

# BINGHAM COUNTY EXTENSION UPDATE

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

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### 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

January	8	EISF Market Sale Committee, 6 p.m., Bingham Office
	9	DEADLINE - Know your Government (KYG) scholarship due
	10	DAY CAMPS - see last page for information
	15	Online Master Gardener Course begins
	15	Office Closed for Training
	17	Water Management, Arco contact David 208-527-8587
	18	District Livestock Skillathon, Jerome
	20	Holiday - Office Closed
	23	Reduce Consumer Waste, 6-7 p.m., Bingham Office
	23	Whole Farm Planning, Online contact cdephelps@uidaho.edu
	24	Straight Shooters Archery Club, 9:30-11 a.m., Archery Range
	27	Care giver support group, 1-3 p.m., Bingham Office
	29	Bingham Co Market Sale Committee, 6:30 p.m., Bingham Office
	30	Butte County Gardening Series, Arco, contact David 208-527-8587
	31	DEADLINE - 4-H Leader enrollment (have been a leader previously)
February	1	DEADLINE - Market Poultry project enrollment
	5	East Idaho Cereal Conference, 9-4 p.m., Fort Hall Event Center
	7	Sew4HFun Club - see last page for information
	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	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
	27	Butte County Gardening Series, Arco, contact David 208-527-8587
	28	Sew4HFun Club - see last page for information
	March	1
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
27		Butte County Gardening Series, Arco, contact David 208-527-8587
April	31	DEADLINE - Bingham 4-H Scholarships are due
	10	Teen Camp Counselor Training, time: 6:30-8 p.m., , Bingham Office
	10	Butte County Gardening Series, Arco, contact David 208-527-8587
	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	Teen Camp Counselor Training, time: 6:30-8 p.m., , Bingham Office
	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	

**FAMILY & CONSUMER SCIENCES NEWS** — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER  
SCIENCES NEWS****Money? Check!**

Welcome to the New Year! When you are considering starting fresh, with a different outlook, consider putting your finances in order. Whether a full-time worker or teenager with a small job, everyone can benefit from following best practices to streamline our financial management of payments, documents, and money habits.

- **Reconnect to your spending.** Try using only cash for discretionary spending for one week. This includes non-budgeted items such as spontaneous meals eaten out, impulse buying, and wants/not needs. Research shows paying with a card entices users to spend up to 80% more!
- **Adopt a money mantra.** Choose a positive money phrase to act like a mini rule of thumb for how you'd like to approach spending and saving money this year. Examples: "I have what I need, what I have is enough," "I choose to spend less than I make".
- **Shred old financial paperwork.** Set a timer for 30 minutes to sort, organize, and shred. To see a list, visit [utahmoneymoms.com](http://utahmoneymoms.com) to download a free financial records printable.

Here's to a New Year with renewed money goals specific for your needs!!

**Slow down, You're  
Eating Too Fast**

"Slow food", a European movement to eat more slowly and savor the pleasures of the table, has gained attention in the United States and may offer more benefits than you think.

First the obvious. Slow eating gives you time to savor foods' flavors and to enjoy the company of family or friends around the table.

Less obvious. Slow eating may help with weight control. Since it takes about 20 minutes for your brain to register your stomach is full, you more likely eat less.

- ⇒ Take time to "hear" your hunger cues.
- ⇒ Put down your fork or spoon between each bite.
- ⇒ Eat with chopsticks, if it will slow you down.
- ⇒ Pay attention to foods' flavors, aromas, and textures. Chew thoroughly.
- ⇒ Enjoy conversation and social time around the table. Talk about the food.

Need ideas for table topics to slow down eating?

- \* What was your first pet and its' name?
- \* Who was our favorite school teacher and why?
- \* What trip would you still like to take?
- \* This food tasted delicious. What is your favorite flavor at this meal?

Source: 365 Days of Healthy Eating from the ADA

Pressure canner lid checks daily 9 a.m.-4 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. January 27 and February 24, 1-3 p.m. at the Extension office.

