



Announcements



Thank you Walla Walla County Cattlemen for sponsoring our January

Newsletter! Walla Walla County Cattlemen are helping to pay the postage costs for this newsletter so that we can mail it out to you.

JANUARY

8 Dog Obedience Clinic, Walla Walla. Robin German's instruction includes the proper care of a dog and the use of basic commands for training your dog. Classes are held on Saturdays, Jan. 8 – Feb. 12. Fee is \$10 per dog when pre-registered by January 8. Late registration is \$25 if space is available.



Call Walla Walla Extension at 509-524-2685 or email meagon@wsu.edu for more information.

11 Cereal Grain Seminar, Walla Walla Regional Airport. Program topics include:

- WSU Variety Development & Testing
- Camelina as a Rotation Crop to Control Weeds
- Powerline & Pole Dangers
- CRP Weed Control
- Weed Control in Direct Seeding: What Works and What Doesn't
- Stripe Rust Update & Recommendations

Pesticide recertification credits have been requested for Washington and Oregon. Pre-registration is required by Friday, January 7. Fee is \$25 and includes lunch. More information and registration forms to follow at Walla Walla Extension office or online at <http://wallawalla.wsu.edu> Contact WSU Extension at 509-524-2685 or meagon@wsu.edu.

Jan 12 & 13 Washington State Hay Growers Association Conference, Kennewick, Three Rivers Convention Center. Register at <http://www.wa-hay.org> or call 509-585-5460. Speakers will discuss hay economics and production and the current hay market situation.

19, 20 Direct Seed Conference, CANCELED! Kennewick. For more information or to register, visit <http://www.directseed.org> or call 208-883-0190

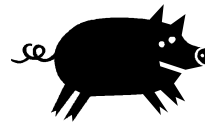
FEBRUARY

2, 3 Pre-License Pesticide Training, Moses Lake, 8:00 a.m. to 5:00 p.m. This WSU training focuses on 8 of the 26 WSDA exams. All exam categories will be available in the afternoon of the second day. You must pre-register at least 7 days prior to the course at <http://pep.wsu.edu/examrequest>.

For directions and training agendas, visit <http://pep.wsu.edu>; for registration questions call 509-335-2830 or email pest@wsu.edu; license information available at WSDA 877-301-4555 or <http://agr.wa.gov/PestFert/LicensingEd/default.htm>

16, 17 Pre-License Pesticide Training, Pasco, TRAC, 8:00 a.m. to 5:00 p.m. See February 2, 3 above for more information.

4 Swine Information Day, Pillar Rock, Moses



Lake, WA. This educational session will address critical and emerging swine production issues in the Pacific Northwest. Contact

Sarah M. Smith 509-754-2011, Ext. 413 or smithsm@wsu.edu.

23, 24 Pre-License Pesticide Training, Spokane, Mirabeau Park Hotel, 8:00 a.m. to 5:00 p.m. See February 2, 3 above for more information.

23-27 Northwest Flower & Garden Show, Seattle, Washington State Convention Center, 7th & Pike. See designer gardens and attend free hands-on demonstrations and seminars. For more information, visit <http://www.gardenshow.com> or call 253-756-2121.



Feb 28, March 1 Pre-License Pesticide Training, Colfax, WA McGregor Company University Inn, 8:00 a.m. to 5:00 p.m. See February 2, 3 above for more information.

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WALLA WALLA, WA 99362

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328 WEST POPLAR
WALLA WALLA, WA 99362

MARCH

1 Scholarship Applications Due

- Burgess 4-H Scholarship
- Blue Mt. Foundation 4-H Scholarships
- State 4-H Scholarship Applications

Contact WSU Extension at 509-524-2685 or meagon@wsu.edu for more information.

3,4,5,6 Sewing & Stitchery Expo, Puyallup Fair & Events Center, 110 9th Ave SW. Choose from

more than 100 daily seminars and hands-on classes and browse the booths over 200 exhibitors. Call toll free 866-554-8559 or visit <http://www.sewexpo.com>.



