



DELAWARE COUNTY
EXTENSION

January/February 2023

Combined Newsletter

Handling Daily Family Life!

It's only January, and the ever changing family calendar for 2023 is already starting to fill up! **But it doesn't have to be this way!** Consider implementing a new resolution, albeit a month late!

Call it the "Slow Down the Family" Resolution.

In our fast paced parenting culture, where children's time is often spent in lessons, virtual learning days, organized sports, and other structured activities, it can be challenging to do less and trust that our kids will do just fine. But even the doctors are urging us to slow down. Recent research is available on the subject of over scheduled kids.

Unstructured play time gives children space to create, reflect, problem solve, and become more resilient human beings.

Re-think the family calendar - Look at all the activities, rank your priorities, and invite the kids to help decide what is most valued, and what can be let go.

Adopt a "One-Structured-Activity-at-A-Time Per Child" Policy - This helps children prioritize and decide which sport or lesson means the most to them.

"Schedule" your free time - Ensure that free time happens by writing it into your calendar. Declare Family Hang-Out Days! Own your family time.

Go outside - Natural spontaneous play and creativity will blossom! Enjoy some back-to-basics like puddle jumping and making mud pies.

Source: Taken from an article by Lucy Rector Flippu, *Education.com*



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4-H Update

Upcoming Events



February 22nd – 25th Delaware County Spring Livestock Show

- **Tuesday, February 21, 2023**
3:30– 5:00 p.m. Weigh-in (Ending weight) steers.
Location: Jason Hollenback’s
- **Wednesday, February 22, 2023**
10:00AM Heifer check in.
4:00 PM Cattle show
- **Thursday, February 23, 2023**
10:00 a.m.-11:00 a.m. Weigh Sheep & Goats
4:00 p.m. Sheep Show
Goat Show Immediately Following the conclusion of the Sheep Show
- **Friday, February 24, 2023**
10:00-11:00 a.m. Swine weigh in.
4:00 p.m. Swine show
- **Saturday, February 25, 2023**
11:30 a.m.-1:00 p.m. Premium Bidders & Chuck Wagon Dinner
1:00 p.m. Premium Sale Monday & Tuesday.
- **March 6 & 7, 2023**
Cooks Processing Carcass Contest Kill Days

Upcoming Contest

Skill-a-thon	February 22 nd 3:00 - 5:00 February 23 rd 3:00 - 5:00 February 24 th 12:00 - 2:00
PVA	March 23 rd 5:30
Speech & Demonstration	March 23 rd
Impressive Dress & Fabric & Fashion	April 6 th
Record Books Do not use Google Docs https://4h.okstate.edu/members/record-book-and-scholarship-information/record-book-and-scholarship-info.html	April 10 th
Officer Resume due for 2023-2024 year	April 10 th
Food Showdown	May 4 th
4-H Banquet	May 23 rd
Northeast District Contest Days in Payne County	June 6 th - 8 th

Co-Parenting with Technology

Parenting in separate households can often be a difficult task, furthermore trying to stay connected, coordinate events, and be on the same page may seem impossible at times. Technology however can help co-parents and their children maintain positive communication and stay organized, while maintaining healthy boundaries. Besides phone calls, emails, and texting, there are many apps that have been created to help co-parents keep positive appropriate communication.

Useful Co-Parenting Apps

Co-Parenting apps are useful because they can prevent unwanted contact and serve as a buffer limiting communication to only necessary exchanges which can help prevent conflict. Additionally, staying organized and informed can also help minimize conflict between co-parents, while allowing children to have regular contact with both parents. Co-parenting apps can be used to help families communicate in many different ways. Some are designed for sharing calendars, pictures, medical records and expense tracking, while others can assist in creative ways like mapping equal distances for pick up and drop of your child. Some allow the children to also be part of the sharing process as well. The apps below are just a few examples and range anywhere from free to a monthly fee. There are likely other great apps out there too that provide many of the same qualities.

