

## Flathead Reservation Extension Newsletter

 Range & Forage **Matching Hay Quality to Cow Needs**

Feeding range cattle through the winter is the most costly aspect of many livestock operations. However, if hay quality is matched to the nutritional demands of cattle, the purchase of supplements can be reduced and herd production can be increased. This can be accomplished by simply planning the sequence of hay feeding. Improving hay quality through fertilization, water management, species composition and time of harvest may also reduce the cost of winter feeding. A nutritional analysis of 302 grass hay samples harvested from 70 northeastern Nevada ranches between 1946 and 2008 supports the above statements.



January, February and March are nutritionally critical months for the cows that will calve at the beginning of April. Nutritional demands are approximately 10 percent greater during the last third of the pregnancy. Allowing cows to lose excessive condition prior to calving will delay birth the following year. This is due to delayed estrus. Inadequate nutrition during the three months after calving (April, May and June) is even more detrimental to reproduction the following year. During these three months, nutritional demands are 20 percent higher than pre-calving requirements for cows and 25 percent higher for first-calf heifers. If the nutritional demands of the cows are not met during these critical six months (January through June), conception rates can be greatly reduced or delayed. The same effect has been demonstrated with bred yearling heifers.

A feeding plan based on the nutritional demands of cattle and quality of feed on hand can easily be developed for hay. The poorest quality hay of the is the late cut, non-fertilized hay. Producers should feed this hay during the middle third of pregnancy when the cow's nutritional demands are low. Late cut hay falls just short of meeting requirements for protein and phosphorous, but meets or exceeds requirements for energy and calcium during the middle term of pregnancy.

The early cut non-fertilized hay and the late cut, fertilized hay exceed the requirements for a cow in the middle third of pregnancy. The increased nutritional value of these hays will supply adequate nutrition for cows in the last three months of pregnancy when a phosphorous supplement is added. An energy-based supplement may be necessary under conditions of cold stress because the total digestible nutrient (TDN) values for these hays come close to meeting the cow's minimum energy requirements.

The early cut, fertilized hay is the only feed listed that meet all the cow's requirements following calving. Nutritional demands are the highest during this time because of lactation. By efficiently managing the winter feeding program it is possible to meet nutritional demands of the cow herd and minimize supplementation. Because nutritional value varies from field to field and from one year to the next, testing is essential in order to minimize supplement feed costs. The costs of forage testing are minimal compared to the costs of most protein and/or energy supplements.

Cattle require quantities of nutrients not percentages of nutrients. The percentage of nutrients needed to balance rations will be incorrect when the amount of hay fed is less or more than the quantity required (depending on the weight and physiological condition of the animal). Cattle can suffer from "hollow belly" when insufficient forage is fed no

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matter what the forage nutrient density. Generally, an animal's dry matter intake ranges from 1 to 3 percent of its body weight depending on the forage quality. The higher the forage quality the greater the intake. Also, it is important to remember that environmental conditions often create the need for additional forage intake during winter months.

Purchasing additional feed based on the quality and quantity of feed on hand can save money. Alfalfa hay that does not meet dairy industry specifications can often be purchased cheaper than processed supplements on the basis of actual protein per pound. A combination of homegrown hay, purchased alfalfa hay and a phosphorous supplement will usually balance the nutritional needs of the cow herd during critical periods of the year. The best way to purchase feed, and balance a ration with feed on hand, is through nutritional chemical analysis and least cost ration formulation.

For a complete copy of this article by: Ron Torell, Northeast/Central Area Livestock Specialist, NV Dan Nelson, White Pine County Extension Educator, NV Jason C. Davison, Northeast/Central Area Forage and Alternative Crops Specialist, NV go to: <http://www.mtbeefnetwork.org/article/Prime%20Cuts/Prime%20Cuts%20Dec%202023.pdf>

## Cattle News



### Calving First Calf Heifers

What is the optimum pre-partum weight and condition score for first calf heifers? Many calving problems can be eliminated if heifers are of adequate size. Their weight at first calving should be approximately 85 to 90 percent of their expected mature weight.

