



A Collaboration of Monongahela Conservation District, NRCS, WVU Extension, USDA & FSA & WV Division of Forestry

Sheryl Bergen Jarvis, Editor
WVU-Monongalia Co Extension
Program Assistant, Agriculture

INSIDE THIS ISSUE:

Monongahela Conservation District Annual Banquet	1
Preston County Farmer Recognized as 2nd Place 2011 State Conservation Farm	2
Carbon Monoxide in the Home and Workshop	3-4
Hands-On Ag Day	5
Prepare Now for Spring Calving Season	6
2012 Virginia Winter Forage Conference	7
Calendar of Events	8

The Monongahela Conservation District 2011 Annual Banquet



Don Headley (far left) receives award for Outstanding Service to the District

Kelly Kiefer
Monongahela Conservation District
(304)296-0081

This fall, the Monongahela Conservation District (MCD) held their Annual Banquet in honor of Gary Walls's selection as the 2011 MCD Conservation Farmer, Robert McConnell's selection as the 2011 MCD Monongalia County Farmer, and to celebrate the accomplishments of several other community members of Marion, Monongalia, and Preston counties.

Mr. Wall's farm is comprised of approximately 285 acres, of which 235 acres is in hay and pasture, with the remaining balance in woodland. The farm is primarily a cow/calf operation, with 50 cow/calf pairs. Mr. McConnell's farm is a 42 acre farm consisting of woodland, pasture, and fruit production. Both farms were awarded for their efforts

of incorporating conservation practices in their farming operations.

Dr. James Thompson, Associate Professor of Soils and Land Use Research Coordinator, was awarded the Frank Glover Award. Dr. Thompson received this award in order to recognize his long term commitment in the public sphere for Community Action as a volunteer and as an individual that goes above and beyond his job performance.

Mr. Robert McConnell, of West Virginia University, was awarded the Luther Britton Award for his demonstration of a long term commitment to the conservation, enhancement, and protection of the soil, water, air, and woodlands.

Mr. Donald Headley was awarded the Outstanding Service to the District award for his dedicated years of outstanding services provided to the Monongahela Conservation District as a Supervisor and Cooperator.

Mr. James McDonald was awarded the Solid Waste Authority Award for his dedicated service and efforts to the Solid Waste Authority Agency in Marion County.

Mike Chisler, of Chisler Incorporated, was awarded the Contractor of the Year Award for the excellent work completed

(Continued on page 2)

on the District's Operation and Maintenance projects.

Also recognized were the four Century Farms: Smell Farms of Marion County, Morris & Sons of Monongalia County, and the Mason Run and Durst Farms of Preston County.

Finally, senior campers, Janelle Smith

and Rebekah Dunaway, were recognized for their continued participation in the Senior Conservation Camp.

The MCD Supervisors would like to congratulate all of this year's award recipients for their continued excellent service of promoting and practicing conservation efforts in this District and throughout the state.

Preston County Farmer Recognized as the 2011 2nd Place State Conservation Farm



Jessica Walls (center) and Gary Walls stand with Commissioner Douglas and the rest of the State Conservation judges.

CHARLESTON, W.Va. – The Monongahela Conservation District is home to one of this year's second place winners of the West Virginia Conservation Farm of the Year contest, the Gary Walls Farm. Owned and operated by Gary Walls, this Preston County farm is an excellent example of superior grassland management.

West Virginia Commissioner of Agriculture Gus R. Douglass presented Walls with an award plaque and a \$500 check, on Oct. 27 at the 2011 WV Conservation Partnership Conference Awards Banquet.

The Walls farm is comprised of approximately 285 acres, of which 235 acres is in hay and pasture, with the remaining balance in woodland. The farm is primarily a cow/calf operation, with 50 cow/calf pairs.

