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JUNE 2011

OREGON WHEAT

An Official Publication of the Oregon Wheat Industry



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OREGON WHEAT

JUNE 2011 • VOLUME 63 • NUMBER 3

An Official Publication Of The Oregon Wheat Industry

Cover photo: Bill Peal, Eagle Eye Photography, Pendleton, OR

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Single Copies: \$1.50
1-Year Subscription: \$15.00
2-Year Subscription: \$28.00

Canadian & Foreign:

1-Year Subscription: \$30.00
2-Year Subscription: \$56.00

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Oregon Wheat is published bi-monthly by Oregon Wheat Growers League, 115 SE 8th Street, Pendleton, Oregon 97801. *Oregon Wheat* is sent to all Oregon wheat producers courtesy of the Oregon Wheat Commission and the Oregon Wheat Growers League. If you are currently receiving multiple copies, or would like to make a change in your Oregon Wheat subscription, please contact the publication office (above, left). Receipt of *Oregon Wheat* does not indicate membership in the Oregon Wheat Growers League.

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The Oregon Wheat Commission and the Oregon Wheat Growers League will cooperate to enhance the profitability of Oregon wheat growers by communicating with and educating ourselves and the public; assuring markets; and conducting and stimulating research. We will be politically proactive and work to strengthen our organizations. —Revised January, 1993

PRESIDENT'S HALF ACRE



By Craig Reeder

I believe most of us have good moisture and strong markets, that's a pretty good start to the year.



To begin this issue, I would like to make special note for Marilyn Blagg from the OWGL office staff. Sadly, Marilyn recently lost her husband, Mike, of 29 years to Alzheimer's. As you can imagine, the past few years have been difficult for her in caring for Mike. However, she has remained the same wonderful and dedicated Marilyn we all know and love. She is a tremendous member of the wheat family and has worked with our industry for over 9 years. Please keep Marilyn and her family in your thoughts and prayers.

I caught myself complaining (to myself...I am the only one who will listen anyway) about tax problems and fungicide bills the other day, then realized what blessing to have both! I believe most of us have good moisture and strong markets, that's a pretty good start to the year. With these markets, I get asked frequently when I think wheat should be sold. Easy answer: can you make money at the current levels? Then sell some – no such thing as a bad profit.

Speaking of profitable items, stay tuned for some key meetings over the next couple of months. In addition to the June Board meeting at the Discovery Center in The Dalles on June 16th, committee meetings will be held ahead of the board meeting on key topics:

1) Farm Policy: A few of the county presidents have gotten together to host a meeting on the upcoming farm bill with this committee. This will be a great opportunity to hear from key speaker(s) on the subject and provide feedback to the board on what our priorities for the bill will be.

2) Research & Technology: With the huge issues associated with funding of the Experiment Station and Extension (the "Statewides"), this committee will be meeting to discuss the function, structure, and funding of these entities with Dr. Ramaswamy, Dean of CAS.

3) Environment & Regulations: Pesticide regulation and buffer zones continue to be primary legislative issues and will be discussed in detail.

This will be a new approach to the committee meetings that we hope will give the attendees some beneficial insights and provide some solid input from the committees to the board. Meeting flyers and speaker information will be sent out, so please stay tuned. If you have any suggested topics or speakers, as always, please let us know.

In the next magazine, it is our goal to be able to introduce the new CEO for Oregon Wheat & Grains. The selection committee has had the fortunate, however daunting task of reviewing nearly 40 applications for the position.

Here's to a safe and fungus free spring. ♦

The OWGL welcomes the following growers and associate businesses:

Bigfoot Farms, Inc, Malin
Robert Buchanan, Milton Freewater
Connie Caplinger, Pendleton
Cloverdale Farms, Inc, Rickreall
Country Financial, Pendleton
Ernest Glaser Farms, Shedd
Farm Management Co., LLC, Walla Walla, WA
Gary Crossan Farms, Shedd
Haguewood Ranch, Heppner
Hammerich, Inc., Bonanza
Johnson Brothers Ranches, Weston
K-Diamond, Inc., Baker City

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McMillan Ranch, Lexington
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Mouse Lake Farm Corp., Portland
Darin Nelson, Adams
Novel Ag, Inc., St. Paul
Donald Rohrbacker, Klamath Falls
Steven Rohner Farms, Albany
Ed Underhill, Dufur
Leonard VanBuren, Pasco, WA
John Walchli, Hermiston

THANK YOU FOR YOUR SUPPORT

June Is National Safety Month

Here are a few reminders for a safe harvest



More than a grain of danger

As grain-related injuries and deaths increase, OSHA cracks down

Kyle W. Morrison

Deaths and injuries from grain entrapments are on the rise and, as a result, OSHA is warning grain facility owners and operators to take appropriate precautions – or face steep consequences.

In 2010, 51 grain entrapments were documented – the highest number ever reported, according to Purdue University’s Agricultural Safety and Health Program in West Lafayette, IN. The program has documented grain entrapment cases since 1978, with data going back to 1964. Seventy percent of all documented entrapments occur on farms exempt from OSHA’s grain handling facilities standard (1910.272).

In recent years, the number of deaths and injuries from these grain entrapments also has increased – 26 fatal and 25 nonfatal entrapments occurred last year. In 2006, there were only 12 each.

However, Purdue researchers stressed that these figures do not paint a complete picture. In a Feb. 9 summary on 2010 grain entrapments, the researchers

noted that a nationwide comprehensive reporting system does not exist for grain entrapments, and some victims and employers may be reluctant to report such incidents when a public report was not made. Using figures from Indiana’s surveillance program, which researchers called “aggressive,” Purdue estimated the total number of nationwide grain entrapment cases could be as much as 30 percent higher.

Enforcement and outreach

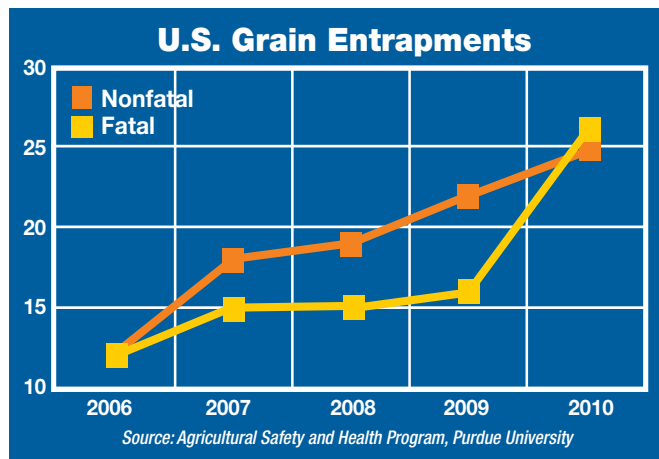
OSHA has stepped up its enforcement of grain entrapment hazards. In

the past year, the agency has issued more than \$4 million in fines to only five companies for alleged safety violations stemming from incidents that killed five workers and injured two.

In an Aug. 4 letter sent to grain storage facility operators, OSHA administrator David Michaels highlighted the most recent tragedy (at the time). A 14- and 19-year-old were killed at an Illinois grain elevator while “walking down the corn,” a process that entails walking on top of grain to make it flow while machinery that evacuates the grain is running. The teen workers were engulfed and suffocated.

