingham Office
	21	Market Swine weigh-in, 4:30-6:30 p.m., EISF Swine Barn
	25	Straight Shooters Archery Club, 9:30-11 a.m., Archery Range
	30	DEADLINE - Sheep project enrollment
	30	DEADLINE - Meat goat project enrollment
	30	DEADLINE - Dog project enrollment
	30	DEADLINE - Dairy Goat project enrollment
	30	DEADLINE - Dairy Cattle project enrollment
	30	DEADLINE - Horse project enrollment
	30	DEADLINE - Breeding Poultry project enrollment
	30	DEADLINE - Rabbit project enrollment
May	3	Teen Camp Counselor Training - time TBD - Bingham Office
	9	DEADLINE - 4-H Camp Scholarships due to office
	10	Teen Camp Counselor Training - time TBD - Bonneville Office
	12	DEADLINE - Non-animal projects enrollment (FCS)
	19	Market Sheep/Market Meat Goat weigh-in, 4:30-7 p.m., EISF Goddard Pavillion
	23	DEADLINE - 4-H Camp Registrations due to office with payment
	26	Holiday - Office Closed
	30	Livestock Day Camp, Time: TBD, EISF Goddard Pavillion
June	6	Teen Camp Counselor Retraet, time TBD, location TBD

**FAMILY & CONSUMER SCIENCES NEWS** — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER SCIENCES NEWS**

***I am retiring February 28. Come celebrate with me February 25, 11 am-1 pm at the Extension office.***

**Aging well**

Every day we age one day older. It is such a gradual process that we often don't feel the result until a milestone event happens: first grade, graduation from high school, college, marriage, military service, children, work life, or retirement. As each decade advances our body functions start to get our attention. We call it "maintenance" at our house; the medical checks, whether preventative or for acute conditions.

Did you know your nutritional needs change as we age? It is intuitive as our body grows and matures, but less obvious as we age. Here is a list with ideas for nutritional support as we enter our later years. First, different federal agencies define "older" adult as those 60 and above.

- Do you experience your appetite shrink? Actually, we need fewer calories to maintain the same weight. Our muscle mass and strength slowly declines as we approach our 40s, and declines more rapidly in our 60s. Losing muscle contributes to the slower rate at which the body uses calories. ACTION: Use the Dietary Guidelines for Americans and look for the section for older adults.
- Women 60 and older require between 1600 and 2200 calories per day. Men in this age group require 2000 to 2600 calories per day.
- Choose nutrient dense foods which are packed with vitamins, minerals, fiber but do not contain a lot of calories such as, vegetables, fruits, whole grains, lean meats and low-fat dairy, legumes, beans.

For more information, visit The American Heart Association [heart.org](http://heart.org)

**"Eat your vegetables", says Mom**

Vegetables provide nutrients the other food groups don't, such as vitamin A, fiber, vitamin E and phytonutrients. Not a vegetable lover? You're not alone. Only 10% of people in the U.S. eat the recommended amount, which is 4 ½ cups a day.

If you don't like eating vegetables, try drinking them. Add to smoothies, drink a low sodium V8 or enjoy salsa on your chips. Also consider trying vegetables in the following creative ways:

**Shred.** Try shredding zucchini, beets, carrots, or parsnips and add to whole-grain muffins, pancakes, soups, stir fries, pasta sauce and casseroles. This will boost flavor, texture and nutrients. There are also pre-shredded produce in the grocery store.

**Swap.** Replace half the amount of ground beef or turkey for burgers, meatloaf and meatballs with mushrooms. Mushrooms add a savory flavor and texture along with nutrients. Here's how: First, finely chop the mushrooms. Next, heat a small amount of olive oil over medium heat and cook the mushrooms for 3 minutes, or until soft. Continue with your recipe.

**Puree.** Cook and puree orange vegetables, such as butternut squash, sweet potatoes and carrots to add to cheesy dishes, such as macaroni and cheese, lasagna, or baked enchiladas. Simply replace half of the cheese with pureed vegetables to help reduce some of the saturated fat and sodium found in your meal.

**Blend.** Think smoothies. Start with frozen fruit, such as sliced banana, berries, cubed melon and chopped mango into a food processor or blender. Next, add some vegetables, such as spinach, kale, and cooked carrot rounds. Then add fat-free or low-fat milk, yogurt and juice or water. Wait! Add some herbs such as ground or fresh ginger, ground cinnamon, and ice cubes. To add protein, consider 2 tablespoons of nut butter, chia seeds, and/or powdered protein powder. Blend and enjoy.

