

BINGHAM COUNTY EXTENSION UPDATE

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

INSIDE THE ISSUE

FOOD & CONSUMER SCIENCE NEWS

February is International Boost
Self-Esteem Month.
Pages 3

HORTICULTURE & FORAGE NEWS

Vole Maintenance
Page 4

4-H NEWS

Congratulations to our Skill-a-thon
team and Individuals!!
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 new leaders to be fully enrolled online, Protecting Minors Training completed, background check if needed and attendance to leader training at Leader’s Council meetings. 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 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

First time Leader registration-
February 16, 2024

Animal Projects

Beef-February 23, 2024
Swine-April 5, 2024
Sheep-April 30, 2024
Meat Goats-April 30, 2024
Dog-April 30, 2024
Dairy Goats-April 30, 2024
Dairy Cattle-April 30, 2024

Horse-April 30, 2024
Poultry-April 30, 2024
Rabbit-April 30, 2024

FCS

All FCS Projects -May 10, 2024

UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

| | | |
|----------|-------|--|
| February | 8 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 9 | Day Camps - See LAST Page for information |
| | 9 | Straight Shooter Archery Club meeting, Archery Range |
| | 9 | Annie's Project 101, zoom |
| | 13 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 13 | Alzheimer's: Protecting your Cognitive assets, 10:30-11:30 a.m., Blackfoot Senior Center |
| | 15 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 16 | Day Camps - See LAST Page for information |
| | 16 | DEADLINE - NEW leader enrollment |
| | 16 | Annie's Project 101, zoom |
| | 17-19 | KYG Conference, Boise Id |
| | 19 | Holiday - Office Closed |
| | 20 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 22 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 23 | DEADLINE - Beef project enrollment |
| | 23 | Annie's Project 101, zoom |
| | 23 | Day Camps - See LAST Page for information |
| | 27 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 29 | Fitness Made Simple, 10-11 a.m., Bingham office |
| March | 1 | Annie's Project 101, zoom |
| | 1 | Day Camps - See LAST Page for information |
| | 5 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 6 | 2024 Forage School, 1-4 p.m., Bingham office |
| | 6 | Preparedness & Provident Living, 7-8:30 p.m., Blackfoot Stake Center |
| | 7 | 2024 Forage School, Preston 9-noon, Malad 1-4 p.m. |
| | 7 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 8 | 2024 Forage School, 9-noon, Terreton |
| | 8 | Straight Shooter Archery Club meeting, Archery Range |
| | 8 | Sew 4-H Fun club meeting, 1-3 p.m., office |
| | 8 | Day Camps - See LAST Page for information |
| | 12 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 12 | 2024 Forage School, 9-noon, St. Anthony |
| | 13 | Postpartum Support Group, noon-1 p.m., Bingham office |
| | 14 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 15 | Day Camps - See LAST Page for information |
| | 15 | Sew 4-H Fun club meeting, 1-3 p.m., office |
| | 18-22 | 4-H Quilt Away, 9-11 a.m. M/T, 1-3 p.m. W, 9-11 a.m. TH/F, office |
| | 19 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 20 | Day Camps - See LAST Page for information |
| | 21 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 22 | Day Camps - See LAST Page for information |
| | 23 | Straight Shooter Archery Club meeting, Archery Range |
| | 25 | DEADLINE - Bingham County 4-H Scholarships due to office |
| | 26 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 27 | Postpartum Support Group, 1-2 p.m., Idaho Falls |
| | 28 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 29 | Straight Shooter Archery Club meeting, Archery Range |
| | 29 | Day Camps - See LAST Page for information |
| | 29 | Sew 4-H Fun club meeting, 1-3 p.m., office |
| April | 2 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 4 | Fitness Made Simple, 10-11 a.m., Bingham office |
| | 5 | Sew 4-H Fun club meeting, 1-3 p.m., office |
| | 5 | DEADLINE - Swine project enrollment |

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

February is *International Boost Self-Esteem Month*. Time to check in on your own feelings of self-worth. As children we can receive messages about our worth from friends. As we age, our peers and family members, along with co-workers may make comments that really hurt and create a cycle of poor self-confidence and low work performance. Consider the following example:

We make a mistake at work.

Friend A: "I'm sorry you're struggling. How can I help?"

Friend B: "Hey, these are just natural consequences. Sorry 'bout it".

We may be Friend A to others and Friend B to ourselves. Consider these positive steps:

- Try becoming your own cheerleader, friend and create a healthy self-talk.
- Tell yourself one thing per day that you like about you.
- Celebrate your progress, and remember past successes.
- See a licensed professional counselor about your struggles.

Counseling services available at Southeastern Idaho Public Health call 208.233.9080

Food Safety

It may look like spring outside, but this is still winter and possibly storm season. A storm can cause damage to your home, and loss of electricity, gas, and water. During a power outage, there may be a lot more on your mind than food safety, but it still needs your attention!

