JUNE | JULY 2023

DELAWARE COUNTY EXTENSION

NEWSLETTER

INSIDE THIS ISSUE

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Handling Food Safely While Eating Outdoors

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.

Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.

Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.

Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.

Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Follow Safe Grilling Tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your grilled food reaches the table safely.

• Marinate safely. Marinate foods in the refrigerator never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.

• Cook immediately after "partial cooking." Partial cooking before grilling is only safe when the partially cooked food can go on the hot grill immediately, for example at a home with a grill on the patio or deck.

• Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. (See Safe Food Temperature Chart)

• Keep "ready" food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.

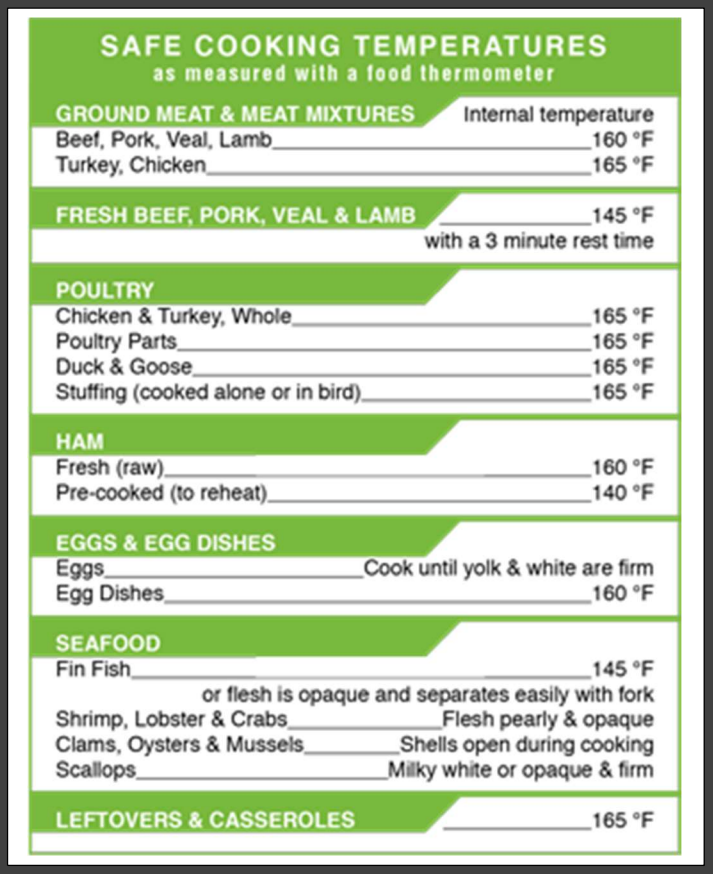
• Don't reuse platters or utensils. Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

• Check for foreign objects in food. If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.

Serving Picnic Food

Keep Cold Foods Cold and Hot Foods Hot

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the "Danger Zone" — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.



SAFE COOKING TEMPERATURES
as measured with a food thermometer

	Internal temperature
GROUND MEAT & MEAT MIXTURES	
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F
FRESH BEEF, PORK, VEAL & LAMB	145 °F with a 3 minute rest time
POULTRY	
Chicken & Turkey, Whole	165 °F
Poultry Parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F
HAM	
Fresh (raw)	160 °F
Pre-cooked (to reheat)	140 °F
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160 °F
SEAFOOD	
Fin Fish	145 °F or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
LEFTOVERS & CASSEROLES	165 °F

Quick Tips for Picnic Site Preparation

Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

- Outdoor Hand Cleaning: If you don't have access to running water, use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- Utensils and Serving Dishes: Take care to keep all utensils and platters clean when preparing food.

Prevent "Cross-Contamination" When Serving

Never reuse a plate or utensils that previously held raw meat, poultry, or seafood for serving — unless they've been washed first in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked or ready-to-eat food. This is particularly important to remember when serving cooked foods from the grill.

