



Announcements

MARCH

10 Free Pesticide Disposal Sign Up Deadline

Sign up with WSDA for free disposal of most agricultural or commercial grade pesticides on April 23 near Dayton. Contact WSDA toll free 1-877-301-4555, select option 1, then option 5 or email wastepesticide@agr.wa.gov.

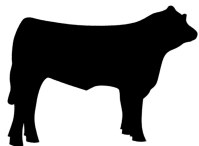
12 Eastern Washington Blueberry Workshop,

Prosser, WA, WSU-IAREC. FREE sessions on marketing, pest management, and production practices with up to 3 WA Pesticide License Recertification credits. Workshop is designed for Washington blueberry growers and industry representatives east of the Cascades. To register or for more information, call Tom Walters at 360-848-6124 or email twalters@wsu.edu.

14 Super Saturday, Walla Walla, Pioneer Middle School, 8:30 a.m. – 3:00 p.m. Youths, teens, parents, and 4-H leaders are welcome. You do not have to be in 4-H to attend but you must be in first grade or above. See 4-H section below for details.

14 4-H & FFA Youth Beef Field Day, Lewiston Livestock Market, 9:30 a.m. to 2:30 p.m. Registration due March 6 with a \$6 fee per person. Pizza and pop will be provided for lunch. Topics include health care, quality assurance, feeding & nutrition, selection, judging, and fitting & showing. For information or registration, call Kerry Sanford 208-799-3096 or Mark Heitstuman at 509-243-2009.

23 Beef Information Day, Walla Walla Community



College Water & Environmental Center and Clarkston Branch of WWCC, 8:30 a.m. to 4:30 p.m.
Providing Tools to Help Cattle Producers Weather Tough

Economic Times. Lunch will be provided. Submit registration and \$15 fee to WSU Extension, 328 West Poplar, Walla Walla, WA 99362 by March 20. Registration forms are available online at <http://wallawalla.wsu.edu> or at the Extension office. For more information call 509-524-2685 or dmoberg@wsu.edu.

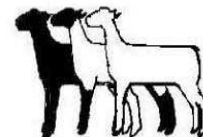
28 4-H & FFA Youth Sheep & Goat Field Day, Asotin County Fairgrounds, 9:30 a.m. to 2:30 p.m. Registration due March 20 with a \$6 fee per person. Pizza and pop will be provided for lunch. Topics include health care, quality assurance, feeding & nutrition, selection, judging, and fitting & showing. For information or registration, call Kerry Sanford 208-799-3096 or Mark Heitstuman at 509-243-2009.

APRIL

9 Grazing Management, Walla Walla, Knights of Columbus Hall, 7:00 p.m. Walla Walla County Cattlemen's Association is sponsoring Doug Warnock, former Kittitas County and Walla Walla County Extension Agent. The public is welcome to attend.

MAY

16-17 Northwest Lamboree, Goldendale, WA, Klickitat County Fairgrounds. This workshop is for 4-H/FFA sheep project youth, adult leaders, commercial producers, fiber artists, and anyone interested in any aspect of the sheep industry. More information to follow in the next newsletter.



16 Klickitat County Beef-O-Rama, Goldendale, WA, Klickitat County Fairgrounds. Primarily for 4-H/FFA beef project youth, leaders and adults, but anyone interested in the beef industry is welcome. More information to follow in the next newsletter.

16 Klickitat County Porkapalooza, Goldendale, WA, Klickitat County Fairgrounds. Primarily 4-H/FFA swine project youth, leaders and adults, but anyone interested in the swine industry is welcome. More information to follow in the next newsletter.

19-20 Grass-fed Beef Grazing Conference, Richland, WA, Shilo Inn. This is a tentative date for the conference, more information to follow in the next newsletter.

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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

WSU EXTENSION PROGRAMS ARE TARGETED FOR LARGE CUTS.