In the letter, Michaels provided a list of safety measures for operators to implement to limit injuries and deaths – including prohibiting walking down grain. Michaels also warned of OSHA penalties for violations and – in the event of an employee death – possible criminal prosecution by the Department of Justice.

In August, OSHA’s Region 5 launched a Local Emphasis Program on grain-related hazards.



According to the Purdue report, more than half of all documented grain entrapments occurred in that region, which includes Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin. At press time, OSHA data showed the LEP had resulted in 61 inspections and 209 citations.

“Grain elevator owners and operators must implement well-known safety practices to prevent workers from being hurt or killed in a grain bin,” Michaels said in a March 16 press release announcing \$465,500 in penalties against an Ohio-based grain operator related to the death of a 20-year-old worker.

But many farms are exempt from OSHA regulations. According to Purdue, 69 percent of entrapments in 2010 occurred on exempt farms; the rest occurred at commercial facilities that must comply with OSHA regulations. The industry has sought to educate farmers on proper safety procedures. In February, the National Grain and Feed Association and the National Corn Growers Association released a video promoting grain bin safety awareness on farms.

“Statistics show that 92 percent of victims who become fully engulfed – which can happen in a matter of seconds – do not survive,” NGFA President Kendell Keith said in a press release announcing the video. “People need to become more aware of the hazards.”

National Safety Council, 2011 ♦

When a grain engulfment can occur

- An employee stands on moving grain, which acts like quicksand and buries the worker.
- In a “bridging” condition, grain is clumped together due to moisture or mold, leaving an empty space beneath. An employee standing atop or below the bridge can be buried when it collapses.
- While standing next to a steep pile of grain, a worker can be buried when it collapses.

Hearing protection: An ounce of prevention

It was Ben Franklin who said, “An ounce of prevention is worth a pound of cure.” It turns out that his risk reduction ratio (1:16) would be very low in today’s workplace.

Take hearing loss, for example. The cost of an average claim for that type of injury runs to \$35,000. Compare that with a \$1.50 investment for a good pair of earplugs. Even at the top end—for example, a pair of high-tech earmuffs that integrate MP3 capability and amplify conversations or warning signals while protecting against louder background noises may cost more than a “Benjamin”—you’re seeing a pretty good return on investment for every dollar spent. Franklin would flip his wig over that loss prevention ratio.

Hearing protection falls roughly into three categories: ear caps, earplugs, and earmuffs.

Ear caps are generally at the low end of the hearing protection scale, but are more convenient and comfortable than earplugs. Caps merely cover the ear canal, rather than inserting into it. Caps are usually attached to a plastic band that clasps loosely to the head or neck, keeping the caps in place.

Light and inexpensive, ear caps are perfect for occasional, short durations of loud noise, like saws, mowers, amplified music, sirens, or hammering. When not in use, they drape easily around the neck, ready for use.

Earplugs come in a variety of forms and are the most economical. The least expensive are disposable foam cylinders or cones, which are rolled using your fingers before inserting in the ear canal. Their reuse is discouraged because of



hygiene issues; with each use, you’re exposing the ear canal to whatever has been on your hands.

Ear “pods” are slow-recovery foam and allow reuse, because the plug is inserted and removed by grasping the outer hard plastic grip.

Another class of earplug allows repeated use, because the soft, cone-shaped, molded device fits into place without compressing. Many models feature three flexible flanges for comfortable fit as well as high attenuation (sound reducing capability).

It is possible to get earplugs that are customized for fit and for a variety of noise environments. Musicians, for example, find it important to reduce the sound level without reducing the sound quality.

Earmuffs combine comfort, efficiency, and convenience in one product. They range in cost based on their function. At the less expensive end, they are as effective at noise reduction as earplugs, but infinitely more convenient. For those in intermittent noise-affected areas and for purposes of having conversations with co-workers, the muffs are easily removed and replaced. They are lightweight and more comfortable for wearing over prolonged periods. Most brands offer muffs that are stand-alone, like those used by audiophiles or shooting range visitors. Other muffs are incorporated into hardhats and are easily retractable when not in use.

“There are a range of options for communications, as well as entertainment,” said Kevin Pfau, senior safety management consultant. “One type of earmuff has built-in two-way com-

How SAIF can help

Consultation: SAIF can audit hearing loss prevention programs to recommend improvements. They can also provide advice on developing a new program.

Onsite testing: We can gather comprehensive data on employee noise exposure using sound level meters and dosimeters (similar to sound level meters, but worn by individuals). Then, engineering and administrative controls can be recommended, as well as the types of hearing protection that are needed.

The three tiers of hearing loss prevention:

Engineering controls, administrative controls, hearing protection

As important as it is, hearing protection is only one piece of SAIF's approach to hearing loss prevention.

"Investing in hearing protection, while effective, can be less rewarding than investing at the front end of the noise pollution problem," said David Johnson, SAIF industrial hygiene supervisor.

Two other measures are more effective than wearing hearing protection, and they may be less costly in the long run.

Johnson calls this a "hierarchy of controls."

1. Engineering controls

- Proper maintenance of noisy equipment
- Structural noise treatments such as sound baffles
- Building enclosures around noisy equipment

2. Administrative controls

- Schedule noisy work when the fewest employees are there
- Reduce personnel in noisy areas
- Rotate people out of noisy environments, thus decreasing individual exposure.

3. Hearing protection

- Earplugs
- Ear caps (also called banded earplugs)
- Earmuffs

munication. Without taking them off, workers can continue to benefit from noise protection, while also talking to someone else via radio."

Another style of earmuff has a battery-powered microphone and sound amplifier, which allows the user to adjust the volume of the incoming communication and dilute other noises above 82 decibels.

"And for those whose employment allows it, earmuffs (and some ear buds) also come with the capability to listen to personal electronic devices, like iPods or MP3 players," Pfau said.

When deciding what hearing protection is best for your workers, there are several things you need to consider: the level of noise, other safety equipment the worker is wearing, the communication needs of the worker, and even comfort and ease of use.

"The best hearing protection you can use is one your workers will wear," said David Johnson, SAIF industrial hygiene supervisor. "If it isn't comfortable, they may stop using it."

The other issue to consider is the noise reduction rating (NRR) of the equipment. All hearing protection sold in the U.S. is required to have an NRR, a rating used to indicate the level of hearing protection provided by a device. The NRR of equipment you choose should be rated to meet your needs. Because of the difference in how protection is fitted and tested in the laboratory versus the real world, OSHA and NIOSH have developed some guidelines to help determine the rating you may need. For more information about NRR, you can visit **Beyond CN**.

Ear protection can definitely provide a good return on your investment, but it also can save something more

important than money.

"There is a human cost to hearing loss," said Johnson, "the isolation, not being able to participate in a conversation in a restaurant or hear your children or grandchildren—a social toll that can lead to embarrassment, withdrawal, anger, and depression, all of which put a strain on personal relationships. The cost of hearing loss, like any injury, is not just measured in dollars and cents."

