Wilderness Camp action packed learning experience for youth

4-H Wilderness Enrichment Camp for '93 was an action packed learning experience for Warm Springs youth. Campers practiced decision making skills with the many classes offered this year. Classes included; Fishing with Russell Charley, Building A Shelter with Jenny Langnese, where campers learned how to build a shelter with and without supplies.

Connie Blodgett Willie Sahme and Willie Danzuka instructed campers on How To Build A Sweathouse. Bob Kulby showed campers the fine art of Flint Knapping, and How To Make A Dream Catcher.

We were thankful to have Jay Walsh teach the campers New Games, this activity is always a favorite with Warm Springs youth.

Joining the team this year was Crystal Winishut 4-H Program-Aid who was great support and indispensable help. Also new to camp this year was Extension Agent Tim Wojtusik and Sarah Green who enlighten campers about Wildlife Habitat.

A special thank you to Sue Ryan who not only instructed Basic Water Safety and Fire Building at camp but also served as the girls lead counselor. Thank you Sue.

International Cooking with Norma Simpson is always a favorite with campers and staff alike. They discovered the type of kitchen equipment used by people in New Guinea and South America. Campers whipped up flour tortillas and a tasty soybean cake.

Thanks to Rick Krause and Doug Dunlap for leading the campers to Olallie Butte. Thanks also go to "Bear" and Willie Sahme for assistanting with the hike and Sarah and Tim for bringing up the rear.

The following campers deserve a great big congratulations for accepting the challenge of Olallie Butte and succeeding by trekking the 10 mile hike up and down back safely. Kira Langnese, Julia Heath, Daleena Frank, April Scott, Tricia Charley, Mary Ann Stahi, Jesse Gilbert, Lucinda Stywer, Tama Langnese, Tia Bean, Wynter Smith, Young Leo Hellon, Thurston Eagle Elk, Orie Made, Jered Moses, Gary Katchia, Esti Made, Mike Hellon, James Johnson, Violet Heath, Jenny Langnese, Lee Hellon, Lewis Hellon, Kye Wells and Foster Sahme.

Russell Charley, Sue Ryan, and Arlene Boileau led campers on and all-day eight mile trek through Trout Lake, Island Lake, Dark Lake, Long Lake, and Olallie Lake. A great big congratulations goes to the following campers for their all-day high Lake hike. Colleen Sandoval, Nicole Charley, Reggie Gleason, Derek Palmer, Tony Gilbert, and Charlie Hellon.

A special thanks goes out to the CITS (Counselors in Training) who volunteered their time at camp to help insure Warm Springs youth a great time at camp. Mike Hellon, Tama Langnese, Charlie Hellon, Jenny Langnese, Jered Moses, and Willie Danzuka.

We are looking forward to these individuals participating in 4-H Tri-County Counselor Training Camp in 1994. Thank you and keep on growing.

Our immense appreciation for the "Head Chef" Suzie Macy, a special thank you for all the delicious food and hard work. Also thank you Carol Stevens as assistant cook.

Thank you Carol Allison for sharing your talent with the campers, they love to do art with you.

Congratulations to Arlene Boileau who was able to fulfill a goal for the 4-H Wilderness Enrichment camp this year by coordinating the wide variety of classes offered at camp.

We could not forget the many people who show their support for camp. The Warm Spring Community, Carshel Brunoe, Cecil Brunoe, Kate & Richard Jackson, Carol Allison, Judy Charley, Herb Graybael, Bob Pawelek, Terry Squiemphen, Sal Sahme, Joe Anstett, Danni Katchia, Warm Spring Police Department, Elina & Spud Langnese, Clay Penhollow, and Mike Gomez.

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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

Treating Huckleberry stains

By Norma L. Simpson

As I write this column, the honored huckleberry pickers are in the forests gathering the huckleberries for the Huckleberry Feast. No doubt, they and the rest of us after the feast will have stains on our clothing from the huckleberries.

Many other berries, such as the marionberry, boysenberry and raspberries also can be hard on clothes if we do not remove the stain promptly. But promptly does not mean with the nearest stream. Cold water can often set a stain that will never come out of colored clothes.

Use boiling water

Our family has always removed berry stains by pouring boiling water through the wrong side of the fabric. What I learned new this week as I removed marionberry stains from a new pair of slacks was to mark the spots with safety pins from the right side then fold the slacks over a large lid. You can see the pin even if the stain is not completely through the fabric and you don't burn yourself with the boiling water.

Hold the steaming spout about 3-4 inches above the wrong side of the cloth, and aim the water directly at the stains. Wait for a minute for the boiling water in the lid to cool down, then turn the cloth to the right side to see if all the stain has been removed. If the stain is stubborn, give it another shot from the boiling tea kettle.

It's like magic

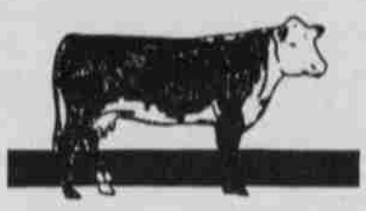
If the stain went completely through the cloth, you will see the magic before your eyes as the boiling water carries the berry or peach stain away.

