

Country Living Expo & Cattlemen's Winterschool 2009



Keynote Address:
"Just One More Thing Before You Go, Doc"

Dr. Greg Ingman
Chuckanut Valley Veterinary Clinic

Stanwood High School
7400 272nd St. NW
Stanwood, WA 98292

Saturday
January 31, 2009
7:30 AM - 5:00 PM

Country Living Expo and Cattlemen's Winterschool



Keynote Address:
**"Just One More Thing
Before You Go, Doc"**

Dr. Greg Ingman,
Chuckanut Valley Veterinary Clinic

Dr. Ingman grew up in Grays Harbor County where as a youth he was a nine-year 4-H member with projects in poultry, goats, horses, and cattle. After high school graduation, he attended Washington State University for three years of pre-veterinary curriculum and was accepted into the veterinary school.

After graduating from veterinary school in 1984 he and his wife Barb moved to Sedro-Woolley where he practiced for four years. In 1988 he started the current Chuckanut Valley Veterinary Clinic as a mobile large animal practice. The practice grew and expanded to include small animals in a leased facility on Pulver Road. Associates soon joined the practice and it outgrew the small leased facility and the current Chuckanut Valley Veterinary Clinic was built in 1996.

Dr. Ingman lives in Bow with his wife Barb and their three children Brock, Blake, and Haylie. He has recently taken up wake boarding and continues to improve his skills. Family pets include a Jack Russell Terrier named Tug, and a very special cat Me-No. He also raises dairy replacement heifers. Dr. Ingman is a member of the AVMA, WSVMA, and the American Association of Bovine Practitioners.

Dr. Ingman believes that it is very important to share his wonderful profession with youth. He has been active in the Burlington School Districts ACT's program for the past six years and has done several other local speaking engagements.

Source: <http://www.chuckanutvet.com/staff.html>. Used with permission.

**Classes will fill
QUICKLY,
so register early!**
Registration info
on page 9.

Saturday, January 31, 2009
7:30 AM - 5:00 PM
Stanwood High School
(Driving Directions on page 18)

Extension programs and policies are available to all without discrimination. Evidence of noncompliance can be reported through your local Extension office. To request disability accommodation contact us at least ten days in advance.

Event Schedule

7:30 - 8:45	Registration Trade Show Coffee and Pastries
8:45 - 9:00	Welcome
9:00 - 9:50	Keynote Address: "Just One More Thing Before You Go, Doc" Dr. Greg Ingman, Chuckanut Valley Veterinary Clinic
10:00 - 10:50	Session 1*
11:00 - 12:00	Session 2* or First Lunch
12:00 - 1:00	Session 3* or Second Lunch
1:10 - 2:10	Session 4*
2:20 - 3:20	Session 5*
3:30 - 4:30	Session 6*
4:30 - 5:00	Trade Show

**T
R
A
D
E
S
H
O
W**

**Open
all
day**

*See following pages for class titles and choices.

- You may attend up to 5 class sessions. (Lunch is offered during Session 2 or 3 so you should choose one class only from those two sessions, so that you may attend lunch in the other session.)
- Read class descriptions and select carefully: Some classes cover two sessions and require signing up for two parts (see page 3). Some classes are repeated.

Trade Show will include the
Spinners' Circle

Bring your wheel and join them!

Drop-in class-OPEN ALL DAY— Spinning Fiber into Yarn

Discover the joys of spinning! Stop in the Spinners Circle (located at the Trade Show) where Lois Fisher will have multiple wheels set up to give you a hands-on lesson, so come spin away! A great way to be inspired for your next crafting project.



Thank you for sponsoring free attendance for 200 youth to the Country Living Expo and Cattlemen's Winterschool. Your interest and investment in our youth is "Advancing Rural America's Success" for years to come.

DRIVING DIRECTIONS

Location:
Stanwood High School
7400 272nd St. NW
Stanwood, WA 98292

Driving Directions:
From I-5 take Exit 212 and head west on WA-532 (towards Stanwood/Camano Island).

Turn right onto 72ND Ave NW and left onto 272nd St NW. High School is on immediate left.



Two Session Classes

- The classes that cover 2 sessions (2 hours) are listed with their descriptions on these two pages.
- To attend these two hour classes, you must sign up for both parts (one for each session). To sign up for both parts, list the class number for each session in the appropriate place in the registration form.
- Each class title and number is also listed on the additional session pages.