Safe Food Handling: Four Simple Steps

CLEAN

Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- With canned goods, remember to clean lids before opening.

SEPARATE

Separate raw meats from other foods

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
- Don’t reuse marinades used on raw foods unless you bring them to a boil first.

COOK

Cook to the right temperate

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- Bring sauces, soups and gravy to a boil when reheating.

CHILL

Refrigerate foods promptly

- Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
- Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition’s Food and Cosmetic Information Center at 1-888-SAFEFOOD (toll free), Monday through Friday 10 AM to 4 PM ET (except Thursdays from 12:30 PM to 1:30 PM ET and Federal holidays). Or, visit the FDA website at http://www.fda.gov/educationresourcelibrary

Take Steps to Prevent Skin Cancer

The Basics

Overview

The best way to prevent skin cancer is to protect your skin from the sun and other sources of ultraviolet (UV) rays.

To protect yourself from skin cancer:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Cover up with long sleeves, long pants or a long skirt, a hat, and sunglasses
- Use sunscreen with SPF 15 or higher
- Don't use indoor tanning machines
- Check your skin for changes regularly

Why do I need to protect my skin?

Protecting your skin today may help prevent skin cancer later in life. Most skin cancer appears later in life, but skin damage from the sun can start during childhood.

Taking steps to protect your skin may also help prevent:

- Wrinkles
- Blotches or spots on your skin
- Other damage to your skin and eyes

Definition

What is skin cancer?

Skin cancer is the most common kind of cancer in the United States. There are 3 main types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Basal cell carcinoma and squamous cell carcinoma are also called nonmelanoma skin cancer, and they are much more common than melanoma. Melanoma is the most dangerous of these cancers.

Skin cancer can almost always be cured when it's found and treated early. That's why it's a good idea to check your skin regularly for new growths (like moles or lumps) or changes in old growths. Tell your doctor or nurse right away if you notice a change.

Am I at Risk?

What causes skin cancer?

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning beds, tanning booths, or sunlamps.

Anyone can get skin cancer. You're at higher risk if you have:

- Fair (light-colored) skin with freckles
- Blond or red hair
- Blue or green eyes

You're at increased risk for melanoma, one of the most dangerous types of skin cancer, if you have:

- Unusual moles (moles that change color, grow unevenly, or change in texture)
- A large number of moles (more than 50)
- A family history of melanoma or unusual moles
- Fair skin that burns easily
- A personal history of many blistering sunburns, especially when you were a child or teenager

Be sure to talk with your doctor or nurse if you have any concerns.

This information on protecting your skin from the sun was adapted from materials from the National Cancer Institute, the Office on Women's Health, and NIHSeniorHealth.gov.

Reviewed by:
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Office of Communications and Public Liaison
National Cancer Institute
National Institutes of Health

OSU Extension makes strides with Coming Together for Racial Understanding Dialogues

Together with Langston University and the College of Muscogee Nation, Oklahoma State University has joined forces to bring people together and engage in connection, learning and planning regarding racial understanding.

Mike Stout, OSU Extension family and consumer sciences specialist, said the Oklahoma program is based on the national dialogue program Coming Together for Racial Understanding.

“Several educators from OSU, Langston and the College of Muscogee Nation have been trained as trainers, and we’ve done two facilitator trainings to engage Extension faculty across Oklahoma’s 1862, 1890 and 1994 land-grants in both the dialogue program itself and the facilitation training,” Stout said. “The purpose of the programs is to provide a space and process through which members of diverse communities can work through issues. We encourage sharing experiences, thoughts and opinions in order to learn more about issues.”

In addition, this type of setting shows how different factors can influence understanding. Once participants share their experience, facilitators and participants can step back and look at the data and learn more about what’s happening in communities across the state.