I haven't had much success with removing berry stains after I have tried to treat them with other things like stain removers, or cold water. But I did have a little success with on yellow shorts.

Table cloths used under the table mats can be treated this way too.

POST SCRIPT: My wingdress needed a treatment too, after juice leaked from the plastic bag of berries that I brought back for the Jam Workshop held on Wednesday.

When is a cow more than a cow?



When it's a meal

Most people usually think of beef as a hamburger, steak or delicious roast for a satisfying and nutritious meal. There are other edible parts in addition to the protein-packed and mineral-rich muscle. The variety meats such as li er, heart, tongue, kidneys and sweetbreads are just a few of the tasty alternatives used in gourmet dishes. But there are some edible products that are not so obvious. Did you know that the gelatins in products such as ice cream and yogurt are made from the bones of the cow?

Take a look at some basic edible by-products:

Collagen-based: sausage casings

Gelatin: ice cream, yogurt, candies, flavorings, marshmallows, mayonnaise

Blood: blood sausage, protein extracts

Plasma Protein: cake mixes, pasta, imitation seafood, deep-fry batters

Fatty acid-based: oleo margarine, oleo shortening, chewing gum

Even inedible by-products of beef cattle are used to feed other animals. Beef fat, protein and bone meals are used in feeding poultry, pork, dairy cattle and domesticated fish. Now that's food for thought.

Super Stomach

Humans have some physiological similarities to the cow, but there is one major difference. The bovine's complex, 4-compartment stomach enables it to digest and convert all types of vegetation indigestible by humans, into energy and important "building blocks" of the body. The simple human system cannot utilize vegetation efficiently, and therefore these potentially valuable resources would be wasted if we didn't get them from another source.

When it's a household

"What do cows have to do with me? I don't have one in my backyard!" This might be your first reaction to the statement above. However, items manufactured from inedible beef by-products surround us in our daily environments. The soap you washed your face with this morning; the baseball equipment in the closet; even the sheet rock in the walls of your home all of these contain by-products.

How many of these are a part of your every day life?

From fats/fatty acids & protein meals: candles, cellophane, ceramics, cosmetics, crayons, deodorants, detergent, insecticides, insulation, linoleum, perfumes, paints, plastics, shoe cream, shaving cream, soaps, textiles, pet foods, floor wax, horse and livestock feeds.

From hooves & horns: tortoise shell, combs, imitation ivory, and piano keys.

From hide: leather sporting goods, luggage, and boots and shoes.

From collagen-based adhesives: bandages, wallpaper, sheet rock, emery boards, glues.

From hair: artists paint brushes.

From gelatin: photographic film phonographic records.

When it's a pharmacy

The medical world also relies on many by-products for the pharmaceutical wonders it produces and uses. Cattle have great similarities in organic chemical structure to humans. Our bodies will easily accept a medication or treatment made with these animal components. Some of these products can be synthesized, but many are still made from beef animals because they are much more economical without sacrificing quality, whether they are used in surgery, research or routine health care.

From the pancreas: Insulin — for diabetes, Pancreatin — aids digestion, Glucagon — treats hypoglycemia, Trypsin and Chymotrypsin — for burns and wounds, promotes healing.

From the blood: Blood plasma: Fraction I - hemophilia, Fraction V - kills viruses, Blood albumin - RH factor types, Thrombin - blood coagulant, Iron - anemia.

From the bone: Bone marrow — blood disorders, Soft cartilage — plastic surgery, Bone meal — calcium and phosphorous source.

From the spinal cord: Cholesterol — hormone products.

From the intestines: Medical sutures.

From the pituitary gland: Prolactin — promotes lactation, Pressor hormone — regulates blood pressure, Vasopressin — controls intestinal and renal functions, ACTH — arthritis and allergies.

From the liver: Heparin — anticoagulant, Liver extract — treatment of anemia, Vitamin B12 — prevention of B-Complex deficiencies.

Butcher, Baker, Candlestick maker

The beef industry is an active part of our economy. By products serve as a source material for hundreds of other industries. In other words, without beef as a renewable resource, not only would the butcher be out of work, but so would businesses that produce pharmaceuticals, chemicals, and textiles. Yes, it even affects the baker and candlestick maker.

When it gets us there

By products are used in all types of mechanical items to get us where we're going. Chemical manufacturers use numerous fatty acids from inedible beef fats and proteins, for all sorts of lubricants and fluids. Antifreeze contains glycerol derived from fatty acids to keep your car running cool. Tires have stearic acid which makes the rubber hold its shape under continuous surface friction. Glue from colloidal proteins has been used in automobile bodies. Even the asphalt on our roadways has a binding agent from fat.