Written by Tim Buckley. *Compliments of SAIF. Comp News, Spring 2011* ♦

Reap the Rewards of a Safe Harvest

- Carefully read your combine operator's manual.
- When you leave the combine cab, always turn off the engine, set the park brake, and remove the key.
- Prevent runovers by never bypass starting the engine.
- Never allow riders, except for training or machine diagnostics.
- Carry a fully-charged 10 lb. ABC-rated fire extinguisher near the front and another near the rear of the combine.
- Never enter the grain tank while the engine is running, and never use your hands or feet to break up bridged grain.
- Use the power reverser to unplug the feederhouse and header.
- Help prevent fires by removing accumulations of chaff and crop debris from around the engine and moving parts.
- Always wear your seat belt, whether you're in the operator or instructional seat.

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Protecting tomorrow's workforce

Dangerous Decibels program at OHSU stresses hearing loss prevention for children

Tomorrow's workforce is in elementary school today, and many of those future workers are already experiencing noise-induced hearing loss.

In fact, a National Health and Nutrition Examination Survey conducted a decade ago

discovered that more than five million children and young adults, ages 6 to 19, have hearing loss directly related to noise exposure. Another study, conducted in 1992, found that the percentage of second graders with noise-induced hearing loss had almost tripled in 10 years, and hearing loss in eighth graders had increased more than four times.

To combat this problem, Oregon Health and Science University (OHSU), in partnership with Oregon Museum of Science and Industry, developed the Dangerous Decibels program in 2000. SAIF has used parts of the program in safety training with adults and children.

"If we want to protect tomorrow's workforce, it's important we begin educating kids at younger ages," said Linda Howarth, program coordinator for OHSU's Dangerous Decibels program. "Fourth graders are our target, but everyone learns."

The program, known internationally for its expertise in hearing loss prevention, focuses on three key actions to



protect your hearing: move away from it, turn it down, or cover your ears. To help spread this idea, the program offers two-day workshops, teaching others how to conduct the classroom programs.

"We train health professionals, high school and college students, speech pathologists, and many others," said Howarth.

The next training in Oregon will be

held in Portland this summer; information is available at the program's website: dangerousdecibels.org.

Also available on the Dangerous Decibels website is an educator kit, which includes all the items used in the classroom.

"One reason we do the training is so the next generation will understand the importance of protecting their hearing," said Howarth. "If they understand, then they will likely use hearing protection more consistently, and not just at work. They need to take care of their hearing in the workplace, at home, at entertainment venues, and sports activities as well; it's a total life experience."◆

Personal protective equipment (PPE)

Personal protective equipment (PPE) can reduce the number and severity of farmwork related injuries and illnesses. Personal protective equipment not only helps protect people but also improves productivity and profits. Farmers and ranchers can share in these benefits by using the appropriate protective equipment for themselves, family members and employees when the job and its potential hazards call for it.

- Protect your head with a hard hat when performing construction work, trimming trees, repairing machinery, and doing other jobs with head injury risks.

- Use a sun safety hat (one with a wide brim and neck protection) to assist in the prevention of skin cancer.

- Protect your vision with appropriate safety eyewear (safety glasses, goggles, face-shields) when applying pesticides, fertilizers, working in the shop, or in heavy dust conditions.

- Protect your hearing with acoustic earmuffs or plugs when operating noisy equipment such as grain dryers, feed grinders, older tractors, chain saws, etc.

- Protect your lungs with the correct

respiratory equipment (dust masks, cartridge respirators, gas masks, air pacts) when working in dusty or moldy conditions, spray painting, applying chemicals, working in bins, tanks, silos, and manure storage places.

- Protect your hands from everyday abuse with job-matched gloves and barrier creams.

- Protect your feet with safety shoes or boots with non-slip soles and heels.

- Protect your skin with impervious garments when using toxic or irritating chemicals. In addition, use sunscreen to protect against the sun's harmful rays.

Inspection

- Is appropriate PPE available in work areas?

- Is PPE kept clean and functional?

- Are shoes or boots equipped with safety toes, insteps, or shanks?

- Is sun screen available in tractors and other self-propelled equipment?

Information supplied by the National Safety Council's Agricultural Division, the National Education Center for Agricultural Safety (NECAS) – www.necasag.org or 888-844-6322. ◆

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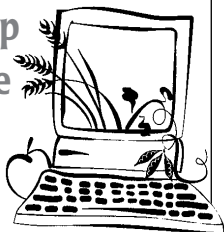
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Agro/environmental data at your fingertips

A farmer and a conservationist examine a gully in a field and wonder how it formed, how much erosion it causes, and what they can do to repair it. The conservationist picks up a mobile phone for answers. The phone's GPS (Global Positioning System) locates the gully's coordinates and connects to a computer model service that calculates soil erosion under various agricultural management practices. The answers return quickly, borrowing the power of a large, remote, Internet-based data center.

That scenario will be real in the not too distant future, since the framework for making the science available, the Object Modeling System (OMS), is operational and available worldwide to anyone at oms.javaforge.com, and work has begun to design applications that connect to the model services.

"OMS is a computer framework to easily create and update problem- or region-specific compatible models, using science modules chosen from a library. It provides a uniform system of evaluation and delivery of models to users," says Laj Ahuja, research leader at the Agricultural Systems Research Unit in Fort Collins, Colorado. OMS was created by ARS in partnership with the USDA Natural Resources Conservation Service (NRCS), Colorado State University (CSU), U.S. Geological Survey, and other collaborators.

The current primary ARS application of OMS is to deliver science model services to NRCS in support of its Conservation Delivery Streamlining Initiative, thus improving technical assistance to farmers and ranchers.

Olaf David, OMS architect and



Research leader Laj Ahuja (left) and collaborator Jack Carlson check the ease of entering farm operation information on a smart phone instead of a tablet computer.

computer scientist with CSU at Fort Collins, explains that OMS will house many agro-environmental modules and models. He says modelers from around the world can collaboratively develop and contribute to models in OMS. "Modelers from Europe are already doing that," David says. "Although ARS and other organizations developed the framework, it is also part of the global modeling community."

ARS and CSU modelers are using OMS to support USDA programs. "The Precipitation and Runoff Modeling System has been incorporated into the NRCS water supply forecasting this year, and the new AgES-W conservation assessment model is undergoing validation," says Frank Geter, team leader with the NRCS Information Technology Center at Fort Collins.

Says Jack Carlson, retired NRCS chief information officer and project collaborator, "Software that accesses science models in OMS will help conservationists devote more of their time to their primary mission, providing science-based conservation planning and technical assistance to farmers."

"Every workday, conservationists service more than 5,000 conservation plans. In the past, running models has been a laborious process. OMS has been designed to improve efficiency by 80 to 90 percent," Carlson says.

Just as millions of people do daily with online maps, field conservationists will zoom to their area of interest on their smart phones or wireless laptops. Data embedded in resource maps for the area will be relayed to OMS-hosted model services to compute answers leading to recommendations for the resource problems the farmer has identified.

"Computer models, managed in frameworks like OMS, coupled with field experiments and wireless delivery devices are the next frontier for agricultural research and technology transfer," says Ahuja. "These frameworks harness the growing power of computer technology, enabling it to reach its full potential."—By Don Comis, Agricultural Research Service Information Staff.

This research is part of Water Availability and Watershed Management (#211), an ARS national program described at www.nps.ars.usda.gov

"Agro/Environmental Data at Your Fingertips" was published in the February 2011 issue of Agricultural Research magazine. ♦



New wheat breeder on board

R.S. Zemetra, Kronstad Wheat Research Endowed Chair, Oregon State University

When I was approached to contribute an article on my wheat breeding program at Oregon State University I was at first at a loss on what to say since I will not be in my new position until late May. Then I asked myself if I was an Oregon wheat producer what would I want to know about the new wheat breeder? Questions like: who is he?; what does he think are the challenges facing wheat production in Oregon?; and what are his immediate plans for the program?; came to mind.