Body condition at calving is the single most important factor controlling when a beef heifer will cycle after calving. Prepartum body condition score correlates with several factors, such as postpartum interval, services per conception, calving interval, milk production, weaning weight, calving difficulty and calf survival. Heifers should have a body condition of 5-6 at calving through breeding to assure optimal reproductive performance. Animals with excess body condition (>7) have lower reproductive performance and more calving difficulty than animals in moderate body condition (5-6). Body condition score is generally a reflection of nutritional management. However, disease and parasitism can contribute to lower body condition scores even if apparent nutrient requirements are met. A sound herd health program is an essential part of any reproductive management system.

What special management strategies should I use for first calf heifers? Properly developed and managed beef heifers generally have a 20- to 30-day longer postpartum interval than older cows. If you breed virgin heifers 20 to 30 days earlier than the cow herd, the heifers will have additional time to return to estrus and rebreed with the older cows the next year. It is important to manage these heifers

separately for two reasons: Earlier calving will likely mean that pastures are not available as soon, and you'll need to supply additional nutrients. Also, nutrient requirements (% of ration) are higher for first calf heifers than for mature cows. Breeding heifers early will be of no benefit if they are not properly managed after calving.

What feed and management plan will assure acceptable post-partum intervals and lifetime productivity of first calf heifers? Nutritional demands increase greatly in late gestation and even more in early lactation. Reproduction has low priority among partitioning of nutrients and consequently, heifers in thin body condition often don't rebreed. The plane of nutrition during the last 50 to 60 days before calving has a profound effect on postpartum interval. Positive energy balance postpartum is essential for prompt rebreeding of heifers that calve in thin condition. Feeding a balanced ration the last trimester of pregnancy will decrease calving difficulty. Heifers fed diets deficient in energy or protein the last trimester not only experience more calving difficulty, but breed back later in the breeding season, have increased calf sickness, death and lower calf weaning weights. Use caution when feeding excessive amounts of nutrients before or after calving. Overfeeding protein during the breeding season and early gestation, particularly if the rumen receives an inadequate supply of energy, may lead to decreased fertility. The combination of high levels of degradable protein and low energy concentrations in early-season grasses may contribute to lower fertility rates in females placed on such pastures near the time of breeding.

What unique management procedures are used with calves of heifers vs. older cows? Heifers obviously experience more calving difficulty than do mature cows, and calves born from a difficult birth require special attention. Calves born from a difficult birth have lower heat production, take longer to stand and nurse, and may have a compromised immune system, so it is essential that these calves receive colostrum in a timely manner.

Also, heifers that experience calving difficulty will take longer to cycle, so it is important to minimize calving difficulty in your breeding herd. When obstetrical assistance is needed, the time of intervention also affects cyclicity. Dams given early assistance have a reduction in postpartum interval, a higher percentage in estrus at the beginning of the breeding season, require fewer services per conception, an increased fall pregnancy rate and heavier calves at weaning. Therefore, early assistance, when needed, is important to assure heifers return to estrus as soon as possible.

For a complete copy of this article by Rick Funston, MSU Extension Beef Specialist, Fort Keogh Range & Livestock Research Station go to: <http://www.mtbeefnetwork.org/article/reproduction/calving.html>.





## Horticulture Update

### Holiday Poinsettia's

The *Poinsettia* or *Euphorbia pulcherrima* is a shrub or small tree, typically reaching a height of 2 to 16 ft. The plant bears dark green dentate leaves that measure 3 to 6 inches in length. The colored bracts -- which are most often flaming red but can be orange, pale green, cream, pink, white or marbled -- are actually leaves. Because of their groupings and colors, laypeople often think these are the flower petals of the plant. In fact, the flowers are grouped within the small yellow structures found in the center of each leaf bunch, and they are called cyathia.

The species is native to Mexico. It is found in the wild in tropical forest at moderate elevations. It is also found in the interior in the hot, seasonally dry forests of Guerrero, Oaxaca, and Chiapas. There are over 100 varieties of poinsettia available. 74% of Americans prefer red poinsettias, 8% prefer white, and 6% prefer pink.