Beef: Start to Finish

Part 1 - Session 1: #1
Part 2 - Session 2: #2

Repeat:

Part 1 - Session 5: #3
Part 2 - Session 6: #4

Part 1 - Is raising beef in your future? Explore various models of raising beef: totally grass fed versus grain finished. Are you thinking of starting with weaned calves and finishing them out, or buying 600 pounders in the spring and selling them in the fall? Learn about the economic impact of each system.

Part 2 - Putting your plan to work! Housing, vaccinations, health needs, handling requirements, land & fencing, best management practices—how it all works together to return the highest profit dollar to your bottom line will be discussed.

Instructors: Jerry Labish and Bobbi Lindamulder

Beef Quality Assurance (BQA)

Part 1 - Session 1: #5
Part 2 - Session 2: #6

Repeat:

Part 1 - Session 4: #7
Part 2 - Session 5: #8

Learn about proper management techniques and a commitment to quality to help the effort in raising consumer confidence in the beef industry. Topics will address best management practices in feeds, usage of animal health products, livestock handling, biosecurity, and other topics. If you believe food safety and quality are important consumer benefits, then you should attend these sessions.

Instructors: Norman Suverly, *WSU Okanogan County Extension Educator*; Dr. Dale Moore, *WSU Veterinary Medicine Extension Director*

Two Session Classes

Raw Hard-Aged Cheese Demo

Part 1 - Session 4: #9
Part 2 - Session 5: #10

See the basic steps involved in making aged cheese. Watch Gretchen Wilson turn raw sheep milk into a round of Pecorino Romano. Presses, rennets, cultures, aging rooms, and salting discussed.

Instructor: Gretchen Wilson

Food Preservation: Canning & Freezing

Part 1 - Session 1: #11
Part 2 - Session 2: #12

Repeat:

Part 1 - Session 4: #13
Part 2 - Session 5: #14

Beginner or experienced—learn all you need to know about food preservation. We'll bring you updated information about how to do it, how it saves money, and how to store and use your results.

Instructors: Vivian Smallwood, *WSU Extension Food Safety & Master Food Preserver* and Lillian Peterson, *Master Food Preserver*

Fruit Tree Maintenance & Pruning

Part 1 - Session 1: #15
Part 2 - Session 2: #16

Learn the proper techniques and strategies for pruning fruit trees to maximize fruit production and strength and life of a tree. On-site demonstrations and practice—bring your coat and gloves!

Instructor: Gary Moulton, *Sr. Scientific Assistant, WSU Fruit Horticulture*

Home and Garden Drip Irrigation System

Part 1 - Session 1: #17
Part 2 - Session 2: #18

Repeat:

Part 1 - Session 4: #19
Part 2 - Session 5: #20

Learn how to design, purchase, assemble, and install a home irrigation system in your yard or garden. Know what simple tools are needed and practice using them. Understand the simplicity of defining zones and differentiating between the needs of flowers and vegetables.

Instructor: Jeff Thompson

Thinning for Forest Health

Part 1 - Session 1: #21
Part 2 - Session 2: #22

Repeat:

Part 1 - Session 4: #23
Part 2 - Session 5: #24

Thinning can improve the health of your backyard forest. Learn how to assess the need to thin, plan the thinning, managing blow-downs, and the need for snags. This is a two hour class which includes a walk through Church Creek Park located near the High School. Come prepared for the weather and to walk about a mile.

Instructor: Kevin Zobrist, *WSU Extension Forest Stewardship Educator*

CLASS TOPIC KEY

Beef

Equine

Assorted Livestock

Pastures, Soils, & Hay

Country Living

Food and Drink


Farmstead Operations & Finance


Session 1: 10:00 - 10:50


Two Session Classes



See pages 4 & 5 for class descriptions.


-  #1 **Beef: Start to Finish, Part 1**
-  #5 **Beef Quality Assurance (BQA), Part 1**
-  #11 **Food Preservation, Part 1**
-  #15 **Fruit Tree Maintenance & Pruning, Part 1**
-  #17 **Home and Garden Drip Irrigation System, Part 1**
-  #21 **Thinning for Forest Health, Part 1**


-  #25 **Carcass Evaluation**
This class will cover the USDA grading standards for beef (yield and quality), lamb and pork. We will also cover Carcass of Merit criteria, meats judging, and retail cut identification, and software available for meats judging team coaches for 4H and FFA.
Instructor: Chris Carlson

