



# EXTENSION UPDATE

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

## INSIDE THIS ISSUE . . .

**Getting Outside Explore and Play** ..... page 1 & 2

**Recipes** ..... page 2

**Master Gardener** ..... page 3

**Upcoming Extension Programs** ..... page 4-9

**4-H News** ..... page 10-18

**Share Your Story-Brixton Jordan** ..... page 9

**State 4-H News** ..... page 10-13

**Teton County 4-H news** ..... page 14-17

**4-H Save the Dates** ..... page 17

**Extension & 4-H Save the Dates and New Contact information**..... page 18

## Get Outside Explore and Play

By William Weygint, Teton County AmeriCorps 4-H Youth Instructor



As the holidays wind down and we enter the icy doldrums of winter, I find myself spending more time indoors. Certainly, this time of year it is easier to enjoy the snowy mountains and woods from the warmth of the couch while watching a show or reading a good book. I am sure I am not alone in feeling this way. And with busy schedules and an ever-lengthening list of commitments, it can be even harder to find the time to get outdoors every day.

Spending time outdoors every day is important for everyone, but it is even more important for children. There are numerous studies and reports that show the benefits of quality outdoor time on children’s health, both mental and physical. While these benefits are well known, in our increasingly screen-addicted world more children are spending more time indoors than they are outside. The average child in the United States spends only minutes playing outside each day while spending more than 7 hours watching a screen. This gap between indoor and outdoor time only grows during the winter when winter days are cold, dark, and snowy.

While it may seem like there is not much to do in the winter, one reason I love this season so much is because there are so many different outdoor activities available. As a 4-H youth instructor with a background in environmental education, I think a lot about how to involve youth in these outdoor winter activities. Here are a few of my favorite winter activities that are good ways to get youth outside.

### 1) Cross-country skiing or snowshoeing

We are fortunate to live in an area that has abundant snow during the winter and such easy access to surrounding trails and public lands. During the winter, these trails are perfect places to strap on a pair of cross-country skis or snowshoes and start exploring. While some equipment is needed, both activities can be relatively inexpensive to get started and they provide a terrific way to get physical activity during the winter. Kids often love these activities because they are a new way to experience the nearby forests and mountains.

Continued on page 2



Continued from page 1

## 2) Build a snowman or snow fort

This activity may seem simple, but in our current times it is something that many children have not experienced before. This is an activity that can be done almost anywhere outdoors, including parks or yards. It is also a fantastic way to let children's imaginations run wild, as they can design their snowman or snow fort however they want. This is not just an activity for children, however, as parents and adults can have just as much fun.



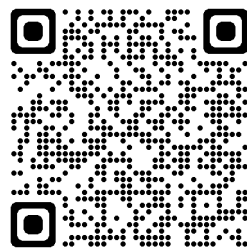
## 3) Go birding or track winter wildlife

This is one of my all-time favorite activities during the winter. While the snowy woods and mountains can often feel cold and lifeless, there is an abundance of wildlife all around. Head outdoors and spend a few minutes listening and looking into the trees, look and listen for the birds that call this place home during the winter. Then, look down at the snow – any animal that lives in the area will leave tracks that are easy to follow. Many guidebooks are available that can help you identify what you are seeing or hearing. This activity can be easily combined with a cross-country ski or snowshoe outing. One consideration is that winter can be a challenging time for animals and it is important not to approach them or get too close. Always respect wildlife and watch from a distance.



Winter is a busy time of year. Between crammed schedules and wintry weather, it can be a difficult season to spend time outdoors. Winter can also be a magical time to experience the outdoors in a new way, providing a sense of adventure and renewal. This time can be especially important for children. There are so many activities young people can enjoy during these cold, snowy months. Hopefully, these activities will inspire you to get outside and explore during the next few months. If you can, take a kid along.

## APRICOT DATE BARS



Scan the QR Code for ingredients and instructions

## Poppin' Corn Trail Mix



### Ingredients

- 7-10 Cups popped popcorn
- 2 cups whole grain cereal
- 1 cup dried fruit. Try raisins or cranberries
- 1 cup mini marshmallows

### Preparation

1. Wash hands before preparing food.
2. Mix ingredients together.
3. Enjoy!

### Tips

For variation, don't be afraid to mix things up! Add some nuts or seeds (walnuts or sunflower seeds) for extra crunch and protein; use pretzels or small snack crackers instead of cereal; try other dried ingredients such as coconut flakes; or make it spicy with a dash of chili powder.