Joel Roberts Poinsett

The poinsettia is also called "Bent El Consul", "the consul's daughter", referring to U.S. ambassador Mr. Poinsett. Ambassador Poinsett first introduced the plant to the United States in 1825 while serving as the first United States Ambassador to Mexico. He visited Taxco and found the flowers growing on the adjacent hillsides. Poinsett, a botanist of great ability, had some plants sent to his home in Greenville, South Carolina.

They did well in his greenhouse and he distributed plants to botanical gardens and to horticultural friends, including John Bartram of Philadelphia. Bartram, in turn, supplied the plant to Robert Buist, a nurseryman who first sold the plant as *Euphorbia pulcherrima*, Willd. The name poinsettia, however, has remained the accepted name in English-speaking countries. In the United States, December 12 is National Poinsettia Day.

It is commonly grown as an indoor plant where it prefers good morning sun then shade in the hotter part of the day. It will likely perish if the night-time temperature falls below 50°F so is not suitable for planting in the ground in cooler climates. Likewise, daytime temperatures in excess of 70°F tend to shorten the lifespan of the plant.

The poinsettia can be difficult to induce to reflower after the initial display. The plant requires a period of uninterrupted long, dark nights for around two months in autumn in order to develop flowers. Incidental light at night during this time

will hamper flower production. When watering it is important to allow the plant to drain out any excess water. Having a poinsettia sit in water can do harm to the plant as it prefers moist soil to direct water. In order to produce extra auxiliary buds that are necessary for plants containing multiple flowers, a phytoplasma infection -- whose symptoms include the proliferation of auxiliary buds -- is used.



Poinsettia farm in Bukidnon, Philippines

Rumored toxicity in the United States and perhaps elsewhere, there is a common misconception that the poinsettia is toxic. This is not true; it is at most mildly irritating to the skin or stomach and may sometimes cause diarrhea and vomiting if eaten. Sap introduced into the human eye may cause temporary blindness. An American Journal of Emergency Medicine study showed that a strong majority of poinsettia exposures are accidental, involve children, and do not result in any type of medical treatment. The origin of this myth could be found in the fact that most plants of the spurge genus are indeed toxic and also because the name of the plant seems to refer to the word poison. This misconception was spread by a 1919 urban legend of a two-year-old child dying after consuming a poinsettia leaf. While it is true that the plant is not very toxic, those sensitive to latex may suffer an allergic reaction and it is therefore not advisable to bring the plants into the home of sensitive individuals.

Excerpts for this article were taken from: [http://en.wikipedia.org/w/index.php?title=Euphorbia\\_pulcherrima&oldid=328613369](http://en.wikipedia.org/w/index.php?title=Euphorbia_pulcherrima&oldid=328613369) and <http://www.apsnet.org/online/feature/xmasflower/>

## Community

### Holiday Safety

#### TREES & DECORATIONS

If you are purchasing an artificial tree, make certain the tree is labeled "Fire Resistant". Although this label does not ensure the tree won't catch fire, it does indicate the tree is more resistant to burning. When purchasing a live tree, check for freshness. Fresh trees should be green & have needles that are hard to pull from branches and do not break when bent. The bottom of a fresh tree is sticky with resin & when tapped on the ground, should not lose many needles. Make certain a tree is placed away from fireplaces, vent & radiators. Because heated rooms dry out live





trees rapidly, check daily to make sure the stand is filled with water. Place the tree out of the way of traffic, and do not block doorways. When trimming a tree, use only non-combustible or flame-resistant materials.

In homes with small children, make certain to avoid sharp or breakable decorations, keep trimmings with small removable parts out of reach of children who could inhale or swallow small pieces, and avoid trimmings that resemble candy or food that may tempt a child or pet to eat them. Holiday plants can be quite attractive to children and pets, but they are potentially very toxic. Make sure that plants such as Poinsettia, Mistletoe, Holly, Rhododendron and Potpourri are kept out of the reach of children & pets at all times. If you decorate with artificial snow sprays, follow container instructions carefully to avoid lung irritation. Do not allow children to chew gift wrapping as it often contains toxic metals.