- **2Houses:** This app provides a joint calendar for both co-parents to edit and update scheduled events. Parents can also update medical records, keep track of child related expenses and upload photos to a shared album.
- **Wizard:** This app allows co-parents to communicate positively by a shared schedule, co-parenting tools, and features resource links to counseling and legal services.
- **Kidganizer:** This app promotes positive communication for co-parents who do not always communicate well face to face. It features custody and expenses management.
- **Co-Parenting Tips for Divorced Parents:** This app focuses on the needs of the parents. It points out the difficulty of co-parenting while providing tips. The app also provides facts as well as informational videos. Each day the app sends the co-parents an inspirational quote, word of wisdom or tip of the day. This app also allows co-parents to ask questions that they have and receive support.
- **Cozi:** This is another shared calendar app for co-parents but it links to many calendars. This app also allows access to a joined website for easier access. This also allows children to view and access the calendar and be part of the scheduling.
- **Life360:** This app allows co-parents to view the location of their children which can help create peace of mind. The app also allows the children to view the locations of their parents.
- **Peaceful Parent:** This app helps parents to maintain healthy boundaries by allowing co-parents to set limitations for messages such as length of message or number of messages received. It also offers pre-written messages to help communicate relevant information and also allows parents to highlight or flag inappropriate content or hateful words.
- **AppClose:** This free app offers a calendar, messaging, expense tracking, and shared documents without any in app purchases.

Find the best app for you

compare apps by their features

	FREE APP	FUNCTION FOR CHILDREN	EXPENSE TRACKER	CALENDAR	CHILDREN'S PROFILE/ INFO	GPS TRACKER/ CHECK-INS	MESSAGING
2Houses	✓		✓	✓	✓		✓
Cozi	✓			✓			
Life360						✓	✓
TalkingParents				✓			✓
AppClose	✓		✓	✓	✓		✓
WeParent				✓	✓		✓
coParenter			✓	✓		✓	✓
Child Custody Log			✓	✓	✓		
SmartCoparent	✓	✓	✓	✓	✓		✓
CoPilots				✓	✓		✓
Fayr			✓	✓		✓	✓
2Homes	✓	✓	✓	✓	✓		
Peaceful Parent							✓
DComply	✓		✓				
Unbroken Homes	✓		✓	✓			✓
Truece	✓		✓	✓			✓
amicable coparenting	✓			✓			✓
Ensemble	✓		✓				
Divvito	✓						✓
Fuzie	✓			✓			
Parentship for Coparenting				✓	✓		✓
Our Family Wizard			✓	✓	✓	✓	✓

*Some free apps contain in-app purchases for some features.

Social Media Accounts

While social media accounts such as Facebook, Twitter, Instagram and Snapchat can also be a useful way to share photos and activities involving your children, it can also allow your co-parent to see into your personal life which could raise emotions and increase conflict between co-parents therefore they should be used with caution. Also be careful not to vent rage or frustration relating to your co-parent on social media. Though it may momentarily give you some satisfaction to vent, keep in mind how many people may read your posts and tell others about it – your relatives, mutual friends, or possibly even your own children or those close to your children. If in doubt, have a second person read your post before you post anything questionable online. Remember private matters should always remain private.

Need more help? Co-parenting can be hard. We're here to help! Learn more about the [Co-Parenting for Resilience Program](#), part of the Extension mission of Oklahoma State University's College of Education & Human Sciences.

Northeast District OHCE 2023 Meeting

Mark your calendar for Tuesday, March 28, 2023. Our theme this year is "OHCE Gets Their Kicks on Route 66!" The nation will soon celebrate the 100th anniversary of the Mother Road in 2026. Our meeting will be held in the beautiful Tulsa Technology Conference Center, 10800 North 137th East Avenue, Owasso, OK. Our guest speaker will be Ken Busby, Executive Director of the Route 66 Alliance.

Registration is \$25.00 and due to the Delaware County OSU Extension Office by March 1st.

Huckleberry Honeys News

We would love to have you join us for our monthly meeting the second Tuesday of every month at the Delaware County OSU Extension office at 1:00pm.

January 10th

February 14th

March 14th

The American Diet: How Fats and Grains Affect your Health and Weight

With every bite we put in our mouths, Americans are making a choice about our short-term and long-term health. Many American children are overfed and undernourished, lethargic or hyperactive and physically unfit. We have an alarming number of citizens who are overweight and morbidly obese, a problem that causes discomfort, disease and premature death. We all pay for the consequences of poor eating habits in unemployment, insurance and health care costs.

We can reach and stay at our most comfortable and healthy weights if we develop wholesome, healthful eating habits. But we cannot do it if we do not know how to eat healthfully. The more information we have about how foods affect our bodies, mental functions and feelings, the better equipped we are to be healthy and alert and to feel good.

In terms of eating fats and carbohydrates for weight control, nutritionists recommend:

- Read the Nutritional Facts panel before you buy processed and packaged foods.
- Eat foods low in saturated fats and trans fats.
- Include foods containing unsaturated fats, such as olive oil, and essential fatty acids, such as Omega-3 oils in your diet.
- Everyday eat several servings of foods high in complex carbohydrates, including fresh fruits and vegetables and a variety of grain foods.
- Avoid eating in "fast-food" places and be aware of the fat content of meals when you are eating out.
- Choose snacks that are low in fats and high in complex carbohydrates.
- Avoid sugary foods.
- Keep physically active and get enough rest.