First off, I am Bob Zemetra, currently the soft white winter wheat breeder at the University of Idaho. I was at the University of Idaho for 26 years and in that time developed the soft white winter wheat breeding program from the ground up and released nine cultivars including the Brundage series (Brundage, Brundage 96 and UICF-Brundage) and the most recent release Bruneau. A question that could be asked is why would I leave the University of Idaho after 26 years to take over the Oregon State University wheat breeding program. What attracted me to Oregon State University is the opportunity to work with an excellent wheat research team and to combine my knowledge on wheat improvement in the Pacific Northwest with the expertise of the Oregon State researchers in the areas of agronomy (Mike Flowers), plant pathology (Chris Mundt), weed science (Carol Mallory-Smith) and cereal chemistry (Andrew Ross). I have worked at a distance with several of these people and look forward to having a greater level of interaction with them in the future as we work to produce new cultivars for the wheat producers in Oregon. I also see an opportunity to combine two of the best sets of germplasm, especially in soft white winter wheat, to create the next

generation of cultivars with improved agronomic performance, improved resistance to multiple diseases and improved end-use quality that meets the needs of both domestic and foreign customers. What will make this possible is the excellent group of support scientists currently in the breeding program that will allow for the utilization of the best classical field breeding techniques with the most modern molecular techniques to enable rapid integration of desired genes and the selection of superior genotypes. The breeding program will also serve as a platform for the education and training

I also see an opportunity to combine two of the best sets of germplasm, especially in soft white winter wheat, to create the next generation of cultivars

of the next generation of plant breeders. The concentration of plant breeders in the newly combined departments of Crop and Soil Science and Horticulture will allow for the development of both research and teaching opportunities that will attract the best and brightest students to Oregon State University. One of the keys to the success of the University of Idaho wheat breeding program over the years was the presence of excellent graduate students that helped expand the boundaries of the breeding program through their research. I expect graduate students in the wheat breeding program at Oregon State University will have the same impact.

What do I see as the challenges/goals for the Oregon State wheat breeding program in the future?

1. Climate change with greater fluctuations in temperature and moisture. While there is debate on whether global

warming is occurring there is no doubt we are seeing greater swings in both temperature and moisture that have a direct effect on wheat production. Be it untimely drought or cold that reduces yield or increased moisture or milder winters that lead to increased disease and insect pressure, it will be necessary to develop wheat cultivars with resistance or tolerance to maintain production despite the variation in climate.

2. Creating stable end-use quality that meets the demands of our domestic and international customers. To increase the value of Oregon wheat it is necessary

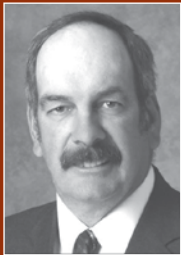
to improve both the stability and over-all end-use quality of the wheat produced in the state. Superior end-use quality will attract customers to Oregon wheat, stable end-use quality will keep customers asking for Oregon wheat.

3. Increased profitability of Oregon wheat producers. There are several ways to achieve this goal that together will result in increased profits. The first and most obvious is by increasing yield through improved agronomic performance. The second is to reduce input costs by developing wheat cultivars with improved resistance to diseases to reduce the application of fungicides and improving the nitrogen use efficiency of new cultivars to reduce the fertilizer costs. The third is to develop wheat cultivars with superior or unique end-use quality attributes that would lead to a premium price for Oregon wheat cultivars from our customers.

...continued on p. 14

OWC

Oregon Wheat Commission



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Cuts at OSU reflected in funding requests to OWC

By Tom Duyck

Currently the Oregon Wheat Commission is struggling to prioritize the ever increasing research demands. In 2007 the OWC funded just over \$300,000 in research projects most of which went to the OSU Wheat Breeding Program. This year the Oregon Wheat Commission has received research requests totaling just under \$1.1 million. Over the last several years the legislature has continually cut university and statewide extension programs along with everything else. In order to maintain critical wheat programs the wheat commission is being asked to backfill the gap. Clearly things are changing. Private companies are moving into the wheat breeding arena and our university systems are struggling financially. The question we are now faced with is: What is the Commissions role and how do we use these grower funds to provide the best benefit back to growers?

A significant chunk of this year's request, \$272,000, is a request by the Dean of the College of Agriculture for Local Support to backfill operational shortfalls at the Pendleton and Moro experiment stations. As we all know these experiment stations are a critical resource to the local farm communities throughout our state and our research efforts. That said, we have not in the past funded infrastructure and in order to do so we will have to pull funding away from other programs. Which bring us to questions, should we fund infrastructure and if so, how do we fairly address the needs of other experiment stations that do minor work in wheat as well?

We are currently involved in a Tri-state Working Group looking into areas where we can expand our collaboration with Washington and Idaho on research. Our goal is to improve our strength and impact by joining together to support mutually beneficial legislative issues, eliminating unnecessary overlap in our research, funding joint research projects and looking at the potential of collaborative licensing and release of varieties. As a result we have two new requests for funding of proposals from outside of Oregon which will directly benefit the OSU Wheat Breeding Program.

We have also received several requests for funding from county extension agents. These projects are usually minimal funding requests that serve to address problems that are specific to the regions they serve. These projects typically provide significant impact for minimal funding but will likely be lower in priority due to the lack of impact across the state as a whole. Should these projects be made a priority?

The wheat breeding program has always been the research priority. Over the last ten years OSU, at the request of the Commission, has worked diligently to assemble a team of researchers that would make

...continued on p. 14

The Oregon Wheat Commission was created in 1947 by the Oregon Legislature, at the request of Oregon wheat producers. The Commission carries out research, marketing, and public education programs on behalf of the industry, with funds from an assessment on all wheat produced in the state. OWC programs are directed by a six-member board of Commissioners, appointed by the Director of Agriculture.

Using the undercutter sweep in a reduced tillage fallow system in Eastern Oregon

Steve Petrie and Stewart Wuest

The predominant dryland cropping system in north-central and northeastern Oregon is winter wheat after tillage-based summer fallow. Summer fallow is practiced to store moisture in the fallow phase which results in larger and more consistent yields as rainfall from two years is used to produce one crop. The long-term economic and agronomic sustainability of tillage-based summer fallow has been questioned because of vulnerability to soil erosion and loss of soil organic matter. Currently, there is increasing interest in reduced-tillage and no-till systems.

No-till fallow relies on herbicides to control weeds and leaves more crop residue on the surface to reduce wind and water erosion. It does not create a tilled soil mulch, so the soil where the seed is placed is often too dry for germination at the optimum time in the fall. In some locations the bottom-line economics of no-till are still very attractive.