<https://eatsmartidahointhekitchen.com/2021/06/10/poppin-corn-trail-mix/>

Don't forget to take a healthy snack

UI EXTENSION,  
TETON COUNTY

Teton Valley

# Master Gardener Program

**Join the Master Gardener Community!**

**February-September 2024**

This is a self-paced online learning course (~3 hrs/week) with 12 Thursday lunch hour virtual meetings and 8 (2-hour) in-person sessions. Master Gardeners complete a minimum of 30 service hours their 1<sup>st</sup> year.

**Course fee: \$150 with e-book (\$250 audit)**

**Registration Deadline: February 1, 2023**

Contact Jennifer Werlin at [jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu) or call 208-776-8235 to learn more and apply for the program.

This program offers 30 hrs. of university instruction in horticulture principles. No pre-requisite required, just a willingness to learn. If you have a barrier to participation (technology, transportation, language, financial, etc.), please give us a call.

If certified as a Master Gardener, you will work extensively with the public and have the opportunity to participate in volunteer activities and/or develop special horticultural programs within your community.

## Registration Information:

Jennifer Werlin, Extension Educator  
208-354-2961  
[jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu)

It is UI policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.



University of Idaho  
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master  
GARDENER

A UNIVERSITY OF IDAHO  
EXTENSION PROGRAM



Happy New Year! It's a great time to focus on healthy eating and physical activity. Not sure how? SNAP-Ed can help! We have resources to help you kick off 2024! Here are 5 ways for you to be healthier in the new year:

1. **Cut back on added sugars.** Too much sugar can lead to weight gain and obesity, type 2 diabetes, and heart disease. Reduce your sugar by including more whole foods rather than packaged foods. Also consider drinking water instead of sugary beverages. Learn more about [added sugars](#) with this Connecticut SNAP-Ed agency. <https://www.uidaho.edu/extension/eat-smart-idaho/downloads>
2. **Limit salty snacks.** Many people have too much salt in their diet, which can lead to high blood pressure and cause stress on the heart. Learn more about [low-salt snacking](#) with SNAP-Ed New York.
3. **Fill half your plate with fruits and vegetables.** Eating more fruits and vegetables can improve your health and reduce your risk of certain diseases. These [recipes](#) from a New York SNAP-Ed agency may help increase your daily intake. [Recipes - Just Say Yes \(jsyfruitveggies.org\)](#)
4. **Make at least half your grains whole grains.** Whole grains have fiber, that helps with digestion and may assist with weight management. SNAP-Ed in Iowa has lots of [tips](#) on how to eat more whole grains. [Grains - Spend Smart Eat Smart \(iastate.edu\)](#)
5. **Commit to staying active all year long.** If you haven't been active before, you can start with small amounts of time and work up to about 30 minutes a day of moderate activity. SNAP-Ed in Virginia has some great ideas and [exercises](#) you can try at home. [Move More | Virginia Family Nutrition Program - Eat Smart, Move More VA \(eatsmartmovemoreva.org\)](#)



MyPlate is on Instagram! MyPlate is excited to engage followers through our new social media channel. Each week they will share recipes, tips for healthy eating, and more with themes like #MyPlateMondays, #RecipeThursdays, and #BudgetFriendlyFridays.

Follow the official account @MyPlate\_gov on Instagram today! [https://www.instagram.com/myplate\\_gov/](https://www.instagram.com/myplate_gov/)



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# EAST IDAHO BEEF SCHOOL

**JANUARY 31 | 10 A.M.-2 P.M.**

**BYU-IDAHO LIVESTOCK CENTER  
5360 ID-33 | REXBURG**

Join UI Extension for an East Idaho Beef School on Jan. 31 in Rexburg. This event is free and lunch will be provided by the Fremont County Farm Bureau.

