



Cattlemen's Corner Beef Newsletter

Owyhee County

University of Idaho
Extension

Fall Grazing Management

September, 2016

K. Scott Jensen, Extension Educator, Owyhee County

Inside this issue:	
<i>Fall Grazing Management</i>	1-2
<i>Properly Caring for our Patients</i>	3-4
<i>Wildfire Evacuation Plan for Cattlemen</i>	5
<i>Hunt to Home Workshop</i>	7
<i>Upcoming Events</i>	11

Fall is a critical period in for desirable pasture plants. While it is common thought that plants that appear to be dormant can be grazed "to the ground" without hurting anything, that perception is far from the truth. Fall residual plant materials (leaves, lower stem bases, and crowns) are essential to maximize next year's production for perennial grasses and forbs.

Physiology. Fall is considered the beginning of the perennial cool-season grass cycle. This is the time of year when grasses produce the first generation of roots and most of their apical meristems (growing points) for the next growing season. In order to begin this process, grasses must retain enough basal leaf material to "recognize" that days are getting shorter.

Additionally, new roots and apical meristems need a steady supply of nutrients and protection from stress. In the fall, nutrients are supplied from the previous season's tillers, which have stored carbohydrates in the bottom 3-4 inches of their bases. Often these older tillers are dormant and brown at this time of year, but they aren't dead, and their storage function is critical. These older tillers also provide physical protection to the new tillers.

Plants that are grazed short during the fall are less likely to overwinter and will be slower to "green up" in the spring. The result is that these plants/pastures will require more time in the spring before they are ready to graze.

Strategies. It is good practice to ensure that adequate phosphorous and potassium are available in the fall. These nutrients help to stimulate apical meristem development. Appropriate irrigation during this time is also important to maximize development. A fall application of nitrogen is generally not recommended as it can encourage additional plant growth and inhibit the natural plant process of preparing for dormancy and the coming growing season. Additionally, nitrogen is very mobile in the soil and winter precipitation could push it beyond the root zone or completely off the pasture in any runoff.

Similar to all other times of year, good grazing management is important in the fall. Livestock grazing should be controlled in order to

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Fall Grazing Management . . . continued from page 1

avoid excessive defoliation of the pasture. For the majority of cool-season grass species, a 3-4 inch residual plant height (after grazing) is appropriate. This will maintain sufficient plant energy reserves for the development of new roots and apical meristems. It will also provide energy for the plants to get a “jump start” in the spring.

Observations. There are a couple of small acreage landowners that I have observed in southwestern Idaho the last few years. Their properties are side-by-side with only a fence dividing them. The landowner to the west has consistently left a 4-5 inch residual. The landowner to the east has consistently left cattle or horses on his pasture until well after all grazeable forage was completely removed. When spring arrives, the pasture to the west is growing and ready to graze 3-4 weeks earlier than the pasture to the east.



This repeated practice has also created a much less vigorous pasture. My estimation is that total annual forage production is 50% lower on this pasture when compared with the neighboring pasture to the west.

Take Home Message. Fall is an important time for perennial pasture plants. Grazing should be managed to leave sufficient residual for cool-season grasses to develop the framework for the next season’s growth. This will promote improved plant vigor and help to maximize production potential for the next growing season. ♦



**Don't forget to check out the information on page 7
for the new workshop we are
offering on September 10,
called “Hunt to Home.”**





Properly Caring for Our Patients

*J. Benton Glaze, Jr., Ph.D., Extension Beef Cattle Specialist
Animal & Veterinary Science Department, University of Idaho*

During a recent doctor's visit, while waiting to see the physician, I had an opportunity to read some of the materials that were posted on the exam room's walls and bulletin boards. One of the items that captured my attention was titled *Rights to Medication Administration*. The rights that were listed included: 1) right individual, 2) right medication, 3) right dose, 4) right route, and 5) right documentation. These rights constitute a protocol that is recommended to health care professionals that are responsible for administering medications to patients. The rights are an aid to reduce medication errors and prevent harm to patients.