**Reduce consumer waste** Ready to save money on food by learning better storage and composting tips? This **free** class provides easy tips to use at home or work. Participants will receive reusable freezer container and handouts. Thursday, January 23, 12-1 p.m. Register by calling 208-785-8060

*Julie Buck, Family and Consumer Sciences Educator*



To keep current and up-to-date!

**UI Extension, Bingham County**



University of Idaho  
Extension

# EAST IDAHO CEREALS CONFERENCE

**FEBRUARY 5 | 9 AM-4 PM**

**SHOSHONE-BANNOCK EVENT CENTER | FORT HALL**

Join UI Extension for the East Idaho Cereals Conference. Registration starts at 8 a.m. followed by the program at 9 a.m. Lunch is included.

## TOPICS:

**General session topics** will include: cereals economic outlook; updates from the Idaho Wheat Commission, Idaho Barley Commission and Idaho Grain Producers; and water curtailment situation and update.

**Breakout session topics** will include: risk management; USU cereals breeding program; barley straw minerals; industry updates; cost of production; new EPA endangered species regulations; mitigating drift while spraying using drones; mixing growth regulators and herbicides; wild oat control; vole control options; insect control; disease updates; barley varieties; wheat varieties; liming acidic soils in eastern Idaho; and nutrient management.

## COST:

\$25/person before Jan. 23. \$35/person at the door.

**REGISTRATION: [BIT.LY/CEREALS-CONFERENCE](https://bit.ly/cereals-conference)**



## QUESTIONS?

JUSTIN HATCH | 208-547-3205 | [JLHATCH@UIDAHO.EDU](mailto:JLHATCH@UIDAHO.EDU)

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**University of Idaho**  
Extension



Join University of Idaho Extension for

## WINTER AGRICULTURE WORKSHOPS

### **Lemhi County Cattlemen's Winter School**

**Jan. 7, 14, 21, 28 & Feb. 4 | Salmon | FREE**

Contact Shannon Williams to learn more: [shannonw@uidaho.edu](mailto:shannonw@uidaho.edu) or 208-742-1696.

### **Online Idaho Master Gardener Training**

**Jan. 15-April 2 | Online | \$200**

Register at [bit.ly/IDMGBeginner](https://bit.ly/IDMGBeginner). Contact Lena Allen with questions: [lallen@uidaho.edu](mailto:lallen@uidaho.edu) or 208-529-1390.

### **Whole Farm Planning**

**Jan. 23-April 25 | Online | \$90**

Learn more at [www.cultivatingsuccess.org/whole-farm-planning-course](http://www.cultivatingsuccess.org/whole-farm-planning-course) or contact Colette DePhelps at [cdephelps@uidaho.edu](mailto:cdephelps@uidaho.edu).

### **Water Management**

**Jan. 17 | Arco | FREE**

Contact David Callister to learn more: [dcallister@uidaho.edu](mailto:dcallister@uidaho.edu) or 208-527-8587.

### **Butte County Gardening Series**

**Jan. 30, Feb. 13 & 27, March 13 & 27, April 10 | Arco | FREE**

Contact David Callister to learn more: [dcallister@uidaho.edu](mailto:dcallister@uidaho.edu) or 208-527-8587.

### **East Idaho Cereals Conference**

**Feb. 5 | Fort Hall | \$25 in advance; \$35 at the door**

Up to four pesticide credits available. Lunch will be served. Contact Justin Hatch to learn more: [jlhatch@uidaho.edu](mailto:jlhatch@uidaho.edu) or 208-547-3205.

### **Idaho Home Garden Tips**

**Feb. 11-Oct. 28 | Online | FREE**

Contact Lena Allen to learn more: [lallen@uidaho.edu](mailto:lallen@uidaho.edu) or 208-529-1390.

### **Discoveries in Agriculture**

**Feb. 17 | Rexburg | FREE**

RSVP required. Contact Jared Gibbons to learn more: [jaredg@uidaho.edu](mailto:jaredg@uidaho.edu) or 208-359-3215.

### **Pesticide Use and Safety**

**Feb. 21 | Arco | FREE**

Two pesticide recertification credits available. Contact David Callister: [dcallister@uidaho.edu](mailto:dcallister@uidaho.edu) or 208-527-8587.