MINDFUL BREATHING

Mindful breathing for at least 15 minutes a day for at least a week is very beneficial!

Make this a practice for your and your kids.

Focus on your breathing. Get comfy. Close your Eyes. Set a time. Keep practicing!

Simple Chicken Soup

Ingredients:

Carcass and bones from one 4- to 5-pound roast chicken (or a mild-flavored rotisserie chicken)

4 cups low-sodium chicken broth

2 medium carrots, sliced into 1/4-inch-thick rounds

2 celery stalks, sliced into 1/4-inch-thick slices

1 medium onion, chopped

1 bay leaf 1/2 cup white rice

2 tablespoons chopped parsley

Kosher salt

Level: Easy

Total: 55 min Prep: 5 min Cook: 50 min

Yield: 8 cups (4 servings)

Directions:

1. Put the bones and carcass from a leftover chicken (they can be in pieces) in a large pot. Cover with the broth and 4 cups water. Bring to a boil over medium-high heat, reduce to a simmer and cook for 20 minutes. Skim any foam or fat from the broth with a ladle as necessary.
2. Remove the bones and carcass with tongs or a slotted spoon; set aside to cool. Add the carrots, celery, onion and bay leaf to the broth, bring back to a simmer and cook until the vegetables are about half cooked (they will still have resistance when tested with a knife but be somewhat pliable when bent), about 10 minutes. Stir in the rice (to keep it from sticking to the bottom), and cook until the grains are just al dente, 10 to 12 minutes.
3. Meanwhile, when the carcass and bones are cool enough to handle, pick off the meat, and shred it into bite-size pieces.
4. When the rice is done, add the meat to the broth and simmer until warmed through, about 1 minute. Stir in the parsley, and season with 1/2 teaspoon salt or more to taste. Serve hot.

Calving Season Management

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

The National Animal Health Monitoring System, Beef Cow-calf Study 2017 (NAHMS2017), found in calves less than three weeks of age, the most common cause of death was calving/birthing problems (24.7%). According to Scott Clawson, Northeast District Area Ag Economist, calves raised is a very important source of income for beef cattle operations. With this in mind, cattle producers need to do everything they can to ensure that newborn calves have the best opportunity to survive. Management of the cow-calf herd to reduce death rates in calves should result in more pounds to sell at weaning. Studies have shown that lack of managing cattle during the calving season increases deaths around the time of birthing. Developing a protocol to deal with heifers and cows during the calving season should be a high priority on beef cow-calf operations.

A calving protocol should be developed with the help of the producer's veterinarian. The protocol should be easy to read and understand. The step-by-step plan will provide details on how to deal with a difficult birth. Producers should consult with their veterinarian about signs to look for that indicate trouble with the birthing process. They should specifically ask their veterinarian when he/she needs to be contacted to assist with the difficult calving. Other helpful sources to use to develop a management strategy are County Extension Agriculture Educators as well as fellow cattlemen. All of these individuals have a wealth of knowledge that can be utilized to write a protocol for the calving season.

The key to any successful calving season is locating animals early with calving difficulty. This requires frequent observation of heifers and cows. Unfortunately, many cattle operations only observe their cattle once or twice per day according to the NAHMS2017. According to Dr. Dawson, Theriogenologist with the College of Veterinary Medicine at Oklahoma State University, pregnant heifers and cows should be monitored at least three times per day during the calving season. By observing cattle frequently during the calving season, producers should be more aware of heifers and cows in distress.

Birthing occurs in three stages. Stage one is the dilation of the cervix. Stage two is the delivery of the calf. Stage three is the expulsion of the placenta. Stage two is where all the action is. This stage begins with the presentation of the water bag and ends when the calf is extruded from the birth canal. According to Oklahoma State University fact sheet E-1006 *Calving Time Management for Cows and Heifers* written by Dr. Glen Selk, stage two should take about 1 hour for heifers and 30 minutes for cows. When stage two labor last longer than two hours, calf mortality increases significantly. Many cattle operations allow heifers and cows to labor for two hours or more before intervening according to the NAHMS2017.

A heifer or cow found not progressing in stage two labor needs assistance. Producers must decide if they are capable of handling the situation or not. If not, a veterinarian should be contacted. Any delays at this time could result in the loss of the calf and/or health issues with the heifer or cow.

