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Spring Break Camp

Join us March 23 & 24 for a 4-H STEM Camp.

The camp will start on Monday March 23rd and will be from 9am–3pm. Science activities will include: an egg drop contest, making marble tracks, and building robotics. All active 4-H members are welcome to attend. The cost for the two day camp is $10 and registration due March 16th.

Lunch will be provided both days.

On Tuesday March 24th, we will be going to the Museum of Discovery. To be eligible to go to the Museum of Discovery, the 4-H’er must attend the Science Camp on March 23rd. Cloverbud members must have a chaperone to accompany them to the museum. Transportation for the Museum must be arranged by the 4-H member or parent prior to Tuesday March 24th.

Contact the Extension Office at 501.745.7117 for more questions. Come in to sign your child up for the camp and pay the fee.

“We Love VBC” Meeting on Signage for Clinton

Agenda

Meeting at the airport
5:30 p.m.  Light supper is available
6 p.m.  Welcome, introductions, and purpose of the meeting

6:05 p.m.  Show signage video
7 p.m.  Discussion with Team Cromwell
  What did you learn from the video?
  What makes the most sense for Clinton?
  How would you apply that to the whole community, not just downtown
  Next steps (Team Cromwell will come back in a month with recommendations)

8 p.m.  Adjourn

Things to consider – how this may relate to branding the community/county
Beef Quality Assurance

Consumers are concerned about the safety of the food they eat. The perception of safety and wholesomeness plays a major role in the buying decisions of a health- and diet-conscious America.

The overall goal of the Arkansas Beef Quality Assurance Program (BQA) is to encourage the consistent production of high quality cattle in Arkansas, enhancing the reputation of Arkansas cattle and ensuring their health and wholesomeness. Educational efforts center on cow calf and stocker cattle management practices such as proper handling, injection-site techniques, etc., that affect beef value and quality.

The Arkansas BQA Program offers producers two levels of participation.

Level 1 - Voluntary Participation: Producers can participate in this level by reading the BQA Handbook and adopting BQA guidelines. Participation is voluntary and will place the producer on the BQA mailing list for future updates. To enroll in the mailing list, complete the Level 1 Enrollment Form and return it to the address indicated on the form.

Level 2 - BQA Certification: Producers can participate in Level 2 by successfully completing the Arkansas Beef Quality Assurance Producer Certification Exam, signing the BQA Producer Contract and returning the enrollment form, the exam, and the contract to the address indicated on the form. Upon successful completion of the exam and receipt of a signed contract, the producer will be issued a BQA certification number, BQA certificate, BQA ID card, and property sign. The producer will also be placed on the mailing list for future updates. The BQA program is supported by the check-off dollars provided by the Arkansas Beef Council.

Avoid Stress When Handling Cattle

Stress is a big factor contributing to beef product merit and many diseases that affect cattle. The stress related to extreme weather conditions most often can't be avoided. However, the process in which we handle cattle, either when processing, vaccinating or even clipping cattle in preparation for show can cause undue stress which can lead to illness and decreased meat quality. When everyone does their job efficiently in a calm controlled manner, the task will be completed in a satisfactory time frame. Working with a good attitude positively affects other workers and can be transferred to the cattle being processed. Avoid working cattle in stressful weather. On hot days, early morning hours are best. Cattle can also be stressed by cold spells, particularly when they have a wet hair coat. Working cattle in dusty conditions is an invitation to respiratory illness. Sudden changes in the ration or keeping cattle off of feed for extended periods while they are being worked or transported can cause acidosis. Don’t get in a hurry – it’s not a race. Cattle and co-workers sense “Bad Attitudes.” Weaning is a very stressful period. Work calves several weeks prior to weaning to help avoid weaned stress.

Proper cattle handling starts with well-designed facilities.

- Keep in mind that a facility needs to be designed so that cattle can be easily driven into it. Design alleys and working pens so animals can be sorted easily before and after they are processed. The corral should make easy the movement of cattle from a large area into smaller pens and working alleys and into the crowding alley. Avoid corners where cattle will balk, and pay attention to the placement of gates.
- The installation of solid sides on the crowding pen and crowding alley will keep the animal from being distracted or startled by people and objects on the outside. Blinders on squeeze chutes and solid sides on artificial insemination chutes will help keep the animals calm. In a curved crowding alley, the animals won't balk from seeing a dead end. Animals will follow the leader in a natural circular path around the handler.
- Facility Hazards Reduce noise in the area. Muffle the sound of banging gates and crashing chutes with rubber or plastic stoppers. Barking dogs or loud talking will excite animals and simply needs to be controlled.
- Floors in the working area should not have a slippery surface to help prevent feet and leg injury.
- A good facility has been described as being horse high, bull strong, and hog tight. You need to keep this in mind as you begin plans and material preparation for constructing new working facilities.
- Eliminate hazards in the facilities that will cause injury to the animals. Projections and sharp edges on gates and fences can cut and bruise animals. Eliminate openings where animals might entrap a foot or their head
- Maintain the facility;
- Make sure hinges, latches, and other mechanisms are in good repair and properly lubricated.
Animal welfare, cattle handling, livestock facilities and their impact on beef cattle production will be the focus of the 2015 Little Red River Beef Cattle Conference on March 18 at the Stone County Fairgrounds in Mountain View, Arkansas. This year’s program will focus on safe handling of livestock for the animal and producers welfare. Among the questions the conference will help answer: 1) How will the animal welfare issues affect the cattle producer bottom line? 2) How has other cattle producers changed their operations to improve animal handling? 3) What options are available to assist cattle producers to improve how they handle cattle?