Updates

PESTICIDE RECERTIFICATION TRAINING

Locations & Dates for 2011:

January 24, 25 – Yakima Clarion Hotel
 January 31, Feb. 1 – Wenatchee Red Lion Hotel
 February 2, 3 – Moses Lake Big Bend Community College
 February 14, 15 – Moscow, ID University Inn
 February 16, 17 – Pasco TRAC, Holiday Inn Express
 February 23, 24 – Spokane Mirabeau Park Hotel

Classes are from 8:30 a.m.-3:30 p.m. for 6 credits (Washington and Idaho) For Oregon credits see http://oregon.gov/ODA/PEST/recertification_index.shtml. For detailed agendas, directions, and parking information, visit the website <http://pep.wsu.edu>.

Farming & Livestock

MINIMIZING HAY WASTE

—John Fouts, WSU Walla Walla County Extension

No matter how hay is packaged, if you waste it, you lose money. Below are some general rules that can help minimize waste during feeding.

- Feed hay in small amounts or in a feeder, rack or a "hay ring" so that livestock have less opportunity to trample and soil the hay. Waste will be reduced substantially if you intend to provide more than a day's worth of hay at one time (Table 1).



- Feed hay in well-drained areas. If you intend to feed hay in a single location all winter, then providing a footing such as crushed gravel or even concrete can help minimize problems with mud. Moving hay feeding areas around the farm to minimize the damage to any one area may be

even more cost effective. If feeding with snow on the ground, feed on fresh snow each feeding.

- Feed hay stored outside before hay stored inside. Hay stored outside usually has more spoilage during storage and lower palatability than hay stored inside. Cattle will waste a greater percentage of poor quality hay than they will of good quality hay. Animals fed high quality hay early in the season will often refuse poor quality hay when it is offered later.

Table 1. Estimated losses (% hay offered) from different hay feeding methods for cattle.

| Bale Type | With Rack | | Without Rack | |
|---|--------------|--------------|--------------|--------------|
| | 1-day supply | 7-day supply | 1-day supply | 7-day supply |
| small square bales | 3.9 % | 4.1 % | 6.7 %* | |
| large round or square bales | 4.9 % | 5.4 % | 12.3 %* | 43.0 % |
| formed haystacks | 8.8 % | 15.0 % | 22.6 % | 41.0 % |
| small round bales (fed in place on pasture) | | | 10.0 % | 30.0 % |

* *Slanted bar designs encourage animals to keep their heads in the feeder opening by providing some constraint. (Horses do not do well when fed with slanted bar feeders. They do not like to put their heads between the bars.)*

Hay should be fed from field mangers where appropriate. This will minimize hay waste and prevent the ingestion of dirt, sand, fecal material, and parasites. Hay feeders should be mounted or constructed to be chest high or slightly lower. Remember, horses and other livestock were designed to eat off the ground.

Studies have shown that cattle eating from cone and ring feeders were able to more closely mimic a grazing position than those eating from trailer and cradle feeders. Cows feeding from cradle feeders had nearly three times the antagonistic interactions (behavior resulting in displacement of another cow from the feeder) and four times the frequency of entrances compared to cows feeding from the other feeder types.

Producers most often feed large square bales in racks or bunks or they grind the bales for inclusion in a total mixed ration (TMR). As with big round bales, allowing cattle free access to these bales will increase waste mainly due to trampling. A good way to feed these bales is to place them in specially designed racks with solid bottom guards, use

collapsible racks or fencing that will limit access to the hay, or "flake" and scatter the hay on the pasture.

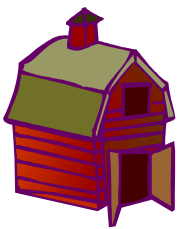
Small hay bales can be fed intact, in bunks or racks or spread throughout the field. Be sure to provide more feeding stations than the number of animals you are feeding so that the more timid animals get their share of the feed. The feeding behavior of horses requires that submissive or less dominant horses have access to hay away from dominant horses, so really spread out the feeding stations. This will also minimize trampling when antagonistic behavior is exhibited.