**LIGHTS**

Indoors or outside, only use lights that have been tested for safety by a nationally-recognized testing laboratory, such as UL or ETL/ITSNA. Use only newer lights that have thicker wiring and safety fuses to prevent the wires from overheating. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections and throw out any damaged sets. Avoid overloading sockets with many plugs as this can start an electrical fire. If using extension cords, never run them under the carpet, and make sure they are rated for their intended use. Do not use electric lights on a metal tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted. For outside decorations, use only lights specifically labeled for outdoor usage. Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.



**CANDLES**

Keep burning candles within sight. Be sure lighted candles are kept away from combustible items such as trees, decorations, drapes & furniture. Never leave children unattended in a room with lit candles, and always keep candles out of reach of children and pets. Do not use candles to decorate Christmas trees. Avoid using candles during parties. Do not display lighted candles in windows

or near exits. Extinguish all candles before you go to bed, leave the room, or leave the house.



**FIREPLACES**

If you plan to hang stockings on your fireplace, do not use the fireplace for fires. Make sure to use a screen around your fireplace to prevent sparks from igniting nearby flammable materials.

Have your chimney inspected by a professional prior to the start of every heating season and cleaned if necessary. Creosote, which forms when wood burns, can cause a chimney fire if not properly cleaned. Be careful with "fire salts" which produce colored flames when thrown on wood fires. They contain heavy metals that, if eaten, can cause intense gastrointestinal irritation and vomiting. Keep them away from children. Do not burn wrapping paper or plastic items in the fireplace. These materials can ignite suddenly and burn intensely, resulting in a flash fire. In addition, these items may give off toxic fumes.

**OTHER TIPS**

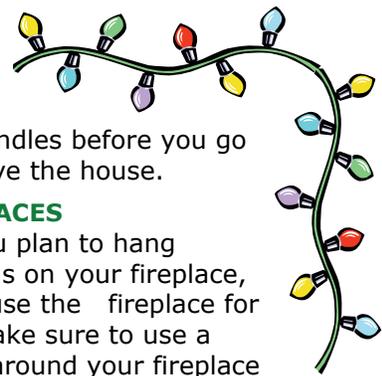
When visiting other people's homes, remember that their houses may not be child proofed -- Look around to make sure there are no obvious hazards to your child. To help avoid food poisoning, always thaw your turkey in the refrigerator and not on the countertop.



If guests will be smoking at your holiday party, provide them with large, deep ashtrays and check them frequently. After the party, check under upholstery and furniture and in trash cans for cigarette butts that may be smoldering. When attending a party, always designate a non-drinking driver. If you are the host of a holiday gathering, be sure there are plenty of non-alcoholic beverages available for guests who are driving.

Place space heaters at least 3 feet away from anything combustible, such as bedding, clothing, wallpaper, pets & people. Never leave space heaters operating when you are not in the room or when you go to bed, and don't leave children or pets unattended with space heaters. Do not dry mittens or other clothing over space heaters as this is a fire hazard.

**Remember: Have Fun and Stay Safe!**





### Friendship Soup in a Jar

#### Ingredients:

- 1/2 cup dried green split peas
- 1/3 cup beef bouillon granules (reduced sodium)
- 1/4 cup medium pearl barley
- 1/2 cup dried lentils
- 1/4 cup dried minced onion
- 1/2 cup uncooked long grain brown rice
- 1/2 cup uncooked alphabet pasta or other small pasta
- 2 teaspoons Italian seasoning

#### Directions for gift jars:

1. In a 1 1/2 pint jar (new or reused), layer the first seven ingredients in the order listed. Use Montana-grown products where available.
2. Wrap pasta in a small sheet of plastic wrap and add to jar.
3. Seal tightly.
4. Decorate jar with stickers, ribbon, or gift paper.
5. Write or type recipe instructions onto a holiday card or paper. Attach to jar.
6. Store in a cool, dry place for up to 3 months.