## TOPICS:

- Latest BQA audit information
- Pros/Cons of dart guns for medicating livestock
- Effectively using rained on hay
- Cattle mineral nutrition
- Calving protocols and medication



**REGISTER BY JAN. 30**

**208-356-3191 OR MADISON@UIDAHO.EDU**

**QUESTIONS?**

**CONTACT JARED GIBBONS: JAREDG@UIDAHO.EDU**

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# CEREAL SCHOOL

## Join UI Extension for the 2024 Cereal School Feb. 6, 7, 8, 9

### Dates and Locations:

#### Burley

Feb. 6 | 8:30 a.m.-2:30 p.m. | Burley Inn Best Western, 800 N. Overland Ave.

#### Pocatello

Feb. 7 | 8:30 a.m.-2:30 p.m. | Red Lion Hotel, 1555 Pocatello Creek Rd.

#### Idaho Falls

Feb. 8 | 8:30 a.m.-2:30 p.m. | UI Extension, Bonneville County office, 1542 E 73rd S

#### St. Anthony

Feb. 8 | 8:30 a.m.-2:30 p.m. | UI Extension, Fremont County office, 19 W 1st N

#### Soda Springs

Feb. 9 | 8:30 a.m.-2:30 p.m. | Tigert Middle School, 150 E 2nd S

#### Preston

Feb. 9 | 8:30 a.m.-2:30 p.m. | Robinson Building (Franklin County Fair Grounds), 186 W 2nd N St.

Pre-registered attendees will receive access to a recording of the presentations.

*Lunch sponsored by the Idaho Barley Commission and Idaho Wheat Commission. Break sponsored by Idaho Ag Credit.*

### Featured Topics:

- Variety Trial Results
- Wire Worms, Diseases and Nematodes
- Liming to Amend Acidic Soils (Soda Springs & St. Anthony)
- Updates on Nutrient Management Studies (Burley, Pocatello, Idaho Falls, Preston)
- Mixing Herbicides with Plant Growth Regulators: Effectiveness Concerns
- Logistics and Economics of Drying Grain
- Other Location Specific Topics

### Registration

**Cost:** \$20 per person for pre-registered participants  
\$25 per person at the door.

**Pre-Registration Deadline: Feb. 1.** Scan the QR code or visit [uidaho.edu/cereal-school](http://uidaho.edu/cereal-school) to register.

### Questions? Contact:

UI Extension, Caribou County: 208-547-3205

*One Idaho pesticide applicator recertification credit is available.*



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## Online Fitness Classes University of Idaho Extension



### **Fitness Made Simple!** **Thursdays, 10:00–11:00AM MST**

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

**Join Zoom Meeting:** <https://uidaho.zoom.us/j/85143098244>

**Meeting ID:** 851 4309 8244

**Passcode:** 693155

#### **Suggested Equipment**

Resistance bands

1-6-pound weights

7-9-inch exercise ball

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 Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; [lsant@uidaho.edu](mailto:lsant@uidaho.edu).



# PRESERVE @ HOME

University of Idaho Extension

Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

**Each lesson includes** online text (that can be downloaded and printed), online discussion boards, a weekly real-time chat with instructors & classmates, and open book quizzes.

**Start Date:** January 18, 2024

## Lessons

- Foodborne Illness
- Canning Basics
- Canning Acid Foods
- Canning Low Acid Foods
- Canning Specialty Foods
- Freezing and Drying



**COST: \$35 REGISTRATION FEE**

Register online at

[https://marketplace.uidaho.edu/C20272\\_ustores/web/product\\_detail.jsp?PRODUCTID=2135](https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135)

### For More Information:

University of Idaho Extension, Franklin County

franklin@uidaho.edu

(208) 852-1097

### REGISTRATION DEADLINE:

**JANUARY 15, 2024**

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Reasonable accommodations will be made for persons with disabilities and special needs contact Laura Sant, Franklin County Extension Educator, [lsant@uidaho.edu](mailto:lsant@uidaho.edu), 208.852.1097.





# ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

- A six-week course that fosters problem solving, record keeping, and decision-making skills around five areas of agricultural risk management: production, legal, market, human, and financial
- Gain a better understanding of a variety topics such as business and financial planning, marketing, retirement planning, insurance and working with interns and employees.

This Annie's Project course is open to all Idaho producers.

