



Announcements

NOVEMBER

2-3 Washington State Sheep Producers Annual Convention, Moses Lake, Best Western Lake Front Hotel. Educational seminars will address "Alternative Feed and Management Strategies to Improve Profitability". 4-H and FFA youth producers, agency representatives, agriculture educators, and fair/show representatives are invited to participate. For more information or to register, call WSSP at 509-968-9320 or email wssp@fairpoint.net.



7-10 Beef Quality Assurance (BQA) Training & Washington Cattlemen's Annual Convention, Red Lion Hotel, Pasco, WA. Pfizer Cattlemen's College BQA 2007 on Wednesday will include a classroom session and a chute side demonstration at Simplot. Registration is \$10 and includes BQA certification, bus ride to Simplot, and a bottle of DECTOMAX.



Convention events begin at 8:00 a.m. on Thursday. For complete information on the

BQA training or the WCA Annual Convention, contact WCA at 509-925-3004 or visit <http://www.washingtoncattlemen.org/>.

13-14 Pesticide Recertification Training, Pasco, WA., TRAC Facility. See <http://pep.wsu.edu> for agenda and registration information. Seating is limited. Registration opens at 8:00 a.m. Classes are from 8:30 a.m. to 3:30 p.m.

14 Pesticide Recertification Training in Spanish, Pasco, WA., TRAC Facility. See above.

17 FREE Animal Judging Clinic, Waitsburg Fairgrounds beginning at 9 a.m. You will learn how to judge the conformation of horses, beef, Dairy, swine, sheep, and goats. 4-H and FFA member, leaders, parents, and any other interested persons are invited to attend. For more information, contact Jim Burres at 337-6545 or WSU Extension, Walla Walla, 509-524-2685 or meagon@wsu.edu.

18 4-H Achievement Night, Walla Walla County Fairgrounds Community Building, Sunday at 5:00 p.m. Come join us to celebrate the achievements of our 4-H youth. Come early to see all of the silent auction items. Bring a hot dish and a salad or dessert, serving utensils, plates, and silverware for your family and guests. Coffee and punch are provided.

If you would like to donate an item or a service to the 4-H silent auction, please bring it to the WSU Extension office at 328 West Poplar Street by November 12. No used items, please.

23-24 Dayton's Christmas Kickoff

Santa, hay rides, wine tasting, Victorian Christmas at the Depot and fireworks
<http://www.historicdayton.com/>



DECEMBER

1 Holiday Market, Walla Walla, 4th & Main, 9 a.m. – 3 p.m. A holiday Farmer's Market with a special visit from Santa.

5 Last Chance Pesticide Recertification – 3 credits, Walla Walla County Extension office, 9 a.m. to noon, Wednesday. No need to pre-register; \$15 at the door.

Recertification classes are also available online at <http://pep.wsu.edu/RecertOnline.html>. You may enroll for one course or several. Each class costs \$10 and is good for one recertification credit.

JANUARY

9 Farm Succession Planning Workshop, Walla Walla Regional Airport. This is the third session in a series but newcomers are welcome and will benefit greatly. Topic include:

- What you need to ask an attorney (with a check list)
- "Who gets grandma's yellow pie plate?"
- What happens when there is an unexpected death?
- Real life situations with coaches

Please pre-register by Monday, Jan. 7. \$20 registration fee includes dinner.

23 Cereal Grain Seminar, Walla Walla Elks Lodge. Pesticide recertification credits available. Information to follow in January newsletter.

Updates

WEST NILE NEWSLETTER CHANGE

The Washington Dept. of Health *West Nile Virus* newsletter has been replaced by the *Zoonotic Disease Newsletter*, which can be accessed at <http://www.doh.wa.gov/ehp/ts/Zoo/zdnewsletter.html>. This newsletter has good up-to-date information on the spread of West Nile Virus, a potentially deadly disease of horses and humans. It also covers other diseases that can be transmitted to humans from animal.