#### RECIPE INSTRUCTIONS:

#### Additional Ingredients:

- 1 pound lean ground beef or wild game
- 3 quarts water
- 1 can (28 oz) diced tomatoes, undrained

#### To Prepare Soup:

1. Remove pasta from jar and set aside.
2. In a Dutch oven over medium heat, cook the beef until no longer pink; drain fat.
3. Add the water, tomatoes, and soup mix; bring to a boil.
4. Reduce heat; cover and simmer for 45 minutes.
5. Stir in the reserved pasta; cover and simmer for 15-20 minutes or until the pasta, peas, barley, rice, and lentils are tender.

#### Nutrition Analysis:

Serving Size: 1 cup Total Carb: 21 g  
 Calories: 165 Dietary Fiber: 4.8 g  
 Total Fat: 4.0 g Sodium: 106 mg  
 Calories from Fat: 24 % Protein: 12 g  
 Saturated Fat: 0.0 g Calcium: 49 mg  
 Trans Fat: 0.0 g Iron: 2.6 mg

Recipe provided courtesy of Taste of Home magazine. Find more great recipes at

[www.tasteofhome.com](http://www.tasteofhome.com) or go to: [www.eatrightmontana.org](http://www.eatrightmontana.org)



The MSU **Master Gardener Program** has undergone some changes for 2010 to better serve both beginning and experienced

gardeners throughout Montana. The three-level Master Gardener Program will start with an eight-week Level 1 (beginning level) course that will cover basic fertility and soils, plant growth and development, growing food and flowers, lawn installation and maintenance, irrigation, yard and garden maintenance, composting, introduction to integrated pest management, and how to select, install and maintain trees, shrubs and vines. It is designed for those who want to learn more about gardening, how to install a garden and how to take proper care of their property. The class will run eight weeks, will have an open book test and will require 20 hours of a volunteer commitment. The proposed date for the program to be available to the county Extension agents is January 15.

Level 2 and 3 will follow Level 1. If you or anyone you know are interested in the Master Gardener Program please call the Flathead Reservation Extension Office at 406-675-2700 ext 1247 or send an email to: [flatheadreservation@montana.edu](mailto:flatheadreservation@montana.edu).

**BOZEMAN, Nov 16, 2009** - Montana State University will offer two online Native American Studies courses in the spring.

A new online course, "Federal Indian Law and Policy" will trace the history and complexity of Indian law, covering treaties, water rights, natural resource development and tribal businesses.

MSU will also offer the online course "Native America: Dispelling the Myths". Through readings, videos, online conversations and creative projects, students will wrestle with a series of assumptions commonly held by non-Indians and sometimes Indians alike.

For more information or to enroll in the courses, visit Montana State Online at <http://eu.montana.edu/online/> Select "All Online Courses" and then "Native American Studies."

**BOZEMAN, Oct 20, 2009** - A dynamic, interactive Web site designed to share ideas and expertise about health has been launched to help prevent disease and promote wellness across Montana. The Web site, [www.montanaruralhealthinitiative.org](http://www.montanaruralhealthinitiative.org), includes about local health, wellness and prevention initiatives, a calendar of events, a database of leaders and other resources.



# Are You Ready?

# Winter Storms and Extreme Cold

## ⇒ Know Your Winter Storm and Extreme Cold Terms

**Freezing Rain:** Rain that freezes when it hits the ground, creating a coating of ice

**Sleet:** Rain that turns to ice pellets before reaching the ground.

**Winter Storm Watch:** A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.

**Winter Storm Warning:** A winter storm is occurring or will soon occur in your area.

**Blizzard Warning:** Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

**Frost/Freeze Warning:** Below freezing temperatures are expected.



## ⇒ Prepare Your Home and Family

**Rock salt** to melt ice on walkways

**Sand** to improve traction

**Snow Shovels** and other snow removal equipment

**Prepare for possible isolation in your home** by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove. To extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.

**Winterize your house, barn, shed or any other structure that may provide shelter** for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm. Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing. Learn how to shut off water valves (in case a pipe bursts). Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow—or water.