In the beef industry, medications/drugs are commonly given to beef cattle as a part of regular husbandry practices to prevent illnesses or diseases, treat illnesses and injuries, and alleviate pain and discomfort. Can these rights listed above be applied on beef cattle operations? Consider the following.

When animal health products are used in the beef industry, they must be given to the right individual (animal). Today, beef cattle producers have a number of ways to identify their cattle (ear tags, brands, marks, etc.) and describe those cattle to others. When cattle are pulled for treatment, they should be individually identified and their symptoms should be recorded. This documentation allows the right animal to receive the right treatment.

To alleviate the symptoms an animal is exhibiting, the right medication must be given to the animal. Before use, producers should carefully read the medication label and determine if the potential medication is valuable in the treatment of those symptoms. If there is any question as to the usefulness of the medication to treat the symptoms, producers should seek advice from a veterinarian. In some instances, animal health products may be stored on farms and ranches. As producers read labels to determine if the medications and symptoms match, they should also check the labels to ensure the products have not reached their expiration date.

The right dose is how much of the animal health product you are supposed to give an animal at one time. Generally, doses are determined based on the animal's weight and the amount of medication to be administered is given on the product label or prescription. To prevent underdosing and overdosing, producers should have a good idea of the animal's weight prior to treatment and dose the animal accordingly.

Route of administration refers to how an animal health product is given and how it enters the animal's body. Before administering any animal health product, producers should read the product label, package insert, or prescription to determine the right route of administration for that product. Products may be given orally, topically, or by injection. Injections are commonly given in the muscle, under the skin, or in the bloodstream. It is well documented that intramuscular injections of almost any medication or product results in some form of injection site lesion or blemish. If an injection is required, it should be given in the neck region of the animal in the injection site triangle. When given the option, to maintain beef quality subcutaneous (SubQ) injections should always be favored over intramuscular (IM) injections.

Each time an animal health product is used in the care of an animal, it should be documented. Some of the information that is useful in a treatment record includes treatment date, animal identification, reason for treatment, drug and dose used, route of administration, and the earliest date the animal will clear withdrawal times. These records are useful in determining if treatments are effective and when animals can safely be marketed to prevent residue issues.

Even though the above rights were written and proposed for use in human medical treatment situations, they serve as a great reminder of some of the steps that need to be taken when beef cattle are in need of treatment. Adhering to these rights, along with various Beef Quality Assurance (BQA) recommendations, will ensure that cattle that have been treated have the greatest potential to return to full health and produce beef with the greatest quality.

. . . continued on page 5



Properly Caring for Our Patients. . . continued from page 3

To further aid producers as they make decisions to treat animals, a copy of *A Beef Producer's Guide for Judicious Use of Antimicrobials in Cattle* is provided, below.

A Beef Producer's Guide for Judicious Use of Antimicrobials in Cattle

1. **Prevent Problems:** Emphasize appropriate husbandry and hygiene, routine health examinations, and vaccinations.
2. **Select and Use Antibiotics Carefully:** Consult with your veterinarian on the selection and use of antibiotics. Have a valid reason to use an antibiotic. Therapeutic alternatives should be considered prior to using antimicrobial therapy.
3. **Avoid Using Antibiotics Important in Human Medicine as First Line Therapy:** Avoid using as the first antibiotic those medications that are important to treating strategic human or animal infections.
4. **Use the Laboratory to Help You Select Antibiotics:** Cultures and susceptibility test results should be used to aid in the selection of antimicrobials, whenever possible.
5. **Combination Antibiotic Therapy is Discouraged Unless There is Clear Evidence the Specific Practice is Beneficial:** Select and dose an antibiotic to affect a cure.
6. **Avoid Inappropriate Antibiotic Use:** Confine therapeutic antimicrobial use proven clinical indications, avoiding inappropriate uses such as for viral infections without bacterial complication.
7. **Treatment Programs Should Reflect Best Use Principles:** Regimens for therapeutic antimicrobial use should be optimized using current pharmacological information and principles.
8. **Treat the Fewest Number of Animals Possible:** Limit antibiotic use to sick or at risk animals.
9. **Treat for the Recommended Time Period:** To minimize the potential for bacteria to become resistant to antimicrobials.
10. **Avoid Environmental Contamination with Antibiotics:** Steps should be taken to minimize antimicrobials reaching the environment through spillage, contaminated ground run off or aerosolization.
11. **Keep Records of Antibiotic Use:** Accurate records of treatment and outcome should be used to evaluate therapeutic regimens and always follow proper withdrawal times.
12. **Follow Label Directions:** Follow label instructions and never use antibiotics other than as labeled without a valid veterinary prescription.
13. **Extralabel Antibiotic Use Must Follow FDA Refutations:** Prescriptions, including extra label use of medications must meet the Animal Medicinal Drug Use Clarification Act (AMDUCA) amendments to the Food, Drug, and Cosmetic Act and its regulations. This includes having a valid Veterinary-Client Relationship.
14. **Subtherapeutic Antibiotic Use is Discouraged:** Antibiotic use should be limited to prevent or control disease and should not be used if the principle intent is to improve performance.