Every calf born is a potential source of income for the ranching operation. For this reason, producers should develop a management strategy for the calving season. For additional information on calving management, producers should contact their local veterinarian and/or Oklahoma State University County Agriculture Educator. Another source of information is E-1006 *Calving Time Management for Cows and Heifers* written by Dr. Glen Selk. This fact sheet is available at County Extension Offices or at <https://extension.okstate.edu/fact-sheets/calving-time-management-for-beef-cows-and-heifers.html>.

References

Norquay, R., Orr, J., Norquay, B., Ellis, K. A., Mee, J. F., Reeves, A., Scholes, S., & Geraghty, T. (2020). Perinatal mortality in 23 beef herds in Orkney: incidence, risk factors and aetiology. *The Veterinary record*, 187(1), 28.

SDA. 2020. Beef 2017, "Beef Cow-calf Management Practices in the United States, 2017, report 1." USDA-APHIS-VS-CEAH-NAHMS. Fort Collins, CO. #.782.0520

Raising the Orphaned Calf

Rosslyn Biggs, DVM, OSU Center for Veterinary Health Services, Director of Continuing Education and Beef Cattle Extension Specialist

Even with the best care and management, it is not uncommon for beef producers to find themselves with an orphaned calf. There are many factors that can contribute to a calf being orphaned, such as weather conditions, dystocia, twins and individual cow accidents or illness unrelated to birth. Although it is possible to graft an orphan to another available cow, this option is not always available.

Raising a beef calf on a bottle or a bucket can be time consuming and may require additional expense. Additionally, managing a calf's health and nutrition can present challenges if the calf was not thriving at the time it was orphaned. This article contains considerations for the producer when creating a plan for raising an orphaned calf.

Nutrition

Age has significant influence on the nutritional considerations for an orphaned calf. High-quality colostrum should be fed to calves that lose their dams at less than 24 hours of age. Ongoing research supports early colostrum administration is best if delivered by four hours of age. After six hours of age, the calf's intestine begins to lose the ability to adequately absorb colostrum components. Virtually no intestinal absorption of antibodies occurs after 24 hours of age. Producers should not wait to administer colostrum if there is evidence the calf has not nursed.

Beyond the first day of life, calves need 10-12% of their body weight in milk per day. A good rule of thumb is that one gallon of milk equals eight pounds. The total quantity of milk should be divided into multiple feedings with a minimum of two feedings. Feeding from a bottle or bucket are both options, however, nursing from a bottle closely mimics the nursing of the udder. It is often easier to start a calf on bottle.

The best option for feeding will most often be in the form of a milk replacer. The quality of a milk replacer is critical, and the calf should be consistently fed with the same brand. Milk replacers should, at minimum, be at least 15% fat and 22% protein. Milk should be at 101-105 degrees Fahrenheit when fed.

Within the first week after birth, offer a calf starter ration of pellets or other creep feed along with high quality hay. Offering very small amounts and refreshing when stale is important initially as the calf will not consume very much, but early rumen development is reliant on ingestion of dry hay and feed. Once the calf is beginning to consume one-half to two pounds of dry feed daily, slow bottle weaning can be initiated. Unlike in dairy calves, the best results are seen if a beef calf is fed milk for several months. Calves should be transitioned slowly and should be eating 2-3% of their body weight by eight weeks of age. At this point, the calf's weight should have doubled since birth.

Additionally, calves will not consume enough milk to maintain their hydration status. Fresh clean water should always be available. Water buckets, bottles and feed pans should be regularly cleaned and sanitized to prevent disease.

Temperature

Tracking and maintaining calf temperature is important when managing orphans. Calves, especially newborns, do not have the ability to easily maintain their core temperatures. Inexpensive digital thermometers can be used to determine calf rectal temperature. Environmental conditions, such as wind and outside temperatures below 50 degrees Fahrenheit, may lead to cold stress. Calves may need to be taken indoors for rewarming and fluids if their temperature drops below 99 degrees, especially in the winter. Calf jackets are regularly used by the dairy industry to maintain calf temperatures.

Bedding can also help maintain calf temperature. Deep bedding such as straw should be available and regularly refreshed. Housing should be well-ventilated, clean, and dry.

Health

Monitoring the health of orphaned calves should occur at every feeding if not more often. Fever, decreased appetite, coughing and diarrhea can all be clinical signs of concern. Producers should work with their veterinarians in advance to develop treatment plans for commonly seen conditions in bottle or bucket calves. Medications used in these treatment plans, such as electrolytes, antibiotics, and anti-inflammatories, are good to have on hand.



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
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

Jay, OK

Topics: New Rules & Regulations

Guidance Systems For Applicators

INITIAL 9 CLASS

DELAWARE COUNTY

Date: May 3, 2023

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

Place: Delaware Co. Fairgrounds

Jay, OK

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



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