In response to a request by the Washington Legislature to cut WSU by 12 or 18 percent, WSU is proposing reaching those targets by cutting “public service”- WSU Extension – by 49 percent or 75 percent.

If either of those cuts is actually implemented, WSU Extension will no longer be in a position to serve the people of Washington, at a time when people will be in the greatest need of assistance.

- County Extension offices, regional research and Extension centers, and learning centers may close.
- Programs such as Extension support for farmers, 4-H, Master Gardeners, and Nutrition Education may be eliminated or severely reduced.
- Extension employees, who contribute to local economies all over the state, may lose their jobs.

At this level of reduction, WSU would for the most part cease to be a land-grant university, leaving Washington as the only state in the union without a viable way to engage with local communities to improve economic conditions, quality of life and environmental health. Some of the state programs that may be lost are Integrated Pest Management, Water Management, Wheat Breeder Program, and Extension Specialists (tree fruit, vegetables, viticulture, oilseed, potatoes, grain, and other crops).

In an economy the experts describe as possibly being more severe than the Great Depression, the very worst thing WSU can do is eliminate its outreach and walk away from the people of the state. WSU Extension understands the need for budget reduction; however it is working to ensure cuts are more equitably distributed throughout the university. These cuts will have a snowball effect because every dollar WSU puts into Extension is leveraged three to four times with grants. These grant funds and the positions that go along with them may go away as well.

Rest assured that your Walla Walla County Extension staff will continue to work hard and leverage every dollar to maintain as many services possible no matter what the eventual budget outcome. Please contact me with any questions you may have. If you would like to contact individuals in Olympia or at WSU to inform them of the impact of severe Extension cuts would have on your community and family I have included the contact information below.

Sincerely,
Debbie Moberg-Williams
509-524-2685

Elson Floyd, President
floyde@wsu.edu 509-335-6666
Office of the President, WSU
PO Box 641048
Pullman, WA 99164-1048

Warwick Bayly, Provost and Executive Vice President
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PO Box 641046
Pullman, WA 99164-1046

To find your legislator’s contact information go to: <http://apps.leg.wa.gov/DistrictFinder/Default.aspx>

Updates

NASS THANKS AMERICAN FARMERS

The U.S. Department of Agriculture's (USDA) National Agricultural Statistics Service (NASS) received a record number of responses to the 2007 Census of Agriculture, NASS is giving thanks to all of those farmers and ranchers who fulfilled their responsibility by completing and returning their census forms.

Conducted every five years by the USDA, the census is a complete count of the nation's farms and ranches and the people who operate them. It provides the only source of uniform, comprehensive agricultural data for every county in the nation. This information is used by town planners, policy makers, agribusinesses and others to make important decisions that shape rural communities for future generations.

NASS published the 2007 Census of Agriculture on Feb. 4, 2009. For more information about the census, visit <http://www.agcensus.usda.gov>

ANTIBIOTIC STEWARDSHIP & BIOSECURITY TOOL KIT FOR DAIRY PRODUCERS

WSU Extension / College of Veterinary Medicine has an online tool kit that can help you prevent disease in your herd while preserving the effectiveness of antibiotics.

In order to preserve the effectiveness of the antibiotics we currently have, we should promote the practice of good antibiotic stewardship. This tool is intended to help evaluate your current practices and provide a few productive recommendations that you may be able to implement in your herd. Improve your antibiotic stewardship at <http://vetextension.wsu.edu/programs/bovine/stewardship/index.htm>

Farming & Livestock

ALFALFA GRAZING AND THE FEAR OF BLOAT



With hay costs high, there is much interest in grazing alfalfa. Grazing, instead of making hay, is a good management decision for some alfalfa and/or livestock producers. It may be a very bad idea for others.

Grazing alfalfa is not new. Alfalfa has been grazed since before Roman times. It is grazed by cattle, sheep, hogs, horses, camels, goats, ostriches, and other domestic animals as well as deer and many other wild animals.