Source: [heart.org](http://heart.org)



**Pressure canner lid checks daily 8 a.m.-5 p.m., \$2**

**Need a canner part? Only order online from [gopresto.com](http://gopresto.com)**

**ANNOUNCING CLASSES**

**Caregiver Support Group** For any caregiver providing care or support to someone with a memory concern, dementia, or Alzheimer's. February 24, 1-3 pm at the Extension office.

**Electric Pressure Cooker** February 27, 6-8 pm. Bonneville County Extension \$10 208-529-1390

*Julie Buck, Family and Consumer Sciences Educator*

*Julie Buck, Family and Consumer Sciences Educator*

## Seedbed Preparation

My twin brother and I had been farming in Soda Springs rotating small grains with alfalfa. The international group ACDI/VOCA asked us to travel to Kazakhstan to consult with their farmers for a few months in the fall of their growing season as they were sowing fall wheat.

Following the collapse of the Soviet Union, many farm workers became farmers. They understood the specific job they had but were not prepared to farm A to Z. One person had the mechanical expertise and another could prune the apple orchard but very few understood how to take a crop from seeding to market. Their small grain yields were significantly lower following the Soviet breakup, and they needed answers as to where the breakdown was.

We traveled to the fields that were being planted that fall. I immediately sensed a major problem. The field was very rough, and soil clods were everywhere. I examined the furrow, or what was supposed to be a furrow, and could see that there was limited to no soil contact with the seed. We stopped and put the old Soviet tractors to use in preparing the seed bed. This increased their fuel and labor costs but brought yields back to historical averages. Seed bed preparation was the key.

Proper seedbed management includes retaining the maximum amount of soil moisture, adequate weed control, ensuring seed to soil contact. Seedbed preparation needs to be coupled with proper seeding depth, germination and emergence of the crop species. It can be considered a bit of an art and takes experience to get the tillage just right, in the

goldilocks position. Excessive tillage and packing could result in dry soil dependent on rain for seed germination. Inadequate tillage and clods will leave the seed exposed. Leaving seeds exposed or with limited soil contact results in wetting and drying cycles. Seeds exposed to this cycle are not likely to germinate. Seeds rely on enzymes to break down the endosperm during germination. These enzymes are limited and have a short life span. After a few cycles the seed will deplete its enzyme reserves and die.

Primary tillage is completed with plows, disks, chisels or sweeps. Following this the seed bed should be firmed and smoothed with roller harrows, cultipackers, or spike or spring toothed harrows. Setting each of these implements is critical in order to preserve soil moisture.

Your seedbed needs to be firm (not hard), fine (not beat to powder), moist (not mud), and clear of perennial weeds. A good seedbed will hold the needed water, ensure seed to soil contact, and also assist in controlling planting depth. The most common way to evaluate your seedbed is to walk on it with boots. No, sneakers will not work well for this test. For small grains the seedbed should be compact and firm enough for you to see your footprint but not have the footprint heal stand out. The footprint depth should be less than ½ inch. For small-seeded crops such as alfalfa you should be able to dribble a basketball on the surface. For extremely small seeded crops such as semolina and tef grass the seed bed needs to be even tighter with some soils. Some soils will not be amenable to seedbed preparation for these very small-seeded crops.

Seedbed preparation will be in vain if seeding depth and drill maintenance and calibration are not addressed. The recommended sowing depth is 1 to 2 inches for most forage grain crops. Forage grains sown deeper than this can delay germination due to cooler temperatures, and impede emergence. The grain coleoptile, the first seed leaf that thrusts and penetrates the soil, is usually only able to penetrate about 2 to 2 ½ inches of soil. If it is buried too deeply it will never reach the sunlight where it is degraded and allows the secondary leaves to emerge. Tef grass has a very shallow recommended depth of 1/8 to ¼ inch. A rule of thumb used for seeding depth is to plant two to three times the diameter of the seed in question.

However, soil type, rainfall, and organic matter of the soil all affect this rule. Soil crusting issues seen in sodic soils will also affect seedbed preparation and seeding depth. Knowing and understanding the soil in each of your fields is critical to expert seeding.

It is cold now, but spring will come. It is time to get set up and prepare for planting season. When planting begins, be sure to focus on seedbed preparation and all the management issues surrounding and supporting it.



## Extension as a source of unbiased information

Farmers and Ranchers have many economic decisions to make at this time of year. We would like to know a fair price for input costs such as pesticides, fuel, feed, and custom labor. We also need to figure out equitable cattle and land lease agreements. Industry and its representatives is one way to gather information on prices, costs, and revenue, but it is critical we have an unbiased source of information.