Farming & Livestock

2007 CENSUS OF AGRICULTURE

Conducted every five years by the U.S. Department of Agriculture, the census is a complete count of the nation's farms and ranches and the people who operate them. The census looks at land use and



ownership, operator characteristics, production practices, income and expenditures and other topics. It provides the only source of uniform, comprehensive agricultural data for every county in the nation.

According to National Agricultural Statistics Service (NASS) administrator Ron Bosecker, "Policy-makers use census data for decisions concerning agricultural and rural programs. Community planners use census information to target delivery of local services. Companies rely on census data when determining where to locate their operations. And farmers themselves look at census data when deciding to make changes in their production strategies."

NASS will mail out census forms on Dec. 28, 2007, to collect data for the 2007 calendar year. Completed forms are due by Feb. 4, 2008. Producers can return their forms by mail or, for the first time, they have the convenient option of filling out the census online via a secure Web site.

For more information about the 2007 Census of Agriculture, visit www.agcensus.usda.gov.

CATTLE PRODUCERS SHOULD PREPARE FOR MANDATORY COOL

The long-delayed mandatory Country of Origin Labeling (COOL) law appears to be likely to take effect on or before the scheduled date of September 30, 2008. Although nothing is final yet, full implementation may affect some or all of the 2007 calf crop and certainly will affect the 2008 calf crop. Producers should start thinking about how they will comply with the law.

Some details may change with the final rule but the general requirements of the law are clear. The proposed final rule states "Any person in the business of supplying a covered commodity to a retailer, whether directly or indirectly, must maintain records to establish and identify the immediate previous source (if applicable) and immediate subsequent recipient of a covered commodity, in such a way that identifies the product unique to that transaction by means of lot number or other unique identifier, for a period of 1 year from the date of the transaction."

Producers should think about whether they have records that will meet these requirements, whether new records are needed and how those records must be organized and maintained to be available as required.

It is likely that many cow/calf producers already have the majority of records needed to prove the origin of the calves they sell although some reorganization of those records may be needed.

Stocker producers, however, face a greater challenge to be able to trace animals from a variety of purchasing sources to subsequent marketing groups after the commingling that is so typical and necessary for stocker production. Some sort of individual animal ID, although not mandated by this law, is likely to be the only feasible way for many stocker operations to be able to maintain records of animal origin.

Feedlots and packing plants will likewise need detailed records to maintain a complete chain of identification through the marketing system, especially during meat fabrication when pieces of animals are commingled in boxes of beef.



Although the details are not finalized yet, it is time for producers to begin planning for implementation of mandatory COOL.

Source: *Derrell S. Peel, OSU Extension Livestock Marketing Specialist*

CATTLEMEN'S LIBRARY ONLINE

The Western Beef Resource Committee, composed primarily of Extension beef specialists for the western states, produces a Cow-Calf Management Guide & Cattle Producer's Library, a collection of hundreds of articles on beef production. The WBRC has authorized Colorado State University to provide this library at <http://csubeef.com/>. To access the publications, one must register (for free) with a username and password. The full print version is still available for purchase at

<http://www.avs.uidaho.edu/wbrc/order%20form.htm>

Three fact sheets addressing winter feeding issues include: *Alfalfa for Beef Cows*, *Evaluating Your Herd's Needs for Supplemental Nutrients*, and *Fundamentals of Supplementing Low-Quality Forage*.

4-H



The Walla Walla 4-H Youth Program was well represented at the State 4-H Fair in Puyallup in September. Fifty-eight still life items were shipped to be exhibited and 15 youth traveled to Puyallup and participated in State Fair contests.

Special merit ribbons were given to Roxana Acock and Heather Fogarty for their 4-H presentations, to Jeff Ladderud for his photo exhibit, and to the Barnyard Champs 4-H Club for their community service display. Cristina Sosa placed third in her division for the state rabbit judging contest; and the intermediate division team of Mathew Zimmerman, Megan Evans, Rachel Heitstuman, and Taylor Skramstad received the reserve champion award for the foods judging contest. Roxana Acock received the Senior division, Reserve Grand Champion award for the State Fashion Revue contest and Michaela Nordheim received the Intermediate division, Outstanding Construction award for the State Fashion Revue contest."