Pure stands of alfalfa are frequently grazed. More often, alfalfa is grown in mixtures with grasses for pasturing. In some areas alfalfa is green chopped or fed as fresh long stems.

Most producers are at least somewhat reluctant to graze their alfalfa because of the possibility of losing animals to bloat. While the possibility of bloat is real when grazing most lush forages, it is particularly troublesome when grazing nearly all forage legumes. No alfalfa variety is less apt to cause bloat than another.

Pasturing alfalfa during the late fall and winter is the safest grazing time when nearly all growth is frozen (brown). The most dangerous time for bloat is when recent growth has been frosted with spring and fall freezes.

Some of the most widely accepted ways to lessen the problems with bloat follow:

- Fill animals with dry grass or hay before grazing alfalfa.
- Provide a bloat preventative for several days before grazing alfalfa and continue for at least several more days.
- Closely watch cattle several times a day, at first.
- Give them a choice of eating dry feed or fairly mature grass when grazing alfalfa.
- Some producers use a "chronic bloater" in the herd as an indicator.
- Remove all animals from the alfalfa field at the first sign of bloat and watch them closely.
- Do not put hungry cattle on lush alfalfa.
- Do not begin early in the morning. Fewer problems occur when starting in the afternoon.
- Do not turn cattle onto alfalfa wet with dew. Wait until it dries completely.
- Do not graze alfalfa that is lightly frosted. This is probably the most risky time.



LIVESTOCK HANDLING TIPS

Here are a few tried-and-true tips for successful livestock handling:

1. Plan ahead. Any type of livestock handling or processing needs to be planned well in advance. Make sure your handling facilities are solid enough to hold your type of livestock and that they are in good repair.
2. Plan ahead. Thinking it through reduces the chance that workers will be running around the

day of processing, trying to take care of things that could have been done earlier.

3. Take your time. Processing and loading are not a race. Enough said.
4. Assign specific jobs ahead of time. Make sure all who are involved understand their jobs. Train, prepare and equip workers to do that job.
5. Keep it business. Livestock handling time is work time, not socializing time.
6. Keep the noise down. Animals respond better to quiet, deliberate activity on the handler's part, not jerky or loud activity.
7. Remember that "less is sometimes more". Two or three people who know what they are doing usually get the job done more efficiently and with less stress.
8. Train the animals. Take the time to ride through the herd occasionally on horseback or walk through on foot just to check the animals before they are ever worked. The same thing holds if you're working your livestock with dogs.
9. Skip the tough guy stuff. There is nothing sissy about low-stress handling. The animals, especially cattle and hogs will always have the upper hand in a contest of brawn over brains.
10. Stay calm. If you think you're going to lose it, step back, take a break and let someone else fill in for a few minutes.
11. See the world as your animals see it. Know their flight zone and point of balance. That allows you to outthink them.

A LONG, DIFFICULT DELIVERY OF A CALF AFFECTS REPRODUCTIVE PERFORMANCE

In addition to being the greatest cause of baby calf mortality, calving difficulty markedly reduces reproductive performance during the next breeding season. Cattle suffering from calving difficulty have been reported (Brinks, et al. 1973) to have pregnancy rates decreased by 14% and those that did become pregnant calved 13 days later at the next calving. Results from a Montana study (Doornbos, et al., 1984) showed that heifers receiving assistance in early stage 2 of parturition returned to heat earlier in the post-calving period and had higher pregnancy rates than heifers receiving traditionally accepted obstetric assistance. In this study, heifers were either assisted when the fetal membranes (water bag) appeared (EARLY) or were allowed to progress normally and assisted only if calving was not

completed within two hours of the appearance of the water bag (LATE).