OSU Extension is a trusted organization across the state and is structured in a way to help organize and facilitate such challenging conversations concerning race, gender, class differences and more.
“We want to give people long-term goals to work toward, but also provide a framework on what steps can be taken collaboratively in order to move the needle to make progress on specific issues,” he said. “The plan is for a group of individuals to engage in dialogue and action planning to come up with their top one or two priorities. After they develop a plan, the broader community is invited to attend a discussion and these dialogue groups become action teams.”

Many communities around the state have gaps in programming. Stout said OSU Extension is looking to fortify those gaps and develop programming to meet the needs of state residents.

“The goal is to build up enough capacity to offer these dialogues more broadly, and to expand them to potentially include topics such as workforce development; agriculture, family and consumer sciences and STEM,” he said. “It’s key to identify where there is common ground and build trusting relationships. We want to bring people together in a positive arena where their voices are heard and they can connect with people who have similar experiences. We want to help empower them to be agents of change and feel better connected to each other and to community leaders.”

Stout said there is some start-up funding available for action plans that are developed through these dialogues and grassroots efforts. It boils down to identifying common ground and building trust and relationships.
“We’re trying to find ways to productively come together and more forward. There aren’t a lot of models that look like this,” he said.

TULSA STATE FAIR
11 DAYS OF AWESOME

SEPT 28 - OCT 8, 2023

2023 NOMINATION DATES & DEADLINES

June 1, 2023: Nomination Kits go on sale online
*All nomination kits must be ordered and paid for online. When ordering, there will be an option to ship or pick up in Tulsa.
June 22, 2023: Nomination Kit Shipment Deadline
*All nomination kits ordered after June 22 will be required to be picked up in Tulsa.
July 1, 2023: Nomination Deadline for Market Steers, Barrows, Lambs, Goats, and Breeding Commercial Ewes, Gilts, Does, Commercial Heifer
* All DNA must be post marked with a copy of the online nomination receipt.

Step 1 - Read Show and Nomination Rules
- Read all rules located on the Exhibitor Handbook page. Exhibitors are required to read and comply with all rules.

Nomination Rules and Instructions

Nomination Checklist

Step 2 - Order and Pay for Nomination Kits Online
- All nomination kits must be ordered and paid for online. No cash or checks will be accepted.
- Nomination Kits Picked Up: $10
- Pick up will be located at the Tulsa State Fair Agribusiness Office in the Oklahoma Ford Dealers Barn. Office hours are Monday - Friday, 9am - 4pm.
- Nomination Kits Mailed: $15
- Only official tags and envelopes from the Tulsa State Fair will be accepted.
- When submitting a kit order it is not necessary to enter an individual order for each exhibitor. Whomever is ordering the kit needs to order all kits needed under the name of the individual who will either pick up the kits in Tulsa or kits will be shipped to.

Step 3 - Collect DNA Sample
- You will need one envelope per animal.
- DNA envelope must arrive sealed in the official Tulsa State Fair DNA envelope with all required information and signatures.
- Only official Tulsa State Fair DNA Envelopes will be accepted.
- The Tulsa tag on the DNA envelope must exactly match the animal(s) entered online.
- Names and signatures of each sibling must appear on the DNA envelope when it is submitted.
- Follow the DNA Hair Sample Requirement Instructions exactly for collecting the DNA hair sample.
- DO NOT contaminate the sample with hairs from other animals.
- Place the DNA, (hair), sample inside of the envelope and seal the envelope.
- Only enclose the DNA sample in the envelope.

Step 4 - Submit Nomination Information Online for Each Exhibitor
- Nomination kit must be purchased and Tulsa tag received before proceeding with online nomination.
- Enter exhibitor, animal information, and Tulsa tag online and print receipt.
- Steers ONLY must also upload pictures online for classification. (See “Steer Nomination Photo Upload Instructions”.)
- If family nominating, only one DNA sample per animal is required; however, each exhibitor must have an online receipt.
- Attach online receipt to the outside of the envelope with a paper clip. Please do not staple.

