

# Cattle require more feed during cold winter months

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We are finally experiencing a good strong winter here in the Northwest.

A persistent snow cover and cold temperatures are being enjoyed by winter sports lovers everywhere.

For our livestock, however, these colder temperatures are an additional stress, especially if they are pregnant or young that are in the process of growing.

While horses are able to paw the snow cover off of the grasses, cows cannot because of their split hoof; therefore, cattle need winter feed supplemented to them or they will lose weight and body condition. Dry cold weather is not as detrimental as wet cold weather. When an animal's hide gets wet, their insulation factor goes down.

Recommendations developed by beef research is to increase the amount of feed by 1 percent for each degree below freezing (32 degrees F) if the hair coat is dry and by 2 percent for

each degree below freezing if the hair coat is wet. That means, for a 1000-pound cow being fed 22 pounds of hay a day, at 10 degrees F, her daily need would increase 22 percent to 27 pounds

posed to constant wind, moving them to an area with windbreaks, tree cover, or shelter can help them preserve body heat;

\* Separating cattle into two herds – a "thin" herd and a

\* Feeding cattle in the late afternoon or evening allows them to stay warmer at night due to their internal heat of processing their feed. Four to six hours after feeding is when the heat production from feed is at it's highest.

With cattle prices continuing to stay high and healthy, feeding your cows the necessary amount in cold weather can be a smart investment which will po-

tentially pay off down the road in healthy calves and rebreeding success. For more information, contact our Extension office at (541) 553-3238.



a day, if she is cold and dry. If she is cold and wet, her daily need would increase 44 percent to 32 pounds a day.

Here are some strategies to manage cattle herds in the cold:

\* If animals are cold and wet or if they are cold and ex-

posed to constant wind, moving them to an area with windbreaks, tree cover, or shelter can help them preserve body heat;

\* Separating cattle into two herds – a "thin" herd and a "heavier" herd can allow you to feed differently and insure that the thinner animals are being fed accordingly.

A course on Artificial Insemination in Beef Cattle will be held March 27-29, 2013 (8:30 am to 4:30 pm) in Roseburg, Oregon. This 3-day school is designed to enable the producer to effectively artificially inseminate cows. We cover anatomy, physiology, and nutrition as it pertains to efficient reproduction in cattle. Equipment and supplies and technique for AI, including practice on cows, are covered. Each morning we have an indoor class at the Extension office, followed by an outdoor afternoon ses-

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sion at a local ranch. High school and college students are encouraged to seek sponsorship through your local Livestock Associations. All successful participants will be awarded an AI Certificate. Cost and other details TBA. Please contact Shelby Filley at the Douglas County OSU Extension Office (541-672-4461) or email to: [shelby.filley@oregonstate.edu](mailto:shelby.filley@oregonstate.edu). A flyer will be posted soon at: [extension.oregonstate.edu/douglas/lf/ewtc](http://extension.oregonstate.edu/douglas/lf/ewtc).

## BRRRR... It's Cold Outside

December brought the first official day of winter, and along with it lots of snow and freezing temperatures.

It is important to remember that you can get dehydrated in cold weather just as easy as when it is hot outside.

Make sure to be drinking lots of fluids throughout the day.

Water is always a good choice since it hydrates without any calories, salt or sugar.

If you don't like drinking plain water, try adding a squeeze of lemon juice to liven it up.

Unsweetened hot tea is also a nice cold weather treat.

Staying hydrated can help

you fight off seasonal colds and flu's and keep your skin from drying out.

### Cooking With Your Kids

When it's cold outside we tend to spend more time inside together.

Why not use this time to do a fun healthy cooking project with the young ones in your home?

Cooking together makes kids feel part of something important and can encourage them to try foods they might not otherwise.

Here is a simple recipe for chili that can really warm your family up on a cold winter day:

### Easy Skillet Chili

(source: [foodhero.org](http://foodhero.org))

#### Ingredients:

- 1 pound ground meat (beef, chicken or turkey)
- 1 onion, chopped
- 2 teaspoons chili powder
- 1 can tomatoes (14.5 ounces), chopped with juice
- 2 cans (15 ounces each) beans (try black, pinto, kidney or others)
- 1 can (10.75 ounces) tomato soup

#### Directions:

1. Brown meat and onion in skillet. Cook on medium-low heat for 5 minutes. Stir often. Drain

grease from pan.

2. Add chili powder and stir. Cook for 3-5 minutes.

3. Add tomatoes, drained beans and tomato soup.

4. Add 1 soup can of water; stir and simmer for at least 30 minutes.

5. Refrigerate leftovers within 2 hours.

#### Notes:

Spice up your Easy Skillet Chili by adding diced green chiles, diced hot peppers, sautéed fresh mushrooms, sautéed fresh garlic, hot pepper sauce, frozen or canned corn, or extra chili powder.

For more easy, healthy and delicious recipes you can make together as a family visit: [foodhero.org](http://foodhero.org)

Or, stop by the OSU Extension office located in the Education Building at 1110 Wasco St.

**Family Community Health**

Danita Macy  
Arlene Boileau  
Sara Smith  
Rosanna Sanders

## Helping Children and Youth Cope With Recent Shootings

(source: Roger Remekamp, Ph.D Associate Dean for Outreach and Engagement, College of Public Health and Human Sciences, Oregon State University)

Because of the recent school shooting many adults are unsure of how to talk to young ones about the event and how to help them feel safe. Here are some tips:

**Prevent children under the age of eight from watching extended media coverage of the events.** The media tends to focus on the most frightening and sensational aspects of the event. Furthermore, young children may have difficulty distinguishing between disasters that are close to home compared to

those that are elsewhere in the world.

**Assure children that they are safe and well cared for.**

Children need to know that there are people good, trustworthy people in charge who are helping those that that have been injured by the event. They also need to know that people close to home are actively taking steps to prevent bad things from happening in their community.

**Keep routines the same.** Children are reassured when they see predictability and stability in their lives.

**Be available to discuss the situation with young people who have questions or con-**

cerns. Encourage them to verbalize their feelings and emotions, letting them know know that it is OK to be angry or upset. Don't pretend that the event has not occurred or diminish its significance. Remember, children are very resilient and can cope with much more than we often give them credit for. However, it is important to your responses developmentally appropriate.

**Watch for children who may be having difficulty dealing with the event.** Particularly vulnerable are children who have experienced significant personal loss or those who suffer from depression or mental illness. In extreme cases, seek assistance from a mental health professional.

For more information you might find useful, visit this page

on the internet: <http://store.samhsa.gov/shin/content//SMA12-4732/SMA12-4732.pdf>

If you would like more information and do not have access to the internet, please stop by the OSU Extension offices located in the Education Building at 1110 Wasco St. We will be happy to print out the information for you to take.

**MISSING!!!**

4-H is missing a teepee from camp Naimuma. Call OSU Ext 541-553-3235 if you have any information



## SNOWSHOEING

February 12, 2013  
Grades: 4th-6th

Only 25 spots!!

**SIGN UP & INFO @ 553.3238**

\*Sign up & call for INFO session: what to bring, what to wear, and TRIP DETAILS. \*FREE!