-  #26 **Purchasing a Horse—While Avoiding the Mules**
How to find and select an appropriate, safe horse to fit your needs will be covered by Dr. Jennifer Sparks, herself a rider. What does it mean when someone says a horse is 'light' on the front end? Pre-purchase exams, temperaments and disposition, conformation, will all be discussed.
Instructor: Dr. Jennifer Sparks

-  #27 **Metabolic Diseases: The Role of Carbohydrates**
We'll cover basic equine digestive physiology as well as carbohydrate breakdown with a brief outline of some of the metabolic diseases (laminitis, tying up, etc.) that can be associated with feeding carbohydrates and how to amend the diet to avoid these issues.
Instructor: Dr. Tanya Cubitt, Performance Horse Nutrition

-  #28 **Quit Muckin' Around—Constructing a Sacrifice Area**
 If you live in western Washington and keep animals, you will have mud and lots of it. Learn what to do to reduce and manage it and maybe even get some help from the government.
Instructor: Bradley Smith


-  #29 **Goat Dairy on a Balance Sheet**
Step off into the commercial production side of a small goat dairy. Explore some of the rewards and demands involved. Should you give up your "day job"?
Instructor: Rhonda Gothberg


-  #30 **Alpacas 101**
Interested in alpacas? Fiber production or breeding? Suri or Huacaya? What about housing needs, feed requirements, and routine vet care? Get the answers to all of these questions and more in this introduction to alpacas. The class will cover everything from basic alpaca care to processing of the fleece.
Instructor: Don Stanwyck, Jo's Fleece Fields


CLASS TOPIC KEY



-  Beef
-  Equine
-  Assorted Livestock
-  Pastures, Soils, & Hay
-  Country Living
-  Food and Drink
-  Farmstead Operations & Finance


Session 1: 10:00 - 10:50


-  #31 **Wool Types and Uses**
Learn about different types of wool from fine to course, the breeds that produce each type, and the specific uses of each. Learn also how to tell a poor fleece from a good one from an instructor who raises fine-wool Targhees.
Instructor: Elaine Wilson, Glen Gyle Farm



-  #32 **Duck, Duck . . .**
Are ducks in your future? Learn how to raise a flock of ducks for meat or eggs. Or maybe you want a duck to be your companion, watchdog or slug-eater.
Instructor: Ben Janicki, Senior 4-H Club Member


-  #33 **Organic Soil Fertility**
Manage the biological and mineral energy flow into and through your soil. Find out how healthy, good soil leads to high quality insect- and disease-resistant plants.
Instructor: Frank Wann


-  #34 **Fencing**
 Come and learn how to build a proper, safe, strong fence by using the techniques for corner braces, setting posts, and hanging gates that withstand time!
Instructor: Mike Maggetti


-  #35 **Mason Bees**
Learn about helping native pollinating bees live in your backyard.
Instructor: Jim Tunnel, Beez Neez

-  #36 **Business Matters and Tax**
Get tips on how to set up your books and records and how to choose the right business legal entity.
Instructor: Walt Carlson

-  #37 **NW Weather and Farming**
 A look at how you can work with the weather to make your gardens, crops and livestock more productive. Presentation will include displays, handouts and discussion.
Instructor: Gary Fisher

-  #38 **What to Look for in Small Equipment**
Learn the in's and out's of selecting small tools including chain saws, leaf blowers, weeders, generators, push mowers, and small riding lawn mowers to name a few. Get information on how to troubleshoot problems with your equipment and how to prepare them for months of inactivity.
Instructor: Vaughn Stilling, Sinclair Service and Sales





-  #39 **"Is Organic Certification For Me?"**
This session will provide the nuts and bolts basics to obtain organic certification for your market garden, row crops, poultry and livestock. We'll outline what to expect in a typical field inspection for crops and livestock as well as the necessary steps to apply, including a new COST-SHARE program to help you with the application fee expense for 2008.
Instructor: Mike Hackett, WSDA Organic Food Program Certification Field Inspector for NW WA

-  #40 **Best Management Farm Practices**
Come learn the practices to keep your farm mud-free and chore-efficient. Certified farm planner for SCD will be covering manure storage and application, gutters and downspouts, sacrifice areas, alternative types of bedding, and basic pasture management.
Instructor: Alan Shank, Certified Farm Planner, Snohomish Conservation Dist.

Session 2*: 11:00 - 12:00

Two Session Classes

See pages 4 & 5 for class descriptions.