This conference will give every producer some excellent ideas on how they can improve cattle handling facilities and improve the way they handle cattle keeping cattle safe as well as themselves. Sponsors include the University of Arkansas System Division of Agriculture, Ag Heritage Farm Credit Services and Farm Credit of Western Arkansas.

The conference speakers are:

- Dr. Yvonne Thaxton, Director of the Center for Food Animal Wellbeing at the University of Arkansas “How Does Animal Welfare Affect the Cattle Producer’s Bottom Line.”
- Equipment Industry Panel from Pearson Livestock Equipment, Priefert manufacturing, Powder River and W-W Livestock Systems

A registration fee of $20 will be collected at the door. Registration begins at 8:30 a.m. with the program beginning at 9:00 a.m.
Upcoming State AEHC Events

There is an Educational Workshop at the 4-H center on Wednesday March 11. This event is open to all Council/Club officers and members interested in becoming officers. The theme is “My EHC Legacy.” Our Major and Minor Educational Emphasis for the next two years will be decided. The fee for this event is $11.00 for registration and $8.00 for lunch. The deadline to register is Friday February 27. The following link provides more information and provides a way for you to sign up for the Educational Workshop: http://www.uaex.edu/health-living/extension-homemakers/training.aspx

Another event to be thinking about attending is the Annual State Meeting. It will be held at Hot Springs Convention Center June 2-4. This event will be celebrating the year's achievements and looking to the projects for the future. Mark your calendars now with this date! Around mid March information about this year's State Meeting will appear on the link website above. Online registration and instructions for paper registration will open Mid March. Deadline for registering for the State Meeting will be May 1. Educational, How-to, Creative Skills and Subject Matter classes, as well as awards and recognitions will highlight the meeting. Everyone is encouraged to attend. If you are planning to go to this event, please let me know! Even though registration doesn't open until mid March, we need to reserve hotel rooms for those planning to attend.

Anyone that is thinking about going to either of these events is encouraged to attend! I look forward to hearing from you and excited for the upcoming year's events!

Chicken Enchilada Casserole

Directions
1. Cut each chicken breast in about 3 pieces, so that it cooks faster and put it in a small pot. Pour Enchilada sauce over it and cook covered on low to medium heat until chicken is cooked through, about 20 minutes. No water is needed; the chicken will cook in the Enchilada sauce. Make sure you stir occasionally so that it doesn't stick to the bottom.
2. Remove chicken from the pot and shred with two forks.
3. Preheat oven to 375 F degrees.
4. Start layering the casserole. Start with about ¼ cup of the leftover Enchilada sauce over the bottom of a baking dish. Place 2 tortillas on the bottom, top with ⅓ of the chicken and ⅓ of the remaining sauce. Sprinkle with ⅓ of the cheese and repeat starting with 2 more tortillas, then chicken, sauce, cheese. Repeat with last layer with the remaining ingredients, tortillas, chicken, sauce and cheese.
5. Bake for 20 to 30 minutes uncovered, until bubbly and cheese has melted and started to brown on top.

Ingredients

<table>
<thead>
<tr>
<th>1</th>
<th>14 oz jar Enchilada Sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 Cups</td>
<td>Shredded Monterey Jack cheese</td>
</tr>
<tr>
<td>6</td>
<td>Corn Tortillas, 6 inches each</td>
</tr>
<tr>
<td>2</td>
<td>Chicken Breasts</td>
</tr>
</tbody>
</table>

For more recipes like this one, follow Van Buren County UAEX on Facebook and Pinterest. Facebook: UAEX Van Buren County Family and Consumer Sciences – Torrie Caston, Agent Pinterest: Torrie Caston – Van Buren County www.pinterest.com/uaexvbc/
Volunteer Opportunity

March 25th from 9AM—2PM at the Methodist Church in Clinton to make Care Caps for Cancer Patients. All EHC Members & Anyone who thinks they might like to come help are invited. (Anyone willing to come an hour early or stay half an hour late to help with set up and break down will be greatly appreciated) All materials and equipment will be provided. Bring a dish to share for lunch.

