

4-H develops individuals

Oregon's 41,000 4-H members are inviting all boys and girls in grades four through 12 to join them as they continue "Building on Experience" in the coming year, reports Doris Brackett, Oregon State University Extension Agent in Warm Springs.

Fall, and National 4-H Week October 2-8, mark the beginning of a new year for 4-H members and leaders, including many young people in Warm Springs.

The 1983-84 national theme, "Building on Experience" reflects more than 60 different projects offered in the areas of animal science, home economics, plant science, mechanical science and creative arts. Each project

contains several options young people may follow as they gain knowledge and experience.

Rounding out the 4-H program are a wide variety of county and state activities including 4-H camp, 4-H Summer Week, county and state fair, field trips and even exchanges with 4-H members in other states, Brackett explains.

While 4-H is seen as one way of transmitting current, accurate information and technology from OSU and its school of agriculture to young people and their families, 4-H is designed also to offer youth a chance to develop as individuals.

For instance, serving as 4-H

club officers gives young men and women an opportunity to learn how to be leaders and how to conduct meetings. The 4-H presentation program gives them a taste of what it's like to be teachers while gaining poise and practice in public speaking.

"In Jefferson County, as in many others, we sometimes can't offer 4-H to every interested boy or girl because of the lack of adult volunteer leaders," Brackett adds. "We depend on the volunteer to be actual teacher and leader of the 4-Hers."

People interested in more information about member and leaders opportunities in 4-H may call 553-1161, ext. 238 or stop by the OSU Extension Service Office upstairs in the Old Administration Building.

Alter diet for better health

Today's dietary guidelines suggest that we reduce our consumption of fat, sugar, salt. We also are encouraged to include more fiber in our diets by using whole grain products.

Here are a few ways to put these recommendations into action:

1. Eat foods less often that are known to be high in fat, sugar and salt such as cookies, cakes, pastries, potato chips.

2. Frequently include whole grain breads and cereals instead of highly processed cereals and white bread.

3. Reduce portion sizes such as smaller cookies or pieces of cake, less butter or margarine on bread, a slice of dill pickles instead of a whole dill pickle, or less dressing on the salad. Do the obvious by gradually cutting down on the sugar used

on cereal or in coffee. Trim the visible fat off meat before it is eaten. Omit salting food at the table. Do not add fat when browning meat.

4. Alter recipes—your satisfaction with the resulting product will depend on your own personal tastes and standards as well as the type of

food. You may decide that the best way will be to reduce portion sizes or to eat less foods high in sugar, salt and fat.

Some recipes can be altered as follows: Sugar can be reduced by one-third. Example: If a recipe says to use 1 cup, use 2/3 instead.



New bulletins

The Extension Service has received several new bulletins. These include Felling and Bucking Techniques, Circular 1124; Transplanting Wildings, Circular 1121; Soil Compaction on Woodland Properties, Circular 1109; Planning Woodlands Roads, Circular 1118 and a new handbook on Solar Livestock Housing MWPS-23.

Extension Notes



from Lee Hamilton and Doris Brackett

Market reports provided

Pre-recorded daily market reports are now available by telephone. This new information system is provided by Oregon State University Extension Service to help Oregon livestock producers keep abreast of current price developments. The service is available around the clock, day

and night.

Up-to-date price trends and prices are available for cattle, hogs, sheep, beef and lamb carcasses, feed grains and hay. The recording is updated each day at 3 p.m.

The phone number for "Market News" is 754-2037.

Rockin' 4-H club busy

Rockin' 4-H Club members and their parents spent two days cleaning the hay barn, repairing feed bunks and stacking the 1983 hay crop. Eighteen members and six parents harvested and brought in five tons of hay.

More hay will have to be purchased again this year because the club is in its second year of a three-year barley rotation. A serious morning glory weed problem prompted the club to plant barley again for 1984. Barley does not yield as much as alfalfa hay, hence the need to purchase an

additional amount of hay.

Currently, the 20 club members own 30 head of cattle, 28 calves and several first-calf heifers along with three bulls. The next club project will be re-building a portion of the corral facilities at Sidwalter. Several unsafe gates, a head catch and a holding pen will be constructed with assistance from the jobs bill program. Club volunteers will install WW equipment type facilities.

Young people interested in joining Rockin' 4-H should call the Extension Office for more information.

Trainee eyes management position

Looking to the top and staring at the bottom, tribal member Marie Calica recently

began a management training program at Kah-Nee-Ta resort.

After 11 years working for

the 509-J school district as Jr. High Liaison, Calica felt she had accomplished as much

personally as she could. She needed a change and a way to further her accomplishments.

"I felt I could use some of my ideas out here," Calica commented. Although she says she will miss working with youth she feels she will have the opportunity to work with people as part of the Kah-Nee-Ta staff. She hopes to include tribal youth in Kah-Nee-Ta activities.

Calica began her management training on September 1 in the Housekeeping department. Spending time in the different departments and working with the staff is valuable in allowing her to get to know Kah-Nee-Ta from the inside-out.

In her departmental training Calica says she has learned the importance of each individual at Kah-Nee-Ta. "Each employee is a link in the wheel that makes Kah-Nee-Ta turn," and "everyone is doing the best job they know how."

Making money is of primary importance to the success of Kah-Nee-Ta, Calica acknowledges. It begins at the employee level. Happy employees are able to make guests happy. She sees both management and employees "dwelling on the positive, not

on the negative."

Open communication in the Kah-Nee-Ta network is a factor contributing to a positive atmosphere at the resort, she observes. Management accepts suggestions from the employees. And managers meeting weekly are able to discuss problems, solutions and strategies for improvements.

In addition to training at the resort Calica will be traveling to different training programs to develop her skills.

As a Warm Springs tribal member Calica appreciates seeing other tribal members at Kah-Nee-Ta working to help their tribe. She says she would like to see more tribal people in training positions, working at the resort or engaging in activities there so "the public can see our people." Guests at the resort want that cultural experience, she notes.

After learning all aspects of hotel management Calica hopes some day to occupy the executive assistant manager position at Kah-Nee-Ta. And depending on General Manager Garland Brunoe's aspirations, she hopes eventually to be skilled enough to be able to manage the resort from the position of General Manager.



Spilyay Tymoo photo by Shewczyk

LEARNING THE ROPES—Management trainee Marie Calica is instructed on bookkeeping methods in the Reservations department by Reservations supervisor Hazel Woods. Calica will work in all departments as part of her training program.