## 6 Live Friday Morning Zoom Sessions

January 26 and February 2, 9, 16 & 23 and March 1, 2024

10am-1pm MST

**Cost:** \$35 **Registration Deadline:** January 21, 2024

**Register:** <https://tinyurl.com/Tetonanniesproject>  
or scan QR code



Annie's Project 101 is hosted by:



University of Idaho  
Extension



## 2024 Annie's Project Sponsors



**Chobani.**

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending our program(s) that requires auxiliary aids or services should contact Jen Werlin, Extension Educator in Teton County: [jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu) or 208-354-2961 at least two weeks prior to the event.



## State 4-H Team Needs Your Help!

Please share your 4-H stories so we can share them with state stakeholders and partners. It will only take a minute!

Click on the link below and answer a few brief questions.

Thank you!

4-H Stories link:

[https://uidaho.co1.qualtrics.com/jfe/form/SV\\_dj833zOuYSqELAO](https://uidaho.co1.qualtrics.com/jfe/form/SV_dj833zOuYSqELAO)



### 4-H Story by Brixton Jordan 4-H Teton Livestock Club

This year when me and my 3 other brothers started our 4-H project I felt pretty confident. I thought that we had learned a bunch in past years and that we didn't have a lot more to learn. Little did I know, there was still tons to learn.

There was still tons of snow on the ground and there was only a week left until we went and picked up our pigs. With our water trough, feeder, and panels all still frozen into the ground, we decided that we needed to go out and start chipping away at the ice that was holding everything to the ground. It took multiple hours full of picking, shoveling, and pulling, we finally got everything out of the frozen ground. This taught me that sometimes you can't just wait for things to happen over time. A lot of the time you have to go and put in work to get the things done.

We had the pigpen all set up and ready for the pigs except for one thing. We were still missing the straw that would go in the shelter for insulation and bedding. Which was much needed due to the freezing weather outside. We needed to hurry and find a couple bales of straw so they wouldn't freeze within the first week of having them. After a little bit of searching, we finally found someone that had some for sale. We rushed there and got it the day before we went to go pick them up. This showed me that you're always going to be missing things in your life and you have to be prepared to jump and get things done.

When we went to pick up our pigs, we picked up our neighbors pigs too. We took them home to our house because it was their first year and with all the snow that was on the ground they couldn't build a pen for them. It didn't seem like a big deal to me but after I thought about it a little bit, I got to thinking that our neighbors were probably really grateful that we took their pigs for a while. If we didn't do that, they wouldn't have been able to do 4-H that year. It taught me that even if you're doing something that doesn't seem like a big deal, it could mean a lot to someone. It makes me always want to do good to other people, even if it's just a little thing.

It felt like the whole summer passed by way too fast. The next thing I knew fair came around and I wasn't ready. I get like I needed to work my pig a little more and I didn't know if he was going to make weight or not. I feel like I kind of procrastinated working with my pig and the fair snuck up on me. This really stressed me out but it also taught me that I should never procrastinate in anything. It's not worth the stress at the end.

We got to the fair and all of our pigs made weight. We were all super excited about that. We got everything set up smoothly and it was going very well. We picked out our placing for the auction and I was the last pig that was going up for auction. I was pretty sad about that because it meant that I might not be able to sell for as much as I was hoping for and I would have to wait for a very long time before I went.

All my brothers went before me and they did really well. They sold them for quite a bit more than years past. It was giving me some hope for selling my pig. My time finally came around and I went in with my fingers crossed. I ended up doing pretty well. I definitely sold my pig for less than my other brothers, but I still made quite a bit more than years past. This taught me that the market will always be fluctuating. It can be in your favor or not. Luckily this time it was in my favor. I was very grateful that it worked out like that but it made me aware that it won't always work out in my favor.

I have always loved 4H with all the bad and good things that come with it. I honestly wish I could do it for the rest of my life. This year was a great year and I'm looking forward to doing it next year.

# Idaho States' 4-H International Exchange Summer Hosting

Utilize our Summer program to bring a cultural experience to your home. Experience the joys of making a difference in a young foreign delegates life. 45 delegates have applied to come to Idaho and we need your help. Contact Tami Crowley at [tcrowley@uidaho.edu](mailto:tcrowley@uidaho.edu) for more information or sign up at [www.states4hexchange.org](http://www.states4hexchange.org). **Idaho Summer Hosting dates are July 21st to August 16th, 2024.**



## States' 4-H Summer Hosting

*HOST an international youth delegate and bring the richness of the world to your home!*

### Host an International Youth in Summer 2024 with States' 4-H International

*"It's like having a sister I always wanted and a best friend"*  
-States' 4-H Host Sibling

Open your home to an exchange student and open your lives to the world!