The Walls' have installed and implemented multiple best management practices on their farm. The farm contains one pond, eight watering troughs, two stream crossings, over 7,000 feet of subsurface drain, 11,500 feet of exclusion fencing, prescribed grazing, a brush management and comprehensive nutrient management plan.

Commissioner Douglass awarded the

first place plaque and a \$1,000 check to Mark and Laura Glascock who own and operate Glascock's Produce in Morgan County. The Glascock's also won 200 hours or four months use of a new John Deere Tractor from Middletown Tractor Sales in Fairmont, W.Va.

The Fankhouser Farm, owned and operated by Sam and Pam Fankhouser, in Marshall County tied the Gary Walls Farm for second place. The Fankhousers received a plaque and a \$500 check.

The West Virginia Conservation Farm of the Year competition occurred successively on four levels: county, conservation district, area and state. The judges for the West Virginia Conservation Farm of the Year competition were representatives of the following agencies: WV Association of Conservation Districts; WV Conservation Agency; WV Department of Environmental Protection; WV Department of Agriculture; WV Division of Forestry; WVU Davis College of Agriculture, Forestry and Consumer Sciences; WVU Extension Services; USDA Farm Service Agency; and USDA Natural Resources Conservation Service.

For more information, or for photos of the farm, contact Andrew Stacy, Public Relations Specialist for the West Virginia Conservation Agency, at (304) 558-2204.

Carbon Monoxide in Homes and Workshops

DANA O. PORTER P.E.
Agricultural Engineering Specialist
 WVU Extension Service

Note: this information is adapted from "Carbon Monoxide in the Home," an instructional module from the Healthy Indoor Air for America's Homes handbook. The handbook was developed through a partnership of the United States Environmental Protection Agency, the United States Department of Agriculture, and the Montana State University Cooperative Extension Service.

The "Carbon Monoxide in the Home" module was prepared by Joseph T. Ponessa, Ph.D., associate professor/housing and energy specialist, of Rutgers Cooperative Extension Service.

What is Carbon Monoxide?

Carbon monoxide (CO) is a toxic gas produced when any carbon-based fuel is burned. It is **colorless and odorless**; therefore, you may not be aware of its presence. CO can collect in enclosed spaces (including homes, offices, and

workshops) without the awareness of the occupants.

According to the National Safety Council and the Center for Disease Control, approximately 500 to 1000 people are killed in the home each year by CO. Nearly 5,000 people in the United States are treated in emergency rooms for carbon monoxide poisoning. It is believed that many other people are made ill by exposure to elevated CO levels, but are either misdiagnosed or untreated.

What are some common sources of carbon monoxide in the home or workshop?

Most carbon monoxide produced in homes comes from combustion of fuel for heating and cooking. CO may accumulate in the home when a blocked chimney, broken chimney flue, or

(Continued on page 4)



The use of generators in an improperly ventilated area is a common cause of carbon monoxide poisoning on the farm.

WVU EXTENSION WINTER DINNER MEETINGS 2012

Tuesday, January 10th– Masontown VFD. *Cattle Selection with Bill Tucker*
 Cost \$5 per plate, RSVP to your local Extension Office by Dec. 30th.

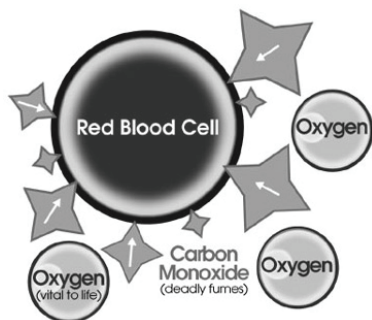
Tuesday, February 7th– Winfield Community Center. *Ag Issues with Dr. Dailey*. Cost \$5 per plate, RSVP to your local Extension Office by Jan. 27th.

Tuesday, March 6th– Core Community Center. *Grassfed Beef with Scott Barao*. Cost \$5 per plate, RSVP to your local Extension Office by Feb. 24th.

