Good afternoon,

I hope all is well with you and that your livestock and your forage are growing nicely! Below are some announcements and information for you.

1. New OSU L&F E-Newsletter format coming
2. Western Meat School
3. Soil testing and fertilizing
4. Farm and Ranch Stress Assistance Network
5. American Sheep Industry podcast on Lambing
6. Washington State Sheep Producers Lambing School
7. Grass Tetany: Fast growing grass can mean problems

Thank-you,
Shelby

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**1. Look for a new format of my next OSU L&F E-Newsletter**

I am partnering with some other OSU faculty to bring you an improved newsletter. Topics will still be on livestock and forages, but the layout and presentation should be more appealing and helpful. And, I will have help with upcoming newsletters. Thanks, Cassie Bouska (Coos-Curry) and Gordon Jones (Jackson-Josephine)! This means you will get more content on a regular basis 😊.

**2. Western Meat School**

Interested in building a direct market meat business? Want to spread risk and improve profitability for your livestock operation? The Niche Meat Processor Assistance Network of Oregon State University is pleased to announce that we now have a 100% online and self-paced short course called the Western Meat School. In this course you will learn all the essentials for direct marketing niche meat from experts in production, marketing, processing & pricing. Registration for the Western Meat School online is now open here: [https://workspace.oregonstate.edu/course/western-meat-school](https://workspace.oregonstate.edu/course/western-meat-school)

**3. Soil testing and fertilizing**

I encourage you to follow the OSU recommendations for soil testing, certified labs, and fertilizing accordingly. This information is based on research done in western Oregon for agronomic, economic impacts. That is, an application that gives you a cost-effective grow response. Borrow a soil probe from the Lane County Extension Office or local agriculture supply store. Contact me for assistance on following these guidelines. I love nutrition and that goes for plants as well as for livestock!

- Soil Sampling EC628
- List of Labs
- Nutrient Management for Pastures: Western Oregon and Western Washington
4. Farm and Ranch Stress Assistance Network
   - Website - OSU has developed a great website with a lot of resources for agricultural producers as well: [https://beav.es/farm-stress](https://beav.es/farm-stress)
   - Survey – see below

*Did you know that Extension researchers care about your mental health? One of my colleagues in Extension has partnered with other University researchers to take a look at work related stress in ag professionals. Please read below about the anonymous survey and opportunity to win a $50 gift card for participating. Thanks for considering this, Shelby*

We are writing to invite you to participate in our research study about work-related stress in the agricultural community. You’re eligible to be in this study because you work in farming or ranching. We are a research team from Cooperative Extension at the University of Nevada, Reno, working in collaboration with Oregon State University Extension Service.

If you decide to participate in this study, you will click on the link below, which will take you to our survey. The survey will require 15 to 20 minutes of your time. We will be providing ten gift cards worth $50 each to randomly selected participants from Oregon as a way of thanking people for participating.

Participating in the survey is completely voluntary and you may skip questions or choose to stop taking the survey at any point. All information that is provided by you will be anonymous, even to the researchers.

We are using the results of the survey to create programs and materials to help farmers and ranchers lead happier, healthier, less stressful, and more productive and fulfilling lives. We hope that you will participate to help provide us insights on how to create these programs to accomplish such life-improving goals. More information on stress and agriculture can be found on the WRASAP website: [https://farmstress.us](https://farmstress.us).

[Survey in ENGLISH](https://beav.es/farm-stress)
[Survey in SPANISH](https://beav.es/farm-stress)

5. The American Sheep Industry Association Research Update Podcast:
   *Preparing for Lambing with Cindy Wolf, DVM*

The ASI Research Update Podcast features industry experts sharing relevant sheep production practices and research providing American sheep producers access to a wealth of information on management, production, and research topics to benefit their operation. [Click Here to Listen to the Podcast](https://beav.es/farm-stress)

7. **Grass Tetany: fast growing grass can mean problems.**

   Mature cattle grazing pasture with rapidly growing grass are sometimes found to be afflicted with a disease called grass tetany. It is characterized by an uncoordinated gait (grass staggers), convulsions, coma, and death. The primary cause is limited dietary intake of magnesium (Mg) leading to hypomagnesemia (low blood Mg) in the cow. Cows nearing calving and up to two months post-calving are most susceptible as they must draw on feed and body reserves to supply minerals for milk production. Tetany is rarely observed in younger cattle. In sheep it is not a common problem but may occur in ewes in the first few weeks after lambing. [Read more...](http://wssp.org)

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