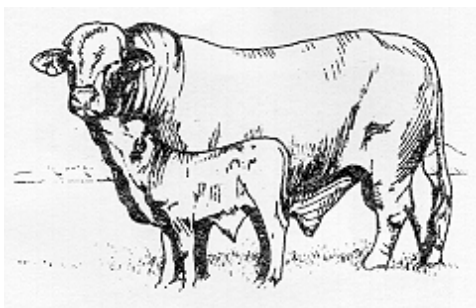


DESOTO COUNTY BEEF NEWSLETTER



Post Office Box 310
Arcadia, Florida 34265-0310
(941) 993-4846
Fax (941) 993-4849
E-mail jselph@ifas.ufl.edu

April 98 / Volume 1 Number 2

Calendar Of Events

April

7-8	Land & Resource Management School - Family Service Center, Arcadia
16-18	NCBA Region II Meeting, Orlando
20	Desoto County 4-H Fund Raiser - Pizza Hut
28-30	15th Annual Reproductive Management School - Hardee County Agri-Civic Center, 507 Civic Center Drive, Wauchula

May

6-8	47th Annual Beef Cattle Short Course - Radisson Hotel, 2900 SW 13th Str. , Gainesville
15	7th Annual 4-H/Sprint Golf Classic - Southern Dunes Golf Club, Haines City

21	Florida Cattlemen's Institute Ranch Tour, Deseret Ranch, St. Cloud
21	Cattlemen's Internet Roundup - Family Service Center, Arcadia 5:30- 9:00 p.m.
June	
9-11	Forage and Pasture Management School - Highlands County Agri-Civic Center, 4509 W. George Blvd., Sebring
July	
14-16	Forage and Pasture Management School - Highlands County Agri-Civic Center, 4509 W. George Blvd., Sebring
August	
11-13	Forage and Pasture Management School - Highlands County Agri-Civic Center, 4509 W. George Blvd., Sebring

Land and Resource Management School

The **Land and Resource Management School**, presented by the South Florida Beef Forage Program, will be held in Arcadia, April 7-8, 1998 at the Family Service Center. The purpose of this-school is to provide management options to increase the profit potential of your land resource while sustaining range and environmental resources on a beef cattle operation. We are limiting enrollment to the first 50 producers who enroll. Acceptance will be finalized upon receipt of your non-refundable registration fee.

15th Annual Reproductive Management School

The **15th Annual Reproductive Management School**, presented by the South Florida Beef/Forage Program, is being offered in Wauchula, April 28 - April 30 at the Hardee County Agri-Civic Center. This is an intense three day course in reproductive management of the cow herd. Although pregnancy diagnosis is given extensive treatment with hands-on experience, participants should not expect this training to make them proficient in this skill. The program is intended to provide individuals with an improved understanding of the subject of breeding herd management in order to accomplish their breeding program objectives. Registration is limited to 25 students. This school fills every year so get your registrations in early if you are interested. Contact Pat Hogue at the Highlands Extension Office (941-386-6540) to register.

As an extension of the Reproductive Management School, an **Artificial Insemination School** will be offered immediately following the Reproductive Management School starting at 8:00 A.M. Thursday, April 30, 1998. The school will run for two days April 30 and May 1. There will be an additional fee for this program and all participants are required to have attended the Reproductive Management School either in the past or this year. Enrollment is limited and we will need a minimum number of participants in order to conduct the school. Enrollment can be made through Pat Hogue (941-386-6540).

47th Annual Beef Cattle Short Course

The 47th Annual Beef Cattle -Short Course is being offered May 6 - 8, 1998, in Gainesville. The theme for the short course this year is "Managing Nutrition and Forages to Improve Productivity and Profitability" The focus of the program will be forage production and supplementation for efficient nutritional management. This year's short course will again be held at the Radisson Hotel on SW 13th Street. Early registration is \$75, if paid by April 15.

Forage and Pasture Management School

The **Forage and Pasture Management School**, presented by the South Florida Beef/Forage Program, will be held on three different sessions in Sebring at-the Highlands County Agri-Civic Center. The dates of the programs are Session One: June 9-11, Session Two: July 14-16, and Session Three: August 11-13. The topics of each session are Session One: soils and nutrient management, Session Two: South Florida forages, Session Three: forages and the cow-calf system. Contact our office at (941) 993-4846 to register.

DeSoto County 4-H and Pizza Hut

4-H and Pizza Hut are working together to conduct a 4-H fund raiser. Pizza Hut will donate 15% of sales from both dine-in and carry-out Monday, April 20, 1998. This is for that night only. All you have to do is mention that you want to help **DeSoto County 4-H** when you order.

7th Annual Annual Golf Classic

The Florida 4-H Foundation invites you to join as a partner in support of the 7th Annual 4-H/Sprint Golf Classic. Player space is limited so call as soon as possible. The foundation can use your help as a hole sponsor, prizes, etc. Money raised by this tournament allows us to conduct the many statewide activities for Florida 4-H members. Many of our DeSoto County 4-H members have benefitted from this activity. Call our office (941-993-4846) if you are interested in supporting this worthwhile event.

IRONING OUT DIETS WITH BEEF

"Are you getting enough iron? Eating healthfully? Getting plenty of exercise? Think you're doing everything right?" asks Self magazine to its readers in the December 1997 issue. Aaron Dalton, nutrition writer answers, "Maybe you're not."

The article explains many physically active young women are suffering from mild deficiencies that impede peak performance - and don't even know it. According to Jere Hass, Ph.D., and Yan Zhu, Ph.D., of Cornell University's Division of Nutritional Science, in Self, most women aren't aware of their iron deficiency, which is estimated to occur in 16 percent of U. S. women ages 18 to 44.

"One possible reason for the iron crisis: Pronouncements to cut back on fat have led many women to virtually eliminate red meat' a major source of iron, from their diets, " says Dalton. Haas and Zhu say that may not be so wise: "While some vegetables contain large amount of nutrient, it's not as readily absorbed as meat-based

iron."

In his conclusion, Dalton encourages readers to indulge in red meat such as beef "now and then" to increase their iron intake.

Cattlemen Internet Roundup

The **Cattlemen's Internet Roundup** is being held at the Family Service Center in Arcadia on May 21, 1998 from 5:30 P.M. till 9:00 P.M. This class, being offered by the South Florida Beef/Forage Program, is a first time offering of a class for beef producers on using the Internet to enhance beef production operations. Because we will be using a lab at the Family Service Center, enrollment is limited and will be on a first come first serve basis. This class covers practical aspects such as purchasing a computer, and how to obtain access to the World Wide Web. Use of a web browser (such as Netscape) will be covered. A complete description of the South Florida Beef Forage Program web site, and the use of "search engines" to find information on specific topics will be covered. Because of the time offering, a barbeque meal will be provided as a part of the registration cost of \$15. Contact our office (941) 993-4846 to register or more information.

If you have any comments or need additional information, please contact the DeSoto County Extension Office at (941) 993-4846.

Sincerely,

James F. Selph,

County Extension Director, DeSoto

For questions or comments regarding this publication contact



[James F. Selph](#)



[Back](#) to the Cooperative Extension Newsletters Page



[Back](#) to the South Florida Beef-Forage Program Home Page

