



Adair County

It is Fall in Adair County!

Happy Fall Yall!

We had a whirlwind of a summer and a great 2023 Adair County Fair. We aren't slowing down as we have a busy fall coming up!

Make sure you look at this newsletter for all our program updates. Remember to follow us on Facebook and Instagram for the most up to date information!!

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Facebook: OSU Extension
Office – Adair Co. Oklahoma

Instagram: @adaircoextension



Don't let hectic schedules interfere with family cohesiveness

With children back in the classroom and schedules ramping up, it can be tough juggling the multiple demands families are facing. As people navigate the waters of these hectic schedules, it's a good time to take stock of what is needed to be a successful family. Matt Brosi, Oklahoma State University Extension family sciences specialist, said it's more than scheduling sports practices, obtaining the right school supplies or attending PTA meetings.

"Now is a good time to truly step back and look carefully at what we need from and within our family relationships to thrive under the pressure of busy schedules," Brosi said. "It's vital to look at how we as individuals can prepare, how we can prepare in our intimate relationships and what we can do as a family system to become more ready to tackle the changes."

It's important for parents to have clarity over what they can control and what they can't, all while maintaining flexibility to adapt to changes that will come. Brosi said getting organized, setting clear, meaningful and attainable goals, as well as prioritizing demands can help people stave off the feelings of being overwhelmed by the pressure.

"When a person feels pressured to continually give without reprieve or reciprocity it can lead to eventual burnout," he said. "Learning to communicate more effectively with others is a proactive measure that can keep emotions from boiling over and leading to emotional reactivity. This results in saying things we often don't mean, or perhaps we do mean but wish we hadn't said it so harshly."

There is something to be said for taking care of mental, emotional and physical needs. Maintaining perspective and logical thinking helps to separate issues as all or nothing, thus triggering a survival stance.

Brosi said being aware of maladaptive coping is also important and recognizing some of our reactions, such as emotional eating, using substances or binge-watching television, aren't helpful. This awareness may help us engage in more adaptive and helpful coping mechanisms. One of the best ways to deal with stress and subsequent mental health issues is to get adequate sleep.

"Couples tend to thrive when they both prioritize their relationship. Even after marriage, dating one another helps maintain that feeling of connection and care," he said. "Don't put off difficult conversations. Having those conversations helps couples feel productive and growing rather than stagnant and disconnected. Talking about feelings of disappointment rather than blaming keeps things moving forward as opposed to breeding defensiveness."



Cont.

As a family unit, it's important for parents to be active in parenting their children and spending time together in meaningful ways. This helps kids feel grounded and connected. Take a walk together after dinner or go on a family bike ride to the park. Show your children that they are important to you.

Continuing family traditions, or creating new ones for your family, facilitates value, togetherness and predictability. These all are factors in maintaining a healthy family.

“Regular mealtimes together at the table – without cell phones within reach; everyone sharing about their day, including the highs and lows; and sharing family fun time together are just a few examples of building family cohesion,” Brosi said.



Country Acres

2023 Officers:

President – Marylin Vaughan

Vice President – Rozena Weaver

Secretary – Clair Ann Bynum

Treasurer – Ina Crittenden

**Meetings are held on the 1st
Tuesday at 1:00 p.m. at alternate
location** (call club president for
details)

Upcoming OHCE

October 5th
Fall Council Meeting

Zion/Stilwell

2023 Officers:

President – Karen George

Vice Pres. –

Secretary – Carolyn Denny

Treasurer – Katherine Rackliff

**Meetings are held on the 1st
Monday of each month at
10:00am
At Hickory Village**

Tips and tricks to growing your club



Things that are worthwhile don't just happen – they take time and effort. Positive relationships, running a successful business, good health, etc. It's no different when growing a 4-H club. Growing a club requires intentional recruitment and retention from each volunteer leader, club member and family, said Karla Knoepfli, Oklahoma State University Extension state volunteer specialist in the State 4-H Office.

“The beginning of a new 4-H year is a good time to really think about your recruitment and retention plan. Think of your 4-H families, members and potential members as informed consumers who are comparing this program to others they may be considering,” Knoepfli said. “While you know the positive attributes of the 4-H program, it's important to continually deliver interesting and relevant opportunities to current and potential ‘customers.’”

Today's youth are actively being recruited by other organizations, so it's important in the 4-H program to continually recruit in an effort to attract new members as well as retain members in the program. What can families, volunteers and club officers do to achieve this? Here are four tips for maintaining a healthy enrollment in a local club:

1. Provide a welcoming and engaging environment. Make members feel valued for who they are. Ensure new members and families have an orientation and are paired up with a mentor.
2. Offer quality programming. Are you offering a range of activities that appeal to everyone? Providing programming in fun and unique ways helps keep youth engaged. Leaders should be truly prepared to be mindful, intentional and flexible to continually meet the needs of the consumer, aka: club members.
3. Nurture relationships. Provide programming in a safe social/emotional environment for both club members and volunteers. A good volunteer/club member ratio is important to nurture and provide growth opportunities that meet the needs of everyone involved. Focus less on the outcomes (ie: winning) and instead provide positive reinforcement for improvement, progress and mastery.
4. Keep youth engaged. Club members develop life skills when given the opportunity to be involved in the decision-making process. Youth leadership can help guide the group to new opportunities, discover new ways of accomplishing the 4-H mission, deliver programs and more.