Heifers that were allowed to endure a prolonged labor had a 17% lower rate of cycling at the start of the next breeding season. In addition, the rebreeding percentage was 20% lower than the counterparts that were given assistance in the first hour of labor. First calf heifers should deliver the calf in about one hour. The starting time is the first appearance of the water bag and ends with complete delivery of the calf. Mature cows, that have calved previously, should deliver the calf in about a half hour. *Prolonged deliveries of baby calves (in excess of 1.5 or 2 hours) often result in weakened calves and reduced rebreeding performance in young cows!*

Financial Fitness



CONTROLLING SPENDING

When the family faces reduced income, take immediate action to stop all excess spending. Whether your situation is temporary or extended, you need to get the most for your money.

1. Make a list of the family's *most important* expenses while you have less income such as rent or mortgage payments, insurance premiums, car payments, and installment debt.
2. Develop a family budget adjusting flexible expenses such as food, utilities, clothing, and household expenses to fit your income.
3. Stick to your spending plan. All family members need to work together to reduce spending.

Ask how spending can be reduced:

- Can we substitute a less costly item?
- How can we conserve resources and avoid waste?
- Can we trade or share resources with others?
- Can we save if we do it ourselves?
- Can we do without?

Some Money Saving Tips:

Food

- Plan meals and snacks for a week ahead, estimate the cost, and make a list of what you need to buy.
- Check food advertisements for good buys and use coupons.
- Go shopping as few times as possible and shop alone.
- Do not go grocery shopping when you are hungry.
- Use low-cost protein foods such as dry beans, eggs, peanut



butter, turkey, and chicken. Hamburger is often a good buy in red meats. Large roasts can be cut up and used in different ways for more than one meal. Stretch meats by using them in sauces or casseroles. Use slow cooking and/or marinating to tenderize less expensive cuts of meat.

- Use reconstituted nonfat dry milk for cooking instead of whole milk.
- Store cooked foods properly to make them last longer and use left-overs.
- Take advantage of free- or reduced-price school breakfast and lunch programs.

Utilities and Household Maintenance

- Maintain and clean your furnace and filters regularly.
- Find and fix air leaks around windows, doors, foundation, electrical outlets, exhaust fans, and attic openings.
- Adjust the thermostat setting by five degrees and compensate for comfort with clothing. Heating and cooling are the most expensive utility costs.
- Insulate ceilings, exterior walls, under floors, heat ducts, and hot water pipes. You may qualify for programs through your local utility company.
- Use energy efficient light bulbs and fixtures and turn off unused lights.
- Hang clothes to dry instead of using a clothes dryer.
- Take shorter showers.
- Limit long-distance phone calls and call when rates are lower.
- Drop cell phone plans or reduce plan costs if you will not incur additional fees.
- Give up cable or satellite television connections that increase your monthly bill.
- Learn to do simple home repairs yourself



Transportation and Upkeep

- Plan the use of your car(s) to reduce the amount of driving.
- Car pool or use public transportation when possible.
- Do your own vehicle maintenance.
- Walk or ride a bicycle for short trips.
- Re-evaluate car insurance policies to reduce your premiums.

Medical Expenses

- Maintain good health habits.
- Consider taking classes on first aid or baby care .
- Take advantage of public clinics and immunizations.

- Update medical insurance policies. See if you qualify for medical assistance.
- Ask your doctor to prescribe generic drugs.

Clothing and Personal Care

- Repair, alter, or swap used clothing with other family members or friends.
- Have children wear older, worn clothing for play.
- Compare price and quality of clothing you buy.
- Buy clothing that is easy to care for and follow care instructions.
- Do your own personal grooming, such as hair care and manicures.



Child Care

- Arrange your schedule so one parent is available to care for children while the other parent works.
- Form a baby-sitting co-op with other parents.
- Arrange car pools with other parents for children's activities.

Miscellaneous Expenses

- Reduce monetary giving and donate services instead. Make gifts instead of buying.
- Reduce or eliminate expensive habits such as smoking and drinking alcoholic beverages.
- Stop magazine or newspaper subscriptions when it is time to renew them. Use your public library.
- Set a reasonable amount for children's allowances.