Marion County Extension– 304-367-2772

Monongalia County Extension– 304-291-7201

Preston County Extension– 304-329-1391



Common symptoms of CO poisoning include nausea, dizziness, weakness, muscle aches, vomiting, and a general weakness or sleepiness.

(Continued from page 3)

damaged furnace heat exchanger allows gases to enter the home. It can also enter the home from the garage when an automobile, lawn mower, or other engine is in operation. Backdrafting chimneys and flues (common when ventilation fans are used in tightly sealed homes) may allow combustion gases, including carbon monoxide, to enter the home.

Gas stoves and ranges can produce CO, which can present problems if the appliances are used for prolonged periods or if they are not operated properly. Gas ranges are not intended to be used to heat the home. Some other common sources of carbon monoxide include unvented fuel burning space heaters and indoor use of charcoal for heating or cooking. (Note: charcoal should NEVER be burned indoors.)

What are symptoms of carbon monoxide poisoning?

Carbon monoxide bonds to hemoglobin in red blood cells, interfering with the capacity of the hemoglobin to transport oxygen throughout the body. **Common symptoms of CO poisoning include nausea, dizziness, weakness, muscle aches, vomiting, and a general weakness or sleepiness.**

Because the symptoms may resemble the "flu" or food poisoning, carbon monoxide exposure may be mistaken for these common illnesses. Carbon monoxide usually affects all occupants of a household at the same time (which may help distinguish carbon monoxide poisoning from the flu.) **Higher dosages of CO can cause impaired judgment, confusion, paralysis, coma, and death.**

Victims of CO poisoning must be removed from exposure as quickly as possible. They require prompt medical attention. Symptoms may not disappear immediately after the victim is removed from exposure to the gas; in some cases symptoms may recur days or weeks later.

How can you protect yourself from carbon monoxide poisoning?

Regular inspection and maintenance of all fuel-burning appliances (stoves, furnaces, water heaters, dryers, etc.) should be conducted by a qualified technician. Metal flues and heat exchangers should be inspected for signs of rust or cracking. Follow recommendations in owners' manuals to ensure proper use of all appliances. Gas ranges, ovens, and clothes dryers are not intended to be used to heat the home.

Do not use "outdoor" appliances (such as barbeque grills or construction space heaters) indoors. **Garages and workshops are "indoors";** they are enclosed spaces in which combustion gases may accumulate.

Carbon monoxide detectors carrying the Underwriters Laboratories (UL) listing are recommended. CO detectors meeting UL standard 2034 can detect long-term, high-level CO concentrations and short-term, low-level CO concentrations. CO detectors should be installed on a wall or ceiling near a sleeping area.

For More Information

For more information about carbon monoxide or other indoor air pollutants, please contact the WVU Cooperative Extension Service, the Healthy Indoor Air for America's Homes handbook, or the following references.

U.S. Consumer Product Safety Commission. Carbon Monoxide Fact Sheet, Publication #466. Washington, DC 20207.

US EPA. 1996. Protect Your Family and Yourself from Carbon Monoxide Poisoning. United States Environmental Protection Agency Indoor Environments Division.

Hands-On Ag Day

*Kelly Kiefer
Monongahela Conservation District
(304)296-0081*

This fall, the Monongahela Conservation District sponsored their first Hands-On Ag Day in Marion County. Ms. Amy Sine, of the West Virginia Conservation Agency, was the event coordinator. Her goal was to provide agricultural educational experiences to youth in West Virginia. Specifically, to promote hands-on agricultural experiences for youth; as opposed to students reading a chapter in their science books.

The event took place at the Mannington Fairgrounds. Eighth-grade students, teachers, and faculty from Mannington, Barrackville, and Monongah Middle Schools all had the opportunity to get out of their classrooms and offices and spend the day in the world of agriculture.