-  #2 **Beef: Start to Finish, Part 2**
-  #6 **Beef Quality Assurance (BQA), Part 2**
-  #12 **Food Preservation, Part 2**
-  #16 **Fruit Tree Maintenance & Pruning, Part 2**
-  #18 **Home and Garden Drip Irrigation System, Part 2**
-  #22 **Thinning for Forest Health, Part 2**

#41 **Clipping, Fitting, and Showing Beef Cattle**

What does it take to win in the show ring? Learn current trends in the art of show ring preparation, training, and showmanship, maximizing the return on your investment of time and money.

Instructor: Darci Toth

#42 **Grass-Fed Beef: What's the Big Deal?**

This class will cover the "how to's" of marketing, raising and finishing grass-fed beef. The information presented will be based on real life on-the-ground experience.

Instructor: Tristan Klesick,
Klesick Family Farm

#43 **Back in the Saddle—How to Get Physically Fit to Ride**

Help yourself reduce the soreness of that first ride by learning some of the exercises and stretching techniques you can do to prepare for an enjoyable horseback ride. Emphasis will be placed in stretching and increasing flexibility in the back, hips, and lower body.

Instructor: Tom Schram, MS,
Performance Enhancement & Corrective
Exercise Specialist

#44 **Swine Evaluation on the Hoof**

We'll look at judging criteria for feeder, market, and breeding swine. We will also cover selection and care of stock show project hogs. Hands-on!

Instructor: Chris Carlson

#45 **Raising Pastured Poultry**

Learn the new and innovative ways to raise poultry through the use of chicken tractors, moveable pens, and day pens and reducing your cost of production.

Instructor: Theodore Carlat

#46 **Basic Cheese Making**

Learn to make cheese in your own kitchen! Instructor will discuss cultures, rennet, and a clean break while demonstrating the entire cheese-making process.


Instructor: Victoria Brown

CLASS TOPIC KEY

 Beef

 Equine

 Assorted Livestock

 Pastures, Soils, & Hay

 Country Living

 Food and Drink

 Farmstead Operations & Finance

Session 3*: 12:00 - 1:00

* Note: Lunch is offered during Session 2 or 3, so you should choose one class only from those two sessions, attending lunch in the other session. Thus, Sessions 2 & 3 are grouped together here and on the registration form.

#47 **Caring for Your New Horse**

Health care to include deworming, vaccinations, hoof care, housing, blanket or not to blanket, shoes or barefoot? New & current trends of looking after one's horse. Maximize the enjoyment and quality of life for your horse and its owner.

Instructor: Dr. Jennifer Sparks

#48 **Packing with Llamas**

Choosing the right llama, steps in training and equipment requirements will be covered, as well as how to saddle and load the pack for a trip with your llama. What happens when you meet a horse, bear, or unleashed dog on the trail, keeping peace!

Instructor: Pat Skelton

#49 **Bringing Home Your First Baby Goat**

A fun and informative look into everything you need to know about feeding, housing, and raising goats: dairy, pet or pygmy.

Instructor: Kassandra Burnham

#50 **Milking Sheep—Introduction to Sheep Dairying**

This class will give a basic overview of sheep dairying, what the milk is good for, what breeds are useable, and more. Gretchen's family brought the first dairy sheep into WA state 12 years ago and milks several ewes a year on a homesteader basis.

Instructor: Gretchen Wilson

#51 **Pasture Management**

This class covers pasture and forage management, including forage species, fertility, maintenance, and weeds with nutritional information.

Instructor: Alan Yoder

#52 **Raising Colonial Livestock Today**

Long-term U.S. trends in breeding livestock for rapid growth and early market weight have led to a significant loss of many original gene pools. Learn what Colonial breeds are through display and discussion.

Instructor: Gary Fisher

#53 **On-Farm Composting**

Learn about the basic biology and process of thermophilic (hot) composting and the importance of compost in soil health. Also covered in this course will be methods of mortality (carcass) composting, and some of the various compost systems for small or large scale operations.

Instructor: Caitlin Price

#54 **Felting for Fun**

Learn how to make woolen felt from a master. This is the real deal, a hands-on class giving you the opportunity to make a small felted piece in class using real wool.

Instructor: Martha White

#55 **Getting Started w/ Honey Bees**

Take the sting out of raising honey bees. Learn what equipment and supplies you will need to nurture your own honey bee hive.

Instructor: Rachel Tunnel, Beez Neez

#56 **Skagit Flat Farms—Crop for Profit**






Is it possible to support a family on a small farm? Come and hear how Andy Ross combined his passion for farming and commitment to hard work on his small farm to derive a profit raising and marketing vegetables.