Recent research in the low rainfall

2009-10 Grant Title: Using the undercutter sweep in a reduced tillage fallow system in eastern Oregon
2009-10 Grant Funding: \$15,940

Researcher: Steve Petrie and Stewart Wuest, Professor of Soil Science and Superintendent and Dryland Cropping System Agronomist and Soil Scientist, USDA Agricultural Research Service.

region of eastern Oregon shows that one tillage pass is sufficient to create a highly effective evaporation barrier. This single pass also leaves a cloddy, high residue surface to prevent soil erosion. Our current research is designed to learn the best timing for a single pass tillage operation, and options for weed control later in the summer. The treatments we will be imposing are shown in Table 1; they range from a traditional tillage-

based fallow to a pure no-till fallow. We will monitor surface residue, surface soil water, planting conditions, and yield compared to local tillage practices and no-till. In locations where early winter wheat establishment is important to economic sustainability, a greatly reduced tilled fallow should reduce soil erosion while increasing crop-available water compared to current tillage practices. Growers wanting to adopt a one-pass fallow will be faced with a new challenge, however; learning how to successfully seed into greater amounts of surface residue and clods. ♦

Table 1. Tillage treatments to be used.

Treatment	Primary tillage		Secondary tillage	Fallow tillage	# of times
	Implement	Timing			
1	Chisel plow	Typical	Cultivator	Rodweeding	As needed
2	Undercutter	Early	None	None	N/A
3	Undercutter	Typical	None	None	N/A
4	Undercutter	Late	None	None	N/A
5	Undercutter	Later	None	None	N/A
6	Undercutter	Latest	None	None	N/A
7	Undercutter	Typical	None	Rodweeding	1
8	Undercutter	Typical	None	Rodweeding	2
9	None	None	None	None	N/A

Timing for treatments 2-8 will depend on spring moisture conditions.

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Cuts at OSU...continued from p. 12

this a competitive breeding program servicing all the needs of the growers of this state and beyond. In 2009 we saw that waiver with the loss of Dr. Jim Peterson and Dr. Oscar Riera-Lizerazu. This month our new breeder, Dr. Bob Zemetra will come on board. We look forward to that team coming together to continue the programs release of varieties that are high quality, good agronomics for your area and yields that serve our growers' bottom lines well.

Over the next couple of months we will be debating these issues. If you have a moment please contact your local Commissioner or our staff and let us know what is priority to you. ♦

R.S. Zemetra, New wheat breeder on board ...continued from p. 11

4. Integration of new molecular tools to improve the efficiency of cultivar development. Technological advances in the areas of genotyping and gene manipulation have the potential to shorten the time needed to develop new varieties. These technologies come at a cost and the challenge is finding the balance of classical phenotypic breeding approaches with the utilization of plant biotechnological techniques so that cultivar development is efficient both in terms of time and expense.

So what will I be doing my first year in the program? My first growing season will involve travelling the state wheat producing areas to get a better understanding of the wheat growing regions and the challenges facing producers in these areas. This will involve visiting wheat fields at various times over the late spring and summer, visiting with producers at field days, and

spending many hours in my various field trials throughout the state getting to know the wheat in the breeding program. I will be in discussions with the other members of the wheat research team to determine how to improve and expand on collaborative projects. I will be recruiting graduate students to work on specific projects in the breeding program. I will also be exploring potential funding opportunities for the wheat research program since one of the challenges for the future of the breeding program in this time of reduction in federal and state funding will be maintaining the level of funding necessary to maintain the current level of productivity in the program. So, if you are in your field this summer and see someone driving either an OSU vehicle or a small green pick-up who looks lost, it will probably be me. ♦

2011



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BERK DAVIS

Managing a successful direct seed operation in Northeast Oregon

Kevin Gaffney

Operating a fifth-generation farm in Northeast Oregon became much less labor intensive when Berk Davis and his brother converted the BL Davis Ranch to direct seeding in 1999.

“We used to run 10 tractors and 10 combines. We had 15 full-time employees on the payroll. At busy times of the year when we were using conventional tillage, we had up to 25 total employees,” explained Davis. “It simply wasn’t very efficient.”

Davis, currently serving as president of the board of the Pacific Northwest Direct Seed Association (PNDSA), decided to sell all their tillage equipment and make it or break it with direct seeding. “We had to be open minded to make the changeover,” said Davis. “We realized we had to find a way to cut costs and be more efficient.”

The entire farming operation of around 10,000 acres is now handled with only two tractors and two combines. Davis and his brother Roger have two other full-time employees. With ten children between them, it is not a problem finding experienced help for harvest each year.

Davis had been a member of the PNDSA for many years when he decided to get more involved and serve as an officer to share his direct seeding success with other farmers. Davis and his brother raise mostly wheat, peas and grass seed. About one-third of their farm is irrigated. Their dryland acres receive anywhere from 13 to 22 inches of annual rainfall, allowing them some crop diversity.

Born and raised in the Adams, Ore., area, Davis attended WSU before coming home to the family farm. He became



Berk Davis and Lee Hawley, direct seed farmers at Spokane's Ag Expo this year.

a true believer in conservation practices while working with his father, who earned the Umatilla County Conservation District Award in the 1970's. Davis himself has been involved with the local conservation district for about 25 years.

“At one time, we had more than 25 miles of terraces on our farm and many miles of waterways. With direct seeding, it’s so much easier to control water and wind erosion,” noted Davis. “We’ve always believed less is more; that is, less tillage is better for the soil.”

“Combining direct seeding with precision ag tools, we have been able to cut back on our input costs even more,” added Davis. The Davis Ranch utilizes GPS AutoSteer, AutoBoom and precision flow technology. They also use yield-tracking systems on their combines, so they can compile data to help determine crop planting and fertility decisions. Using chemfallow on the dryland acres under 16 inches of rainfall, they usually rotate their crops in three or four-year

cycles. “Direct seeding won’t always produce the highest yield, but it’s all about the bottom line,” said Davis.

“Direct seeding has proven to be more profitable for us. And the fact that we are saving and conserving our farm soil for future generations, that’s probably the most amazing benefit.”

The PNDSA was founded in 2000 by direct seeders from Washington, Oregon and Idaho. Along with the board, the PNDSA is guided by the current Executive Director, Frank O’Leary. His office is based in Walla Walla. The organization hopes to develop a certification process for direct seed farms that they believe will be helpful for growers to more fully participate in programs contained in the upcoming 2012 farm bill.

To find out more about the PNDSA and their activities, including attending tours of direct seed farming operations, contact Frank O’Leary at 509-520-7483.

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Neighbor takes helm at NAWG

Pacific Northwest wheat farmers have a neighbor at the helm of the National Association of Wheat Growers this year. **Wayne Hurst** of Burley, Idaho, was elected and installed as president of the organization this spring.



Hurst started farming 31 years ago. His parents were both teachers who farmed part-time, but both of Hurst's grandparents were farmers. "I grew up working on the farm, and I enjoyed it," he said. Today Hurst and

his family operate a diversified, irrigated row crop farm. Their major crop is wheat (mostly soft white), and Hurst has also grown sugar beets, potatoes, dry beans and forage crops. "My maternal grandfather said 'son, you can make a good living raising wheat.' I remember that advice, and I agree with him," Hurst said. Located on the edge of what's known as the Magic Valley in south central Idaho, the Hurst farm sits at an altitude of 4,400 to 5,000 feet in some areas. "We irrigate out of the Snake River. There are a lot of small 40- and 80-acre fields in our area. It's a very intensely managed agricultural area." He added that most

farmers in the area use wheel lines to irrigate, but some are moving to pivots. "This is good wheat country. It's not uncommon to raise 100-120 bushel-an-acre wheat on irrigated land here," he said.