The University of Idaho Extension is an unbiased source of information. This information is driven by research and surveys. Research can go a long way in giving us a clearer picture of what is currently happening as well as economic outlooks, but it has limitations.

These limitations are overcome as we survey the current economic landscape through surveys. But these surveys are only

as good as the response rate. I would like to challenge you to participate in our upcoming Custom Rates survey. Your time will help us publish and disseminate up to date information. Go to: [https://uidaho.co1.qualtrics.com/jfe/form/SV\\_0wasN4z54b0HJNs](https://uidaho.co1.qualtrics.com/jfe/form/SV_0wasN4z54b0HJNs)





# 2025 East Idaho Calving School

**Date: February 20<sup>th</sup>, 2025**

This class will be offered in TWO locations on Thursday February 20<sup>th</sup>, 2025.

***Keys to A Healthy Calf Crop:  
Calving Management, assisting cold calves,  
scours and a calving demonstration***

**Speaker: Lauren Christensen, U of I Extension, DVM**

**Rexburg  
(10 AM – 12 PM)**

**Veterans Building  
480 W 2<sup>nd</sup> North,  
Rexburg, ID 83440**

**Idaho Falls  
(6 PM – 8 PM)**

**Riverbend Ranch  
2880 N. 55 W.,  
Idaho Falls, ID 83402**



RSVP & Questions: [cwillmore@uidaho.edu](mailto:cwillmore@uidaho.edu) or call 208-785-8060 and ask for Carmen

Refreshments will be provided thanks to our sponsor:



The University of Idaho 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 of program information or reasonable accommodations need to contact Carmen Willmore, at 412 W Pacific St. Blackfoot, Idaho, 208-785-8060.



Bingham County 4-H College Scholarship applications are available now!

County Scholarship Applications are due back to the office by

**March 25, 2025 by NOON.**

Contact Heather at [hstrupp@uidaho.edu](mailto:hstrupp@uidaho.edu) or call 208-785-8060 to receive application.



## FFA & 4-H

### SCHOLARSHIP PROGRAM

The Eastern Idaho State Fair along with Butler Amusements, Inc. is offering 2024 graduating seniors the chance to apply for six \$1000.00 Scholarships to High School Seniors from the 16 County Fair District who have in the last five years participated three years in either FFA or 4-H at the Eastern Idaho State Fair. Participation can be in any Livestock, FFA Judging, or Home Arts Exhibits

Scholarship Applications and Instructions can be picked up at the EISF Main Office or go to [www.funatthefair.com/general-info/scholarships](http://www.funatthefair.com/general-info/scholarships).

### ABOUT THE SCHOLARSHIP

- ♦ APPLICATION MARCH 1 DEADLINE
- ♦ (6) SIX \$1,000.00 SCHOLARSHIPS GIVEN OUT EACH YEAR
- ♦ **NEW!** 4-H or FFA PARTICIPANT ANY THREE OF THE LAST FIVE YEARS
- ♦ ACCEPTANCE TO A COLLEGE OR VOCATIONAL SCHOOL
- ♦ **NEW!** 4-H or FFA MEMBERSHIP THREE OF THE LAST FIVE YEARS
- ♦ ONLINE APPLICATION
- ♦ MINIMUM 2.5 GPA

[WWW.FUNATTHEFAIR.COM](http://WWW.FUNATTHEFAIR.COM)





Bingham County 4-H  
412 W Pacific, Blackfoot  
(208) 785-8060  
hstrupp@uidaho.edu

Bingham/Bonneville /Fort Hall /Butte  
4-H Camp  
June 16-18, 2025  
Alpine, Wyoming  
Camper registration now available  
Camp Registration Fee \$100 (partial scholarships available )  
Scholarship deadline May 9  
Registration deadline May 23  
Spots are limited. Registration and payment will hold your spot.



- Must be 8 years old as of January 1, 2025 to attend.
- Campers from ages 8-12 years old.
- Registration forms are available at the 4-H Office
- Registration is based on first come first serve basis, only completed registration forms and payment turned into the office will hold a spot.



**Hiking!**

**Crafts !**

Meet new friends !

Dance/Movie Night

**Campfire program !**

Archery & Rifle

**3 MEALS A DAY IN THE LODGE !**

**STAY IN CABINS !**

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and educational institution.

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Bingham County 4-H by June 3, 2025 at 412 West Pacific Street, Blackfoot, ID 83221, phone 208-785-8060. or bingham@uidaho.edu.

"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!



