

Bingham County News

Volume 13 Issue 2

February 2012

.....

Points of Interest:

- Food Preservation Workshop—page 2
- Pesticide Training—page 3
- Scholarships—page 5
- Meeting Dates—page 6
- Leader’s Banquet—page 7



Inside this issue:

Calendar of Events	8
Family Matters	2
Fun with 4-H	4-7
Garden Plot	3

Leadership is Remarkable

I enjoy learning about leadership. I have come to realize that the word “leadership” can mean something different to another person than it does to me. I just participated in a three day leadership conference, and that realization became more evident to me at the conference. The speaker asked the group “What is Leadership.” With over 250 people in the room serving in various leadership roles, you can imagine that there were many different answers. I was impressed and surprised with the clever ways my fellow conference participants chose to define leadership. I can say, I wasn’t as creative with my definition.

As I took notes during one of the sessions, I realized that there are many things that leadership is composed of. Leadership is a very complex attribute. For example, Kevin Eikenberry, the conference keynote speaker, shared that when he was meeting with a group of rocket scientists at NASA they told him being a rocket scientist was easier than being a leader. Leadership is a journey that takes time.

Leadership is an action. It is a verb not a noun. Leadership means doing something to lead. If you think you are leading, but no one is following you then you are just taking a walk! Leadership is an opportunity. I know many people who are truly great leaders because they saw their chance to lead as an opportunity to help the people they were serving. While others, look at leadership as a symbol of power, forgetting that the opportunity to lead isn’t given to everyone. Those “power” leaders soon have no power because they have no followers.

Leadership is a responsibility. I recently finished a two year term as the Western Region Director for the National Association of Extension 4-H Agents. I had the responsibility

of carrying the wishes of the 13 western states to the National Board. I was responsible to be their voice. In order to be their voice, I had to communicate with state association presidents monthly. I enjoyed that opportunity to visit with so many people. Those leaders were able to share the needs of their states and I carried them forward. If I had not solicited input, the items I had shared with the board would have only been mine and I would have let the members in the other 13 states down. By seeing my role as a responsibility, the western region (the smallest region in terms of members) had the

most successful fundraising efforts at the national meeting and is able to provide additional registration scholarships to western members.

Leadership is not management, it is not a position, it is not a power grab and it is not a birth right. According the Eikenberry there are 13 Leadership Competencies. They are as follows: Learns continually, Champions change, Communicates powerfully, Develops others, Builds

relationships, Focuses on stakeholders, Influences with impact, Thinks innovatively, Values collaboration and teamwork, Solves problems and makes decisions, Takes responsibility and accountability, Manages projects and processes successfully, and Sets goals and supports goal setting. The speaker challenged the participants to not only identify the competencies they were good at and continue working on them, but identify weaknesses and adjust them to make them strengths.

I know my list to strengthen is longer than my list of strengths, so I have plenty of work to do. I encourage you to take the time to identify what you are good at and where you might need work and continue working to become the best leader you can be. I know I will be working to make my leadership better.

~ Scott





Food Preservation Workshop

The University of Idaho is offering a five-week course on the basics of food preservation. Classes are scheduled Tuesday afternoons, February 28-March 27, at the Bonneville County Extension Office, 2925 Rollandet, Idaho Falls.

Class Topics include:

- February 28..... Canning Basics
- March 6Low-acid Foods
- March 13High-acid Foods
- March 21Freezing and Drying
- March 27Pickling and Preserves

Registration Deadline is February 20, 2012. Contact the Bingham County Extension Office at 583 W. Sexton Street, Blackfoot, ID or by phone (208)785-8060 to reserve your spot.

Cost \$50 for all classes, \$15 for one class

Reasonable accommodations will be made for persons with disabilities and special needs, contact Marnie Spencer by February 20, 2012 at 583 W. Sexton St., Blackfoot, ID, 208-785-8060.

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.

Food Safety Essentials

To prevent foodborne illnesses, it is important to follow the four steps of food safety: clean, separate, cook, and chill. This month we look at the importance of **Clean: Wash Hands and Surfaces Often**

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To Fight BAC![®] always:

- * Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- * Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- * Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- * Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- * Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

Source: www.fightbac.org

National Weight Control Registry Shares Secrets of Keeping Off Lost Weight

There are many factors related to a person's weight, including genetics, the environment, and personal habits. Research indicates a very low success rate for long-term weight loss. However, the National Weight Control Registry houses the names of people that have lost at least 30 pounds and kept the weight off for more than one year. A survey of 3,000 Registry



participants identified strategies used to keep weight off:

- Eating breakfast regularly
- Walking about an hour a day, or burning an equivalent amount of calories by engaging in other activities
- Weighing yourself at least weekly
- Tracking food intake
- Counting calories and fat grams or using commercial weight-loss software to track intake
- Limiting eating out to an average of three times a week including all meals, and consuming fast food less than once a week
- Limiting food variety, mostly eating similar foods from week to week, and not splurging much on holidays and special occasions.
- Watching TV fewer than 10 hours a week.