#### Hosting Details

- June 26, 2024 through July 21, 2024 (Costa Rica)
- July 21, 22, 23 2024 through August 16, 17, 18 2024 \* (Japan, Korea, Taiwan)  
\* Exact dates dependent on your state. Please check with your state's Coordinator for details.
- Host a youth aged 12-18 (majority are 12-14) or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively
- This is a voluntary program; no stipends will be provided

#### Host Family Requirements

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family

For more information, visit <https://www.states4hexchange.org/state-contacts/> to find contact information for your local State Coordinator

Please note: Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.

# Launching New 4-H Art Advocate Program

4-H is launching an art advocate program for teens to learn, engage, teach, and promote the visual arts in local communities. Fun trainings on art media will be provided. See flyer for details. Art advocates start in January 2024. Adult mentors (certified volunteers) are needed. No art experience needed.

## 4-H Art Advocates



University of Idaho  
Extension

*Support your community through teaching and action.*

### PROMOTE THE VISUAL ARTS!

- Promote the visual arts at community events.
- Teach visual art lessons.
- Work on a community art project.

### LEARN NEW ART SKILLS!

Receive training on visual arts teaching strategies and practice new art media.

### BENEFITS FOR ART ADVOCATES

- Gain experience working with younger youth.
- Count hours toward high school community service or senior project.

### OPEN TO 4-H TEENS!

- Must be 13 -18 years old to apply.
- Must be in 8th - 12th grade or home-school or online school equivalent.

### ATTEND MONTHLY ZOOM MEETINGS

TUESDAY from 6:30-7:30p.m. Mountain time (5:30-6:30p.m. Pacific).  
Jan. 23, Feb. 27, March 19, April 16, May 21, June 18, & Sept. 10

### REGISTER TO BE AN ART ADVOCATE

- In ZSuite select county as "STATE County," and the Art Advocate club
- Open until Jan. 12, 2024.

### ADULT MENTORS NEEDED!

Know a caring adult 4-H volunteer?  
4-H art mentors are needed, please recruit one.  
No art experience needed.

## Join 4-H Health Advocates

The 4-H Health Advocates program opens in January 2024. Register to join this dynamic who take positive health actions in their communities. See flyer for details. Adult mentors (certified volunteers) are needed to support advocates on action projects.



[uidaho.edu/4h](http://uidaho.edu/4h)



JOIN 4-H Health Advocates

**LEARN  
TEACH  
SERVE  
THRIVE**

**4-H Health and Wellness - connecting nutrition, physical activity, and social & emotional wellbeing in your community!**

#### Health Advocate take action!

- Teach nutrition lessons.
- Work with a community health program.
- Design and deliver a community health project.
- Promote healthy living at community events.
- Learn how to evaluate your action project or teaching.

#### Benefits

- Train on nutrition, physical activity, social-well-being.
- FREE Healthy Living Bag with tools, gadgets, and materials
- Gain experience working with children.
- Build leadership skills.
- Count hours towards high school community service.

#### Register at ZSuite (<http://4h.zsuite.org>)

- Must be 13-18 years old to apply.
- Must be in 8th - 12th grade, home-school, or online school equivalent.
- In ZSuite select county as "STATE County," and the Health Advocate club
- Open until January 12, 2024.

#### Attend Monthly Zoom Meetings 2024!

- MONDAYS, 6:30-7:30p.m. Mountain time (5:30-6:30p.m. Pacific)
- Jan. 22, Feb. 26, March 18, April 15, May 20, June 17, and Sept. 9

#### Adult mentors needed!

- 4-H volunteers needed to support health advocates.
- Register through ZSuite.