There were a total of 10 stations for each group of students to rotate through

for a 20 minutes Hands-on Ag experience. Stations included ag-experiences from volunteer representatives from the Natural Resource Conservation Service, Division of Natural Resources, U.S. Department of Agriculture, FFA, WVU Extension, Farm Service Agency, Department of Forestry, WVU Agricultural School, and a MCD Associate Supervisor. Participants learned how to make home-made butter, the life spans of honeybees, played with snakes, witnessed a sheep given a sonogram, and discovered the importance of the use of a rainfall simulator.

The event was a great success and wonderful day for those who attended. The event was sponsored by the District numerous Marion County businesses. Next year, Ms. Sine and the Monongahela Conservation District have plans to repeat the event in Marion County and to reach out to Preston County students as well.



A youth participant eyes a garter snake during Ag Day at the Mannington fairgrounds.

Annual Short Course and Annual Shepherds Federation Meeting Saturday December 10th

WHERE— event will begin at WVU Agricultural Science Building on Evansdale Campus. Afternoon includes taking a bus to tour a commercial sheep operation in Washington County, PA.

Contact Brad Smith for details:
Brad Smith, Extension Agent, WVU ANRD
West Virginia University Extension
Grant County Office
115 1/2 Virginia Ave.
Petersburg, WV 26847
Voice: 304/257-4688
E-Mail: Brad.Smith@mail.wvu.edu

Prepare Now for Spring Calving Season

*David Richmond
WVU Extension Agriculture Agent
Raleigh and Summers Counties*

Getting ready for the calving season begins long before the first calves are born. For producers who will start calving in late February or early March, now is the time to make sure the cows are in good body condition and the calving equipment and supplies are ready for use.

From a feeding standpoint, take a close look at body condition. Mature cows that are calving in late February and early March need a body condition score of five and first-calf heifers need to be at a score of six. Now is the time when cows are in their last trimester of pregnancy and need the better quality of feed. If they are thin, then offer them high quality feeds so condition can be added.

Producers should also get their feed readily accessible in the calving area and make sure the equipment and the calving barn are clean and ready to use. Equipment such as plastic sleeves, obstetrical lube, obstetrical chains, fetal extractor, ear tags and applicator, calf feeding bottles or esophageal feeder, iodine to treat navels, disinfectant, electrolytes, flashlight or spot light and birth-weight scales should be gathered and placed in the calving barn.

Producers should also line up a supply of frozen colostrum or at least have a source in mind. Colostrum contains antibodies and other nutrients and must be ingested by baby calves within six hours of birth to acquire satisfactory passive immunity. However, a calf that has had a difficult birth or does not have an opportunity to nurse within four hours should be hand fed colostrums. The calving facilities should be clean and provide sufficient lighting. The facility should also have a place for warming chilled calves.

Sometimes no matter how many preventative measures you take, calf scours can still be a problem. You should prepare for an outbreak every year. Develop a program with your veterinarian that focuses on detection, isolation, diagnosis and treatment. Pre-plan a course of action with your veterinarian and implement it immediately when the first case occurs.

Isolate affected calves immediately and do not expose healthy calves since scour organisms are highly contagious and spread rapidly through contact. Prevent dehydration, since this is usually the most immediate concern with scours. Your veterinarian can outline a fluid therapy to be used.

It is also generally accepted that adequate supervision at calving has a significant impact on reducing calf mortality. On most operations, supervision of the cow-herd will best be accomplished in daylight hours and the poorest observation takes place in the middle of the night. Some studies suggest the easiest and most practical method of reducing nighttime calving is to feed cows at night.

Several research trials have been conducted to measure the impact of nighttime feeding on calving time. The most convincing study to date conducted in the Midwest, found that 85 percent of 1,331 cows on 15 Iowa farms calved from 6:00 a.m. to 6:00 p.m. when fed once daily at dusk. Whether cows were started on the night feeding the week before calving or started two to three weeks earlier made no apparent difference in calving time. It is important to point out with these studies showing that a large percentage of calves are born during the daylight hours, it is still important to monitor the expectant herd at night.