Although weight loss can certainly not be guaranteed, you may improve your health by following some of these strategies.

Resource: Tufts University Health and Nutrition Letter, January 2012



February and March Gardening

I like downhill skiing. Just the other day, I was thinking I need to get on the slopes again soon before the season ends. But, after briefly thinking about it, I realized the skiing season won't end for nearly two months. This mild winter makes you think spring is closer than it really is even though most of the outdoor plantings won't be for another three months. Nevertheless, there are some gardening activities you could be doing in the next month or so.

If you're ordering seed, you'll want to do that this month to ensure you'll have the seeds when you want to plant. It's always a good practice to add compost to your garden soil every year. If compost is available you might want to buy some so you'll have it on hand ready to apply as soon as weather permits.

You'll want to make sure your pruning tools are ready to go because next

month it'll be time to prune apple trees. In fact, starting in March you could prune most all your landscape trees with the exception of maple, birch, walnut and elm trees, which are better pruned in the fall because they tend to ooze sap in the spring. Pruning trees that ooze sap in the spring isn't harmful to the trees, but the oozing sap is not aesthetically pleasing and it can drip on sidewalks, cars, people, etc. If you have large trees that need pruning, keep safety in mind. It is not a good idea to prune a large tree yourself, so hire a bonded professional with liability insurance who is in the business of pruning.

Some flower beds around your home will be ready to work earlier than others because they are located in a warmer area such as close to a south-facing wall of your house. You can begin working these beds—tilling, adding compost, etc.— in preparation for spring planting.

It's a bit early to actually start some plant species that you'll later transplant, but others will need to be started soon. It'll take about 4 to 5 weeks from planting the seed until cantaloupe, cucumber and watermelon are large enough for transplanting. Tomatoes require about 5 to 7 weeks from seed to transplant growth stage. Petunia will require 8 to 10 weeks from seeding to transplant, and marigold will take about 7 weeks. Make sure you have all the necessary supplies such as pots, potting soil, identification stakes, etc. for starting all your plants indoors.

Winter is a time to take a break from gardening if you're so inclined, but don't get caught unprepared as the next growing season approaches. Besides, I'm sure avid gardeners are more than anxious for the beginning of another season.

Happy Gardening!



Eastern Idaho
Private/Professional Pesticide
Applicator Training

University of Idaho
Extension

March 6-9, 2012

8:30 a.m. — 3:30 p.m.

Fort Hall Housing Conference Room

161 War Dance Circle

Fort Hall

\$25/person

The **Eastern Idaho Pesticide Applicator Training and Testing** program is designed to assist people in obtaining an Idaho Private or Professional Pesticide Applicator license. There will be 3 days of instructional training. Testing will be held March 9 in Fort Hall.

The course is not a "stand alone" preparation for testing. STUDY MATERIALS ARE A PREREQUISITE. Participants are strongly advised to obtain and study material prior to the course.

If you are not sure of what tests/categories you need, please call the ISDA Pesticide Licensing department at 208-332-8600 or the University of Idaho Extension office in Fort Hall at 208-236-1046.

Study materials can be ordered directly from the ISDA, Division of Ag Resources, P.O. Box 7723, Boise, ID 83707
You can obtain an order form to purchase study materials online at :

<http://www.agri.state.id.us/Categories/Pesticides/licensing/indexPestLicenseMain.php> the order forms are under "Pesticide Licensing Guide."02

**2012 Idaho Nutrient
Management Conference**

University of Idaho
Extension

March 6, 2012

Best Western Sawtooth Inn, Jerome, Idaho

Registration starts at 7:30 a.m.

Conference 8:00 a.m.-4:30 p.m.

This conference aims to present the latest news, research, education, and other activities related to nutrient management in Idaho.

Registration: The registration fee is \$40.00 (until February 23), which includes a proceedings booklet, lunch, and two breaks. To register, please complete the registration form and return it along with a check, money order, or purchase order, payable to: **University of Idaho Bursar.** UI employees may provide a budget number to charge the registration to.

Registration after Feb. 24 will be \$50.00.