Feeding small hay bales is labor intensive but reduces waste if fed properly. Small square bales should be fed in bunks or racks whenever possible to minimize trampling and soiling losses. However, it is possible to distribute small square bales in daily amounts throughout a pasture without too much hay being trampled or wasted. This can be advantageous in that it further distributes manure throughout the pasture. Handling and feeding costs are two to four times more expensive than for large round bales



No matter what size hay package or feeding style you use, some hay will be lost or wasted. Proper feeding management minimizes these losses.

PREVENT BARN FIRES



Barn fires are devastating and almost always preventable. Take a tour through your barn and look for potential fire hazards. Even better, have your insurer or an expert from your local fire department walk through with you to identify hazards.

Some suggestions:

Keep heat & combustible materials well separated

- Forbid smoking in and near the barn and avoid the use of mechanical heat sources such as welders and propane torches.
- Park trucks, tractors or other farm equipment away from bedding, hay or litter to prevent the risk of engine heat, backfires or gasoline spills.
- Electrical problems such as frayed wiring or short circuits are among the most common igniters of barn fires. Keep use of electrical

appliances to a minimum and disconnect when not in use. Do not use extension cords. Overloaded electrical circuits can heat wiring to ignition levels. It is ideal to have wiring run through conduit and connected to circuit breakers. In wash stalls and other wet areas, install ground-fault circuit interrupters. Caged light bulbs and covered switches protect against accidental damage by livestock.

- Thoroughly clean barn interior, removing cobwebs, hay chaff, other refuse and unneeded items. Keep breezeways and alleys clear and uncluttered.
- Remove flammables such as pesticides, compressed gases, cleaning fluids and paints to a separate storage area where they should be stored in approved containers well away from heat sources.
- Clear shrubs away from buildings and keep grasses mowed. Keep dead vegetation from accumulating. Avoid highly flammable landscape plants such as Junipers that contain volatile oils in the foliage and tend to accumulate old, dead needles.
- Store hay and bedding in well-ventilated areas, preferably away from stabling areas. Be aware of the risk of spontaneous combustion in piles of wood shaving, manure piles and insufficiently cured hay.



Be prepared

- Select building materials with low flammability.
- Install a warning system – heat sensors may be more reliable in dusty barns than smoke detectors.
- A sprinkler system is very effective if properly installed and maintained. Although initially expensive, a sprinkler system can result in a discount on your insurance premium.
- Have at least a couple of portable fire extinguishers of the all-purpose dry-chemical ABC type available and maintained in the barn and know how to use them effectively. Be aware that fire extinguishers are useless against established fires but can be used at ignition. Even if you think you have extinguished a fire, always call the fire department immediately to prevent the chance of rekindling.

- Practice general ground handling and emergency procedures with your horse. Keep a halter and lead shank on or near every stall



- De-spook them by wearing a big hat and crinkly coat to simulate a fireman, practice covering their eyes while leading them, and approach your horse with a flashlight in a dark barn now and then to make it a familiar process.
- Know ahead of time where you will confine evacuated animals.
- Be sure a fire truck has year-round, clear right-of-way to your barn.



WASHINGTON ANIMAL AGRICULTURE TEAM

Visit the Washington Animal Agriculture Team website at <http://animalag.wsu.edu/> for current livestock marketing

information, newsletters, livestock health and nutrition, forages, quality assurance, water quality, and manure management as well as links to local Extension websites.