*Need more help
on this or other
agricultural topics?
Contact your local
Extension Office.*

2012 Virginia Winter Forage Conference

Integrated Weed Management: Putting Science into Practice is the theme for the Virginia Forage and Grassland Council (VFGC) and Virginia Cooperative Extension winter forage conferences.

This is an ideal opportunity for all livestock producers to gain an understanding of how to profitably integrate science and practice to manage weeds in pastures and hay land by smartly managing livestock, soil fertility, and herbicides.

This year's keynote speaker is Kathy Voth of *Livestock for Landscapes* a national known expert on using livestock as a land management tool. Using decades of university research and practical hands-on experience, she invented a process for teaching cows to eat weeds and other non-traditional forages. Ms. Voth makes use of livestock's natural behavior as an inexpensive alternative for managing weeds and other vegetation in pastures and other landscapes.

Participants will also hear from 2 VA Tech Extension Specialist Scott Hagood, Professor of Weed Science and Chris Teutsch, Assoc Professor of Forage Management. Dr. Hagood will provide farmers with knowledge of the practical science behind developing a weed management plan. Dr. Teutsch will help

farmers understand the relationships between soils and weeds, with insights on how to use fertility to shift the balance to favor of quality forages.

This year, VFGC will include local producers at each workshop to discuss how they balance grazing, re-establishment, mowing, and spraying to provide a quality forage for grazing and/or haying.

The daylong conference will be repeated at four locations:

- Tuesday, January 17, in Wytheville at the Wytheville Meeting Center.
- Wednesday, January 18, in Weyers Cave at the Weyers Cave Community Center.
- Thursday, January 19, in Gordonsville, at the Gordonsville Volunteer Fire Company Hall
- Friday, January 20, in Chatham, at the Olde Dominion Agricultural Complex.

The conferences will run from 8:30 am to 3:00 pm.

The U.S. Department of Agriculture Natural Resources Conservation Service is also a sponsor.

For more information, visit the website below:
<http://vaforages.org/>



"Cows Eat Weeds"
Kathy Voth of
Livestock for
Landscapes.



In Loving Memory of
Kathleen Hennessey

Date of Birth	Date of Death
January 23, 1938	October 2, 2011

In Loving Memory of
Kathleen Hennessey
MCD District Friend and Clerk



MARK YOUR CALENDARS!

Marion County Farm Bureau meets the 2nd Thursday of every month at 7 p.m. at the Grace Lutheran Church, 3rd St, Fairmont WV. Next meetings December 8th, January 12th

Monongalia County Farm Bureau meets the 1st Thursday of every month at 7 p.m. in the Extension Office. Next meetings: December 1st, January 5th

Monongahela Conservation District Board Meetings are held the 1st Thursday of every month at 9:30 a.m. Call 296-0081 for upcoming meeting sites.

Monongalia County Livestock Improvement Association 7 p.m. in the Extension Office. Next meeting **December 13th – What buyers are looking for in stocker cattle (video)** No further meetings until April 2012.

Annual Shepherds Association Meeting/Short Course– Saturday, Dec. 10th

Winter Dinner Meetings

Tuesday, January 10th– *Cattle Selection with Bill Tucker*

Tuesday, February 7th– *Ag Issues with Dr. Dailey*

Tuesday, March 6th– *Grassfed Beef with Scott Barao*

Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religions, age, veteran status, political beliefs, sexual orientations, national origin, and martial or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U. S. Department of Agriculture. Director, Cooperative Extension Service, West Virginia University. West Virginia University is governed by the Board of Trustees

MONONGAHELA CONSERVATION DISTRICT
201 SCOTT AVENUE
MORGANTOWN, WV 26508
PHONE (304) 296-0081

PRST STD
U.S. POSTAGE
PAID
PERMIT #136
PARKERSBURG, WV

DATED MATERIAL