Instructor: Andy Ross

Session 4: 1:10 - 2:10

Two Session Classes

See pages 4 & 5 for class descriptions.

-  #7 **Beef Quality Assurance (BQA), Part 1**
-  #9 **Raw Hard Aged Cheese Demo, Part 1**
-  #13 **Food Preservation, Part 1**
-  #19 **Home and Garden Drip Irrigation System, Part 1**
-  #23 **Thinning for Forest Health, Part 1**

#57 **Sire Selection for Your Cow Herd**

Sire selection is the major tool available to beef producers for changing the genetic potential of their herd. Learn about Expected Progeny Differences (EPDs) and how Sire selection can and should be more accurate today than ever before. By using performance information from a bull's pedigree in addition to his own records you will learn to produce desired results and fulfill your marketing goals.

Instructor: Allen Bush,
All West/Select Sires

#58 **Ensuring Reproductive Success in the Mare**

Managing your mare's nutritional requirements through cyclicity, conception and pregnancy.

Instructor: Dr. Tania Cubitt

#59 **Clipping, Fitting, and Showing Beef Cattle**

Repeat of #41. What does it take to win in the show ring? Learn current trends in the art of show ring preparation, training, and showmanship, maximizing the return on your investment of time and money.

Instructor: Darci Toth

#60 **Lameness in the Pleasure and Performance Horse Part 1**

What is lame? Where do you start when your horse is standing on three legs, or bobbing his head when you are riding? Learn the basics for detecting, evaluating and diagnosing lameness in your horse.

Instructor: Dr. Jennifer Sparks

#61 **Raising Market Hogs for Profit**

Swine Strategies—what strategy is right for me? Explore 1960's model "feeder to finish" operation to alternative swine production methods. Pastured pigs, hoop structures, and deep bedding systems will be discussed.

Instructor: David Ridle

#62 **Animal Health & Vaccines**

Learn about the animal health in the adult and neonate. We will cover basic immunity, with special emphasis on the newborn. You will be provided with vaccination protocols and how they can become an integral part of your farm management.

Instructor: Dr. Timothy Cuchna,
Northwest Veterinary Clinic

CLASS TOPIC KEY

 Beef

 Equine

 Assorted Livestock

 Pastures, Soils, & Hay

 Country Living

 Food and Drink

 Farmstead Operations & Finance

Session 4: 1:10 - 2:10

#63 **So You Have Goats—Now What?**

Have goats? Not sure where to go from here? Then this class is for you. We will discuss breeding, feeding and management of dairy goats.

Instructor: *Kassandra Burnham*

#64 **Swine Evaluation on the Hoof**

Repeat of #44. We'll look at judging criteria for feeder, market, and breeding swine. We will also cover selection and care of stock show project hogs. Hands-on!

Instructor: *Chris Carlson*

#65 **Rabbits—Meat & Marketing**

Raising, conditioning, culling, processing, and showing of rabbits will be covered. You'll see several varieties of meat rabbits on display, as well as a meat cutting demonstration.

Instructor: *Audrey Todd*

#66 **Pasture Basics**

Learn how to become a successful grass farmer! Pasture establishment, renovations and over-seeding techniques will be discussed to help you maximize your pasture's production.

Instructor: *Deb Eidsness*

#67 **Getting Started w/ Honey Bees**

Repeat of #55. Take the sting out of raising honey bees. Learn what equipment and supplies you will need to nurture your own honey bee hive.

Instructor: *Jim Tunnel, Beez Neez*

#68 **Rain Barrel Construction**

Learn how to inexpensively assemble a rain barrel that collects water from your roof and stores it to be used to water your garden. Rainwater is free, just the right temperature for your plants and lacks any added chemicals. Rain barrels also reduce storm water run-off—why wouldn't you want one!?

Instructor: *Ryan Williams*

#69 **Weaving—Everything You Ever Wanted to Know**

Learn what it takes to become a weaver, how to get started, and what supplies and equipment you will need.

Instructor: *Karen Chabinsky*

#70 **Starting Your Own Vegetable Garden**

This course will give you the information you to need to select the best site and prepare the garden plot and seedbed for significantly better vegetables. You'll get tips on starting early to extend the growing season and will learn about seeding techniques as well as care, feeding and pest control for the plants in your garden.

Instructor: *Martha Clatterbaugh*

#71 **Cider Making**

Got apples? Got pears? Don't let the deer eat them all, make cider instead! Newer rootstocks are precocious, producing abundant apples in just a few years. Get the basics on both sweet and hard cider making: fruit varieties, hygiene, equipment, fermentation, bottling, and aging.