Guidelines 1-13 adapted from AVMA, AABP and AVC Appropriate Veterinary Antibiotic Use Guidelines ♦



Wildfire Evacuation Plan for Cattlemen

Tyenne Roland, Extension Educator, Adams County

Idaho is full of seasons. Ski season, mud season, tourist season, county fair season, fire season, and hunting season. We are smack dab in the middle of the last two seasons. Over the recent years some changes have been made to give ranchers more options to protect their land and when it comes fighting fire, and as it has been singed into our brains from Smokey the Bear, “only you can prevent forest fires.”

But, here’s the scenario: you’ve done everything right to attempt to save your home and adjacent acreage, but the evacuation orders have been made. Now what? How are you going to move livestock, pets, and yourself out of harm’s way?

Ideally before the evacuation order comes you should: Already have large livestock and horses loaded into trailers or already moved to a safe location. Have pets crated and ready to load into vehicles or already relocated. Any animals that cannot be relocated, move to a defensible space on your property. This would be an already grazed pasture with little fuel. Make sure they have full water tanks and do not rely on automatic water systems. Have numerous evacuation routes planned out and a contact person and/or location for everyone to meet at that is safe. Have a time set that if someone does not arrive or check-in by that time, then they are considered in need of help or are in danger and call emergency personnel for assistance in locating them. Have a location that everyone is familiar with, but is a safe distance away. This could be a friend or family member, a veterinarian’s office, the county fairgrounds or rodeo arena.

The local fire departments, law enforcement, veterinarians, animal rescue groups, and county extension offices receive phone calls from people offering resources to evacuees and their animals. Please call them if you need additional help. There is often offers of manpower, trucks and trailers, feed, and housing.

Have a Livestock Disaster Preparedness Kit ready:

- Hay, feed and water for three days;
- Non-nylon halters and leads (nylon will melt and cause severe injury)
- First aid kit for people and animals
- Wire cutters
- Sharp pocket knife
- Hoof pick
- Leg wraps
- Water buckets
- Plastic trash can with lid
- Portable radio
- Flashlights
- Shovel
- Phone numbers written on halters, leads, and horse hooves in permanent marker (this is especially important if you are putting them at a public location or leaving them on your property)
- Proof of ownership papers
- Digital and/or printed pictures of the standing next to the animal

The cars and truck are packed up, as you are preparing to leave your home do these things:

- Load the last items into vehicles- crated or caged pets
- Have everyone dress for safety (leather gloves, neckerchief, hat, boots, long pants, long sleeved shirt)
- Keep food, water and necessities in every vehicle. Also have cell phones and extra batteries available to each vehicle
- Tell the emergency personnel that you are leaving and they will usually ask for a way to contact you
- Turn off all fuel lines to your home
- Leave gates unlocked and/or open so animals that are staying can be moved or have a chance to escape. Oftentimes firefighters will cut fences to give the animals (and themselves) evacuation routes
- Leave interior and exterior lights on to the house so they can be seen in dense smoke
- Close all exterior doors and windows
- Move vehicles with fuel in them away from structures and out of barns and garages
- Turn on garden sprinklers around your home especially on wooden decks and stairs
- Shut off attic fans, air conditioners, etc.
- Take down window coverings and move furniture away from windows to avoid them catching fire from radiant heat
- Close metal venetian blinds
- Close vents from attic and basement
- And last, but certainly not least, keep your family safe and leave. Everything else can be replaced but you cannot.