My maternal grandfather said 'son, you can make a good living raising wheat'.

Hurst has held a number of leadership positions in agricultural organizations. He is a graduate of the Wheat Industry Leaders of Tomorrow (WILOT) program and the Leadership Idaho Agriculture Program. He also served as an officer for the Idaho Grain

Producers Association and on the NAWG Board. Wayne has also served on the NAWG Budget Committee and chaired the NAWG/U.S. Wheat Associates/WETEC consolidation committee in 2006.

Now at the helm of NAWG for the upcoming year, Hurst sees his job as continuing the tradition of excellence in the organization. "I am proud that NAWG represents the grassroots policy of our farmers," he said. "It's fair and open. Once the policy is set by our state grower organizations, it is carried out by our staff."

Hurst believes one of the biggest challenges the industry will face is the uncertainty of biotechnology entering the arena. "We are seeing lawsuits attacking certain crops, such as sugar beets, over GMO plants. This leads to a lot of uncertainty. Hopefully those challenges will be resolved, and we will see the technology evolve in order to feed the world. In the next 40 years our world will grow from six billion people to nine billion people. We have no more land or water to feed that increase. We will have to produce more on a limited amount of resources."

Idaho is one of the partners in the PNW tri-state effort. Hurst and his fellow Idahoans will be joining WAWG and OWGL for the 2011 Tri-State Grain Growers Convention held in Spokane this fall.

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Partnerships – worth their weight in gold

Ask any viable organization what will benefit the good of all their members most, and partnerships may head the list. The Oregon Wheat Growers League joins forces in advocacy and education with industry organizations, businesses and agencies to promote and sustain wheat production in Oregon. The OWGL collaborates with and follows the activities of the following organizations through board positions, communications and/or financial support:

The Agricultural Carbon Market Working Group

The Agricultural Carbon Market Working Group is unique for our industry in that it is comprised of national farm leaders from all three major commodities, the biofuels industry, and other key agricultural stakeholders. Together we have spent four years studying and addressing potential carbon offset markets for agriculture that could result from national policy. We have also worked with our agricultural organizations to begin addressing issues related to climate markets for agriculture.

Pacific Northwest Waterways Association

Founded in 1934, PNWA has spent over 75 years successfully advocating for federal funding of our region's navigation projects and public policy to improve the economic efficiency and environmental sustainability of the Pacific Northwest. We continue to collaborate with the U.S. Congress, federal agencies and regional leaders on policies related to transportation, energy, trade and environmental issues on behalf of ports, public utilities, consultant firms, businesses and tourism.

NW River Partners

River Partners promotes all the benefits of the rivers - fish and wildlife, renewable hydropower, agriculture, flood control, commerce and recreation. We believe that salmon protection and recovery efforts need to be based in the best science, and that responsible policies will lead to increased salmon runs and increased economic opportunity for the entire Northwest.

Oregon Freight Advisory Council

OFAC was established in August 1998 by former Oregon Department of Transportation (ODOT) Director Grace Crunican (formalized by the Oregon leg in 2001). This was in part due to selected stakeholders' desire to give freight

more visibility in ODOT policy, planning, and programming.

Oregon Water Coalition

Promoting responsible development, conservation and use of Oregon's land and water resources. Incorporated in 1992, the Oregon Water Coalition is a group of individuals and organizations whose business directly or indirectly relies upon the economic success of irrigated agriculture in Oregon.

Oregonians for Food and Shelter (OFS)

Oregonians for Food and Shelter (OFS) is a pro-active, member-funded, grass roots coalition which works to protect the rights of natural resource based businesses in Oregon.

Our primary focus is protecting those who responsibly use pest management products, soil nutrients and biotechnology from government over-regulation, however, they also get involved in a variety of other issues impacting farmers, foresters and urban businesses relating to natural resources.

OFS was founded in 1980 and have been of service to the natural resource and business communities since then. They are located in Salem

and have a staff of three: Terry Witt as executive director; Paulette Pyle, director of grass roots; and Sandra Schukar, office manager. Both Paulette and Terry are registered lobbyists and spend full time during Oregon's biennial legislative session watching out for the interests of OFS members.

Oregon Rail Users' League (ORULE)

ORULE serves both public and private organizations that operate, use and support railroads in Oregon. ORULE advocates for the rights and needs of railroads and their customers and encourages economic growth for the state.

The Freshwater Trust

The Freshwater Trust is an action-oriented 501(c)(3) not-for-profit that restores rivers and streams throughout Oregon. The Trust uses cooperative, market-based solutions that benefit rivers, working lands and local communities - from working with landowners to keep more water in our streams to streamlining restoring processes to achieve greater pace and scale to improving aquatic habitat using a localized approach. With growing concern about the health of our freshwater ecosystems, coupled with climate change pressures and population growth, declines in river and stream health must be addressed now. ♦





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2011 Priorities of the Oregon Wheat Growers League Committees

Environment and Regulations Committee

Tanner Hawkins, Chair

1. Climate Change & Greenhouse Gas Emissions
2. Pesticide Legislation & Regulatory Enforcement
3. Pesticide & Water Quality Management Grower Education Campaign
4. Clean Air Act – Air Emission Standards (Dust, Particulate Matter)
5. Clean Water Act – Navigability

Farm Policy Committee

Paul Bracher, Chair

1. 2012 Farm Program Development
2. Crop Insurance
3. Available Legal Workforce
4. Educate growers, county commissioners, FSA county committees on SURE program and process of county disaster determination.
5. Transportation Issues Specific to Movement of Wheat/Barley by Growers
6. Jetty Repair – Federal Funding Request

Research and Technology Committee

Suzi Frederickson, Chair

1. Privatization of Wheat Breeding Programs
2. Research Priorities and Appropriate Funding – Public Awareness Campaigns
3. Education, Research and Extension Funding – OSU Structural Changes
4. Carbon Footprint and Climate Change Research Priorities
5. Bio-products research – Bio Fuels Introduction; Gluten Project Proposal

For more information on the activities of the OWGL committees, or the schedule of committee and board of directors meetings, contact the OWGL office via phone: 541-276-7330, or email:



Join the Oregon Wheat Growers League Today!

These are exciting times for the Oregon Wheat Growers League! The League has begun a new phase in advocacy, leadership, and grower governance, and we invite you to join the organization that may prove to serve Oregon wheat producers better and more efficiently than ever.

The list of Strategic Issues on the adjacent page outlines the work of the OWGL on your behalf. Join the efforts of the OWGL today by returning this form with your check to support the ongoing efforts of the organization that works to enhance your bottom line. **Thank you!**

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Representative: _____

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Fax: _____

E-Mail: _____

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So much to do, so little time – trade servicing in the Middle East

Glen W. Squires

Wheat trade servicing involves meeting with customers on their own turf to educate, address concerns, solve issues, strengthen friendships and develop new relationships. The work continues 24/7 nearly 365 days a year by the overseas staff of U.S. Wheat Associates (USW), working in concert with state wheat commissions, to promote U.S. wheat.

Representing the Pacific Northwest (PNW) wheat commissions, the last week of February was a brief opportunity for me to promote the quality and availability of PNW wheat in a region with spreading turmoil, yet growing demand for wheat. For the Cairo, Egypt office of USW, it was just another couple of days doing what they do best – meeting with decision makers and promoting the purchase and use of U.S. wheat.