Mail registration by Feb. 24 to:

UI Nutrient Management Conference 2012

Twin Falls R & E Center

P.O. Box 1827

Twin Falls, ID 83303

For additional information please contact:

Amber Moore

UI Twin Falls R&E Center

P.O. Box 1827

Twin Falls, ID 83303

Phone: (208) 736-3629

Email: amberm@uidaho.edu



Catalog Shopping

So, you're looking to buy a bull. In our area that usually means you dig out the long Johns and coveralls, fuel up the truck and head to the bull sale of choice. But bull selection is not easy. Finding just the right sire to meet your herd needs is a complicated process of shopping and education. Every seedstock producer publishes a catalog that highlights every animal's potential – potential that is expressed in EPDs, actual phenotype data, and in some cases progeny predictions based on DNA.

Ultrasound has become such an integral part of gathering that information, that most registered and commercial producers cannot imagine buying a bull without it being part of the picture.

"It's become the industry standard," says Kelly Schaff of Schaff Angus Valley at St. Anthony, North Dakota. Schaff sells around 500 registered Angus bulls each year, each with complete performance data and EPDs. "Our customers are used to seeing it. When it's bull buying time they start calling and wanting to know when the numbers will be available."

At Nichols Farms at Bridgewater, Iowa, expecting performance data to guide a bull purchase is nothing new. Ultrasound-generated data has been part of that picture since ultrasound first entered the beef industry. "We wouldn't be selling any bulls without it," says Dave Nichols. At Nichols Farms, which sells Angus, Simmental, and crossbred stock, it's the logical continuation of a long tradition. "We started keeping wean weights, yearling weights, and rate of gain data in 1957," explains Nichols. "And now the sons and grandsons of the people who purchased those bulls

still want to see performance data."

Taking that next step from simple weight measurements to ultrasound-based EPDs wasn't hard for customers of a seedstock producer who has always put a high premium on technological advancement. "It's important for us to educate customers on how to use the latest technology," says Nichols. "It's also important for us to provide information they can



use in a format they know and understand – and they know and understand the data ultrasound provides."

"It's common knowledge genetic markers move with each generation," he explains. "In as little as three generations, their value is limited. So, they have to continually be retrained."

"I was shocked when I learned that," Nichols continues, "and was disappointed. I thought we'd be able to take one sample and know everything we needed to know about that animal; we wouldn't have to take birth weights, weaning weights, intramuscular fat and ribeye measurements anymore. But, it doesn't work that way. Retraining the genetic markers requires ongoing collection of phenotypic data. The only way to

make true genetic progress, and increase the accuracy of all of the available technology, is to measure and record phenotypes."

"They (the customers) want to see that data," says Andy Schuepbach, a Canadian Hereford breeder. "It's the only consistently reliable tool we have to increase carcass quality."

Schaff and his customers agree ultrasound numbers are a verification of quality. "It confirms the visual appraisal," says Schaff. "The ultrasound generated data quantifies the muscle that's there." Selling Angus, Schaff says his customers focus on ribeye size, and they want to see large numbers in the REA column of his data chart.

"The EPD is a valuable tool, and our customers want that," he says, "but they also want to see how the animal measured at a year. They want to see the raw data." He compares it to scrotal circumference. "There's a scrotal EPD, but buyers still want to see the measurement."

"It's an indispensable merchandising tool," adds Nichols. "Too often we look at technology and merchandising as something we use to add value to our product. But the first question should be 'Can we sell it?' And ultrasound-generated data is absolutely essential for selling a bull in today's market."

Before heading out on your bull buying adventure, make sure you study the sale catalog to learn all you can about the bull you want to buy. Add the bull's phenotype to those catalog numbers and your ready to start bidding. Happy bull buying.

Source: Carcass 101, volume 28, CUP Lab



Fun with 4-H



4-H Teen Camp Counselors

4-H Camp will be here sooner than you think!

The Bingham County 4-H Camp Counselor program will be beginning in a few months! Trainings start **Thursday, April 26th** at 7:00 p.m. – 8:15 p.m. at the Extension Office.

4-H Camp will be Monday, June 18 to Wednesday, June 20, 2012 in Alpine, Wyoming. The theme this year will be “Go for the Gold” an Olympics theme as this is an Olympic year!

During the training sessions you will learn basic counseling skills, several get-to-know-you games, and much more. You will also experience the camp planning process by helping to plan many of the camp activities.

To apply to be a teen camp counselor you must have turned 13 years old by January 1, 2012. You **must** attend **three** of the five trainings. (June 6 is a **required** training retreat.) If this sounds like something you may be interested in, please contact the 4-H Office at 785-8060 to be put on the list.