According to Idahofirewise.org which is a very valuable resource to find this information and plenty more on this subject, “DO NOT WAIT TO BE TOLD TO EVACUATE. Sixty percent of lives lost to wildland fire are of those that chose to stay and wait and see, and then evacuated too late.”





Inside this issue:	
NEW! <i>Hunt to Home Workshop</i> 	8
<i>Flour Galore!</i> 	9
<i>Because you asked: Do you understand your food intake?</i> 	9



Medical Identity Theft – Protect Yourself

Just when you thought that financial Identity theft was the only thing to worry about, there's a new thief in town and they are looking for your health insurance card. With a surge of new prescription and drug abuse problems plaguing the United States, it is important to be proactive and try to protect yourself in advance.

Tips that can help you:

- Make copies of your medical records and add new information when you receive treatment. If your records become tainted by a thief, you will have proof that they were altered. This can help provide evidence in the event that you are targeted.
- Just as you should be checking your credit report at least once per year, you should be doing the same with your medical records. If you notice that something is incorrect, you can contact your healthcare provider and request a change.
- Be careful with your Social Security and insurance identification numbers. Keep your Social Security Number out of your medical file, and if you're asked for it at the doctor's, tell them that you would prefer to not share this information for security reasons. (This isn't possible if you are on Medicare, where your SSN is currently on your card).
- If your doctor or hospital asks to scan your driver's license or other government-issued ID, question whether it is necessary. If this information is stolen, along with your medical records, you are putting yourself at an even higher risk of identity theft.
- Never share your health data or personal information over the phone or in an e-mail unless you are confident with who you are communicating with. E-mails requesting this information can be questionable and could be a sign of a phishing, a technique used by hackers.

Warning Signs:

- You receive an explanation of benefits summary that lists medical treatments that you never received.
- A debt collector starts contacting you about unpaid medical bills that you never charged.
- Your health insurer informs you that you've reached your benefit limit, when you know you haven't.

What to do if it happens to you:

- Call the facility where the fraud may have happened.
- File a police report. This is extremely important, especially in establishing that you have been a victim of a crime.
- Contact your insurer. Some have fraud hotlines where you can report the problem.

Source: Consumer Reports, "How to Protect Yourself", October 2016




HUNT



TO



HOME

WORKSHOP



Saturday, September 10, 2016

9:00 a.m. - 2:00 p.m.

**Owyhee County Extension Office
238 8th Avenue West, Marsing**

This is a "hands on" workshop. **Pre-registration is required** so we will have enough supplies for all to participate.

Cost: \$10 per person or \$25 per family (minimum age of 10 years old)

Registration Deadline: September 7

Class is limited to: 25 participants

Lunch: will be provided

Join us for this new workshop — open to both those who hunt and those who just want to learn more about cuts of meat and how to safely prepare them.

Presenters will take you from the beginning, when you first kill your animal and discuss safe field dressing and proper disposal. This will be followed by a demonstration on cutting and wrapping meat, and uses for the different cuts of meat. Next, we will discuss the safe handling and cooking of meat.

We will have all workshop participants help prepare one of several kinds of meat dishes using different methods of preparation. Then, you guessed it, you get to sample them all for lunch!

Please return this form with your registration fee:

Name _____

Phone _____

Email _____

Address _____

If you have questions, contact:

Surine Greenway,
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Scott Jensen,
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Both can be reached at 208-896-4104.

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Flour Galore!

Walking around the bulk section of a grocery store, I found several unique alternative flours available – coconut flour, almond flour, rice flour and many more are available on the market.



With so many different types of flour being created, one might not be surprised to hear that coffee flour is a new trending food.