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.



WSU Learning Center

WSU Pullman main campus offers world class undergraduate degrees in 245 fields of study, and nationally and internationally acclaimed graduate degrees in 70 fields of study. For more information visit www.wsu.edu or call or visit the WSU Learning Center at:

Walla Walla Community College
500 Tausick Way — Rm 73
Walla Walla, WA 99362

Cynthia Selde, Coordinator

Phone 509-529-5959 or email cselde@wsu.edu

WSU Tri-Cities provides access to a college education for students who cannot relocate because of family or job responsibilities.

Students can complete their bachelor's degree or earn a master's degree from WSU at the Tri-Cities campus. WSU Tri-Cities offers an array of programs, from business to science, nursing to agriculture, humanities to engineering, education to environmental science.

For more information, phone 509-372-7250 or visit <http://www.tricity.wsu.edu>

Master Gardeners

Would you like to become a Master Gardener? The Extension office is taking applications for the 2008 class which begins the end of January.



WSU Master Gardeners are university-trained volunteers who serve as educators in their communities. Classes are held at WSU Tri-Cities in Richland on Tuesday afternoons for sixteen weeks. Topics include plant science, soils, sustainable gardening, integrated pest management, pesticides, weed management, lawns, vegetable gardening, tree fruits, ornamentals, pruning, and plant problem diagnosis.

In return for their training, new Master Gardeners are required to complete 50 hours of volunteer service to the Master Gardener Program in Walla Walla County between the months of January and October.

For more information or to pick up an application, contact the WSU Extension office at 328 West Poplar Street in Walla Walla, 509-524-2685 or email meagon@wsu.edu.

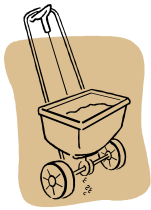
WSU EXTENSION NEWSLETTER
PUBLISHED 4-6 TIMES ANNUALLY
VOLUME 2007, NO. 6
WSU EXTENSION
WALLA WALLA COUNTY
328 WEST POPLAR
WALLA WALLA, WA 99362

Postmaster send address changes to:
WSU EXTENSION
328 WEST POPLAR
WALLA WALLA, WA 99362

Home & Garden

FALL LAWN CARE

Don't store the mower and water sprinkler in the shed just yet. Even though top growth slows, lawn grass roots are building up food reserves. The last application of fertilizer in the fall is the most important of the year. Roots will continue growing and taking up fertilizer until the ground freezes. By helping roots grow before winter sets in, you are insuring that the lawn will green-up quicker in the spring and become more resistant to disease and draught.



A top quality, slow-release nitrogen fertilizer formulated for fall application with an N:P:K ratio of 3:1:2 up to 5:1:2 is recommended when selecting fertilizer materials. The fertilizer 18-6-12 is an example of a 3:1:2 material. When using organic fertilizers, apply earlier in the Fall while microbes are still active enough to break down the fertilizer for plant use.

Be sure to give your lawn a quarter- to a half-inch of water after spreading fertilizer to get the material into the ground where it can be used by plants.

The benefits of fall fertilization can be stretched even further into the following season by returning grass clippings to the lawn. Grass clippings break down quickly returning nitrogen in a natural, slow release form that avoids fast top growth and heavy mowing chores.

Next to not fertilizing, the most neglected aspect of fall lawn care is not watering the grass after the end of summer. Watering is important in the winter months when there isn't adequate rainfall or snow cover if the air temperature is above freezing and the soil isn't frozen. You need to provide moisture to the crown and roots of the plants to counteract the drying effects of winter winds.


For the final mowing of the season, lower the cutting height to about two inches. This prevents the grass from becoming long enough to lay over on itself under extra wetness or snow resulting in matting that sets up conditions favorable for diseases to develop.

Be sure to remove leaves from your lawn on a regular basis as well. A heavy layer of leaves can mat on the lawn, especially when wet, and smother the grass. But once the bulk of the fallen leaves have been raked off and composted, the final scattered leaves



can be shredded with a mulching mower. Left on the lawn with finely chopped grass clippings, the leaves will slowly decompose and add organic matter to the soil.