2012 Camp Counselor training dates		
Date	Location	Time
April 26	Extension Office	7:00-8:15 p.m.
May 10	Extension Office	7:00-8:15 p.m.
May 17	Extension Office	7:00-8:15 p.m.
May 31	Extension Office	7:00-8:15 p.m.
June 6 (retreat)	Lutheran Church	9:30-2:30 p.m. Mandatory

4-H Century Family



The University of Idaho 4-H will celebrate 100 years of 4-H in Idaho by recognizing families with a long, sustained involvement in the 4-H program. Idaho 4-H families with a combined 100 years or more of membership and/or volunteer service will be recognized.

4-H Years that are applicable:

- *Only direct-line family members are considered. Aunts, uncles, cousins may not be considered. Stepparents, stepchildren, or adopted children may be included.
- *Supporting documentation is not necessary
- *Paid staff years (Extension or other positions supporting 4-H) do qualify
- *In some instances, local Extension Homemakers, or Farm Bureau members committed significant time and energy establishing and leading local 4-H clubs. Years of service to 4-H in those capacities are applicable.
- *Volunteer years devoted to 4-H club work on the county, regional and/or state levels are applicable.
- *4-H membership or leadership in Idaho or other states can be included.
- *Years enrolled as a Cloverbud may be counted.

Applications are available at the office and must be submitted by July 15, 2012.

The 2012 4-H portfolio is now available in hard copy or as a CD. They are \$1 each.

2012 4-H College Scholarship Application Deadlines

Attention high school seniors! Before you know it, 4-H college scholarship applications will be due. It is not too early to start completing the application process! The following 4-H college scholarships are available.

Please note the deadlines!



Bingham County 4-H College Scholarships

All applications are available at the Extension Office and are due to the Extension Office by **April 15, 2012.**

- Bingham County 4-H Endowment College Scholarship (\$250)
- Bingham County 4-H Teen Association College Scholarship (\$250)
- Jennifer Stoddard Memorial College Scholarship (\$750)
- Cody Hall Memorial College Scholarship (\$500)

Eastern Idaho State Fair/ Butler Amusements College Scholarships (\$1,000) applications available online at: www.funatthefair.com or at the Extension Office. Deadline is April 6, 2012.

Attention All Past 4-H Leaders!!

It is important that you come into the office to re-enroll as a leader each year! We have a number of past year’s leaders that are still planning to lead a club, but they are not enrolled for the 2012 4-H year. This is also important because it will make sure that you are on the current mailing list for 4-H information. Please call the office if you have any questions or concerns.



Market Beef Weigh-in

Note: Beef project enrollments will be due to the Extension Office on Friday, March 2 by 5:00 p.m.

The Bingham County 4-H/EISF steer and market heifer weigh-in will be held **Saturday, March 10 from 8:00 a.m. to 9:30 a.m. at the Blackfoot Livestock Auction. The maximum beginning weight is 950 pounds.** Remember, the minimum final weight at the county fair is 1100 pounds. Cattle need to be halter broke and manageable with halter on during the weigh-in. Please have COOL (Country of Origin) and feed compliance documents filled out for each animal and bring to the weigh-in! COOL document and feed compliance forms are available at the office.

Cal-Ranch Stores is hosting an educational livestock feeding meeting. It is March 5, 2012.



Located at the Meridian Center
The time is 7:00 p.m.

4-H isn't Just Cows and Cookies, It's Music Too!

Many 4-H members are also musicians. Why not combine those two activities by participating in our 4-H music project? Here's how it works:

- Ask your 4-H leader if they will sign off your music project. If not, or if you don't belong to a traditional project club, contact the 4-H office to join a 4-H music club
- Pick up and fill out a music project form and a non-animal 4-H record book.

This involves:

- Attending and/or participating in at least six musical performances
- Writing an essay on what you are doing to learn more about music, such as taking a music class at school, taking music lessons, performing in a group, etc.
- Performing a musical number for your 4-H club as your demonstration. You can sing, play the piano, or play another musical instrument.
- Make a poster or display about your experiences.
- Turning in your project to the 4-H office on or before July 26, 2012.

Please contact Marnie at 785-8060 with any questions.

Important Meeting Dates:

Horse Project Information

Horse leaders, be thinking ahead. Horse enrollments will be due Friday, March 30 by 5:00 p.m. at the Extension Office. 4-H enrollment fees for 2012 horse projects are \$15.50 per participant.