Instructor: *Doug Hofius*

#72 **Selecting and Working with Your Lender**

This session provides an outline of the financial package to prepare for a potential lender and the value of good quality credit history. Resources for financing and methods for monitoring personal credit history are also reviewed.

Instructor: *Audrey Gravley,
Northwest Farm Credit Services*

#73 **Tractor Shopping**







Learn tips on how to get the most tractor out of your dollars spent and how to recognize a good deal on new/used equipment.


Instructor: *Tristan Spitler, Brim Tractor*


Session 5: 2:20 - 3:20


Two Session Classes


See pages 4 & 5 for class descriptions.


-  #3 **Beef: Start to Finish, Part 1**
-  #8 **Beef Quality Assurance (BQA), Part 2**
-  #10 **Raw Hard Aged Cheese Demo, Part 2**
-  #14 **Food Preservation, Part 2**
-  #20 **Home and Garden Drip Irrigation System, Part 2**
-  #24 **Thinning for Forest Health, Part 2**


 #74 **Common Preventions & Treatments for Lameness in Horses**
Part 2: Explore common treatments and prevention for horses including digital imaging, ultra-sounds, managing chronic unsoundness issues prolonging performance or comfort levels in your horse.
Instructor: Dr. Jennifer Sparks

 #75 **Metabolic Diseases: The Role of Carbohydrates**
Repeat of #27. Basic equine digestive physiology as well as carbohydrate breakdown with a brief outline of some of the metabolic diseases (laminitis, tying up, etc.) that can be associated with feeding carbohydrates and how to amend the diet to avoid these issues.
Instructor: Dr. Tanya Cubitt, Performance Horse Nutrition

 #76 **Integrated Parasite Management**
This class will provide an overall view of parasites, their burden on livestock, and ways to control parasites. You should come away from this class with a better understanding of how to manage parasites on your farm and treatment options available to you.
Instructor: Dr. Timothy Cuchna, Northwest Veterinary Clinic

 #77 **Carcass Evaluation**
Repeat of #25. This class will cover the USDA grading standards for beef (yield and quality), lamb and pork. We will also cover Carcass of Merit criteria, meats judging, and retail cut identification, and software available for meats judging team coaches for 4H and FFA.
Instructor: Chris Carlson


 #78 **Heritage Breeds of Livestock**
Preserve a part of our agricultural past for the future—raise an endangered breed! This class will cover endangered breeds and which ones do well in our climate. You'll learn how to care for them, market them, and how to obtain breeding stock. Bring your questions!
Instructor: Amanda Leisle


 #79 **Shearing Sheep on a Stand**
Eileen Hordyk, a long-time producer of both meat and wool sheep, will demonstrate shearing wool sheep on a stand for the hand spinner's market.
Instructor: Eileen Hordyk, Sand Hill Farm


CLASS TOPIC KEY


-  Beef
-  Equine
-  Assorted Livestock
-  Pastures, Soils, & Hay
-  Country Living
-  Food and Drink
-  Farmstead Operations & Finance


Session 5: 2:20 - 3:20


 #80 **Hoof Health and Shearing—Goats and Sheep**
Learn successful techniques for shearing and hoof care through proper trimming and preventative maintenance.
Instructor: Amy Wolf


 #81 **Fencing**
Repeat of #34. Come and learn how to build a proper, safe, strong fence by using the techniques for corner braces, setting posts, and hanging gates that withstand time!
Instructor: Mike Maggetti


 #82 **Dressing Poultry**
Learn how to process your own poultry to maximize quality of your value added product for your table or sale. Find out how to gauge how tough your birds are and how to keep processing them a manageable task.
Instructor:

 #83 **Cider Making**
Repeat of #71. Got apples? Got pears? Don't let the deer eat them all, make cider instead! Newer rootstocks are precocious, producing abundant apples in just a few years. Get the basics on both sweet and hard cider making: fruit varieties, hygiene, equipment, fermentation, bottling, and aging.
Instructor: Doug Hofius

 #84 **Tanning Hides**
Learn an ancient method of the art of tanning hides used by the Indians. This class will cover the process from start to finish in PowerPoint presentation. There will be hides in various stages of finishing for folks to see and touch.
Instructor: Sherry Russell

 #85 **Visions of Terra Madre and Beyond**
Travel to Italy for a Slow Food Conference attended by 8000 small farmers. View beautiful presentations of artisan cheeses and regionally cured meats to tempt any palate. Finish off with pictures from a small goat dairy originating in the 1600's, and a mountain cow dairy "coop" that produces beautiful cow cheeses for generations now. Explore some traditional Italian food customs and compare with our "regulations" in the USA.
Instructor: Rhonda Gothberg