Be prepared:

- Have appliance thermometers already running to closely monitor temperatures in the refrigerator

(40°F or below) and freezer (zero or below).

- It is a good idea to have a cooler or two available and use ice or ice packs to maintain a safe temperature.
- Find out now where you can purchase dry ice near you.

Things to remember:

- The refrigerator will hold a safe temperature for about 4 hours with the door kept closed.
- Food is safe to refreeze if it still has ice crystals or if the freezer did not rise above 40°F. Keep the doors closed!

For more food safety tips to help households stay safe during a power outage, search fightbac.org

**Pressure canner lid checks daily
8 am-5 pm, \$2****Volunteer Corner**

Our community is very considerate of those in need. If you are looking for chances to serve, below are some options:

- The Village. Material Donations for Foster Care. Accepting clothing, shoes, baby gear, diapers, wipes, hygiene items, school items, and quilts.
35 E Pacific Street, Blackfoot. M-F 10-2pm, W 6-8 pm. 208-569-6296
- Watch for many non-perishable food drives. Bingham Crisis Center at 288 N. Shilling, Blackfoot is in need of non-perishable foods for their pantry. Open M-TH 8 am-5 pm.
- Habitat for Humanity, 3270 W. Broadway, Idaho Falls, Open Tuesday-Saturday 10 am-6 pm.
- Volunteer at a 4-H sewing day

camp at the Bingham County office. Share your knowledge of sewing with beginners and new sewers. A sewing room, fabric and supplies are provided. Contact Julie Buck at jhbuck@uidaho.edu or 208-785-8060

Know of a volunteer opportunity in Bingham County? Let me know and I will include it in this monthly newsletter.

Classes

- **March 13, noon-1 pm Postpartum support group.** Moms with newborns-six month old infants gather to learn, support and heal.
- **Riverside 2nd Ward Preparedness and Provident Living Class**
When: 1st Wednesday of the month
Where: Stake Center (100 N 740 W) Relief Society Room
Time: 7:00-8:30 pm
Classes are open to EVERYONE who wants to learn!

Wednesday, February 7:**Emergency Power**

Generators, Battery packs, Portable power stations

Wednesday, March 6:**Home Gardening**

Soil Prep and Compost, Starting from seed, Pruning

- **Fitness Made Simple!**
Starts January 23: Tuesday & Thursdays, 10:00-11:00 am
Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls options. Modifiable for a variety of fitness levels.
Suggested equipment: Resistance bands, 1-6 pound weights (provided), 7-9 inch exercise ball

Julie Buck, Family and Consumer Sciences Educator

Vole Control for 2024

Voles have damaged alfalfa fields for the past few years. Although vole populations are cyclic and should eventually be reduced by disease and increased predators, this year may still prove to have high vole numbers. It is a good idea to prepare to battle them this coming spring.

The UI has developed a great website for vole control issues. <https://www.uidaho.edu/extension/ipm/ag-pests/other/voles>

This site outlines vole biology (lifecycles), Damage, Management practices, Chemical control (Strychnine, Zinc phosphide, and Anticoagulants. For rodenticide bait details go to: <https://www.uidaho.edu/extension/publications/publication-detail?id=pnw0627>

First let's go over what doesn't work or is ineffective to some degree. On the internet you can find various frightening devices. They work by shock, visual scare, repellents and such. Repellents utilizing thiram, which is also a fungicide, or capsaicin, from chilis as an active ingredient, have been registered for meadow voles in the past. Always check to make sure any chemical you decide to use is registered for voles and the crop you are using it in. Read and follow the label of any chemical you decide to use. Frightening agents are not effective in reducing vole damage. Voles may initially move away, but they soon become tolerant of what is frightening them. Scare tactics also have limited effect on reproduction rates. The next thing you can find on the internet are bombs or fumigation bombs. Fumigants usually are not effective because of the shallow and complex burrow systems. The runs are very open and will allow the fumigant to escape. They may work in small burrow systems

that have limited entrances.

Trapping is only effective in small plots such as gardens. Trapping is not effective in controlling large vole populations such as in the case of alfalfa fields. In large fields, labor costs would be prohibitive. Mouse snap traps can be used to control a small population by placing the trap perpendicular to the runway. Place the trigger end in the runway. A peanut butter-oatmeal mixture can make a good bait. In alfalfa fields these traps are used, but only to monitor vole populations. Exclusion nets and hardware cloth with holes less than ¼ inch can be used to protect trees and small areas.

Now for what works. Cultural and habitat modification practices can reduce vole populations. It is important to reduce weeds, ground covers, and crop litter. Lawn and turf should be mowed regularly. Do not allow mulch within 3 feet of the bases of trees. Clean up ditch banks, rights-of-way, and water ways. Soil tillage kill voles, reduces harborage and busts up runways and burrows.