For more information contact [mtoomey@uidaho.edu](mailto:mtoomey@uidaho.edu)

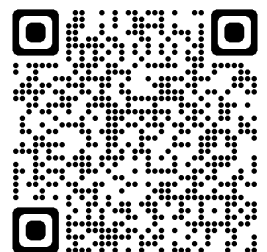




## Grant for Idaho's In-Demand Careers

The Idaho LAUNCH grant program aims to prepare Idaho's students for Idaho's workforce needs. Idaho LAUNCH provides grants for education and training programs for high school graduating seniors, beginning with the Class of 2024.

Email [idaholaunch@wdc.idaho.gov](mailto:idaholaunch@wdc.idaho.gov) or reach out to Sherawn Reberry at [sherawn.reberry@wdc.idaho.gov](mailto:sherawn.reberry@wdc.idaho.gov) for additional information.





## Registration for 2024 Know Your Government event in Boise is now closed

4-H club members attending from Teton County are:

### Reece Culbertson

Reece is 15 years old and is in her 3rd year of 4-H. She is a member of 4-H Leader Council. This year Reece is a member of Llama Packing Club, Beginning Weaving Club, Cat Club and Dog Training.

### Macy Culbertson

Macy is 14 and a member of 4-H Leader Council. This is her 3rd year in 4-H. She is a member of S.T.E.A.M. Club, Dog Training, Llama Packing club, Poultry Club, Quilting Club and Teen Leaders this year. Macy is a Jr. counselor for 4-H Alpine Camp.

### Sydney Otis

Sydney is participating in 4-H for the 3rd year. She is a member of 4-H Leader Council and is participating in Llama packing Club this year.

Parents **Ashley Culbertson** and **Audra Otis** will be attending as chaperones.

We look forward to Reece, Macy and Sydney reporting to us at Leader Council what they experienced at the event.

## Teton County 4-H S.T.E.A.M. Club hosted 3 Day Camps December 19, 20 and 21, 2023

Over the winter break Homeschool and Afterschool S.T.E.A.M. club members were busy hosting LEGO Masters STEAM Club day camps. Youth in the club volunteered their time as Junior Counselors to host 60 Teton Valley Youth for the 3 day event. Proceeds from the event will go towards purchasing a 3-D printer bundle from ROBO 3-D. The bundle will include 2 3-D printers, curriculum to use with Merge EDU A/R, V/R curriculum and a year supply of filament. Club members booked 96 hours of service time making the day camps successful and fun for all.



# Mars Base Day Camp

Hosted by  
Teton County 4-H S.T.E.A.M. Club

January 19th, 2024

10:00 AM—3:00 PM

UI Extension 445 N Main, Driggs

Teton County 4-H STEAM Club invites you to Mars Base Camp! Using activities from the National 4-H STEM Challenge, explore the different features on Mars and the missions sent to discover the Red Planet. You will also use the Engineering Design Process to build and test your own Rover!

4-H STEAM Club day camps will be open to youth ages 8-18. Registration limited to 20 youth. The cost per day is \$40.00, non-refundable. Lunch and a snack will be provided. Ticket sales for this event close at 5:00 PM on 1/16/2024.

**Contact:**

Abby Grundler & Will Weygint:

[teton4h@uidaho.edu](mailto:teton4h@uidaho.edu)

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

208-776-8235



Scan the QR code  
to register!

*The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending our program(s) that requires auxiliary aids or services should contact [teton@uidaho.edu](mailto:teton@uidaho.edu) or 208-354-2961 at least 5 business days prior to the event.*



## New 4-H Club

Enroll now for Teton County's newest Shooting Sport Club.

### Pistol/Handgun

Learn pistol/handgun safety while learning how they function, trigger control, eye dominance, range etiquette, firing positions and more.



## 4-H CALENDAR

### January

12th Livestock Feed Clinic-6:30pm at Fairgrounds

19th STEAM DAY CAMPS– 10-3pm Mars Rover

31st Last day to enroll for 4-H to take projects to the fair!