 #86 **Growing Organic Berries**
We'll review the unique challenges to growing organic blueberries, raspberries, and strawberries in our region. We'll look at some traditional and novel solutions that work for home-owners and small-scale growers. We'll go over varieties, pest management, fertility, and pruning.
Instructor: Tom Walters, Ph.D, Small Fruit Horticulture Extension Specialist

 #87 **Choosing the Right Tractor for Your Property**
Take the scariness out of buying that first tractor. Whether you are looking for a new or used tractor, know what to look for. Understand horsepower and how much you need, power takeoff (PTO) and what implements you may need to work your property. Understand the capabilities of PTO-driven implements versus pull-behind implements. Find out what pitfalls to avoid if buying used tractors and implements.
Instructor: Wayne Mouat, Valley Repair

Session 6: 3:30 - 4:30

Two Session Classes

See pages 4 & 5 for class descriptions.

#4 Beef: Start to Finish, Part 2

#88 Back in the Saddle—

How to Get Physically Fit to Ride

Repeat of # 43. Help yourself reduce the soreness of that first ride by learning some of the exercises and stretching techniques you can do to prepare for an enjoyable horseback ride. Emphasis will be placed on stretching and increasing flexibility in the back, hips, and lower body.

Instructor: Tom Schram, MS,
Performance Enhancement & Corrective Exercise Specialist

#89 Market Hogs Production Methods & Nutrition

A survey of swine production methods. Swine nutrition and how these nutritional needs can be met regardless of management method will be discussed. Multiple handouts will be given.

Instructor: David Ridle

#90 Introduction to Fiber Goats

Learn what goats give fiber and what their fiber is used for. See and feel different types of fiber. Julie Penix raises Natural Colored Angora Goats on Wandering Creek Farm in Arlington. She leads a thriving Fiber Goat 4-H Club and superintends the Fiber Goat barn at the Evergreen State Fair.

Instructor: Julie Penix

#91 Shearing Sheep on a Stand
Repeat of #79. Eileen Hordyk, a long-time producer of both meat and wool sheep, will demonstrate shearing wool sheep on a stand for the hand spinner's market.

Instructor: Eileen Hordyk,
Sand Hill Farm

#92 Raising Turkeys

Learn how to select and raise turkeys. The feeding, housing, and fencing needs to be successful to raise your Thanksgiving bird.

Instructor: Ben Janicki, *Senior 4-H Club Member*

#93 Wool Processing for Marketing

Gretchen Wilson, of Gretchen's Wool Mill, will cover the basics of cottage-industry wool processing: from scouring to carding—why it is done and how it can help market your wool.

Instructor: Gretchen Wilson

#94 Organic Seed Production

We will discuss how to grow, harvest, process, and store selected seed crops organically for your own future use, for trading, or even for sale in the growing organic seed market.

Instructor: Woody Deryckx

#95 Fruit Trees in Your Backyard

Can you grow Red Delicious apples in Western Washington? Learn the best fruit varieties for our maritime climate from WSU fruit variety trials at the Northwestern Washington Research & Extension Center.

Instructor: Bradley Smith

Session 6: 3:30 - 4:30

#96 On-Farm Composting

Repeat of #53. This course will cover the basic biology and process of thermophilic (hot) composting and the importance of compost in soil health. Also covered in this course will be methods of mortality (carcass) composting, and some of the various compost systems that can be used for small and large scale operations.

Instructor: Caitlin Price

#97 Not in My Pasture!— Noxious Weeds

Sonny Gorchman will lead you through the world of identifying local noxious weeds and provide the best plan of attack for eradicating them in the most susceptible time of their growing season.

Instructor: Sonny Gorchman,
Snohomish County Noxious Weeds Educator

#98 Beef. It's What's Cooking at the Cattlemen's Winterschool!

When cooking beef, it's important to match the correct cooking method to the correct cut. Do you know the difference between stewing and braising, and which cuts to use? Join Rob Noel and learn the mouthwatering basics of cold weather beef cookery.

Instructor: Rob Noel, *WA State Beef Commission*

#99 Should I Try a Hoop House?

Hoop houses, unheated structures that can extend your season, increase the quality of products you market. We will look at hoop house construction and uses, especially as they apply to a homeowner or small scale fruit & vegetable grower. Be forewarned, once you see what hoops can do, you'll want one!

