

# Bingham County News

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## Managing Your New Bull

I have the opportunity to see, up close, over 3,000 yearling bulls annually. Those bulls are raised in a variety of environments and management schemes. It always concerns me when a producer tells me that his bulls have only been fed a hay diet. The reason for my concern is in order for yearling bulls to be ready to breed they need to have enough nutrition to help them express growth and reproductive traits. Most yearling bulls weigh over 1,000 pounds. Research data and my feeding experience shows that young bulls need to be fed to gain around 3 pounds per day to meet necessary performance levels. These bulls need to be eating a diet consisting of 12% to 14% crude protein their first year. After they become yearlings, protein levels can be reduced to 10%.

Most bulls have been fed to perform at those levels prior to being sold in a bull sale. If they have not, your management plan at home needs to provide the bull the opportunity to reach his reproductive potential. Research shows that the most successful yearling bulls during the breeding season are those that have reached puberty 3 to 4 months before the breeding season. The age of the bull at puberty depends on several related factors, but size or weight is probably the overall controlling factor.

I haven’t seen too many fat bulls this year. I think that is due to the cost of feed. Many buyers say they don’t want to buy a “fat” bull, but the bulls carrying more condition generally sell better than bulls with less condition.

Bull management after the purchase is critical. I have heard many stories from producers that have been asked to replace a young bull because the buyer wasn’t satisfied with bull performance. I recognized the stories because I heard the same kinds of stories when I was in the bull selling business. Most times bull dissatisfaction could have been prevented by proper after purchase care. Make sure the newly acquired bull is provided with adequate nutrition. If the bull has been on a high concentrate diet, don’t bring him home and change the diet to all roughage. The bull will need to continue to maintain the body condition he was purchased in and in some instances need to improve body condition before being turned out.

A yearling bull will use body stores and lose over 100 pounds during the breeding season. This should come from energy stored as fat (condition) rather than muscle because the bull is still growing.

Proper facilities to house a young bull, is another key step in reproductive performance at the new ranch. Don’t bring the new bull home and put him in the pen with a group of older bulls. This will cause fighting and possibly injury to the bulls involved. Make sure new bulls have the opportunity to adjust to a new environment. Provide them enough nutrition and, if possible, put bulls of similar ages together before the breeding season. If young bulls and old bulls must be turned out together, pen them together after the young bull has adjusted to the new environment. Make sure the pen is big enough to allow the bulls plenty of exercise and the ability to “get away” from others.

Bull sale season is in full swing and prices are very strong. Averages seem to be the highest I can remember, and I have been selling and/or following bulls for the last thirty years. The price of calves, cull bulls and cull cows is high along with the cost of replacement heifers. I realize all of the input costs have gone up as well including the cost to add a new bull to the herd. As you head out on the bull buying trail, consider ways to protect the new herd addition (the bull.) Take time to plan a breeding system that allows the new, expensive bull the opportunity to be a valuable addition to your herd. Remember, prior proper planning prevents poor performance.

~ Scott



University of Idaho, U.S. Department of Agriculture, and Bingham County cooperating.

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## Simple Ways to Save Energy on Lighting

Idaho Power suggests these ways to save energy on lighting:

- **When you leave a room, turn off the lights.** People commonly think it takes more energy to turn a light back on than it does to leave it on. But that's not true.
- **Put lamps in corners.** Light can reflect off of two walls instead of one flat wall. That way you'll get more usable light.
- **Use only as much wattage as you need.** Why waste energy with extra light? If you think you can get away with a lower-wattage bulb, try it out and see if it still seems bright enough.
- **Dust the bulbs and get the dead moths out of the fixture before you try a higher-watt bulb.**
- **Remove bulbs from multi-bulb fixtures.** This can be effective when an area is over lit. Put a burned-out bulb in any empty socks for added safety.
- **Take advantage of sunlight to illuminate spaces.** But take care, especially in summer when direct sun can add unwanted heat and increase air conditioning load.
- **Use low-wattage bulbs in closets or hallways.**