Persons with disabilities who require alternative means of program information or reasonable accommodation should contact the appropriate educator at least one week before the event. 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.



Bingham County 4-H College Scholarship applications will be available January 2, 2025. 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.



UNIVERSITY OF IDAHO EXTENSION EDUCATOR  
JULIE BUCK



### MINIMIZE CONSUMER WASTE

Ready to save money by decreasing wasted food, and extend shelf life of produce in the refrigerator or freezer? Learn tips to improve your consumer habits at home or work including composting. Participants will receive reusable freezer containers, and handouts.

Free!!

**THURSDAY, JANUARY 23, 2025 12-1 PM**  
**UI EXTENSION BINGHAM COUNTY OFFICE**  
**412 WEST PACIFIC STREET, BLACKFOOT**

REGISTER 208-785-8060 BY JANUARY 17, 2025

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING. TO ENRICH EDUCATION THROUGH DIVERSITY, THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION.



University of Idaho 4-H Youth Development  
January 31 – February 1, 2025  
Rigby, ID

Training offered in the following discipline:  
**Rifle & Archery**

(A minimum of 5 participants in a discipline are needed for that discipline to be held)

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office.
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification.

#### Training Venue & Schedule

**Location:** Jefferson County Fair Grounds  
319 Veteran Memorial Drive, Rigby, ID 83442

**Schedule:**  
Prior to January 31<sup>st</sup>: Complete all four Youth Development/Risk Management online modules / print & bring completion certificate.  
*(You will receive an e-mail confirming your registration which includes the link and code for doing these modules)*

**Friday, January 31, 2025 - Archery**  
8:00 am – 12:00 Noon Welcome  
12:00 Noon – 12:30 pm Lunch (provided)  
12:30 – 3:00 pm Continue discipline instruction, and practicum.  
3:00 pm – 4:30 pm Wrap-up, evaluation and discipline recognition

**Saturday, February 1, 2025 - Rifle**  
8:00 am – 12:00 Noon Welcome  
12:00 Noon – 12:30 pm Lunch (provided)  
12:30 – 3:00 pm Continue discipline instruction, and practicum.  
3:00 pm – 4:30 pm Wrap-up, evaluation and discipline recognition

**Registration:** (includes facilities, instructor travel costs, online module costs, light breakfast, lunch, refreshments, and printed materials)

**Fee:** \$90/participant for 1 discipline, \$70/participant for the 2<sup>nd</sup> discipline  
Make checks payable to: **Jefferson County 4H**

**Deadline:** Registration form, release forms and fees must be **received by Friday, January 17<sup>th</sup>** at 5:00 PM (see forms on next pages)

**Send to:** Amanda Hickman  
Jefferson County 4H  
210 Courthouse Way, Suite 180  
Rigby, ID 83442

**Contact:** 208-745-6685

Issued in furtherance of cooperative extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Barbara Perry, Director of University of Idaho Extension, University of Idaho, Moscow, Idaho 83844. The University of Idaho provides equal opportunity in education and employment on the basis of race, color, national origin, religion, sex, sexual orientation, age, disability, or status as a disabled veteran or Vietnam-era veteran, as required by state and federal laws.

## join us for TECH TIME

Do you need help with your phone, tablet, computer, or other technology?



Stop by during our Tech Time office hours! Whether it's learning how to send an email, access online portals, or adjust your device settings, we're here to help you navigate the digital world.

No appointment needed – just drop in with your device and your questions!



Thursday  
January 16<sup>th</sup>



3:00 -  
4:30 PM



Bingham County  
Extension Office  
412 W Pacific St,  
Blackfoot, ID 83221



More info:

 907-957-7626

 [gftzgerald@uidaho.edu](mailto:gftzgerald@uidaho.edu)

 <https://linktr.ee/digitalnavigator>






**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 enroll 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 3
- 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.

Jan	10	Highlander Cow Painting, TRADITIONAL, 9-noon, \$7
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
	28	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club

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](mailto:bingham@uidaho.edu).

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

NON-PROFIT ORGANIZATION  
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To keep current and up-to-date!

**UI Extension, Bingham County**