Gillard and Will, in the “Journal of Parks and Recreation Administration,” said, “Youth will need to be continually recruited to keep attending, or to be retained in the program. A quality, well-balanced club will double as a motivator and influence the decision to return,” Knoepfli said. “Youth and families who experience successes, fulfillment, competence and fun are repeat customers and bring others into the 4-H family.”

Check out 4-H Tuesday Tool Time for more information. An informational handout is available [here](#). Another resource is this informative YouTube video.

4-H Bulletin Board

2023 Round UP



4-H News

October

- 11th – 13th Youth in Action
- 16th 4-H Officer Meeting
- 20th -27th Skillathon
- 24th 4-H Share the Fun
- 14th 23-24 4-H Planning & Adult

November

- 13th 4-H Officer & Leader Meeting
- 18th Annual Pancake Breakfast

Visit our website for **Adair County Fair Info and forms -**

<https://extension.okstate.edu/county/adair/index.html>

Look for updates on Facebook & Instagram!

OSU Extension Office- Adair Co.

LRP: A Review of 2022

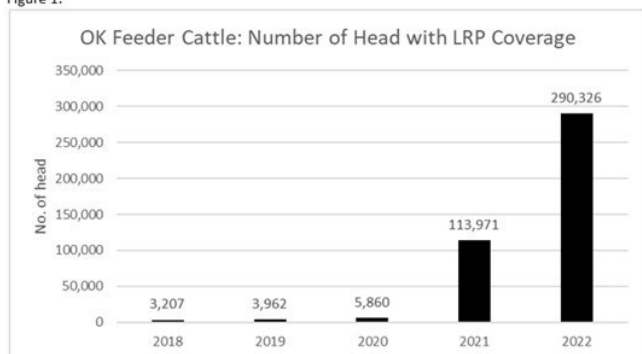
Scott Clawson, Area Agricultural Economics Specialist

Livestock Risk Protection (LRP) has been a growing topic of conversation as the use of this price risk management tool is growing rapidly. As time passes and data becomes available, the preferences and manner that LRP is implemented will be more evident. At this point we are just catching some glimpses as to how it is being used by producers.

LRP Popularity

While LRP has been around since the early 2000's, adoption has been slow. The program has undergone multiple changes altering policy specifics and underlying subsidies. In 2021, the number of feeder cattle that were covered under LRP surged to 113,971 head then to 290,326 the following year. The number of head covered to date in 2023 has already surpassed 2022 with 295,958 head covered. The increasing popularity of the product has made it much easier to find local support as more providers have entered the market to meet the stronger demand for these policies.

Figure 1:



Data source:

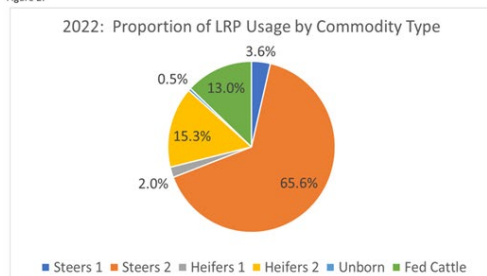
<https://www.rma.usda.gov/Information-Tools/Summary-of-Business/Livestock-and-Dairy-Participation>

Retrieved on 5/31/23

LRP Implementation

In 2022, LRP found a home in heavier weight feeder cattle with high levels of coverage. Figure 2 illustrates what type of cattle were insured in 2022. Steers 2 and Heifers 2 ("2" indicating the 600-900 pound category) make up 80.9% of insured cattle that year. 13% are considered fed cattle. The balance (6.1%) is under 600 pounds likely making up cowcalf producers. Also, producers are finding value in the higher levels of coverage. As Figure 3 shows, 85% of feeder cattle insured were in policies at or above the 98% coverage level with a slim number insured at under 95%. Data suggests this product has yet to resonate on the cow-calf or pre-weaning front and it seems that producers are using this more to secure some level of profit as opposed to break even protection or a form of catastrophic coverage. Overall, it will be interesting how the usage of the product evolves as more producers are aware and comfortable with it. For more information on LRP, contact your local OSU Extension Educator.