Reference: 30 Simple Things You Can Do To Save Energy, Idaho Power

### 12 Ways to Get Physically Active Without Going to the Gym

1. Walk up and down the soccer or softball field sidelines while watching the kids play.
2. Replace a coffee break with a brisk walk.
3. Use a rest room further away from your office.
4. Take a brisk walk around the mall BEFORE you shop.
5. Use the stairs as much as possible — even if you don't need anything upstairs or downstairs!
6. Stand while you're on the phone.
7. Walk while waiting for your plane.
8. Get out of your car a distance from your destination.
9. Use your exercise bicycle or treadmill while watching TV.
10. Speed clean your house!
11. Take the dog for a walk — don't watch the dog walk!
12. Dance!

Reference: Alice Henneman, University of Nebraska



### My Freezer Stopped Working—Is My Food Still Safe to Eat?

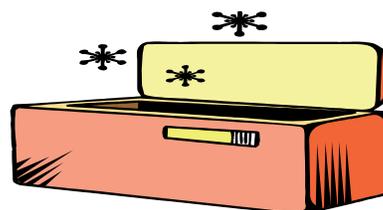
It's one of the things we all dread—opening the freezer only to find that the food is thawing, or worse yet, completely thawed. If that ever happens to you, follow these guidelines to determine if your food is still safe to eat.

Foods are safe to eat if the freezer temperature is 40° F or below or if ice crystals are still present in the food.

If the food is safe to eat, it can be cooked and eaten or refrozen. However, refrozen foods will have texture changes that will reduce quality.

Although the loss of stored frozen food is expensive, remember that consuming questionably safe food is not worth the risk of food-borne illness.

So, **“when in doubt, throw it out.”**



**Give it a Try to Determine for Yourself**

A few years ago I painted my house using leftover and new paint. Since both were purchased from the same store, and the color in the cans looked the same, I didn't mix them. The paint was applied next to each other on one side of the house, and when it dried I could easily see the color was not exactly alike. The next summer I repainted that portion of the house.

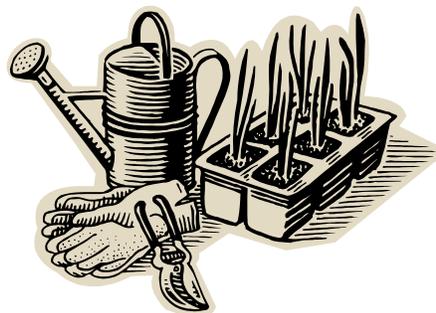
I tell this story because occasionally someone tells me they've used a specific product on a particular plant and ask me if I think it did any good. Did it? Maybe, maybe not. I only noticed the difference in paint color because they were side by side. Likewise, unless you have a side by side comparison of plants with and without a product in question, it's nearly impossible to determine if there was a beneficial effect. Here's why.

Let's say you applied a product this year to increase the yield of corn in your garden, and it worked. You know this because you planted the same number of plants both years, consumed the same amount fresh, and there was more to freeze for storage. A plausible conclusion is indeed to assume the product worked. Did it? As above, maybe, maybe not.

The yield increase may have simply been because it was a better year for growing corn and had nothing to do with using the product. In some years plants just grow better because of a more favorable environment, or disease or insect occurrence is substantially minimized because of unfavorable conditions. Environmental differences alone make it difficult to compare results between years. Also, without written records or pictures, can you rely on your

memory to determine if a crop was better than last year? Then, too, the product may actually have been effective.

Determining if a product works can only be ascertained by research, and you don't have to rely on someone else, such as a university, to do the research. You can do your own simple research and make decisions yourself as to what works in your yard or garden. Furthermore, conducting research at your very own location likely makes the results more applicable than relying on research done at some far away location. It's not difficult. Here's a very brief description of what you'll need to do.