While it may surprise you to find the way that CoffeeFlour is made, it is created by grinding the discarded skin and pulp that surrounds the coffee bean, into a powder. The amount of calories seems to be linear with that of traditional white flour, but the manufacturer claims that it contains 5 grams of fiber per tablespoon and is a great source for antioxidants and protein.

For those wanting to cook with this flour, the company recommends to replace up to 25% of the regular flour called for in the recipe that you are using, with CoffeeFlour. Consumer Reports took this recommendation and made blueberry muffins and brownies with traditional white flour and the CoffeeFlour mixture. The taste testers felt that the flavor change was very bitter in the muffins, but that the flavor was less noticeable in the brownies. If you are looking to make changes with the type of flour that you are using in your recipes, please remember that different flours are going to have different components such as gluten content that can have a change in the taste or texture of your cooked or baked product.

Source: *Consumer Reports*, September 2016 ♦

Because You Asked:

Do you understand your food intake?

A survey implemented by the International Food Information Council Foundation (IFIC) shared that of those surveyed, 70% were trying to cut down on sugar and 63% were working on lowering high-fructose corn syrup consumption. These rates are up over the five-year history that this survey has been offered. Not only is the percentage of individuals reducing their sweetening intake up, but the individuals are also more aware of trans fats and are actively trying to avoid this in their diets. 90% of individuals surveyed are now trying to reduce trans fats, a record high percentage recorded through this survey's results.

Of the over one thousand people surveyed, there seems to be lack of understanding on calories and their role in the diet and whether they truly cause or diminish weight gain. With the confusion building over what role calories play in a person's desire for weight loss, it is important to understand that weight loss (and weight gain) are based on several factors, with calories only being

part of the equation. A healthy diet consists of incorporating the different food groups to balance your body's intake needs, but a large role is also



the way that one handles physical activity to balance their food consumption. Remember that calories are not everything in terms of our weight management, but that consuming the right calories – foods that are high in vitamins and nutritional value are going to have a major impact on how our body handles what we are putting in more than just the calorie count.

Source: *Tufts Health & Nutrition Letter* ♦



District Style Revue

Congratulations to the girls who represented Owyhee County at the District Style Revue at the Western Idaho Fair on Saturday, August 20!

Ainsley Erwin of Bruneau Canyon 4-H Club was named Reserve Champion, Junior 1 in the Clothing Construction Division.

Audrie Miller participated in the Select and Show



Division and was named the Junior 2 Reserve Champion.



The Reserve Champion winner in Intermediate Select and Show was Annie Miller. Both Annie and Audrie are in the Pony Express 4-H Club.

If you would like to learn more about the Style Revue or the sewing projects in 4-H, please contact the Extension Office.



We had a very successful week, thanks to all of you who helped work the Food Booth! Special thanks to John and Mary Lou DeOsio for their expertise and leadership during this crazy busy time! Those who worked were: Carter Clay, Audrie Miller, Dakota Arellano, Shea Jensen, keylee Wilson, Constance Bowers, Brody Bowers, Jaci Sotelo, Gabriella Noe, Grace Noe, Jared Lemley, Marissa Cole, Laci Cole, Faith Svedin, Eliza Svedin, Jade Lacey, Sierra Settle, Karli Griggs, Braden Volkers, Trey Wilson, Hannah Moos, Kari Woods, Merced Carter, Trinity Neeser, Jaired Riddle, David Peirsol, Kaci Carter, Bliss, Braden Volkers, Treytan Fisher, Brooklyn, Lexi Sevy, Lauren Jensen, Chad Sevy, Sylie Sevy, Sierria Arellano, Erika Svedin, Cheyenne Arellano, Kooper Griggs, Jade Reisinger, Ainsley Erwin, Emma Nelson, Chloe Heitz, Ahana Shaffer, Gabe Shaffer, Rylan Love, Zachary Carmier, David Cossel.

ATTENTION SUPERINTENDENTS, LEADERS & ADVISORS!