**Keep fire extinguishers on hand**, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

**Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.**



## ⇒ During a Winter Storm

**Listen to your radio, television, or NOAA Weather Radio** for weather reports and emergency information.

**Eat regularly and drink ample fluids**, but avoid caffeine and alcohol.

**Conserve fuel, if necessary**, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.

**If the pipes freeze**, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).

**Maintain ventilation when using kerosene heaters** to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects. If you are outdoors

**Avoid overexertion when shoveling snow.** Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.

**Cover your mouth.** Protect your lungs from extremely cold air by covering your mouth when outdoors. Try not to speak unless absolutely necessary.

**Keep dry.** Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.

**Watch for signs of frostbite.** These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.

**Watch for signs of hypothermia.** These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected: get the victim to a warm location, remove wet clothing, put the person in dry clothing and wrap their entire body in a blanket, warm the center of the body first, give warm, non-alcoholic or non-caffeinated beverages if the victim is conscious, get medical help as soon as possible.





**Drive only if it is absolutely necessary. If you must drive, consider the following:**  
Travel in the day, don't travel alone, and keep others informed of your schedule. Stay on main roads; avoid back road shortcuts.

⇒ **Prepare your car**

**Check or have a mechanic check the following items on your car:**

**Antifreeze levels** - ensure they are sufficient to avoid freezing.

**Battery and ignition system** - should be in top condition and battery terminals should be clean.

**Brakes** - check for wear and fluid levels.

**Exhaust system** - check for leaks and crimped pipes and repair or replace as necessary. *Carbon monoxide is deadly and usually gives no warning.*

**Fuel and air filters** - replace and keep water out of the system by using additives and maintaining a full tank of gas.

**Heater and defroster** - ensure they work properly.

**Lights and flashing hazard lights** - check for serviceability.

**Oil** - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.

**Thermostat** - ensure it works properly.

**Windshield wiper equipment** - repair any problems and maintain proper washer fluid level.

**Install good winter tires.** Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

**Maintain at least a half tank of gas** during the winter season.



**Place a winter emergency kit in each car that includes:**

- ⇒ A shovel,
- ⇒ Windshield scraper
- ⇒ Small broom
- ⇒ Flashlight
- ⇒ Battery powered radio & extra batteries
- ⇒ Water & snack food
- ⇒ Matches
- ⇒ Extra hats, socks and mittens,
- ⇒ First aid kit with pocket knife,
- ⇒ Necessary medications,
- ⇒ Blanket(s),
- ⇒ Tow chain or rope, road salt and sand, booster cables, emergency flares, fluorescent distress flag



⇒ **Dress for the Weather**

**Wear several layers** of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.

**Wear mittens**, which are warmer than gloves.

**Wear a hat.**

**Cover your mouth** with a scarf



⇒ **If a blizzard traps you in the car:**

**Pull off the highway.** Turn on hazard lights and hang a distress flag from the radio antenna or window.

**Remain in your vehicle where rescuers are most likely to find you.** Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close, but be too far to walk to in deep snow.

**Run the engine and heater about 10 minutes each hour to keep warm.** When the engine is running, open a downwind window slightly for ventilation and periodically clear snow from the exhaust pipe. *This will protect you from possible carbon monoxide poisoning.*

**Exercise to maintain body heat, but avoid overexertion.** In extreme cold, use road maps, seat covers, and floor mats for insulation. Huddle with passengers and use your coat for a blanket.

**Take turns sleeping.** One person should be awake at all times to look for rescue crews.

**Drink fluids to avoid dehydration.**

**Be careful not to waste battery power.** Balance electrical energy needs - the use of lights, heat, and radio - with supply.

**Turn on the inside light at night** so work crews or rescuers can see you.

**If stranded in a remote area**, stomp large block letters in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.

**Leave the car and proceed on foot - if necessary** - once the blizzard passes.





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## Making a Difference on the Flathead Indian Reservation

MSU Extension is an equal opportunity/affirmative action provider of educational outreach.

December 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	<b>Closed</b> 25	<b>Closed</b> 26
<b>Closed</b> 27	28	29	30	31	<b>Closed</b> Jan 1	

**MSU's Resource on the Flathead Indian Reservation**