FALL GARDEN CHORES LIST

- ✓ Winterize lawn mowers by scraping off all dirt, rust and accumulated grass. Remove the sparkplug and drain out excess oil and gasoline. Replace the oil and store lawn mower in a dry place.
- 
- ✓ Clean, oil and mend all hand tools. Sand if necessary and repaint handles or identification marks that have faded over the summer. Sharpen all blades and remove any rust.
 - ✓ Drain, coil, tie and store hoses in a basement or cellar out of freezing temperatures. Scrub clay pots, birdbaths and other portable garden ornaments with a 10 percent bleach solution, dry and store inside.
 - ✓ Give extra water to evergreen shrubs and trees before the ground freezes to prevent winter burn.
 - ✓ Adopt good orchard practices, even if you have only a few fruit trees in your yard. A good control program will include the destruction of harboring places for insects and diseases:
 - Remove and destroy all dropped fruit.
 - Rake and dispose of apple and cherry leaves.
 - Prune and destroy all dead or diseased limbs, branches, and twigs.
 - ✓ Prepare the vegetable garden for winter by tilling crop debris into the garden or putting it in the compost pile. Dispose of diseased plant material unless the compost pile is hot enough to kill disease organisms. Fall tilling or plowing in the organic matter can benefit the garden by improving soil structure. It also disrupts the life cycle of many pests, exposing larvae and pupae to winter cold.
 - ✓ Add "green manure" to your garden. Plant a [cover crop](#) such as winter rye or vetch to add organic matter to the garden in the spring and to reduce winter and spring weeds. Till under in the spring before any of the plants start to flower.
 - ✓ Protect branches on loosely branched evergreen shrubs such as arborvitae and yews from heavy snow and ice build-up. Tie the branches up with twine.

- ✓ Remove mulch and tall weeds from near fruit trees and woody shrubs to discourage mice from hiding there and eating the bark. Mice damage can cause branches or entire plants to die the following summer.

Source: WSU Extension, Spokane County

Food \$ense



The WSU Food \$ense Program has added a new educator to teach nutrition education to school children in Walla Walla County. Dee Haun joined the Food \$ense team in October. As a graduate of EWU in Physical

Education and a former PE teacher in Prescott schools, Dee brings important new skills to Food \$ense. These skills allow us to fine tune programming, which adds more emphasis on physical activity as part of good health.

Currently, WSU Food \$ense educators provide classroom and PE-based lessons which emphasize the Food Guide Pyramid and the relationship of physical fitness to good health.

The statewide program is funded by a grant from the USDA. Target schools are those providing 50% or more free/reduced lunch. Adult programming is targeted to food stamp eligible adults.

For more information on the WSU Food \$ense program, go to www.nutrition.wsu.edu and click on Food \$ense.

Family Living

BE FOOD SAFE



Foodborne illness is a serious public health threat and all of us are susceptible. Each year, approximately 76 million cases of foodborne illness occur in the United States alone, according to the Centers for Disease Control and Prevention.

Of those cases of foodborne illness, more than 325,000 people are hospitalized and approximately 5,000 people die – that is almost 13 people every day.

From farm to table, we all have a role in keeping our food safe. The last line of defense against foodborne illness is in our own kitchens. Be food

safe, follow the four basic safe food handling behaviors: clean, separate, cook, and chill.

Clean – Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

Separate – Keep raw meat and poultry apart from foods that won't be cooked. Use different cutting boards for meat, poultry, seafood, and veggies.

Cook – You can't tell it's done by how it looks! Use a food thermometer to be sure meat and poultry have reached a safe minimum internal temperature.



- Poultry should be cooked to 165 °F.
- Pork should be cooked to 160 °F.
- Ground beef should be cooked to 160 °F.
- Egg dishes should be cooked to 160 °F.
- Steaks & roasts should be cooked to 145 °F.
- Fish should be cooked to 145 °F.

Chill – Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below to keep bacteria from growing.