Financial Fitness

HOW TO CHOOSE A TAX PREPARER

Take the time to find a qualified tax professional. As a taxpayer, you are ultimately responsible for everything on your return no matter who prepared it. Here are eight tips from the IRS:

1. **Check the person's qualifications** Ask if the preparer is affiliated with a professional organization that provides its members with continuing education and resources and holds them to a code of ethics.
2. **Check on the preparer's history** Check to see if the preparer has any questionable history with the Better Business Bureau, check for any disciplinary actions and licensure status through the state boards of accountancy for certified public accountants; the state bar associations for attorneys; and the Office of Professional Responsibility for enrolled agents.
3. **Find out about their service fees** Avoid preparers that base their fee on a percentage of the amount of your refund or those who claim they can obtain larger refunds than other preparers.

4. **Make sure the tax preparer is accessible** Make sure you will be able to contact the tax preparer after the return has been filed, even after April 15, in case questions arise.
5. **Provide all records and receipts needed to prepare your return** Most reputable preparers will request to see your records and receipts and will ask you multiple questions to determine your total income and your qualifications for expenses, deductions and other items.
6. **Never sign a blank return** Avoid tax preparers that ask you to sign a blank tax form.
7. **Review the entire return before signing it** Before you sign your tax return, review it and ask questions. Make sure you understand everything and are comfortable with the accuracy of the return before you sign it.
8. **Make sure the preparer signs the form** A paid preparer must sign the return as required by law. Although the preparer signs the return, you are responsible for the accuracy of every item on your return. The preparer must also give you a copy of the return.

For more information, visit the IRS website <http://www.irs.gov/individuals/article/0,,id=133088,0.html>

Do you qualify for free tax preparation services? For more information, contact: Blue Mountain Action Council at 509-529-4980 or Walla Walla Senior Center at 509-525-8353, David Frasco.

Food \$ense



DAILY FRUITS & VEGETABLES

Incorporating fruits and vegetables into your daily food choices is as important in the winter months as the summer.

The function of these foods in the body makes these truly healthy choices.

Vitamin A in fruits is good for our skin, eyes, and hair. Vitamin C helps cuts and scrapes to heal, gives us nice pink gums, and helps fight colds and other kinds of sickness. These foods are also a good source of fiber, the scrubbing bubbles of your intestines!

Fruit can be eaten in many forms: fresh, frozen, canned, whole, sauce, and juice. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit is equivalent to 1 cup from the fruit group.

Aim for a variety of fruit but all provide good amounts of vitamins A and C.

Be especially careful when selecting fruit juices. Real fruit juice has 100% juice and no added sugar. Fruit drinks or beverages are high in sugar. *Juice drinks* will have 1% to 40% real juice. Read the labels to compare the amount of juice and sugar.

When shopping for fresh vegetables, look for deep, dark color. The vegetables with the darkest color are better for you. Eat more dark-green veggies, like broccoli, spinach, and other dark leafy greens and more orange veggies, like carrots and sweet potatoes. Pick vegetables that are in season, are firm, with no cuts or bruises. Frozen and canned veggies are healthy choices too.



Home & Garden

TEST YOUR SMOKE ALARMS

All homes should have smoke alarms, an escape route, and fire extinguishers on hand.

Testing our smoke alarms is one of the most important things we can do to protect ourselves and our loved ones. There should be a smoke alarm in every bedroom and on every level of your home. According to FEMA, smoke alarms should be tested at least once a month.

Replace batteries in all smoke alarms at least once a year. If an alarm “chirps”, warning the battery is low, replace the battery right away. A good time to change the batteries is at the same time you change your clocks to daylight savings time.

Read the homeowner booklet that came with your smoke alarm. Most need no other maintenance besides an occasional vacuuming of dust or cobwebs.

Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they are 10 years old. Replace sooner if they do not respond properly.

Smoke alarms are available for people who are deaf or hard of hearing. These devices use strobe lights. Vibration devices can be added to these alarms

Have ABC type fire extinguishers on each level of your home and know how to use them. The extinguisher should be easy to handle and needs to be maintained regularly. To use, remember **PASS**:



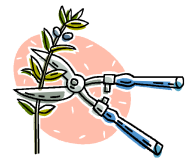
- P** – Pull the pin
- A** – Aim the nozzle
- S** – Squeeze the handle and
- S** – Sweep at the base of the fire.