Step 5 - Mail DNA and Online Receipt
- Mail DNA and online nomination receipt to: TSF Livestock Office, 4145 E 21st Street, Tulsa, OK 74114.
- DNA samples and online nomination receipt must be postmarked by July 1, 2023.

Questions?
Colton Kersey, Agribusiness Event Coordinator
(918) 744-1113, ext. 2012

RECORDINGS NOW AVAILABLE

POULTRY WASTE MANAGEMENT EDUCATION

DELAWARE COUNTY EXTENSION

Recordings for the 2 hours Poultry Waste Management class is now available for viewing in person by appointment. Please contact the Delaware County Extension Office at (918) 253-4332 for more information.

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.

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.

Disaster Preparation

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

Chances are that livestock producers at some time or another will be affected by a disaster such as a flood, tornado, drought, or wildfire just to name a few. Whatever the disaster, the challenge of any producer is to take care of their animals. Unlike small animals, farm animals tend to be large and require special needs in an emergency. For this reason, it is important to take the time to prepare a "Disaster Preparedness Plan." The plan will hopefully create a step by step set of guidelines to follow during a chaotic situation that will keep both animals and humans safe. In any disaster situation, the most important thing for a producer is to ensure more than anything else that his/her family and life come first. A producer should never attempt to risk his/her life or a member of their family's life to save the life of an animal.

The start of good disaster preparedness plan begins with evaluating what are the most likely disasters that a ranch or farm might face. For example, a ranch in the far eastern part of the state may not spend as much time with drought preparation as a ranch in the western part of the state. All producers should take the time to research history and look at weather patterns to understand what disasters they might face.

Next, the producer should evaluate their premises to determine the potential risk to the animals. For example, the producer may want to remove the animals from any area that falls in a flood plain during certain times of the year or have an evacuation plan ready in case of an emergency. One should also evaluate the structures on the property. Are the barns or sheds able to withstand high winds or not? The answer to that question will determine if the animals will be kept in a barn or turned out in a pasture during a storm. Stacks of lumber and/or tin should be tied down. This will prevent the material from being blown around and injuring an animal. Areas around a barn should be kept mowed and free of dead debris. This will help reduce risk where there is potential for a wildfire. These questions and more need addressed in preparing the plan.

A disaster preparedness plan should also include animal identification. All animals need some form of identification. Brands, microchips, and tattoos make excellent identifications since they are more permanent than other forms. Pictures will help identify animals. The producer should have records of ownership in case animals are lost or die in the disaster. This will be important if the producer is receiving insurance or indemnity payments.

It is important to remember that during a disaster power and utilities may be lost. A livestock owner that relies on electricity for his/her animals will need to have a backup source of power. A 7-to-10-day supply of feed and water should be kept on hand. Producers may want to prepare an emergency kit. Items that might be included in the kit are halters, ropes, feed buckets, medications, first aid supplies, cleaning supplies, flashlights, batteries, cell phone, radio, feed, hay, water, and generator. These are just a few things that a producer might need in an emergency.

An evacuation may need to be part of a producer's disaster preparedness plan. Moving large herds of animals is probably not feasible. However, producers may wish to evacuate a small number of animals that have exceptional genetics. If evacuation is an option, producers will need to prearrange for an evacuation site. They will need to establish a route. The truck should be full of gas and the trailer hitched during unfavorable conditions. Producers need to leave early. A producer should keep in mind that traffic may be increased during a disaster. The last thing a livestock owner needs is to be caught in a disaster stuck on a highway. The producers will need to take feed and hay or prearrange for delivery to the evacuation site. If the animals are to remain on the farm, the producer will need to establish an area that he/she feels is safest depending on what the disaster is. For example, a pasture with no trees would be safer than a pasture with a few trees that animals would congregate under during a severe storm.

Once the crisis is over, the owner should be prepared to deal with injuries and dead animals. Producers need to have a carcass disposal plan ready in advance. Producers need to check with the local and state officials about the laws for disposing of animals. Producers need to realize that there is a chance that some animals will need to be euthanized. Owners need to be prepared to euthanize or contact a veterinarian to this job.