Webbing Clothes Moth, *Tineola bisselliella*

An insect that damages clothing and also stored food is the Clothes Moth.

The adult stage of this insect is a gold moth with reddish-golden hairs on the top of its head. The wingspan is about 1/2 inch, but at rest with the wings down they are only about 1/4 inch long. The larvae are also less than ¼ inch long but will be much smaller when they first hatch. They are white/pink with a pink to red head. Their body is a bit transparent and as such you can externally view parts of their digestive tract.

It is easy to confuse these moths with other food infesting insects you may find in your home. Most food infesting moths are twice the size of the Clothes Moth. Another distinguishing characteristic is that Clothes Moths are not good flyers and usually stay close to the fabric they are infesting, and do not usually fly around the building. The adults do not damage clothing or fabric, but the larvae or caterpillars of this species do feed on fabric. They are considered a serious pest in wool. They can also feed on stored grains.

When the temperature is lower, the larvae can survive

several years before pupation. This means they can be a very persistent pest.

If you find Clothes Moths there are control measures you can take. First you should brush out all the moths, larvae, and eggs that you can from the fabric. This will not take care of the problem, as some eggs and larvae will surely remain. Dry cleaning can kill the moths. Freezing the infested fabric for several days below 18 degrees Fahrenheit, or heating above 120 degrees Fahrenheit for 30 minutes creates conditions that will kill most of the remaining insects. If the moths have infested the carpet, vacuuming may work to eliminate many of the insects. After the infested fabric is treated, I suggest storing it in an airtight container for several months to thwart another infestation by adults that may have survived elsewhere in the building.

If you have had clothing stored away, especially wool items, it would be good to check on them periodically. Look for insect webbing or the insect itself.



2024 State 4-H Livestock Skill-a-thon Competition

On January 20, 2024, the state livestock Skill-a-thon competition was held in Jerome. A team of four 4-H members from Bingham County competed at the state competition placing 4th out of 18 teams competing. As well as one of the team members placing 3rd Overall Individual in the Junior Division. The livestock Skill-a-thon contest tests a 4-H member's knowledge and comprehension of animal science and livestock management practices. The contest provides an opportunity for youth to gain and develop production livestock skills and life skills through a competitive environment. The contest consisted of individual and team challenges. Each team member tested their knowledge of livestock equipment, meat cut identification, wool judging, and quality assurance along with other team challenges. Congratulations to these competitors.

Congratulations



For information regarding the **Bingham County 4-H scholarship** please contact Heather 208-785-8060. Scholarship deadline is March 25, 2024.

For information regarding scholarship opportunities through the **University of Idaho** please go to this link <https://www.uidaho.edu/extension/4h/programs/scholarships>

University of Idaho Extension

2024 FORAGE SCHOOL

Join UI Extension for the 2024 Forage School offered at five locations in Eastern Idaho.

DATES & LOCATIONS:

- MARCH 6 | 412 W. PACIFIC ST., BLACKFOOT | 1-4 P.M.
- MARCH 7 | 186 W 200 N, PRESTON | 9 A.M.-12 P.M.
- MARCH 7 | 459 S. MAIN ST., MALAD | 1-4 P.M.
- MARCH 8 | 1256 E 1500 N, TERRETON | 9 A.M.-12 P.M.
- MARCH 12 | 19 W 1ST N, ST. ANTHONY | 9 A.M.-12 P.M.

COST & REGISTRATION:

\$15/person. Pre-register by contacting Joseph Sagers at jsagers@uidaho.edu or 208-745-6685, or pay at the door.

The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.

Join us to learn, share, and recover **University of Idaho Extension**

Postpartum Support group

For women and newborns
6 weeks to 6 months postpartum
Free to attend

Register 208-785-8060
Contact Julie with questions
jhuck@uidaho.edu

MARCH 13 UI Extension Office, 412 W. Pacific Street
12:00 noon to 1 pm Blackfoot, Idaho

MARCH 27 6019 Lemhi Street
1 -2 pm Idaho Falls

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 Julie Buck prior to the event at 412 West Pacific Street, Blackfoot, ID 83221; 208-785-8060; jhuck@uidaho.edu

10 WARNING SIGNS OF ALZHEIMER'S & BRAIN HEALTH: Protecting Your Cognitive Assets

Co-presented by University of Idaho Bingham Extension and the Alzheimer's Association.

Join us to learn about:

- The difference between normal aging and Alzheimer's.
- Common warning signs.
- The importance of early detection and benefits of diagnosis.
- Alzheimer's Association resources.

This will be followed by a presentation on Brain Health given by Julie Buck, a University of Idaho Family & Consumer Sciences Extension Educator.

You will learn practical ways to enhance and protect your brain function with simple lifestyle habits.

