



## EXTENSION

# April/ May 2023 Newsletter

### Tax Season: Plan Your Refund Dollars

Tis the season for tax returns! Are you the one who files your return as soon as you can? On the other hand, maybe you are more like me, still gathering all your documents and hoping to get everything filed before the April 15 deadline. Either way, it is important to plan ahead for how you will spend your refund. Once it hits your bank account, it is tempting to splurge on something you had not planned on buying.

As you consider your plan, here are a few things to think about.

**#1) Expand (or start) your emergency fund.** From an unexpected car repair to a sudden medical bill, it is important to have money set aside in order to avoid a downward financial spiral.

**#2) Pay down debt.** Do you have a credit card that you are paying interest on every month? Use your tax refund to knock that debt out and start putting those interest payments back into your savings account or monthly budget.

**#3) If you already have an emergency savings account and no high-interest debt, consider setting a new financial goal.** Are you hoping to take a family vacation this summer? Establish your vacation savings account with your tax refund money. Not sure what your next goal might be? Think about investing your return in a short-term CD while you evaluate and plan for more long-term goals. If you are in a favorable financial position, you might even consider helping someone in need.



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# Saving on Food Costs: Meal Planning and Budgeting Tips

Here are 7 tips to help you stretch your food dollars and get the most for your food budget:

1. **Plan:** What meals do you want to plan for dinner? Sit down and write out your list. Before you head to the store, take an inventory of everything you already have on hand to prevent purchasing things you already have at home. Include meals like stews, casseroles, or stir fries, which “stretch” your meals further by bulking them up.

2. **Get the Best Price:** Look at your local grocery store’s weekly sales and ads! Ask about loyalty cards or any coupons you might miss.

3. **Compare and Contrast:** Is the small bottle of ketchup really cheaper? Locate the “Unit Price” on the shelf directly below the product. Use it to compare different sizes of the same product to determine which is really the better deal.

4. **Buy in Bulk:** Buying foods in bulk is almost always cheaper. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.



5. **Buy in Season:** Buying fruits and vegetables in season can lower the cost and add freshness! Check out your local farmers’ market to find seasonal produce and help local vendors!

6. **Convenience Cost:** Purchasing convenience foods costs more than doing the work yourself. If time is your main struggle with eating healthy, convenience cost might be worth it for you. However, just know that does come with a heavier price tag.

7. **Year-Round Saving:** Certain foods are typically low-cost options all year round. Try beans for a less expensive protein source. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are a good choice.

## 4-H Update

### Upcoming Events



**April 10<sup>th</sup>** Record Books Due

**April 10<sup>th</sup>** Officer Resume due for 2023-24 year

**April 20<sup>th</sup>** Officer Interviews (call 4/10-4/14)

**May 23<sup>rd</sup>** 4-H Banquet

**June 6<sup>th</sup>-8<sup>th</sup>** NE District Contest Days in Payne County

**July 26<sup>th</sup>-28<sup>th</sup>** 2023 102<sup>nd</sup> State 4-H Roundup  
*More information to come*

*Oklahoma*  
**4-H Parent-Volunteer  
Conference  
and Pre-conference**

**Save The Date!**



**4-H VOLUNTEERS...  
RIGHT ON TARGET!**

**June 23-24, 2023**  
**Oklahoma State University Campus**  
**Stillwater, OK**

# OHCE News



- April 11<sup>th</sup>** Huckleberry Honey's OHCE meeting @ 1PM at Delaware County Extension Office
- April 20<sup>th</sup>** Spring Has Sprung OHCE meeting @ 10AM at First Baptist Church (321 W Illinois Ave Vinita, OK 74301)

# Breeding Bull Management

*Barry Whitworth, DVM, Senior Extension Specialist, Dept. of Animal and Food Sciences, OSU*

For most cow/calf operations, bulls are a substantial investment. In fact, some experts believe in actual dollars, bulls represent the largest investment in cow/calf operations. They also have a dramatic impact on the future genetics in the herd. For these reasons, producers should manage bulls for optimal production.

A breeding bull should be considered an elite athlete. To perform at his best, the bull must be in top physical condition. A bull needs to be on a good nutrition program that meets his energy, protein, vitamin, and mineral needs. At the beginning of the breeding season, a bull should be in a body condition score of 6 to 7 on a scale of 9. Producers should avoid overfeeding a bull since an overweight bull is more prone to lameness issues as well as accumulating fat in the neck of the scrotum which has a negative association with spermatogenesis. A bull generally loses weight during the breeding season, so a lightweight bull may have trouble completing the breeding season. Also, excessive weight loss is associated with decrease sperm production and sperm abnormalities.

A good nutrition program will promote good health; however, bulls still should be vaccinated for diseases. At the very least, bulls should be given the same vaccinations as the cow herd. Emphasis should be placed on reproductive diseases such as Bovine Diarrhea Virus, Infectious Bovine Rhinotracheitis Virus, Leptospirosis, and Campylobacteriosis. Producers might want to give a Clostridial vaccine (blackleg) since fighting injuries may be a problem in bulls. Although there is debate about the effectiveness of Anaplasmosis vaccine, a producer might want to consider bulls as candidates for the vaccine since bulls may not consume enough medicated mineral to protect them from the disease.