Planning how to deal with a disaster is like writing a will. Most of us think that we have plenty of time to get it done later. Unfortunately, later usually comes earlier than we like and we get caught in an emergency with no plan. If a producer would like more information about planning for a disaster, they should go to https://extension.okstate.edu/programs/emergency-and-disaster-preparedness/ or contact their local county educator.

The Business of Bulls

Scott Clawson, Area Agricultural Economics Specialist

Bulls have or soon will be turned out for the 2024 spring calving season. Having bulls around is not cheap but an obvious necessity in the business. Selecting the right sire for your operation is immensely important. Being able to build a cost framework for the purchase can help determine what is an appropriate bull expense.

Purchase Price: Investment	$	3,400
Salvage Value	$	1,600
Total Depreciation	**$**	**1,800**
Years in Service		3
Annual Depreciation Expense	**$**	**600**
Estimated Avg Value Over Investment	$	2,500
Estimated Death loss (%)		3%
Annual Death Loss Cost	**$**	**75**
Cows Exposed		30
Weaning %		90%
Calves at weaning		**27**
Annual Depreciation Expense	$	600
Annual Death Loss Cost	$	75
Total Annual Ownership Cost	**$**	**675**
Annual Ownership Cost/Calf	**$**	**25**

Key Components

Purchase price - This is the cost of the bull. We will use $3,400 for our example.

Expected salvage value - This is more of a guess. But we will use $1,600 as an average sale barn price for when we are ready to retire the bull

How many years will he be in use? – This uses some projection here again. We will plan to use him for 3 years in this example. However, a one bull operation may have to rotate faster if daughters are retained.

Number of calves to sire - For this example we will assume that this bull is responsible for 30 cows. However, we need to adjust for weaning percentages as calf revenue is our primary form of revenue. For easy math, we will assume a 90% weaned calf crop leaving us with 27 calves to market annually.

Death loss - This is not a cash cost that we will cut a check to. Still, it is an important consideration. We will use 3% as an estimate of his estimated average annual value of $2,500.

This example gives us an annual ownership cost at $25/calf. Are these the only costs associated with the bull? No, we still have not added in feed, breeding soundness exams, etc. Yet, these are costs that will not vary with amount of the investment. We are assuming that these costs will be constant every year regardless of the sire so they will not alter the decision here.

Are you considering making a bigger investment in your next bull or is the market forcing you to do so to keep the same level of quality? It will add approximately $13 in cost per calf for every additional $1,000 spent on the bull. Put in that context it seems inexpensive. Yet, will that additional purchase price yield a return to cover that additional expense? The value of calves sold at weaning and or the more difficult to quantify value of retained heifers in the herd needs to change accordingly.

Purchase Price: Investment	$ 3,400	$ 4,000	$ 5,000	$ 6,000	$ 7,000	$ 8,000
Total Annual Ownership Cost	$ 675	$ 884	$ 1,232	$ 1,581	$ 1,929	$ 2,277
Annual Ownership Cost/Calf	**$ 25**	**$ 33**	**$ 46**	**$ 59**	**$ 71**	**$ 84**

Lastly, look for options to minimize this expense. Ownership costs (largely depreciation) is commonly decreased in one of three ways: lowering the purchase price, increasing the salvage value, or increasing usable life. Depreciation often gets put aside as a noncash expense. But any additional money, over the $1,600 salvage value, that is required to buy the new bull is the cash recovery of that depreciation. Could a greater number of 18 month old bulls be turned out for a season then put some condition back on and sold as 2 year old for the same money? Additionally, partnering with another producer with a noncompeting breeding season can lower bull investments. Artificial insemination on a portion of the herd can yield access to new genetics, reduce bull needs, let bulls stay on hand longer as the genetics are more diverse, and even be more than competitive on a per head price basis. Leasing bulls can be viable as well.

