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John Kugler, Editor

# British White Cattle Association of America e-News

## BWCAA'S Southwest Region Holds Successful Fitting Clinic

Congratulations to the Southwest Region's fitting and showing event held October 17<sup>th</sup> in Gilbert, Arizona. SW Region Representative Marcia Overly with the tremendous help of the Paul English family, brought professional fitter Richie Oakes from Taloga, OK to instruct participants in the best practices



and techniques to prepare cattle for showing. Marcia reported that there were at least 57 attendees, eighteen of which were youth. The venue was at the Paul English (English Land and Cattle Co.) farm in Gilbert, AZ, a very nice setting with beautiful barns and surroundings decorated in a fall setting.

In a phone conversation with the editor, Mr. Oakes noted that participants were attentive and were "very gracious folks". He sees great potential with British Whites in show competitions

and is impressed with the high marbling potential of the breed.

Participants enjoyed delicious British White beef burgers and had a great time. Marcia says that plans are being made for another Regional event in the spring of 2021. Marcia expressed many thanks to the Association for monetarily supporting the event.

### What's Inside:

- SW Region Clinic
- 1<sup>st</sup> Mexican member
- AZ National Livestock Show Cancelled
- Oklahoma Show
- Squeeze Chute Tips
- Important Reminders
- Covid Antidote





**BWCAA welcomes  
our very first  
member from**

**Mexico.**

Jose Hector Lopez Lopez, Rancho Santa Teresa, from the state of Aguascalientes. The rancho is in the North Central region of Mexico.

## **Arizona National Livestock Show Cancelled**

Breaking News: The AZ National Livestock show has been slated for December 27 through the 31<sup>st</sup>, 2020 has been cancelled due to restrictions caused by the Covid pandemic.

## **British Whites Win at the Exposition for the Youth of Oklahoma (EYO)**

The Exposition for the Youth of Oklahoma (EYO) was held September 17-20, in Duncan, OK. This year there were three heifers entered in the British White Division. The Grand Champion British White Breeding Heifer "2W Starr" was owned and shown by Kylin Oakes, Taloga, OK. Abigail Brewster, Bluejacket, OK won Reserve Champion British White with "HAG Athena".

BWCAA members are encouraged to enter their best animals in livestock shows as it presents more exposure to the livestock industry.



One member who has exhibited British Whites at fairs for many years says “I’ve sold hundreds because of connections I’ve made at fairs”. Members are also encouraged to contact their local 4-H and FFA chapters and offer their best standard-marked British Whites for youth projects.

## Squeeze Chute Tips

In the October edition of *Drovers* magazine authors Whit Hibbard and Dawn Hnatow of “Squeeze Chute Work” outline good chute technique when working cattle that is designed to

produce as little stress as possible. The end result is to produce beef that gain faster with more tender meat, fewer dark cutters and better effectiveness of vaccines, plus making it safer for both cattle and handlers. British White cattle are naturally docile, but treating them badly can train them to behave badly.

The authors say that cattle should come into the squeeze chute without prodding and walk out slowly when released. It helps when handlers have a calm, unhurried mindset and practice low stress techniques.

Here are their recommendations:

- Reduce as much noise as possible by avoiding yelling, and loud noises like banging chutes and hydraulic motors.
- Hold the caught animal until the next animal in line is ready to come in, then release it.
- Leave the headgate open so that there is as much opening as possible until the next animal commits to entering.
- Slow down fast-approaching animals by beginning the squeeze or slightly close the headgate.
- When releasing the animal, *open the headgate first, and then release the squeeze*. This should help discourage the animal from backing up.
- If the animal is agitated, *wait to release it until it calms down*. Releasing it when it is fighting the chute only reinforces the wild behavior.

## “Heifer for Youth” Heifer Needed for 2021

Heifer for Youth Committee spokesman Tommy Patterson says that we are looking for a donated heifer for the 2021 program. If you are so inclined to donate a registered British White heifer to the program, contact Tommy Patterson or Brooke Smith. You can find their contact information in the BWCAA Directory. If unfamiliar with the "Heifer for Youth" program, you can contact Sue Seep for that information, or visit the BWCAA website and select the "Forms" tab to download the program information and application form.



## 2021 BWCAA Calendar – The Perfect Gift

The 2021 BWCAA Calendar is now available from the Association for \$12.00 plus \$2.20 postage. Contact the Association office to order yours now so that you'll have plenty for your family, friends and customers.

Now is the time to start photographing British White cattle for the 2021 photo contest. The contest receives an

abundance of spring and summer photos, but very few from autumn and winter. We like those too, so start clicking now! And please avoid taking vertical photos as they must be severely cropped to fit on a landscape format.

## Antidote to Covid19-induced Depression and Feelings of Isolation = Cows (British White, of course)

Research has shown that having pets is beneficial to human health. It doesn't take much of a stretch to relate that to humans who take care of livestock. Most anyone who has had a horse can relate to the feelings of calm, peacefulness and connection to another living thing when feeding, brushing, grooming, saddling and riding.

Just like having pets, taking care of livestock can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improve cardiovascular health. Caring for an animal can help children grow up more secure and active.

In the following examples of pet related benefits, think "British White cattle", in place of the pet reference. It usually fits!