Monday, February 24

1:00-3:00 PM

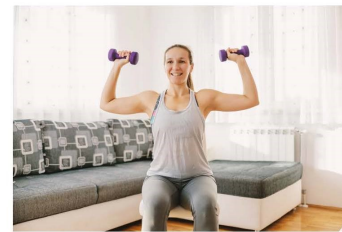


Bingham County Extension Office  
412 W Pacific Street  
Blackfoot

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.



## 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; [lsant@uidaho.edu](mailto:lsant@uidaho.edu).

# MILITARY VETERANS: INTERESTED IN FARMING OR RANCHING IN IDAHO?



Learn new things.  
Protect your assets.  
Connect with others.



**Managing Risk on Idaho Veteran Farms & Ranches Workshop:**  
**March 14-15, 2025, in Pocatello**

One and a half days of training, tours, & networking focused on reducing agricultural risks & connecting military veterans with resources for success.

Registration is **FREE** for Veterans and their families. Register by Monday, March 10 at <https://bit.ly/EASTID>



### Date and time

Friday, March 14<sup>th</sup> - 9:00 am – 6:30 pm (includes lunch & dinner)  
Saturday, March 15<sup>th</sup> - 9:00 am – 1pm

### Location

University of Idaho Extension Bannock County Office: 10560 N. Fairgrounds Rd., Pocatello, ID 83201

This unique, two-day workshop brings together veterans, service providers, experts and practitioners in an immersive, two-day event focused on reducing the risks associated with agricultural enterprises.

Learn how to build your business, care for your land, crops, and livestock, access state, local and federal resources, manage stress, prevent injury, and explore what's possible on local farms in the region.

This workshop has been designed for military veterans and their families at any stage of an agricultural pursuit, whether you've been farming for years or are just starting to explore.



University of Idaho Extension and the Farmer Veteran Coalition of Idaho Chapter are committed to improving economic opportunities and quality of life for veterans choosing agriculture as their next mission, & decreasing risks associated with operating farms & ranches.



**FREE MONTHLY WEBINARS** exploring topics to reduce economic, financial, legal, marketing and human health risks. Featuring live Q&A.



**ON-DEMAND** recordings of all webinars posted to our YouTube channel to watch and re-watch conveniently on your own time.



**PODCASTS** featuring stories directly from experienced veteran producers and how they manage risks on their Idaho farms and ranches.

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 Ariel Agenbroad by Monday, March 3 at [ariel@uidaho.edu](mailto:ariel@uidaho.edu) or 208-287-5900. University of Idaho and U.S. Department of Agriculture cooperating.





University of Idaho  
Extension

## ELECTRIC PRESSURE COOKING

Thursday, FEBRUARY 27, 6-8 PM

BONNEVILLE COUNTY EXTENSION OFFICE

1542 E 73<sup>rd</sup> S, Idaho Falls, ID 83404

*Class* with Julie Buck and Leslee Blanch

- Learn how to safely use an electric pressure cooker
- Taste recipes prepared in class
- \$10 registration fee made payable to Bonneville County Extension, By Friday, February 21<sup>st</sup>
- For questions contact us at 208-529-1390



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 ACCOMODATIONS WILL BE MADE FOR PERSON WITH DISABILITIES AND SPECIAL NEEDS WHO CONTACT JULIE BUCK PRIOR TO THE EVENT AT 412 WEST PACIFIC STREET, BLACKFOOT, ID 83221; 208-785-8060; JHBUCK@UIDAHO.EDU



Julie Buck is retiring as our Family & Consumer Science (FCS) Educator at Bingham County! Please join us for an open house in her honor!

**Volunteer Certification**

**Attention!!! All Certified 4-H Volunteer Leaders- Please Read!**

All returning certified 4-H Volunteer leaders from last year will need to re-certify for the 2024-25 4-H year. **Volunteer Leaders cannot begin club meetings, activities until certification is met.** As a reminder, the certification process includes:

- Re-enrollment into your family profile on 4h.zsuite.org (use the same login and password you use for record book purposes). Sign all waivers and update all personal and club information as needed. **If you are combining with another club or changing your club name, please let us know, ASAP!**
- Complete the **“Protecting Minor’s Training”** (required every 3 years) located in the Clover Academy on the left side of the screen. Choose the “Protecting Minor’s Training”. This alerts staff of your completion.
- Update the background screening every three years. **Volunteers that need to update their screening will be notified and sent the link to do so.**
- Insurance fee for volunteers will be paid by Bingham County 4-H.
- Once the above steps are completed and verified, volunteer leaders will receive a certification letter via email.