Let's say you've read about a product that's supposed to boost the yield of tomato, and you decide to try it. Instead of using the product on all your tomatoes, conduct a small experiment by randomly applying it to only part of your tomato crop. Keep record of how the plants

grow, amount produced and even how the fruit tastes. You could also count the number of fruits, measure the diameter and note color for added information. At the end of the season, you'll have a reliable test with a written record to help you determine if the product boosted your tomato yield or had other positive effects.

To help you conduct your own garden research, follow the guidelines in a University of Idaho bulletin, Conduct Your Own Garden Research, CIS 1041. For a small fee you can obtain one at the Bingham County Extension Office, or download a free on-line copy at <http://www.cals.uidaho.edu/edComm/pdf/CIS/CIS1041.pdf>.

Happy Gardening!



### Increasing Daily Productivity

I was going through my calendar the other day trying to figure out how so many things seem to be coming due that need my attention at the same time. Pretty soon it became obvious to me that from February 1 until April 6 there were only 10 days where nothing was scheduled on my calendar. I don't share this to brag or complain but as an opportunity for all to learn how to make better use of time and to help be a little more productive.

I like to stay busy, but am I just being busy or am I really productive? Do I take time to do what really matters or do I just stay busy to avoid what's important? I heard a radio advertisement the other day for a fitness center. The commercial was trying to get listeners to realize there is time in the day to exercise. The announcer asks, "How many of you say you don't have time to exercise every day, but you spend more than an hour surfing the internet, playing video games, texting or something else less productive?" I gave that question some serious thought, not because I don't exercise (I get up at 5:00 a.m., five days a week to workout) but because I find myself wasting time daily on things that are not productive or worthwhile.

So what can I do to minimize the minutes I waste daily to keep them from adding up to hours weekly? Here are some tips I came across while reading my email the other day.

Listen more closely. We all know that being a good listener is a good thing but probably never thought of it as a skill to increase productivity. Being a good listener helps build relationships and trust. By building those relationships and trusts we can speed up communication and progress. When we listen more effectively, we get information we need the first time, to save additional conversations, rework and frustrations. How many times do you ask someone something they have probably already told you? How many

times do you repeat something because those you told it to didn't listen the first time? How many times do you know you "heard" something but don't remember, so you have to ask again? Make no mistake, better listening improves productivity.

I just welcomed my youngest son home after he spent two years away. The only communication we had was a weekly email, an occasional handwritten letter and four phone calls in two years. When we finally got a little time together, how closely do you think I listened to the things he had to say?

Expect more personally. Raise the bar on your expectations. Realize that



you can be more productive. You already know what you could do to be more productive. It isn't a knowledge or awareness issue, it's an action issue. When you raise your expectations, you are more willing to try things you already know, and you are more open to learning new techniques. Expect that you can achieve more in your day. I know when I first started working out early in the morning I was worried about losing an hour of sleep. I thought I would be too tired to make it through the day. I have found that after I work out I'm ready to get on with the day and able to stay busy all day (I am still working on the productivity part). When you have healthy personal expectations, you will achieve more of whatever you want to achieve.

Act more frequently. Too often we wait or ponder. We plot and we plan. Reflection, thought and planning are important but not if all our time is spent planning. If you want to be more productive, take more actions. Some actions won't be perfect and some might have been improved by waiting, but energy and opportunity come with action. I do a lot of projects on teams. Sometimes I plan and wait for others to help direct my actions, but other times I act and it seems to kick start the whole team into better productivity. Take more action and you will get more results.

Plan more regularly. You have to act to make progress, and you must plan too. You've heard the phrase, look before you leap? Try this as a specific balance: plan your day every day. Most time management or productivity system recommends time spent planning your day every day, week, month, and year. It doesn't matter whether you plan in the morning or evening, do what works for you and be consistent. Make sure you commit your ideas to paper (or electronic tool.) Look at your calendar. Identify the most important (not just urgent) things you need to accomplish. Use your plan as a guide all day as you act. There will be times when other things come up. It's okay to act on them even if they aren't scheduled, especially if they deal with people, relationships or values. Don't let a plan get in the way of those things that really matter.