Parasite management is a must for bulls. Some studies indicate that bulls have more issues with parasites and will require more treatments to control internal and external parasites than cows. Bulls may need to be dewormed more like young cattle than the cow herd. Horn flies tend to be more problematic with bulls which will require additional treatments.



When practical, bulls should be housed in individual pens when not being used for breeding. When this is not an option, bulls should be placed in pens with plenty of room. Bulls of the same age may be housed together, but operations should avoid placing young bulls with old bulls. Also, following the breeding season, bulls in poor body condition should be placed together to optimize nutrition and weight gain.

According to Dr. Mark Johnson, PhD, Professor and Extension Specialist with Oklahoma State University, two- to six-year-old bulls should be in their prime. This group should be able to breed 25 to 35 cows in a timely fashion. Younger bulls will need to be placed with fewer cows. Producers can base the number of cows that a young bull can breed by using his age in months. A 12-month-old bull should be able to handle 12 cows and 13-month-old should be fine with 13 cows and so on.

Bull Breeding Soundness Evaluation (BBSE) should be conducted on all bulls that will be used during the breeding season. A BBSE is a procedure performed by a veterinarian that ensures a bull has met a minimal set of standards that reflect his reproductive potential. The exam is not a guarantee that the bull will breed cows

because some bulls are not aggressive breeders. The veterinarian will do a physical exam, reproductive exam, and sperm evaluation. Once the exam is completed, the bull will be classified as a “satisfactory potential breeder”, “unsatisfactory potential breeder”, or “deferred”. Deferred bulls should be rechecked at a later date.

Cattle operations should maintain biosecurity protocols when adding bulls to the herd. Bulls should be purchased from reputable breeders. All purchased bulls should be isolated for 30 days prior to having any contact with the cow herd. During the isolation period, bulls should be vaccinated for the above-mentioned diseases. Bulls need to be dewormed with at least two or three different classes of dewormers and treated for external parasites. A producer should consult with their veterinarian about testing for certain diseases such as Trichomoniasis, Bovine Diarrhea Virus, Bovine Leukemia Virus, Johne’s Disease, etc. Lastly, bulls should be observed for any signs of disease and/or physical issues. Any issues noted should be addressed by treatment or by returning the bull to the breeder.

Bulls play an important role in cow/calf operations and their genetics will influence the cow herd for years to come. Producers should manage this important resource properly.

For more information about bull management, producers may want to view SUNUP Cow-Calf Corner episode March 18, 2023 ([SUNUP.okstate.edu](https://www.okstate.edu/sunup)) or visit with their local veterinarian and/or their Oklahoma State University Cooperative County Agriculture Extension Educator.

## References

- Barger I. A. (1993). Influence of sex and reproductive status on susceptibility of ruminants to nematode parasitism. *International Journal for Parasitology*, 23(4), 463–469.
- Ott R. S. (1986). Breeding soundness examination of bulls. In Morrow D. A. (Ed). *Current Therapy in Theriogenology*. (2ed, pp. 125-137). Saunders.
- Palmer C. W. (2016). Management and breeding soundness of mature bulls. *The Veterinary Clinics of North America. Food Animal Practice*, 32(2), 479–495.



## Poultry Waste Management Education Requirements

Registered poultry operators and certified poultry waste applicators are required to attend:

9 hours of initial education within the first year of becoming registered or licensed and

2 hours of continuing education each year until receiving a total of 19 training hours.

Upon receiving the 19 required hours, the operator or applicator will attain graduate status but shall be required to receive: 2 hours of continuing education every 3 years thereafter.

If you became a graduate during 2020 you must attend a minimum of one continuing education class during the 3-year block: Jan. 1, 2021- Dec. 31, 2023

More information related to education requirements may be found at [extension.okstate.edu/poultrywaste](https://extension.okstate.edu/poultrywaste)

If you are unsure of your education status or have questions about the regulations pertaining to your business operation, contact the Oklahoma Department of Agriculture, Food & Forestry at 405-522-5892.

### CONTINUING EDUCATION CLASS 2 HOUR CREDIT

DELAWARE COUNTY

Date: May 2, 2023

Time: 6:00 PM—8:00 PM

Place: Delaware Co. Fairgrounds

Topics: New Rules & Regulations Guidance

### INITIAL 9 CLASS

DELAWARE COUNTY

Date: May 3, 2023

Time: 9:00 am (Lunch provided with RSVP)

Place: Delaware Co. Fairgrounds Jay, OK Jay, OK

For more information, please contact the Delaware County Extension Office at (918) 253-4332.



**REGISTER NOW**

# **CATTLEWOMEN'S BOOT CAMP**

▶ **June 5 - 7, 2023**  
Creek County Fairgrounds



This program will be a three-day workshop that will combine traditional educational programming with hands-on demonstration and activities and classroom exercises. Topics that will be covered include but are not limited to:

- Cattle Evaluation
- Calf Management
- Herd Nutrition
- Hay Evaluation
- Forage Production
- Marketing
- Production and Financial Records
- Farm Transitions
- General Management Practices
- Farm Business Planning
- Herd Health and Vaccinations
- Facility Management and Selection
- Reproduction Management
- Calving Management

Registration is \$150 a person and will remain open until all 50 spots are filled.

You can register here: <https://extension.okstate.edu/events/osu-cattlewomen/index.html>





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