Figure 2:

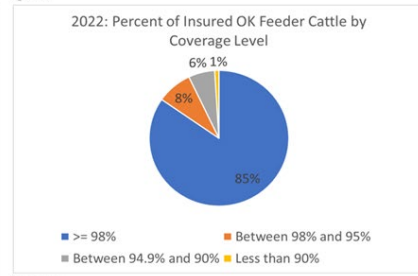


Data source:

<https://www.rma.usda.gov/Information-Tools/Summary-of-Business/Livestock-and-Dairy-Participation>

Retrieved on 5/31/23

Figure 3:



Data source:

<https://www.rma.usda.gov/Information-Tools/Summary-of-Business/Livestock-and-Dairy-Participation>

Retrieved on 5/31/23

2023 3rd Annual Adair County Pasture Tour

2023 Adair County Pasture Tour held today. We were blessed with some much needed rain and then nice, cool weather to visit with our local producers.

A HUGE thank you to the Snyder family and Collins family for letting come to your properties and sharing what you do with your operation. You all have beautiful places and it is always interesting to see what others do. What better way to learn than to have the opportunity to see firsthand management practices that are done right here in Adair county. These programs could not happen without partnerships like this. THANK YOU! We would also like to thank Todd Snyder with L&S Feed and Supply for sponsoring our lunch! The Vaughan family with Double R&P Gas and Grill made a fantastic meal and their service was stellar!

Other sponsors included GoBob Pipe, P&C Cattle Pens, Carson Community Bank, Larry Strauss with State Farm Insurance, Adair County Cattlemens Association, Westville Public School, Farmers COOP, Ft Smith Stockyard, and Red Wagon Feed. The community support that went in today's program was outstanding! We also had our "A" Team with us today.. It is always a privilege to work with our NE District OSU Extension area specialists Brian Pugh, Earl Ward and Scott Clawson. Thank you for your time and effort to plan this and sharing your knowledge with all of us today.

☎ if you are interested in our OSU Extension Programs, don't hesitate to give us a call at 918-696-2253.



**EXTENSION****Value of Gain Calculation**

OK Weighted Average Report 9/1/23

Weight	\$/lb	Value/hd	Added lb.	Added \$	\$/lb Added
333	\$ 3.4824	\$ 1,159.64			
381	\$ 3.2379	\$ 1,233.64	48	\$ 74.00	\$ 1.54
419	\$ 3.0900	\$ 1,294.71	38	\$ 61.07	\$ 1.61
472	\$ 2.9688	\$ 1,401.27	53	\$ 106.56	\$ 2.01
517	\$ 2.8792	\$ 1,488.55	45	\$ 87.27	\$ 1.94
575	\$ 2.8399	\$ 1,632.94	58	\$ 144.40	\$ 2.49
620	\$ 2.7224	\$ 1,687.89	45	\$ 54.95	\$ 1.22
669	\$ 2.6056	\$ 1,743.15	49	\$ 55.26	\$ 1.13
720	\$ 2.5447	\$ 1,832.18	51	\$ 89.04	\$ 1.75
776	\$ 2.4891	\$ 1,931.54	56	\$ 99.36	\$ 1.77
866	\$ 2.4162	\$ 2,092.43	90	\$ 160.89	\$ 1.79
937	\$ 2.3504	\$ 2,202.32	71	\$ 109.90	\$ 1.55
1024	\$ 2.2838	\$ 2,338.61	87	\$ 136.29	\$ 1.57

Long Stocker Run		Short Stocker Run		Heavy Stocker Run	
Starting		Starting		Starting	
333	\$ 1,159.64	333	\$ 1,159.64	620	\$ 1,687.89
Ending		Ending		Ending	
1024	\$ 2,338.61	517	\$ 1,488.55	1024	\$ 2,338.61
Total Gain	Δ Value	Total Gain	Δ Value	Total Gain	Δ Value
691	\$ 1,178.97	184	\$ 328.91	404	\$ 650.72
VOG		VOG		VOG	
\$ 1.71		\$ 1.79		\$ 1.61	

* very light test on lighter calves

Upcoming AG Programs**October 3rd
Grower's Meeting****October 10th
Pesticide Zoom****October 26th
Cattlemen's****November 2nd
LRP Insurance Program****November 7th
PWME Training @ ICTC****Join Adair County Cattlemen's
Association**

Are you a cattle producer in Adair County? Are you interested in learning more? Join the Adair County Cattlemen's Association. Dues are \$20.00 and good for an entire year. We are currently accepting dues so don't wait. Make a difference in your cattle production!

Arvest Bank

presents

**Using Livestock Risk
Protection (LRP) Insurance****November 2nd, 6pm
Baron Community Building**Free dinner meeting sponsored by **Arvest Bank** to learn about the LRP program and how it can benefit you and your livestock operation.Guest speaker
Scott Clawson, OSU Extension Area Ag Economist**Adair County Extension Office**220 W Division St, Suite 1
Stilwell, OK 74960OSU EXTENSION
4-H YOUTH DEVELOPMENT

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