- Research at the University of California at Davis concluded that Alzheimer's patients suffer less stress and have fewer anxious outbursts if there is a dog or cat in the home.
- Pets can provide a source of positive, nonverbal communication. The playful interaction and gentle touch from a well-trained, docile animal can help soothe an Alzheimer's patient.
- A year-long study at the Wellness Institute at Northwestern Memorial Hospital, Chicago found that walking an overweight dog helped both the animals and their owners shed unwanted

pounds. Researchers found that the dogs provided support in similar ways to a human exercise buddy, but with greater consistency and without any negative influence.

- Another study by the Research Center for Human-Animal Interaction found that public housing residents who walked therapy dogs for up to 20 minutes five days a week lost an average of 14.4 pounds in a year, without changing their diets.
- Pet owners are less likely to suffer from depression than those without pets.
- People with pets have lower blood pressure in stressful situations than those without pets. One study even found that when people with borderline hypertension adopted dogs from a shelter, their blood pressure declined significantly within five months.
- Playing with a dog or cat can elevate levels of serotonin and dopamine, which calm and relax.
- Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets.
- Heart attack patients with pets survive longer than those without.
- Pet owners over age 65 make 30 percent fewer visits to their doctors than those without pets.

"One of the reasons for these therapeutic effects is that pets fulfill the basic human need for touch. Even hardened criminals in prison show long-term changes in their behavior after interacting with pets, many of them experiencing mutual affection for the first time. Stroking, hugging, or otherwise touching a loving animal can rapidly calm and soothe you when you're stressed or anxious. The companionship of a pet can also ease loneliness, and most dogs are a great stimulus for healthy exercise, which can substantially boost your mood and ease depression." *Source: Helpguide.org.*

*(Editor's note: The other day, on a very cold and windy day, I walked out to the pasture where our yearling steers are grazing to check on them. I found them in a canyon out of the wind. I sat down on the side of a hill and just started talking to them. After a few minutes they were at my feet, sniffing and eventually licking my pant legs and untying my boot strings. We had a good "conversation". And after retying my laces, I walked back home, having received a good dose of serotonin and dopamine.)*

So, if you are feeling a little lonely, maybe a bit depressed, pandemic-weary and cooped-up in the house, go spend some time with your British Whites. Now would be a great time to take Body Condition Scores (BCS) of your cows and heifers (ask Sue for a BCS scoring sheet) before the cold weather sets in. Spend some time talking to them. Observe them for any signs of foot rot, respiratory infections, lack of appetite or other ailments. It could be quite beneficial for both you and the animals.

**N EXTENSION** **Using Cow Body Condition Score to Manage Your Beef Herd**  
 Brent Plugg, Extension Educator / Travis Mullinax, Extension Beef Specialist

Body Condition Scores (BCS) describe the relative fitness or body condition of a cow through the use of a nine point system.

Manage MATURE, MARCH CALVING COWS so they calve in a BCS 5. Always manage 1st CALF HEIFERS so they calve in a BCS 6. Feeding beef females to a BCS 7 is not economical.

**9 Point Body Condition Scoring System**

BCS	DESCRIPTION
1	Bone structure of shoulder, ribs, back, hooks and pins are sharp to the touch and easily visible. No evidence of fat deposits or musing.
2	No evidence of fat deposition and some muscle loss in the hindquarters. The spinous processes feel sharp to the touch and are easily seen with space between them.
3	Very little fat cover over the loin, back and fore ribs. The backbone is still highly visible. Processes of the spine can be identified individually by touch and are still visible. Spaces between the processes are less pronounced.
4	Fore ribs are not noticeable but the 12th and 13th ribs are still noticeable to the eye. The transverse spinous processes can be identified by palpation (with slight pressure) and feel rounded rather than sharp.
5	The 12th and 13th ribs are not visible to the eye unless the animal has been struck. The transverse spinous processes can only be felt with firm pressure and feel rounded but are not noticeable to the eye. Spaces between the processes are not visible and are only distinguishable with firm pressure. Areas on each side of the tailhead are starting to fill.
6	Ribs are fully covered and are not noticeable to the eye. Hindquarters are plump and full. Noticeable springiness over the fore ribs and on each side of the tailhead. Firm pressure is now required to feel the transverse processes. Brisket has some fat.
7	Ends of the spinous processes can only be felt with very firm pressure. Spaces between processes can barely be distinguished. Abundant fat cover on either side of the tailhead with evident patchiness. Fat in the brisket.
8	Animal takes on smooth, blocky appearance. Bone structure disappears from sight. Fat cover is thick and spongy and patchiness is likely. Brisket is full.
9	Bone structure is not seen or easily felt. The tailhead is buried in fat. The animal's mobility may actually be impaired by excessive fat. Square appearance when viewed from the rear.

Each BCS equates to 75 pounds, not including the fetus, fetal membrane and fluids. Also, each BCS is about 4% body fat. Therefore, increasing a cow from BCS 3 to BCS 5 is 150 pounds and 8% body fat. Make sure you are evaluating degree of fatness not hair coat, rumen fill, muscle, or stage of pregnancy.

*Drawings Courtesy of Danis Animal Health*