

**From:** Filley, Shelby Jean  
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Hello all,

Here are two very fantastic programs for all producers in Oregon and some timely news announcements.

#### PROGRAMS

- April 28 (Tuesday) – **Cattle on the Range. Thoughts and Considerations.**
  - Webinar by OSU Livestock and Range faculty.
- May 4<sup>th</sup> - **Staying Strong in Trying Times: Mental Health in Agriculture**
  - Kit Pharo, Pharo Cattle Company and Dr. Robert Fetsch, Farm and Ranch Stress Assistance Network

#### NEWS

- **Covid-19 Impact on Agriculture**
  - American Society of Animal Science
- **American Sheep Industry ~ SheepCast**
  - COVID-19 Assistance
- **Beef Cattle Industry Information**

See below for more information on these items.

Take care,  
Shelby

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OSU Extension Webinar ~ “**Cattle on the Range. Thoughts and Considerations**”

Tuesday (04/28) at 5:30 - 7:00 pm PDT.

If you are interested in joining us, please use this link to register:

[https://oregonstate.qualtrics.com/j.../form/SV\\_4ZdeawLHBAftGd](https://oregonstate.qualtrics.com/j.../form/SV_4ZdeawLHBAftGd)

#### **Dr. Juliana Ranches, OSU Extension Beef Specialist**

Branding and turnout: What is best for my cattle? Juliana will be discussing important points to consider at branding and turnout such as vaccination, welfare, and marketing considerations for added value.

#### **Dr. David Bohnert, OSU Extension Service**

David will be discussing about the implications of allowing cows to cycle BCS throughout the production year and techniques and considerations for tightening your calving distribution.

#### **Mr. Dustin Johnson, OSU Extension Range Scientist**

2020 Grazing and Fuels Outlook for Central and Southeastern Oregon Rangelands.

Dustin will provide a summary of rangeland forage and fuels conditions that are anticipated during the 2020 grazing and fire seasons. He will briefly cover data sources and methods used for the assessment and discuss potential implications of projected conditions for grazing and fuels management.

*Also, see attached flyer.*

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### **Staying Strong in Trying Times: Mental Health in Agriculture**

Kit Pharo, Pharo Cattle Company and Dr. Robert Fetsch, Farm and Ranch Stress Assistance Network

May 4th

9-10:30 am PST

Cost- \$10 per household

To register: <http://bit.ly/JacksonSmallFarms>

Questions: Contact Maud Powell [maud.powell@oregonstate.edu](mailto:maud.powell@oregonstate.edu)

Now more than ever, farmers and ranchers face myriad factors out of their control: market access, weather, food safety regulations, government programs, and market fluctuations. These factors can lead us to experience stress, anger, feelings of isolation, and being out of control. With the current Covid-19 situation, nearly all of us are also experiencing what many farmers and ranchers cope with: additional stresses associated with working with family members and living in isolated conditions.

In this webinar, we will learn about strategies for maintaining mental well-being, when to seek help for ourselves and others, and how and where to get help. Although this webinar is focused on the agricultural industry, the information shared will be useful in a wide variety of settings. All are welcome to attend. A recording of the webinar will be available at no cost at our website on May 12th. If the registration fee is a barrier, please contact me, as no one will be turned away.

*Additional topics covered:* Practical strategies for dealing with transitions and change, handling financial stress, managing stress during tough times, dealing with our anger or a spouse's anger, and coping with natural disasters such as drought and pandemics.

#### **Speaker Bios:**

**Kit Pharo** is a well-known cattle rancher and owner of Pharo Cattle Company, which sells breeding stock. Kit, a popular public speaker who advises cattle ranchers on how to improve the profitability and sustainability of their operations, lost his son to suicide.

**Dr. Robert J. "Bob" Fetsch** served 32 years on the faculty first with the University of Kentucky Extension and then with Colorado State University Extension. For 41 years he

devoted himself to learn and understand how to use the latest family life research to assist folks who want to increase their resilience and bounce back from trying times.

Since he retired from Colorado State University in 2011, he now works to assist farm and ranch families with recognizing signs of and managing their stress, anger, depression, and suicidal thinking and writing and publishing articles on what works to increase their quality of life and their resilience.

Bob grew up and was raised on a small dairy farm in Texas. In the 1950's and 1960's his dad (Paul Fetsch), through careful record-keeping and artificial insemination slowly and carefully created one of the top dairy herds in the county.

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## NEWS

**Covid-19 Impact on Agriculture** - <https://www.asas.org/taking-stock/blog-post/taking-stock/2020/04/26/covid-19-impact-on-agriculture>

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### **American Sheep Industry ~ SheepCast: COVID-19 Assistance**

Welcome to ASI's weekly broadcast, *SheepCast*, keeping you up to date on the latest happenings in the sheep industry.

This week, the ASI *SheepCast* looks at the assistance available and soon to be available to sheep and wool producers in light of the market impact from COVID-19, and rounds out with a quick look at the new WOTUS rule.

Click [here](#) to listen or download.

Cattle and general livestock marketing information will arrive in a separate email. It will be forwarded by me, but is information Dr. Bohnert puts together each week. He has a lot of information for you. Contact David directly if you would like to be on his state-wide beef mailing list for Oregon.

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**Shelby Filley**, Professor, PhD, PAS

**Oregon State University**

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