MADISON COUNTY EXTENSION

Quarterly Newsletter
January—March 2015
News and information concerning University of Idaho Extension and your local Extension office

- 4-H Information
- Ag Information
- Personal & Family Finance Information
- Family and Consumer Science (FCS) Information

To be put on the Newsletter mailing list please call the extension office @ (208) 356-3191

The University of Idaho is an equal opportunity/affirmative action employer and educational organization. We offer our programs to person regardless of race, color, national origin, gender, religion, age sexual orientation, or disability.
Over-Night 4-H Camp

June 29–July 1, 2015
Darby Girls Camp
Driggs, Idaho

Due to circumstances beyond our control our 4-H camp will not be held in Alpine this year...instead we will be holding it at Darby Girls Camp in Driggs. Please take note of the change in date. It will be a Monday-Wednesday. We will still do all of the FUN things we have done in the past including shooting sports and hiking but there is also an alpine slide, confidence courses and lots more.

Call the Extension Office for more information and to sign up. 356.3191

T.A.L.K RETREAT
Teen Ambassador Leadership Kit
March 20-22, 2015
Albion, Idaho

Registration
http://www.uidaho.edu/extension/4h/events/events/stateevents/talk

Registration is limited to the first 48 youth who apply and who are within the ages of 13-18 on January 1, 2015. $60 for the weekend, or return the registration by February 25 to receive a $10 discount.

Horse Clinic
Helmet & Rule Review (Multi-County)
March 19, 2015
6:30 pm

“Participants in 4-H equestrian activities must wear an ASTM-SEI approved helmet whenever mounted on an equine or are in a vehicle (cart, wagon, buggy, etc.) being pulled by an equine.”

There will be scholarship applications available for free and reduced helmets.

We will be doing HELMET fittings

We have also secured helmets at the cost of $22.50 for those that would like to order through the Extension Office.

ALL YOUTH, PARENTS & LEADERS are encouraged to attend this clinic.

Winter Livestock Clinic
January 31, 2015
Veteran’s Building

10 am-2 pm
Lunch (free)

• Beef Clipping & Fitting
• Saving for your Future
• Swine Selection & Care
• Livestock Judging
• Goat Selection, Care & Showing
• Sheep Q & A
• Show Ring Etiquette & Appearance
• 4-H/FFA Review
• Youth Presentations

STEER WEIGH-IN
March 7, 2015
8—11 a.m.
Madison County Fair Grounds
COOL and Bill of Sale/Proof of Ownership Required

SPRING DAY CAMP
March 14, 2015
Watch for more information to come.
The start of a new year seems to get people excited about setting goals, making resolutions or just making lifestyle changes. My son goes to the gym at Idaho State University every day. He told me that from now until about the first of March he gets frustrated when he goes because there are so many more people that come to start working out. They aren't serious, don't stick with it and just get in the way of the people that work out on a regular basis. I commend those that set a goal to start working out and get in shape. I think goal setting is great and important. Goal setting gives us a target to shoot at to help us improve in whatever we are trying to improve. When setting goals I suggest that the goals be SMART. What do I mean by SMART goals? They are goals that are: Specific, Measurable, Attainable, Realistic and Time-bound. Let’s identify each of these individually.

A Specific goal would be “I want to learn to speak Spanish”, “I want to lose 10 pounds” or “I want to run a half marathon in one hour and forty minutes”. A goal that is too generic or very broad is usually hard to reach because it has nothing Specific to reach for. Let’s look at Measurable. The three I mentioned previously can all be measured. You will know when you can speak Spanish, when you lose 10 pounds or when you reach your running time. Make sure the goal you set can be measured in some way. Next is Attainable. If I set a goal to speak Spanish, put in the time, study and use resources needed I will be able to speak Spanish. Someone can set a goal to lose 5 pounds and that is pretty Attainable. Setting a goal to lose 100 pounds can be Attainable but is probably not very Realistic. Another example of a goal that is not Realistic is: if I set the goal to play in the National Football League by next year. As a 53 year-old man, even if I put in all the training necessary to try to reach the goal it won’t even be close to Realistic for me. Finally the goal needs to be Time-bound. I want to learn to speak Spanish and I made that a goal last year. I haven’t reached it yet, in fact I have been a slacker because I didn’t make it a Time-bound goal. Even though the goal is Specific, Measurable, Attainable and Realistic I haven’t gotten close to reaching it yet because it isn’t Time-bound. Without making it Time-bound it isn’t even very Measurable. I need to set a date so I will be able to measure my progress.

Things to Think About for the New Year

On Earning...
“Never depend on a single income. Make investments to create a second source.”

On Spending...
“If you buy things you do not need, soon you will have to sell things you need.”

On Taking Risk...
“Never test the depth of the river with both feet.”

On Saving...
“Do not save what is left after spending, spend what it is left after saving.”

On Investment...
“Do not put all your eggs in one basket.”

On Expectations...
“Honesty is a very expensive gift. Do not expect it from cheap people.”

Quotes from Warren Buffet

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One topic that is important to remember as we get closer to calving season, is the need we may have for colostrum. It’s not too early to locate, obtain and store several doses of colostrum or colostrum replacer. These may come in handy as your first calf heifers start to calve.

Calves born after a difficult birth are at a high risk of failing to receive adequate colostrum by natural suckling because of greatly decreased colostrum intake. Calves that are born to a prolonged stage II of parturition (delivery through the pelvic canal) often suffer from severe respiratory acidosis. Acidotic calves are less efficient at absorbing clostral immunoglobulins even if artificially fed colostrum. The only disease protection baby calves will receive is via the passive transfer of antibodies (immunoglobulins) from the colostrum that they ingest.

Effort should be made to provide weak newborn calves with the best source of colostrum available via bottle suckling or tube feeding. Natural colostrum is still considered the best source of the immunoglobulins for disease protection for the calf. If there is still a dairy in your area, the opportunity may exist to obtain some natural colostrum from newly freshened dairy cows. Fresh colostrum can be stored in 1 quart doses by putting that much (1 quart) in a gallon-size Ziploc bag. Lay the bags flat to freeze in the freezer. When it is time to thaw the colostrum, it will be easier and quicker to thaw, compared to 2 quarts or more in a big frozen chunk.

The amount of immunoglobulin ingested is also a major determinant of final blood immunoglobulin concentration. A practical “rule-of-thumb” is to feed 5 to 6% of the calf’s body weight within the first 6 hours and repeat the feeding when the calf is about 12 hours old. This is great information and a good reminder to prepare for the coming months. I would like to thank Glen Selk of Oklahoma State University for providing some of the information in this article. I hope each of you and your families have a wonderful holiday season. Please call or email me with questions Jon Hogge 745-6685 or jhogge@uidaho.edu.