Instructor: Tom Walters, Ph.D. *Small Fruit Horticulture Extension Specialist*

#100 Raising Herbs

Learn how to grow common herbs that can dress up your cooking AND your kitchen (or garden)! Successful starting and growing of herb container pots will be covered, as well as which varieties do best indoors.

Instructor: Mike Bartel & Sherry Russell

#101 Introduction to Soap Making

Learn to handcraft cold process soap in this step-by-step workshop. Using natural vegetable oils, herbs and pure essential oils, you'll assist in the process and gain practical knowledge of herbs and aromatherapy.

Instructor: Suzanne Jordan,
Cedar Mountain Herb School

#102 Basic Cheese Making

Repeat of #46. Learn to make cheese in your own kitchen! Instructor will discuss cultures, rennet, and a clean break while demonstrating the entire cheese-making process.

Instructor: Victoria Brown

#103 Farm in Harmony w/ Nature

Good farm stewardship begins with an acute awareness of your pastures, fields, forests and sensitive wetland areas. We'll cover natural and organic methods of managing livestock plants, weeds and mud, plus recycling and composting.

Instructor: Gary Fisher

#104 Used Farm Equipment

Successfully buying used equipment, and adapting tools to fit your use—all without breaking the bank—will be covered.

Instructor: Ray deVries

#105 WA State Property Current Use Program

Learn about tax benefits for agriculture, forestry, and open space land use designations and how to meet their requirements.

Instructor: Skagit Co. Deputy Assessor

CLASS TOPIC KEY

Beef

Equine

Assorted Livestock

Pastures, Soils, & Hay

Country Living

Food and Drink

Farmstead Operations & Finance

Classes will fill quickly, so register early!

Registration Instructions:

- Pre-Registration cost is \$45 per person and includes:
 - Keynote speech: "Just One More Thing Before You Go, Doc"
 - 5 class sessions to fill from selection of more than 100 classes
 - Continental breakfast sponsored by Northwest Farm Credit Services
 - Smoked prime rib lunch by Pat Carius of Del Fox Custom Meats
 - Trade Show with...
 - Small farm vendors with value-added products
 - Commercial exhibitors
 - Non-profit agencies
- To register, please cut out and complete the form to the right.
 - Each attendee must fill out a separate registration form.
 - You can download and print more registration forms at <http://skagit.wsu.edu/CountryLivingExpo/> or you can call 360-428-4270 and we can send forms to you.
- Send the registration form to the address below with your payment.
 - Make checks payable to:
Livestock Masters Foundation.
 - Pre-Registration forms must be **received** by Friday, January 23. **Please** allow time for mailing.

Mail registration and payment to:
Country Living Expo and Cattlemen's Winterschool
c/o WSU Skagit County Extension
11768 Westar Lane, Suite A
Burlington, WA 98233
- If you have any questions about registration, please call (360) 428-4270 ext. 0.

ONLINE REGISTRATION:

- You may register online at <http://skagit.wsu.edu/CountryLivingExpo/>
- After you register online, you must send payment for registration costs to the address above. (Please include a note indicating those registrants who are covered by the payment you enclose.) Payment **must** be received within **7** days of registration or registration will be dropped.
- You will also receive a confirmation and receipt by e-mail after your payment is received.

Country Living Expo & Cattlemen's Winterschool 2009

REGISTRATION FORM

Must be received by January 23

Section A: Fill in your contact information

Name

Address

City

State

Zip

Telephone Number

E-Mail (for confirmation and receipt)

Section B: Please choose the classes you'd like to attend.

Indicate your selections by filling in the number found next to the class title.

Session 1: 1st choice: _____ 2nd Choice: _____

Session 2 or 3: 1st choice: _____ 2nd Choice: _____

Session 4: 1st choice: _____ 2nd Choice: _____

Session 5: 1st choice: _____ 2nd Choice: _____

Session 6: 1st choice: _____ 2nd Choice: _____

Section C: Lunch Preference: _____ Prime Rib _____ Vegetarian Box Lunch

Section D: Payment Information

Are you a student youth (18 years old or younger)? _____

If yes, send no money now. We have received sponsorships for the first 225 that register. We will contact you if payment is necessary.

Number of Attendees _____ @ \$45 = _____

Number of Students _____ @ \$0 = _____

Total Amount of Check Enclosed = _____

Confirmation and receipt preference (check one):

_____ E-Mail _____ Not Required

(cut here)

(cut here)