“Bloom Where You Are Planted”
Attracting Bees & Butterflies

VBC Extension Homemakers Club Spring Council
Thursday, 16 April 2015
Formosa EHC Building & Community Center
Hwy 336 in Formosa
Janet Carson, Guest Speaker

Registration is from 9 – 9:30 am. Each club is asked to create a “Blooming” table centerpiece, which will be given as door prize, at least one dish for the potluck luncheon, and ten (10) plastic grocery bags to be donated to Food for Life’s use. Also start saving your money NOW for those donation boxes:
Backpacks for Children, Food for Life, Pennies for Friendship, Dove House.

Directions to the Formosa EHC Building & Community Center: Take Hwy 65 from Clinton and turning West onto Hwy 9 in Choctaw; driving to Formosa; in Formosa take a right onto Hwy 336, driving about 1/2 mile. The Formosa Fire Station with the EHC Building directly behind is on the right side of Hwy 336. Formosa EH Club is looking forward to having each EHC represented for this Blooming Spring Meeting with Gardening tips from U of A’s own Horticulturist, Janet Carson.
4-H Enrollment is Necessary to participate in any 4-H activity

Be sure you renew your membership by logging into https://arkansas.4honline.com/ using your email address and password. Inactive members will not be able to participate in any activity (Includes showing livestock & poultry at the county, district, & state fair) or receive future mailings, emails or notifications of 4-H Activities.

Van Buren County 4-H O’Rama ~ April 25th, 2015

The Van Buren County 2015 O’Rama will take place at the Van Buren County Fair Grounds, starting at 10 AM with the indoor activities, outdoor activities will follow.

O-Rama activities include:

Indoor O’Rama

- Illustrated Talks
  - Animal Science
  - Citizenship
  - Technology Showcase
  - Entomology
  - Food Fair
  - Health
  - Horse
  - Human Development
  - Pet Care
  - Safety
  - Veterinary Science

- Public Speaking

- Fashion Revue: Constructed
- Fashion Revue: Purchased
- Performing Arts: Vocal Division
- Performing Arts: Instrumental Division
- Performing Arts: Dance Division

Outdoor O’Rama

- Entomology (Collection)
- Reel into Sport Fishing
- Bait Casting and Fish I.D.
- Bicycle Safety
- Crop and Weed I.D.
- Gun Safety/BB Gun Marksmanship
- Ornamental Horticulture
- Forestry

For any assistance with an activity please feel free to contact the Extension office at 501.745.7117

All 4-H members must pre-register for the O-Rama activities no later than Thursday, April 16, 2015 by visiting the county extension office or calling the office at (501) 745-7117. A form must be signed by 4-H member and parent or guardian.
Congratulations 4-H Record Book Participants!!

The Van Buren County Extension Staff wants to take a minute to recognize the efforts of our County 4-H Members who completed a record. This year 9 of our county 4-Hers turned in a record book. They should be commended for all their hard work in documenting their 4-H experiences.

Thank you Southside 4-H Club, Razorback Rascals, & Mainstreet Kids Club—Shirley for having members who turned in Record books!

We can’t wait to recognize this years Record Book participants at our annual Achievement Banquet at the end of 2015.

**Intermediate:**
Tanner Riddle
Abigail Sowell

**Beginner:**
Kyle Evans
Alexis Golden
Mollie Leonard

**Cloverbud:**
Landon Gatliff
Jaden Golden
Cody Kuykendall
Creed Leonard

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**VBC 4-H Foundation Graduating Senior Scholarship**

Van Buren County 4-H Foundation Graduating Senior Scholarship applications for 2015 will be due in the Van Buren County Extension Office by Friday, April 3, 2015. Two qualifying Senior Van Buren County 4-H members will receive a $250 annual scholarship that will be renewable for up to 4 years. For more information, application, & guidelines contact the Extension Office at (501) 745-7117.

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**Van Buren County 2014 Master Gardener Class**

Pictured Left to Right: Danny Griffin, John Hiegel, Dena Gray, Nancy Tripp, Willard Tripp, Mary Michaels, Julie Magadanz, Kathi Owens, Marc Lobberte
Van Buren County Extension Office
1414 Hwy 65 S. ~ Suite 137
Clinton, Arkansas 72031

501-745-7117

Danny Griffin
County Extension Agent
Staff Chair

Torrie Caston
County Extension Agent
Family & Consumer Science/ 4-H

Kerri Jones
Administrative Support Supervisor

Sincerely,

[Signatures]

Danny Griffin
County Extension Agent
Staff Chair

Regina Chaney
County Extension Agent
Family & Consumer Sciences

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.