Have an escape plan and practice the plan twice a year with the whole family. Be sure to know two ways out of your home and have a designated meeting place outside. Call 911 from a neighbor’s house after you have escaped. Never go back inside a burning building.

For additional information and more tips on fire safety, visit the National Fire Protection Association website at <http://www.nfpa.org/> If you would like to learn more about safety and emergency preparedness, log on to <http://www.ready.gov> or call your local fire department.

JANUARY/FEBRUARY GARDENING TIPS

- Consider using sand, kitty clay, or sawdust instead of salt to melt ice on walks and driveways to avoid damage to nearby plants.
- Heavy snow or ice that accumulates on shrubs can damage branches. Brush excess snow from evergreens with a broom but do not attempt to remove ice.
- Prune ornamental trees and shrubs while they are dormant. Remove damaged, crossing or crowded limbs. Don’t leave a stub but don’t cut flush with the trunk either. Be sure to leave the branch collar at the base of the limb so that the wound can heal properly.
- Prune fruit trees and grapes in late February or early March after the worst of the winter cold has passed but before spring growth begins.
- Do not walk or drive on a frozen lawn. Frozen grass is fragile and the crown of the plant may be severely damaged or killed.
- Move garden containers into the garage or basement to prevent damage during the cold weather. If containers are too large to move, cover them or turn them upside down to keep water from collecting and freezing.
- Did you keep a garden log last year? What worked well and what did not? Would a smaller garden be easier to keep up? Do you have a spot that needs some extra care or a revision? This is a great time to plan for a better garden in 2011.



- Look for new plant varieties that have improved insect and/or disease resistance especially if you have had problems in previous years. Try some of the new dwarf varieties if you are short on space. Order seed soon as some varieties may sell out early.
- Check stored bulbs, tubers and corms. Discard any that are soft or diseased.
- Clean, oil, and repair garden tools. Take your lawn mower in for maintenance to beat the spring rush.

Houseplants



- Turn and prune house plants regularly to keep them shapely. Pinch back new growth to promote bushy plants.
- Reduce fertilization over the winter but continue watering. Keep out of drafts and in a bright spot.
- Check all house plants closely for insect infestations. Quarantine gift plants until you determine that they are not harboring any pests.
- Winter heating makes inside air extra dry. Place house plant pots on trays lined with pebbles and filled with water to within one half inch of the base of the pot.
- Keep plants clean and leaf pores open by gently wiping or rinsing.
- To prolong bloom, protect poinsettias from drafts and keep them moderately moist.

Family Living

AGING, NUTRITION, AND FITNESS

At the age of 45, muscle mass begins to decline at a rate of about 1 percent a year. As muscle mass decreases, so does muscle strength making it more difficult to climb stairs, do chores, go shopping, or accomplish other activities.

Decreased physical activity is one of the key factors involved in age-related loss of lean muscle mass or sarcopenia. Although aerobic exercise such as running or swimming is great for the cardiovascular system and for keeping body fat levels low, it is not very effective in preserving lean body mass. However, resistance training (using weights, machines, bands, or other devices) has been shown to help preserve or increase muscle mass, no matter what your age. According to Centers for Disease Control, in addition to building muscle,

strength training can promote mobility, improve health-related fitness, and improve bone health. It can also help reduce the signs and symptoms of many chronic diseases, including arthritis.

Be sure to check with your doctor before increasing your physical exercise. Get into the habit of doing strength-training exercises two to three sessions a week for about 20-30 minutes. Ideally, you should perform 1-3 sets of 8-12 repetitions on a variety of exercises that work the major muscle groups.

For more information and a set of exercises to get you started, visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/physicalactivity/growingstronger/index.html>

AUDRY HEPBURN BEAUTY SECRET

(read at her funeral)

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.



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.