Don't forget the Post-Fair Meeting, Tuesday, September 6, 7:00 p.m. at the Extension Office!

We'd like your input on . . . Awards . . . Judges . . . Schedules . . . Proposed changes . . . Problems at Fair and suggested solutions . . . New Record Book Interview format . . . New ideas . . . Input from your clubs/chapters . . . Names of more Leaders to start new clubs or help our already over-worked leaders! . . . Questions . . . Now's the time to get started on NEXT YEAR! We want to hear from you! Thank you!





SEPTEMBER			
5	M		Labor Day (Extension Office Closed)
6	T	7:00 p.m.	Superintendents, Leaders and Advisors Post-Fair meeting (Extension Office)
8	Th	7:30 p.m.	Owyhee Cattlemen's Association Board of Directors meeting (Murphy)
13-16	T-F		Lost Rivers Grazing Academy in Salmon
OCTOBER			
1			New 4-H Year Begins! Registration closes March 1.
NOVEMBER 1			
1			Deadline to submit club financial reports for the 2015-16 4-H year.

We would like to give special recognition to all of those who did such an exceptional job on their **4-H Record Books!** There were many of Blue ribbon quality. Thank you for working so hard on your records! You may not appreciate it now, but you will later! Congratulations to those receiving **Outstanding Record Book Awards!** They were:

FCS & Miscellaneous

- CAKE DECORATING:** Hannah Field, Ainsley Erwin, Llee Loucks
- CLOTHING CONSTRUCTION:** Abbey Henry, Ainsley Erwin
- HEALTHY MODERN LIFE SKILLS:** Llee Loucks
- QUILTING:** Julianne Mori, Llee Loucks
- ENTREPRENEURSHIP:** Hannah Field
- LEATHERCRAFT:** Llee Loucks, Gene Showalter

Small Animal

- CAT:** Hannah Field
- DOG:** Gene Shwoalter
- POULTRY:** Hannah Field, Ainsley Erwin, Kiera Packer
- PYGMY GOAT:** Gene Showalter
- RABBIT:** Kiera Packer

LARGE ANIMAL

- BEEF:** Wyatt Barber, Cassity Gluch, Tanner Kerr, Llee Loucks
- DAIRY GOAT:** Kiera Packer, Hannah Field, Ainsley Erwin
- MEAT GOAT:** Ainsley Erwin, Hudson Cole, Hannah Field
- SHEEP:** Gene Showalter, Marissa Cole, Benjamin Moody, Abbey Henry, Morgyn Babcock, Luke Steinmeyer
- SWINE:** Lainey Keppler, Jace Grenke, Kambell Garrett, Katelyn Workman

SUPER ROUND ROBIN



Congratulations to our Round Robin winners who represented Owyhee County at the Super Round Robin at the Western Idaho Fair! Riley Haun, Homedale FFA, was our FFA contest participant and Cheylah Volkers, Owyhee Outlaws competed in the 4-H division. The announcer mentioned that this was the first time that he remembered having a representative from every county that was eligible attend the Super Round Robin. The contestants showed: Beef, Dairy Cows, Meat and Dairy Goats, Swine, Sheep, Mini Horses and Alpacas. Cheylah was the Grand Champion of the 4-H Division. Participants are only allowed to win the Super Round Robin one time, so this is first and last time she will be able to participate in it.



Owyhee County

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Tuesday, September 6, 7:00 p.m. Post-Fair Wrap-up Meeting at the Extension Office. Superintendents, Advisors and Leaders please come and let us know what went right, and what we can do to improve for next year. Thank you in advance for taking the time to attend!



THANK YOU!
To all those who
so generously supported our
Owyhee County 4-H & FFA
Junior Livestock Sale
on August 13.
We sold 253 animals for \$288,600
and have received over \$80,000
in add-on donations, to date,
for our 4-H and FFA youth.





Inside this issue:	
<i>Cattlemen's Corner Beef Newsletter</i>	1-5
<i>Family Issues Newsletter</i>	6-8
<i>Owyhee County 4-H Newsletter</i>	9-11
<i>Calendar</i>	12