This time, it was meeting with representatives of Grain Silos and Flour Milling Organization (GSFMO) in Riyadh, Saudi Arabia, followed by a very unique first time seminar with Iranian flour millers in Muscat, Oman. And while the itinerary was compressed into a few short days, traveling mostly at night and meeting during the day, much was accomplished.

The Cairo office covers 30 countries across the Middle East, North Africa and East Africa. Considering the dynamics of population growth, expanding economies and corresponding demand consumption, this part of the world is a driver in world wheat demand, representing a whopping 32 percent (39.4 mm) of world imports.

Dick Prior, USW Regional Vice President in Cairo, and his crew have the challenge to see that U.S.-produced wheat is not only in the demand mix, but increases, amid stiff competition



from Europe, Australia, Canada, and Black Sea exporters. As of March 1, the region had taken nearly a quarter of U.S. exports.

In this part of the world, relationships in business are doubly important. That's what makes USW's efforts so valuable and critical to the future of U.S. wheat utilization throughout the region.

Dick, originally from Washington State, has been in Cairo for nearly 30 years. He has built extensive trust among the myriad of wheat industry and political players as a knowledgeable, unbiased third party when it comes to wheat and trade issues.

Watching him interact with others reveals he really is a friend first. The work of promoting U.S. wheat follows naturally because of the relationships and trust he has developed over time. Dick seems to know everyone. He is not alone. Ian Flagg, Assistant Regional Director, and Hesham Hassanein Regional Marketing and Special Projects Manager with the Cairo office, bring additional expertise and effectiveness when it comes to trade servicing work and understanding cultural nuances.

SAUDI ARABIA

In an effort to conserve water resources, the Kingdom of Saudi Arabia has determined to shift from self-sufficiency in wheat production to total import dependency with a target for zero domestic wheat production by 2016. The process is well underway. In 2007/08 the Kingdom imported just 75,000 MT. This marketing year, imports are expected reach beyond 2 million metric tons (MMT).

The Deputy Director General and Assistant Director General for GSFMO also discussed, in an intimate meeting prior the seminar, the government's efforts to privatize the flour mills in the Kingdom. As the country is in transition, the Crop Quality Seminar couldn't have come at a better time for some 50 plus attendees.

The all-day seminar was loaded with information, interrupted only by a noon prayer break. Dick Prior explained how to use the USW-produced Crop Quality Report with its detailed crop information. I provided specific quality data on hard red winter wheat (HRW) and soft white wheat (SW); Hesham covered hard red spring (HRS) and durum followed by Ian's concise and effective pricing and basis discussion.

John Oades, Vice President of USW, explained the dynamics of world supply and demand resulting in less available

milling wheat this year. Amer Badawi, Vice President of Columbia Grain in Portland, Oregon, discussed how the U.S. export system works. He gave insight into how to create a clear, concise, realistic and effective invitation for bid (IFB) document to ensure the Saudi's obtain accurate bid offers and ultimately the wheat they need for their specific end uses.

The presentation that created the most discussion, however, was Peter Lloyd's description of the benefits (consistency, functionality, maximizing sales, and minimizing costs) of blending wheat or flour to obtain optimum value. Peter is Regional Technical Director for USW, based in Casablanca, Morocco. He explained that most countries have doubled and tripled the number of flour types being produced by a typical miller in the last ten years.

Using the USW-produced Wheat Blending Calculator with an example blend of HRW and HRS at different protein levels, Peter illustrated that a mill could obtain the same functionality as using a single class, with a difference in gross margin of \$26.61 per MT wheat cost. On a 500 MT mill this equates to a savings of \$10,215.70 per day or \$3,064,710 per year on 300 days. His message is simple. If you're not blending, you're leaving money on the table. Blends of SW with hard red wheat were also noted.

Peter emphasized that just knowing or specifying protein quantity is not enough. It is imperative that buyers pay attention to the protein quality in the wheat they buy. In the many blending formulations he presented, inclusion of soft white wheat provided the highest component gross margin.

Peter stayed in Riyadh to spend in-mill time working with millers. In a subsequent email correspondence he noted that the GSFMO mill site in Riyadh is "something to behold" with 520,000 MT of storage silos, 2,500 MT per day of milling capacity and "really pleasant people to top it all off". Peter has been asked to come back for an extensive visit to all their sites across the Kingdom. In concert with the work currently underway, the Washington Grain Commission is looking at the possibility of providing a couple of containers of SW wheat to assist in further development of the market.

Is there value to U.S. producers in USW trade servicing work and providing

buyers with quality specific data regarding the wheat the U.S. has to offer? Yes! While not always so direct, a couple of days following the crop quality seminar the Saudi's tendered and subsequently bought 275,000 MT of wheat, of which 220,000 MT was 12.5 percent protein U.S. hard red wheat at an average cost of \$392 per ton, cost and freight included. That's \$86.2 million in one tender.

There will likely be more. The Saudi's are building a one year wheat reserve in order to create a buffer against spikes in food prices. Flour prices within the country are subsidized as the government absorbs the current higher cost of wheat.

OMAN/IRAN

Nearly a year in the making, the U.S. Grain Marketing Seminar conducted in Muscat, Oman (across the Sea of Oman from Iran), for thirteen Iranian flour mill representatives was a first. The seminar was made possible through funding provided by the Washington Grain Commission and Oregon Wheat Commission and strong support and cooperation of Oman Flour Mills. USDA/FAS funds for trade servicing with Iran are not allowed.

The seminar provided an opportunity to meet face-to-face with Iranian millers and turned out to be "among the best ones we have ever done", according to Dick Prior, in large part because of the millers themselves.

Iran had been purchasing over 1 MMT of PNW-produced SW wheat a year prior to the overthrow of the Shah in 1979. Trade servicing has since been difficult, but millers are increasingly interested in accessing the quality wheat market.

While the Saudi seminar was more formal, the meeting with the Iranian millers almost immediately evolved into a hands-on, get-down-to-business dialogue, with extensive interaction. Discussions of crop quality for the classes, especially SW, were extended with a flurry of questions. During the last two years, the Iranian government purchased some U.S. wheat (HRW and SW) to shore up supply on short production.

Having gained a taste for quality U.S. wheat, the private sector desires to learn about importing more. Just how to do it will be the challenge. That's where

the assistance of the Oman Flour Mills and Omani banks working with Iranian banks and millers may prove helpful.

In addition to previously mentioned presentations, John Oades also described the basics of the U.S. grain handling and marketing system and then walked the group through tender specifications in order to obtain the quality they need.

It was determined that for Iran, a minimum 9.5 percent protein SW wheat on a 12 percent moisture basis, would likely best fit their product mix. Four

**It is imperative
that buyers pay
attention to
the quality of
the wheat they buy.**

types of flat breads are made in Iran: Lavash, a very thin flatbread used to make a wrap or sandwich; Tafton, a slightly thicker flatbread; Sangak, an oblong flatbread about two feet long made from three parts whole wheat flour and one part white flour (about 45 percent of all flour in Iran is used to

make Sangak and is purchased each day due to its short shelf life); and Barbari, a thicker (1 to 1 ½ inches) flat bread made from white flour that is crisp on the outside and soft on the inside.