### February

16th STEAM DAY CAMPS –10-3PM Galactic Quest

### March

9th Beef Weigh-In 9-10am Fairgrounds

26th STEAM DAY CAMPS– Aerospace 10-3 pm

27th STEAM DAY CAMPS– Slime 10-3

28th STEAM DAY CAMPS– 10-3 pm Lego Masters

### April

26th STEAM DAY CAMPS– 10-3 pm Explorers of the Deep

29th Swine Weight-In 4-6 pm Fairground

### May

9th Horse, Rabbit, Dog, Poultry, Breeding Paperwork Due by 4pm

28th Lamb/Goat Weigh-In 4-6pm Fairgrounds

### June

4-H Camp

## 2023-24 Clubs Starting Soon

Must be enrolled & Dues Paid To Attend

Beginning Weaving 2/8/2024 3:30-5:00 UI

Extension Office



Babysitter Club 2/13/2024 3:30-5:00 UI

Extension Office

Leathercraft 1/22/2024 3:30-5:00 pm UI Extension Office

Crafting 1/5/2024 3:30-5:00 pm UI Extension Office



Quilting 1/11/2024 6:00-8:30 pm UI Extension

Office

Grand Photography 1/25/2024 7:00-8:00pm UI

Extension Office



Sewing 1/9/2024 3:30-5:00 pm UI Extension Office

# EXTENSION UPDATE

## UPCOMING EVENTS

### TETON FOOD AND FARM COALITION MEETING

Wednesday, January 24th, 12-1pm via Zoom

Food waste and recovery discussion. Visit [tetonfoodfarmcoalition.org](http://tetonfoodfarmcoalition.org) for information and to register.

### ANNIE'S PROJECT 101

Starts Friday, January 26th, 10am-1pm via Zoom

Risk Management for Small and Direct Marketing Farms in Idaho. 6-weeks of interactive lessons catered towards women in agriculture. Visit <https://www.idahofoodworks.org/annies-project> for further info.

### TETON VALLEY MASTER GARDENER VOLUNTEER PROGRAM

Starts February 24 (weekly classes until mid-May, with volunteering and hands-on practicums through September 2024). Email [jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu) to apply and receive further info.

### MARS BASE DAY CAMP

January 19th 2024 10:00am—3:00pm

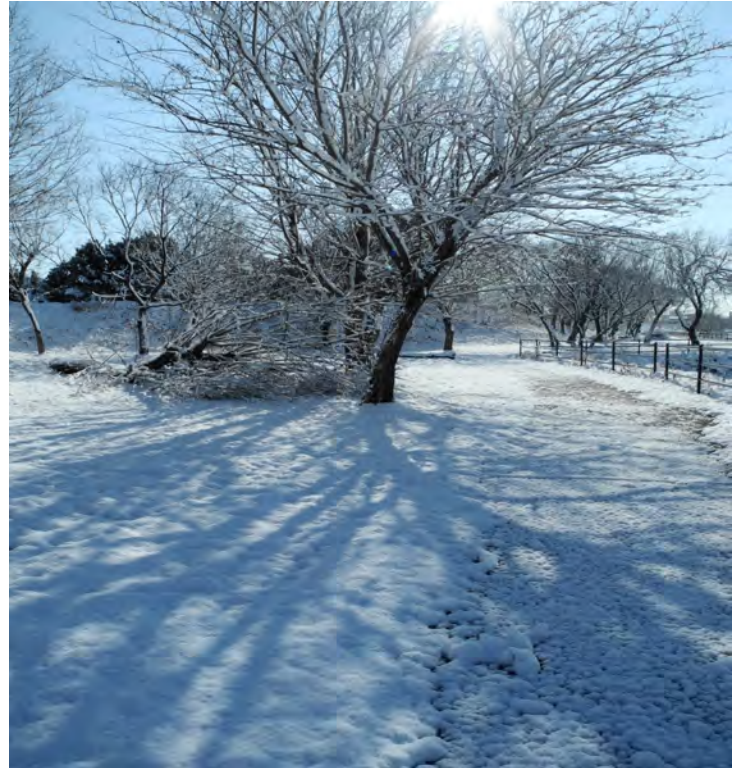
4H STEAM day camp open to youth ages 8-18. Registration limited to 20 youth. Cost per day is \$40.00, non-refundable. Lunch and a snack will be provided. Ticket sales close at 5:00pm on 1/16/2024. For more information call 208-776-8235 or scan QR code.



University of Idaho, Teton County Extension

New phone number effective immediately:

# #208-776-8235



## CONTACT US

### UNIVERSITY OF IDAHO EXTENSION, TETON COUNTY

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#### Staff:

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