Date: Tuesday, February 13, 2024
Time: 10:30 am to 11:30 am
Blackfoot Senior Center
20 E. Pacific St., Blackfoot, ID 83221

For more information or to register:

call 208-350-6823
or email
jocornilsen@alz.org

bit.ly/blackfoot213

In collaboration with: **University of Idaho Extension**

ALZHEIMER'S ASSOCIATION

Visit alz.org/CRF to explore additional education programs in your area.

What is a 4-H Club?

The definition of a 4-H Club is an organized group of youth who meet regularly with adult volunteers and staff for a progressive series of educational experiences. 4-H Clubs also must meet the required:

- Must have five members from no fewer than three families
- Must be organized with youth officers
- Must meet six or more times per year
- Must be supervised by one or more certified 4-H volunteers

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 2023-24 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.
- Volunteer Orientation Modules

It’s time to enroll for the 2023-2024 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.

Regular Enrollment:

Ages 8-18 (by Jan. 1, 2024)

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, 2024)

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, 2024)

Idaho 4-H fee- 15.00

B.C. 4-H programming- 4.00

Eastern District 4-H horse activities
participation fee- 2.50

Member Insurance- 2.00

Total: \$23.50 (each up to 3 children,
then \$8.50 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.

4-H Quilt Away

Youth must know how to sew. Youth must attend all classes during Spring Break week March 18-22.

Monday and Tuesday March 18-19, 9am -11am, Wednesday 20, 1-3 pm, Thursday and Friday 21-22, 9-11 am. If we have time, the quilts will be bound and tied at the office.

\$10 fee for batting

Nine youth, 10+ years old, Must enroll in 4-H to participate.

Make a quilt top in one week. This 9 square quilt measures 37 X 39 inches and uses corner tips to create a star pattern. The finished quilt will be held and entered into the 4-H county fair.

Bring your own fabric: Three packages of 5-inch square coordinating colors charm pack, $\frac{3}{4}$ yard coordinating border fabric, $\frac{1}{2}$ yard biding fabric, and 3 $\frac{1}{4}$ yards quilt back. *Be sure to buy quality quilt fabric.*



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.

- | | | |
|----------|----|--|
| February | 9 | Valentine Gnome, TRADITIONAL, 1-3 p.m., \$3 |
| | 9 | Physics of Flight, TRADITIONAL, 9:30-11 a.m., \$3 |
| | 16 | Pizza, TRADITIONAL, 1-3 p.m., \$8 |
| | 16 | Plant Biology & Ecology, TRADITIONAL, 9:30-11 a.m., \$5 |
| | 23 | Popsicle Stick Bridge, TRADITIONAL, 9:30-11 a.m., \$5 |
| March | 1 | DNA Extraction, TRADITIONAL, 9:30-11 a.m., \$3 |
| | 20 | Ukrainian eggs, TRADITIONAL, 9 a.m.-noon, \$7 |
| | 8 | Egg Drop, CLOVERBUD, 9-9:45 a.m., \$5 |
| | 8 | Egg Drop, TRADITIONAL, 10-11 a.m., \$5 |
| | 8 | Meatloaf & mashed potatoes, TRADITIONAL, 1-3 p.m., \$8 |
| | 15 | Sewing Machine Challenge, TRADITIONAL, 9:30-11:30 a.m. \$5 |
| | 20 | Ukrainian Eggs, TRADITIONAL, 9-noon, \$7 |
| | 22 | Bunny/Leprechaun craft, CLOVERBUD, 10-11:30 a.m., \$5 |
| | 22 | Bunny/Leprechaun craft, TRADITIONAL, 12:30-3 p.m., \$9 |
| | 29 | Floating Foil Boat, TRADITIONAL, 9:30-11 a.m., \$2 |
| April | 12 | Sugar Cookies, TRADITIONAL, 1-3 p.m. \$7 |
| May | 3 | Idaho Stars & Stripes, CLOVERBUD, 10:30-noon, \$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:

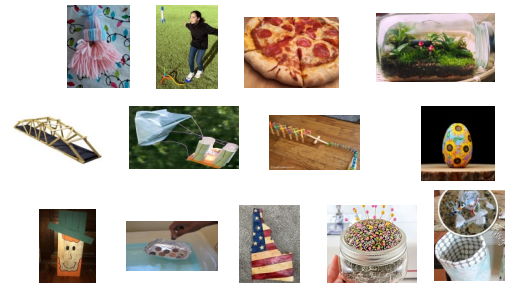
Julie Buck, Family & Consumer Sciences
Reed Findlay, Forages/Horticulture
Carmen Willmore, 4-H/Livestock

Staff:

Krista Cernyar, Office Manager
Heather Strupp, 4-H Coordinator
Arizona Hansen, 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

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To keep current and up-to-date!

UI Extension, Bingham County