The things I've written probably aren't new to any of you. If you already do all of these things, consider this article as a reminder. If you are like me and do some of these things already, join me in working on those areas that will help increase daily productivity.

Source: Make a Leap to Greater Productivity by Kevin Eikenberry



# 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 next month!

Trainings start **Thursday, April 26<sup>th</sup>** 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. <b>Mandatory</b>

## 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](http://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.



## Cattle Clipping and Fitting Clinic

\$45 per person to bring cattle,  
\$15 per person without cattle

Pre-registration required by April 16

Presenters: Scott & Morgan Nash

**Lunch will be provided**

A cattle clipping and fitting clinic will be held **Saturday, April 21, 2012** from **9:30 a.m. to 3:30 p.m.** at **Riverbend Ranch** in Idaho Falls. **Youth and parents** will have the opportunity to participate in current clipping and grooming techniques as well as learn about equipment and products. Participants will view cattle being clipped and discuss clipping techniques. Additionally, there will be the chance for 12 youth to bring cattle to receive hands-on instruction. There will be time for questions and answers during the clinic. Cattle must be halter broke and gentle as well as washed prior to the clinic. Participants will be asked to bring their own clipping chute, clippers and grooming supplies. Call Scott at 785-8060 or Morgan at 604-0115 for more information and to reserve your spot to bring cattle.



### 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:

### Leader's Banquet

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

**Horse Clinic:** Saturday, April 7, Mickelson's Arena

**District Horse Contest:** Friday, June 8,

Jefferson County fairgrounds ( Rigby)

**Livestock Day Camp:** Monday, June 11, 4-7 p.m. EISF

**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

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

**Note: Swine** project enrollments will be due to the Extension Office by Monday, April 9 by 5:00 p.m.

The Bingham County 4-H/EISF market swine weigh-in will be held **Monday, April 16** from 5 -7 p.m.at the EISF swine barn scales. **The maximum beginning weight is 90 pounds.** Please have COOL (Country of Origin) documents filled out for each animal and bring to the weigh-in! COOL document forms are available at the office.

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

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

## 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



## Horse Clinic



A Horse Judging and Showmanship clinic has been scheduled for Saturday, April 7 at Mickleson's arena (125 S 800 W, Blackfoot). The clinic will be from 1:00 pm to 3:30 pm. It will consist of how to fill out the horse judging card, what to look for in judging a conformation class, how to evaluate an equitation class. There will be an opportunity to hear what a judge looks for during a showmanship class. This clinic will be hands-on with live horses and riders to evaluate. Plan to attend!

Call Scott or Debbie for more details 785-8060.

## Give 4-H a Day

Do you have a skill or talent you would like to share with 4-H youth? If so, considering becoming a 4-H day camp leader or helper. Day camps are held in June and July and usually last from three to six hours. Previous classes have included gardening, cooking, sewing, archery, and arts and crafts. Other counties have done projects such as geocaching and sports fishing. Previous volunteers have expressed how much they enjoy leading or helping a day camp. If you are interested, please contact Debbie or Marnie 785-8060 by March 30. Thanks!

**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

March	21	Leader's Banquet, 6:30 p.m., Senior Citizen Center
	30	Last day to enroll in Horse
April	6	EISF/Butler Amusement Scholarship deadline
	7	Horse Clinic, 1 p.m., Mickelson's Arena
	9	Last day to enroll in Swine
	15	Bingham County Scholarships deadline
	16	Swine Weigh-in, 5-7 p.m., EISF
	21	Cattle Clipping Clinic, 9:30 a.m., Riverbend Ranch IF
	26	Teen Camp Counselor Training begins, 7-8:15 p.m., Office
May	14	Last day to enroll in Lamb and Meat Goat
	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.

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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](mailto:bingham@uidaho.edu).