At the end of the day, there is no cookie cutter answer that will fit everyone. Each operation should analyze all their options annually to decide what fits their place the best. The total cost including ownership, feed, forage, etc. can reach well over $40 per calf sold even on the most frugal operations. This is one area we can dig in to find us another $10, $15, maybe $20 per head savings as our other direct and indirect costs continue to rise.

EXTENSION

Value of Gain Calculation

OK Weighted Average Report 4/28/23

Weight	$/lb	Value/hd	Added lb.	Added $	$/lb Added
324	$ 2.8814	$ 933.57			
376	$ 2.8128	$ 1,057.61	52	$ 124.04	$ 2.39
424	$ 2.7149	$ 1,151.12	48	$ 93.50	$ 1.95
470	$ 2.6527	$ 1,246.77	46	$ 95.65	$ 2.08
516	$ 2.5017	$ 1,290.88	46	$ 44.11	$ 0.96
576	$ 2.3547	$ 1,356.31	60	$ 65.43	$ 1.09
623	$ 2.3150	$ 1,442.25	47	$ 85.94	$ 1.83
674	$ 2.2154	$ 1,493.18	51	$ 50.93	$ 1.00
719	$ 2.1087	$ 1,516.16	45	$ 22.98	$ 0.51
777	$ 2.0261	$ 1,574.28	58	$ 58.12	$ 1.00
823	$ 1.9635	$ 1,615.96	46	$ 41.68	$ 0.91
871	$ 1.9151	$ 1,668.05	48	$ 52.09	$ 1.09
917	$ 1.8678	$ 1,712.77	46	$ 44.72	$ 0.97

Long Stocker Run		**Short Stocker Run**		**Heavy Stocker Run**	
Starting		*Starting*		*Starting*	
324	$ 933.57	324	$ 933.57	623	$ 1,442.25
Ending		*Ending*		*Ending*	
917	$ 1,712.77	516	$1,290.88	917	$ 1,712.77
Total Gain	*Δ Value*	*Total Gain*	*Δ Value*	*Total Gain*	*Δ Value*
593	$ 779.20	192	$ 357.30	294	$ 270.53
VOG		*VOG*		*VOG*	
$ 1.31		$ 1.86		$ 0.92	

UPCOMING EVENTS 2023

JUNE 1	State 4-H Roundup Registration Deadline
JUNE 6-8	NE District Contest Days in Payne County
JUNE 13	Outdoor & Wildlife Day Camp 10am-2pm
JUNE 14	Job Readiness Day Camp 10am-2pm
JUNE 16	Job Readiness Contests @ 9 am
JUNE 22	Livestock & Water Quality Day Camp 10am-2pm
JULY 18-19	Sewing Camp 10am-2pm
JULY 21	Fashion & Fabrics Contest @ 9am
JULY 26-28	2023 102nd State 4-H Roundup
SEPT 6-9	Delaware County Free Fair

OSU EXTENSION
DELAWARE COUNTY
4-H YOUTH DEVELOPMENT

4-H Summer DAY CAMPS 2023

GET READY FOR A GREAT ADVENTURE!

$10 REGISTRATION PER CAMP

10 AM - 2 PM
JUNE 13 OUTDOOR & WILDLIFE
JUNE 14 JOB READINESS
JUNE 16 JOB READINESS CONTEST AT 9 AM
JUNE 22 LIVESTOCK & WATER QUALITY
JULY 18-19 SEWING CAMP
JULY 21 FABRICS & FASHION CONTEST AT 9 AM

WE WILL ALSO BE HOSTING
YOGA FOR KIDS AT THE JAY LIBRARY
11 AM - 12 PM
JUNE 7TH, 9TH, 14, 16TH, 21ST & 23RD

STEM DAYS AT THE GROVE LIBRARY
1:30 PM - 2:30 PM
JUNE 2ND, 9TH, 16TH

FOR MORE INFORMATION, CONTACT US AT :918-253-4332

EXTENSION

Delaware County Extension Office
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