

On being a farm wife - And other hazards

Joyce Bupp



Want to live longer, feel better, look more alert and alive and be generally, all-around healthier?

Exercise. From high blood pressure to osteoporosis, heart disease to overweight problems, exercise (and eating the right foods) can have a profound improvement on a person's health.

Keeping that in mind, I've been debating calling up one of the numerous local fitness centers to work out a workout program.

But, first off to help with the barn chores and get them out of the way.

A couple of five-gallon buckets of milk wait in the milk house. One in each hand, I slip, slide and slither across the ice up the grade to the calf barn, heist each heavy bucket and dump it into the large storage cans for holding calf milk. It takes a couple of trips, but finally the milk supply is replenished.

Maybe when I call that spa, I oughta check out working with weights.

All the heifer feed supplies are used up. Bags - 100 pound jobs - of their grain mix are stored up above in the top part of the old bank barn. Up another slippery grade. Wrestling with the bags, their contents stiff from the cold, I finally maneuver one onto the ancient bag truck and jockey the load around piles of snow pushed back off the road. Just a little more pushing and tugging the the bag is set in place in the feedway.

(Don't get me wrong. One of the men would do this if I asked - but somehow I can never find anyone right at the moment when I need feed.)

Calves are also out of feed. Make that another trip back up the slope for more supplies.

Maybe an aerobics class is what I really should look into.

Meanwhile, the heifers' pens need bedded with straw and the hay supplies dropped down earlier are used up, too. Back up the old slope again and into the hay mow.

Toss down bales from the mow, then heave them through the hay hole down into the alley below. Trot back down the slope, stack bales in numerous spots for later

use, toss straw around pens and finish spreading hay in hayrack. Fight off two friendly, 500-pound pet heifers who want to play tag. Duck as I pass the steer pen so they don't yank my hat off my head again.

Maybe just taking up jogging would be simpler.

Fountains frozen again. Back to the hot water spigot, run buckets of water, shinny over pen gates with buckets slopping down over my

knees. Thaw fountains. Carry hot water to frozen buckets outside, immerse buckets in warm water, jump on buckets to dislodge ice packs and refill with fresh water.

Chase, catch, halter and retrieve busybody heifer who slipped from pen when being bedded.

On second thought, scratch exercise idea for today.

I'll make an appointment after I rest up. Tomorrow.

Bucks Co. 4-H leaders recognized for service

DOYLESTOWN - Combining efforts for over 125 years of service to the Bucks County 4-H program, the following volunteer adult 4-H leaders were recognized at the 1984 Bucks County 4-H Awards Program.

Receiving the Award of the Silver Clover for five years of leadership service are: Diane and Larry Bray, Washington Crossing, leaders in Edgewood 4-H Club; John Fillippi, Southampton, leader in Richboro 4-H Club; June Gill, Langhorne, leader in Prairie Stompers 4-H Club; Helen Joerger, Churchville; leader of Clothing Pilot Project; and David J. Montgomery, Doylestown, leader in Buckingham 4-H Club.

Also, being recognized for five years were: Karen Moss, Perkasee, leader of Danboro 4-H Club; Philipi Rodell, Southampton, leader in 4-H Sheep Committee; Paula Scheetz, New Britain, leader

in Hilltown 4-H Club; Janis Sullivan, Bedminster, leader of Prairie Stompers 4-H Club; and Sally Wiley, Furlong, leader in Buckingham 4-H Club.

Receiving the Award of the Gold Clover for ten years of leadership service are: Diane Ash, Newtown, leader of South Horse and Pony 4-H Club, and Chuck Kroll, Doylestown, leader of Buckingham Valley 4-H Club.

Herman Bishop, Fountainville, leader of Hilltown 4-H Club was honored with the award of the Diamond Clover for twenty years of service.

Honored for thirty years of service to the 4-H program was Eugenia Howes, Newton. Mrs. Howes received the Ruby Clover Award. She is presently a member of the Bucks County 4-H Development Committee and had been a leader of the Wrightstown 4-H Club.

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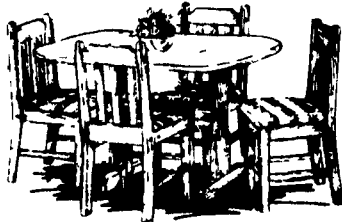
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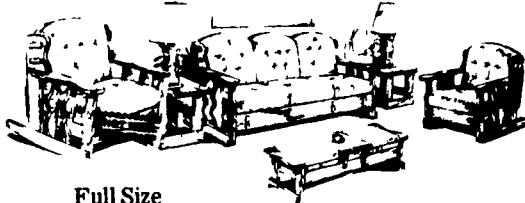
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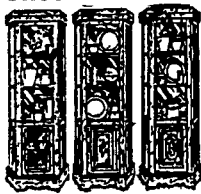
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