At the end of one lengthy discussion among the millers, one miller announced in English "it's soft white, soft white is the best for our products".

Current sanctions were discussed and while the seminar was running much longer than planned, the group refused to leave without learning about the USW price report from Ian Flag.

Dick summarized aptly when he said the extensive amount of information exchanged should be a good start to help the millers to be ready when they can buy. Next steps? There is talk of expanding a seminar to include some leading Iranian bakers as they could assist in driving demand for quality wheat.

The Washington Grain Commission and USW trade servicing and market development take many forms. In this case, it became obvious that GSFMO in Saudi Arabia and millers from Iran were appreciative of the efforts to meet with them and share a wealth of information as these markets unfold. In building trust, relationships were renewed and new personal relationships developed that should benefit wheat producers/suppliers and buyers/consumers alike.

US Wheat Associates ♦



Choosing healthy foods is more challenging for teens

Lisa Mancino and Jessica E. Todd

Childhood obesity is a public concern, and consumption of caloric sweetened beverages, the frequency of eating fast food, and an array of unhealthy options at schools have been named as possible culprits. Unfortunately, identifying effective obesity-fighting policies is difficult because, for many children, poor food choices are simply the norm, both at and away from home.

ERS researchers used 2 days of

children's dietary intake data from two national food intake surveys to estimate how the number of meals or snacks eaten away from home and at school affect the total number of calories consumed and other measures of daily diet quality.

Each meal or snack was classified as food from home, food acquired away from home, or food from school. The designation was based on the source for the majority of calories in each meal



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or snack, after excluding beverages. For example, a home-packed bag lunch eaten with a bag of chips from school would be classified as an at-home meal.

Among children ages 6-12, food away from home and food from school did not significantly affect daily caloric intake compared with at-home snacks or meals. Among children ages 13-18, however, eating food away from home added 108 calories to total daily intake compared with eating at home; eating food from school added 145 calories. Food from school included USDA-reimbursable school meals and all other foods purchased at school (other than beverages). The similar caloric increase from food away from home and foods from school for 13-18 year olds likely reflects an increased availability of many types of foods in middle and high schools, including a la carte side dishes and desserts. In comparison, elementary schools tend to offer more limited choices.

A closer look at the relationship between changes in daily calories and changes in daily intake of caloric sweetened beverages showed that these beverages significantly increased calories consumed by both younger and older children. But the size of the increase differed by age. This difference may be driven by an underlying variation in the types of caloric sweetened beverages consumed, which included nondairy beverages such as fruit or fruit-flavored drinks, soda, energy drinks, and flavored water. Differences

Barley Mushroom Soup

You'll warm bellies and hearts when serving up bowls of this satisfying barley and mushroom soup. Sour cream and butter make it extra rich and creamy. A wedge of Irish soda bread on the side makes the perfect accompaniment. Our recipe for Irish soda bread makes one big or two small loaves.

Barley Mushroom Soup

- 1 cup quick-cooking pearl barley, or 1/2 cup pearl barley
- 7 cups chicken stock or water
- 3 onions, chopped
- 4 carrots, chopped
- 2 ribs celery, chopped
- 2 cups chopped fresh mushrooms
- 1/2 cup (1 stick) butter
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 to 1-1/2 cups sour cream



Combine the barley and half the chicken stock in a medium saucepan, and simmer for 1 hour. Combine the onions, carrots, celery and mushrooms in a soup pot. Add the remaining chicken stock, and simmer until the vegetables are tender. Add the barley mixture, butter, salt and pepper to the vegetable mixture, and mix well. Remove from the heat, and mix in the sour cream. Garnish the servings with chopped parsley. Serve hot or cold.

Yield: 8 servings



in the way that older and younger children compensate food calories for caloric sweetened beverage calories could also have an effect.

Among 6-12 year olds, 1 ounce of caloric sweetened beverages added 11.6 calories—meaning that a 12-ounce can would boost total daily intake by 139 calories. Among 13-18 year olds, 1 ounce added 10.3 calories, meaning a 12-ounce can would add 123 calories to daily intake. And while each ounce of caloric sweetened beverage had slightly less of an effect on older children’s daily caloric intake, older children drank almost twice as much as younger children did—24 ounces per day, on average, compared with 14 ounces per day.

Improving diet quality is an important goal at any age. Increased knowledge about the impact of beverage choices and food sources on overall caloric intake may enable children and teens to take steps to reduce obesity. The ERS study results suggest that teenagers could especially benefit from paying careful attention to their food and beverage choices when eating away from home.

Taken from ERS Amber Waves March 2011 ♦

School Meal Standards

NAWG signed on to grain chain comments sent to USDA’s Food and Nutrition Service on nutrition standards in the school breakfast and lunch programs it administers. The grain groups provided education and input on issues including how the proposed standards match up with government dietary guidelines; serving size; nutrient requirements; and the timing of new school program standards. The complete comments are available at www.wheatworld.org/othercorrespondence.



Peg Herring

Welcome to Barleyworld. In these virtual catacombs, you’ll encounter a genome that’s comparable in size to the human genome, sip an age-old brew that’s surprisingly modern, and discover a new health food. Just as Disneyland began in the imagination of Walt, Barleyworld is the collected inspiration of Pat Hayes, OSU’s intrepid barley breeder and imagineer of all things barley.

At first glance, Barleyworld looks more like a web site than an amusement park. But don’t be fooled. Hayes has collected more possibilities for the world’s oldest crop than Walt ever imagined for the world’s oldest mouse.

Barleyworld began more than 10 years ago, as a handful of researchers from around the world began working to unravel the barley genome. Cracking the genetic code has unlocked a magic kingdom for barley breeders, revealing thousands of genetic differences in barley strains, and opening new possibilities for the grain.

Opening the taps on a deeper understanding of barley genetics, one of the first things to pour out is beer. Barley varieties are classified by season (winter types or spring types) and by the number of rows they have on each axis of the seed head (two-, four-, or six-row varieties). Most European brewers will tell you that two-row, spring barley is the best malting barley; American brew-

ers insist that six-row malt imparts the “crisp” flavor to domestic beers.

Hayes argues that there is no single configuration of genes that defines a good malting variety. To prove the point, Hayes is exploring the malting qualities in Oregon’s six-row winter barleys that he hopes can satisfy the region’s taste for quality microbrews.

Although many people associate barley with making beer, barley is making a splash in the health department. High levels of beta-glucan in barley help to lower harmful cholesterol and increase beneficial cholesterol. With more than three times the soluble fiber than in oatmeal, barley may help reduce the risk of colon cancer as it feeds healthy bacteria in the digestive tract.

That was news enough for Hayes to launch a promising collaboration with food chemist and OSU bread explorer Andrew Ross, to develop a healthy, beta-glucan-rich food barley for the Pacific Northwest. The first experimental loaves have been delicious, with a tint of blue in the flour and a nutty flavor to the bread.

One hitch. Beta-glucan is the dieter’s delight and the brewer’s bane, according to Hayes. The waxy starch associated with beta-glucans can flatten beer. But the roadmap described by the vast barley genome will help Hayes identify the traits to breed into the best barley varieties for both bread and brew. To learn more, visit barleyworld.org ♦

Credit: Oregon’s Agricultural Progress, Special Issue – Food in Oregon

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