Dates to remember:

B.C. Horse Council Meeting- Feb 22, 7 p.m. @ Extension Office

The previously published date of the 15th is incorrect.

State Horse Contest - July 9-10 at Sandpoint, Idaho

4-H Horse Camp - July 11-14 at Alpine 4-H Camp, Wyoming

B.C. 4-H Fair Horse Show-August 3-4, EISF

2012 Market Animal Weigh Dates

Beef- Saturday, March 10, 8-9:30 a.m., Blackfoot Livestock Auction

Swine- April 16, 5-7 p.m., EISF

Sheep/Goats- May 21, 4-7 p.m., EISF, sheep project activity, 7 p.m.

Rabbit-June 15, 8-10 a.m., Extension Office

Leader's Banquet

March 21, 6:30 p.m., Blackfoot Senior Center

2012 County Fair Dates

Fair: July 30– August 4
Market Animal Sale: August 1
Style Revue: August 2
4-H Horse Show: August 3-4

Save the Date
Teen Conference 2012
June 11-15
University of Idaho Moscow Campus

Learn
Educational workshops
Community service
Electing youth leaders
Collegiate life
Life skills



WAY OUT WEST
Teen Conference 2012
University of Idaho Extension

Enjoy
Swimming
Dancing
Group sports
Variety show
Making friends

For more information visit the Teen Conference web page at www.uidaho.edu/4h



Idaho 4-H Centennial Celebration

Idaho 4-H will turn 100 years old in 2012! In the following newsletters for 2012, there will be ideas for clubs to help celebrate 100 years of 4-H in Idaho. Look for this boxed article each month with several celebration ideas!



- * Present special talents (music, dance, etc) to nursing homes.
- * Recycle discarded clothing into useful items for the needy.
- * Share your testimony before city, county boards and councils to address problems facing local youth.
- * Create a float for a local parade and pass out 4-H centennial tattoos or balloons
- * Write letters to the editors of newspapers describing the difference 4-H has made in your life.

All 4-H Leaders, Teen Leaders & Guests are invited to attend:

2012 BINGHAM COUNTY 4-H LEADER'S RECOGNITION BANQUET

100 YEARS OF 4-H IN IDAHO!



**Wednesday
March 21, 2012
6:30 p.m.**

Blackfoot Senior Citizen Center, Blackfoot

- Leader Awards
- Live Auction
- Great Food & Fun!

****Please bring an item for the 4-H Council live auction. Money raised will be used to provide trophies, ribbons, and other awards and scholarships to support our B.C. 4-H youth****

PLEASE NOTIFY US IF YOU PLAN ATTEND BY MARCH 16

Phone: 785-8060.

COOPERATIVE EXTENSION SYSTEM
UNIVERSITY OF IDAHO
BINGHAM COUNTY
583 WEST SEXTON
BLACKFOOT ID 83221

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

Web Site: <http://www.uidaho.edu/extension/bingham>

2012 Calendar

February	15	State 4-H Scholarships due to State Office
	15	Bingham County Horse Council Meeting, 7 p.m., Office
	18-20	KYG, Boise
	20	Food preservation course registration due date
	22	B.C. Horse Council Meeting, 7 p.m., Office
March	23	Idaho Nutrient Management Conference registration date, Jerome ID
	6-9	Private/Professional Pesticide Applicator Training, Fort Hall
	10	Beef Weigh-in, 8-9:30 a.m., Blackfoot Livestock Auction
April	21	Leader's Banquet, 6:30 p.m., Senior Citizen Center
	6	EISF/Butler Amusement Scholarship due
	15	Bingham County Scholarships due
May	16	Swine Weigh-in, 5-7 p.m., EISF
	26	Teen Camp Counselor Training begins, 7-8:15 p.m., Office
	21	Sheep/Goat Weigh-in, 4-7 p.m., EISF

The Bingham County News is published by the Bingham County Extension Office. All comments should be directed to Scott Nash.

UI Extension Office, Bingham Co.
583 W. Sexton St.
Blackfoot, ID 83221
(208) 785-8060
bingham@uidaho.edu
<http://www.uidaho.edu/extension/bingham>

Extension Educators:
William Bohl, Horticulture/Crops
Scott Nash, 4-H/Livestock
Marnie Spencer, Family &
Consumer Sciences/4-H
Staff:
Krista Cernyar, Office Manager
Debbie White, 4-H Coordinator
Molly Bedke, 4-H assistant

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 583 West Sexton St., Blackfoot, ID 83221, phone 208-785-8060, email bingham@uidaho.edu.