So, the next time you are cooking up something in the kitchen – whether you are preparing for a large dinner party, feeding your family, or fixing yourself a snack – remember to clean, separate, cook, and chill –so you and your family will *Be Food Safe*.

For more information, visit <http://www.fsis.usda.gov> and select food safety education.

EFFECTIVE AND SUCCESSFUL PARENTING

Making mistakes is part of parenting, but we have to learn from them to become successful parents. Research on successful parenting summarized by the National Institute of Child Health and Human Development (NICHD) suggests that being a successful parent means being effective, consistent, active and attentive. As an effective parent, your words and actions influence your child the way you want them to be. A consistent parent is one that follows similar principles or practices in words and actions. An active parent participates in the life of his or her child, and an attentive parent pays attention to his/her child's life to know what is going on. According to the NICHD research summary, parents have to respond, prevent, monitor, mentor, and model behaviors in day-to-day parenting activities to become successful parents

Parental Responsiveness. It means not only giving your child attention, but ensuring that you are responding to your child, not reacting; and that your

response is appropriate to the child's age, the situation, physical and emotional needs of the child, and not too late. To respond appropriately also means that you take some time to think through things before you speak, do anything, or make a decision.



Build a strong but flexible bond of trust between you and your child; a bond that can stand up to difficult times, but flexible enough to survive changes. As a parent, ask yourself do my words get across what I am trying to say? Do my actions match my words? Do I know the reasons for my child's actions or behavior? Am I being a consistent parent?

Prevention of Problems. Prevention involves not only saying no or stop, but spotting possible problems before they arise, and knowing how to work through problems. To be able to spot problems you have to be involved in your child's life. Being involved helps you know how your child usually thinks, feels, and acts and will help you to notice when things begin to change. Also, set realistic limits and enforce them consistently, and create healthy ways for your child to his/her express feelings.

Know how to work through a problem when it arises, and understand that each problem is different, and how you solve them may also differ. If you feel overwhelmed talk to other parents, a friend, or relative. Admit when a problem is more than you can handle alone or requires special expertise, and get outside help.

Parental Monitoring. As a monitor you pay attention to your child and his/her surroundings, friends and peers. You also ask questions, make decisions, set limits, and encourage your child's positive choices when you aren't there. To be an effective monitor means being able to determine and know who your child with is; where your child is; what your child doing is; when your child will be home or leaving home; and how your child will get there or get home?

As a monitor, open lines of communication when your child is young and keep them open. Tell your child the thoughts and ideals you value and why. Know what your child is watching, reading, playing, or listening to. You also have to ask "Am I being flexible?"

Parental Mentoring. A mentor is someone who provides support, guidance, friendship, and respect to a child. As a mentor you help your child learn more about him/herself, how the world works, and his/her role in that world, and you also support your child as he/she learns.

As a mentor be honest about your own strengths and weaknesses; your child can benefit from hearing about your mistakes. Respect your child's thoughts and opinions without judging them. Support your child's interests and strengths, but don't force things. Introduce your child to things that you like to do. This is a useful way for your child to learn more about you. Also, try not to be judgmental of your child.

Parental Modeling. Being a model means that you use your words and actions as examples that show your beliefs, values, and attitudes in action for your child every day. As a model you may want to: "do as you say and say as you do" because children want to act like their role models, not just talk like them.

You also want to show respect for other people, including your child; be honest with your child about how you are feeling; make sure your child knows that being angry does not mean not loving; and pinpoint things that you wouldn't want your child's role model to do, and make sure you aren't doing them. Some thoughts to consider: are you being a positive role model? In sum, be sure your words and actions match, and that you are being honest with yourself about your own actions.



Godwin S. Ashiabi, Ph.D., Human Development Specialist, University of Missouri ExtensionMissouriFamilies eNewsletter 10-1-2007 <http://missourifamilies.org>

WASHINGTON STATE UNIVERSITY
WALLA WALLA COUNTY EXTENSION

Washington State University Extension helps people develop leadership skills and use research-based knowledge to improve their economic status and quality of life.

Debbie M. Moberg

Debbie M. Moberg
County Extension Director

Helping You Put Knowledge To Work

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.