Summary

Before buying an item, ask yourself the following questions:

1. Do we already own one?
2. Can we do without it?
3. Can we postpone its purchase?
4. Can we substitute something else that costs less?
5. Can we use our skills to make it?

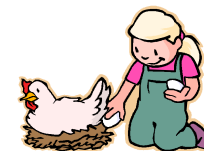
Source: eXtension See <http://www.extension.org/> for complete article.

4-H

SUPER SATURDAY

Improve your skills, meet new people, and explore new areas of interest. Youths, teens, parents, and 4-H leaders are welcome. You do not have to be in 4-H to attend but you must be in first grade or above.

Some of the classes offered this year include chicken care, square-foot gardening, 4-H Jeopardy, self defense/ karate, drawing & painting, market animals,



cat showmanship, photography, cooking, posters, beading, record books, leadership skills, and more! Most classes are free. For those classes requiring a small fee, prepayment is required at the time of registration. Youth scholarships are available in case of financial hardship. Some classes have age restrictions. Register early! Class sizes are limited and fill up on a first come (paid), first enrolled basis.

For more information, stop by the WSU Extension office, visit <http://wallawalla.wsu.edu>, call WSU Extension at 524-2685, or email bbryce@wsu.edu

Master Gardeners

PLANT CLINICS BEGIN SOON

Master Gardener clinics begin in April. Visit the Walla Walla Extension office on Tuesday from 2:00-4:00 p.m or Thursday from 9:00 -11:00 a.m. Bring in your home garden questions and problems and speak to a Master Gardener.

Problem plant samples may be left at any time during office hours and a Master Gardener will look at the specimen during clinic hours and contact the home owner.

Home & Garden

SNOW MOLD IN LAWNS



Snow mold is a fungal disease that appears in early spring as the snow melts. Symptoms first appear in the lawn as circular, straw colored patches when the snow melts in the spring. These patches continue to enlarge as long as the grass remains cold and wet. Grass within the patch often has a matted appearance and white, gray, or pink fungal growth.

Snow molds do not occur in the home lawn every year, but are most common during years when an early, deep snow cover prevents the ground from freezing. In most cases, the grass will resume healthy growth in the spring, even though damage may appear widespread at snow melt. Gently rake affected areas of the lawn in early spring to dry the surface and encourage renewed growth. Severely damaged turf may require plugging or overseeding to hasten its recovery. Fungicides are not usually recommended.

To minimize damage in future years:

- Avoid excessive applications of nitrogen fertilizer in the fall.
- Continue to mow the lawn until it is no longer actively growing. The taller the grass, the more

likely it will mat down and encourage snow mold development.

- Rake up leaves in the fall.
- Manage the thatch layer to avoid accumulations of more than ½ inch.
- Spread out large snow piles to encourage rapid melting.

Family Living

DOING FAMILY THINGS TOGETHER FOR LE\$\$

Take advantage of local public resources:

- Spend time together at the park or local community festival.
- Go for hikes or bike rides.
- Go for a family picnic.
- Go swimming at the local pool.
- Take advantage of free programs offered by the library, museums, and community bands or orchestras, or other free community events.
- Check out books, music, and videos for free from the library.



Find cheaper entertainment at home:

- Have a family game night.
- Rent or borrow movies, pop some popcorn, and have a family movie night at home.
- Bake or cook together as a family.
- Read stories to one another.
- Go on evening walks together.

Help your children learn new skills and ideas:

- Teach children how to garden.
- Teach children craft skills you enjoy and spend time doing these together.
- Teach children about issues that are important, such as politics, news, the environment, or others. Are there opportunities in the community to volunteer as a family for a cause you all believe in?

Source: eXtension

WASHINGTON STATE UNIVERSITY
WALLA WALLA COUNTY EXTENSION

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

Debbie Moberg-Williams

Debbie Moberg-Williams
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.