**4h.zsuite.org**

There is a payment drop box (GRAY box) now available in the breezeway at the Extension Office. Please feel free to use that to drop off 4-H enrollment fees after hours. We can , also, accept payment by card over the phone or in person. There is a \$3 or 3% service charge that will apply.

**Regular Enrollment:**

**Ages 8-18 (by Jan. 1,2025)**

Idaho 4-H Fee- 15.00

B.C. 4-H programming– 4.00

Member insurance- 1.00

**Total:** \$20 (each up to 3 children In family, then \$5 each)

**Clover Bud:**

**Ages 5-7 (by Jan.1, 2025)**

Idaho 4-H fee- 15.00

Member Insurance- 1.00

**Total:** \$16.00 (each up to 3 children In family, then \$1 each)

**Horse Project Members:**

**Ages 8-18 (by Jan.1,2025)**

Idaho 4-H fee- 15.00

B.C. 4-H programming– 4.00

Eastern District 4-H horse activities participation fee- 4.00

Member Insurance- 2.00

**Total:** \$25.00 (each up to 3 children, then \$10.00 each)

**Zsuite Record Books**

You can start entering information into your record books .

- All market animal projects will create a new record book for this year’s project.
- Please label your record book the type of project you are doing. For example Market Beef or Breeding Beef, Poultry, or Dairy Goat. Do not label them the animal’s name.
- Everyone is required to complete an involvement report along with their project record book. If you completed one last year, just unarchive it and change the dates to current year and add to it. If you are new to 4-H this year just title it involvement report.

If you have any questions or need assistance with record books, please call the 4-H office to schedule an appointment to go through it with you. 208-785-8060.

**Sew4HFun project group**

4-H members may enroll in the sewing project group. In 2025 we will be making backpacks using bandanas with a pull tie. You must have sewing experience and be 10 years old or older. Enrollment is limited to 9, so enrollment early on 4h.zsuite.org. February 7, 14, 21, 28, 1-3 pm.



**Straight Shooters Archery Club**

All meetings will be from 9:30-11 a.m. at the Blackfoot Archery Range at Rose Pond unless otherwise specified.

January 24

February 21

March 7

March 21

April 11

April 25

**This club is for beginner archers only.**

Each club participant is required to make a poster of something related to archery for display at Bingham County Fair and EISF.





## UPCOMING DAY CAMPS

**ALL DAY CAMPS ARE LOCATED AT THE OFFICE UNLESS OTHERWISE SPECIFIED**

**You MUST be completely enrolled on 4h.zsuite.org and have enrollment fees paid at the office PRIOR to being added to any day camp lists.**

Registration for day camps are **NOW** on 4h.zsuite.org in the events sections of your family profile. **Register online. Limited space!**  
**ALL FEES MUST BE PAID AT THE OFFICE 1 WEEK PRIOR TO DAY CAMP IN ORDER TO ATTEND!**

We are able to accept cards over the phone or at office with a \$3 service fee.

Feb	7	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club
	14	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club
	21	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club
	21	Italian Cuisine, TRADITIONAL, ages 8+, 11-1 p.m., \$7
	28	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club
Mar	7	Crepes & German Pancakes, TRADITIONAL, ages 8+, 11-1 p.m., \$7
Apr	11	Cream Method Cookies, TRADITIONAL, ages 8+, 11-1 p.m., \$7

The Bingham County News is published by the Bingham County Extension Office. All comments should be directed to Julie Buck.  
 UI Extension Office, Bingham Co.  
 412 W. Pacific St.  
 Blackfoot, ID 83221  
 (208) 785-8060  
 bingham@uidaho.edu  
 http://www.uidaho.edu/bingham

**Extension Educators:**

*Julie Buck, Family & Consumer Sciences*  
*Reed Findlay, Forages/Horticulture*  
*Carmen Willmore, 4-H/Livestock*

**Staff:**

*Krista Cernyar, Office Manager*  
*Heather Strupp, 4-H Coordinator*  
 Position Open, 4-H Secretary

**Web Site:**

<https://www.uidaho.edu/bingham>

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations to any programs listed in this newsletter need to contact the Bingham County Extension Office two days prior to the event at 412 West Pacific St., Blackfoot, ID 83221, phone 208-785-8060, email bingham@uidaho.edu.

COOPERATIVE EXTENSION SYSTEM  
 UNIVERSITY OF IDAHO  
 BINGHAM COUNTY  
 412 WEST PACIFIC  
 BLACKFOOT ID 83221

NON-PROFIT ORGANIZATION  
 U.S. POSTAGE PAID  
 BLACKFOOT ID 83221  
 PERMIT No. 291



To keep current and up-to-date!

**UI Extension, Bingham County**