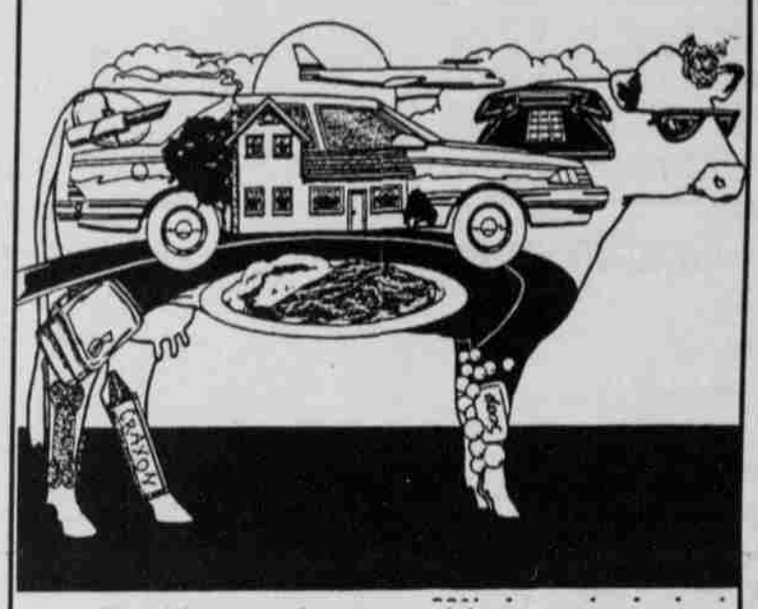
Some other unusual but necessary products from cattle sources:

-Hydraulic brake fluid
-Airplane lubricants and runway foam
-Various machine oils and viscous fluids
-Steel ball bearings containing bone charcoal
-Car polishes and waxes
-Textiles for car upholstery

So, when is a cow more than a cow?

Whenever we depend on its renewable resources to be part of the world that helps us.

Beef by-products — the natural source. When it provides for the good life



Beef by-products enable us to use 99% of every beef animal

Seeking volunteers for club

I am looking for community members that are interested in helping out with a natural resources youth club. This will be a short term club that will focus on the natural resources of the Reservation and their traditional uses. The youth here at Warm Springs are the greatest and you will find working with them tremendously rewarding. Interested or curious individuals please contact me.

Tim Wojtusik, OSU Extension, 553-3238.

Plant & Soil Notes: *Harvesting garden vegetables*

When garden vegetables are ready, don't hesitate. Go ahead and pick them. Oregon State University Extension home gardening agent Ray McNeilan says that regular picking encourages fruiting vegetable plants such as cucumbers, squash, bushbeans, peppers, broccoli and eggplants to produce more.

Even a few fruits left to mature on a cucumber plant will stop new fruit from setting. Once zucchini plants starts going to seed, it is triggered into a different growing stage and won't develop any more squash.

Look for the following qualities when harvesting vegetables.

BUSH BEANS: Pick when at least three inches long. Pods should be just starting to bulge.

SQUASH: Summer squashes are ready to pick when their rinds are easily dented with a fingernail. Winter squashes are ready for harvesting when their rinds are firm enough that they can't be dented easily with a fingernail.

TOMATOES: Size is not a good indication of maturity. Look for proper color. Tomatoes can be picked at any degree of ripeness but they taste best if ripened on the vine.

CUCUMBERS: Pick before they turn yellow. Large ones are good eaten fresh.

BROCCOLI: Stalks ready for picking should be firm but tender. Buds at the top of the stalk should be compact and not showing the color that would indicate the plant is flowering. Cut the large central head just before it separates into several heads. After that, cut the side shoots that develop into small heads.

EGGPLANT: Ready when shiny.

PEPPERS: Usually mature late. The green varieties should be firm and have a shiny color. Red varieties should have a uniform red color before harvesting.

Stockman's Roundup: *New major in Natural Resources at OSU*

By Bob Pawelek
OSU Extension Agent
Livestock and Range

Beginning Fall 1993, Oregon State University offers a new and exciting degree program-a B.S.. in Natural Resources. The program is offered by the colleges of Agricultural Sciences, Forestry, Liberal Arts, and Science.

A special focus especially for American Indian students is also being designed within the curriculum. Students will learn to prepare themselves for employment in natural resources on the reservation. Exposure to a wide array of courses in various aspects of natural resources management will also be a feature of this major, and allow a student the flexibility to pursue on area of interest to him or her.

The degree will also give students the ability to deal with social and political components of resource management.

Coursework within the curriculum will include:

- wildlife and fisheries
- range management
- forestry
- resource values and philosophies
- land and water resources
- social and political science
- amenity uses of natural resources.

Further, a student may propose a set of coursed around a natural resource theme and seek approval of the Natural Resources Program Committee to allow for degree paths in the following areas:

- Natural Resource Administration/ Finance
- Agroforestry
- Land Resources
- Water Resources
- Techniques for Resource Appraisal
- Resource Policy.

Other specialty areas are currently being approved.

A complete copy of coursework may be obtained at the Extension Office.

Hay list available

Recently, I spent so much time on the phone with hay growers around Central Oregon and outside this region that I felt the receiver had become an extension of my ear. Not surprisingly, I found no growers willing to deliver decent alfalfa for much less than $100/ton.

However, I did manage to comprise a good list of hay prices for the area. Give me a call and a copy will be forwarded your way.

Marketing alternative

Some cattle producers here may feel that they are not quite getting a fair shake at local auction markets. If that seems to be your predicament, there are a number of options available regarding management of the calves you have marked for sale. We can talk about those another time.

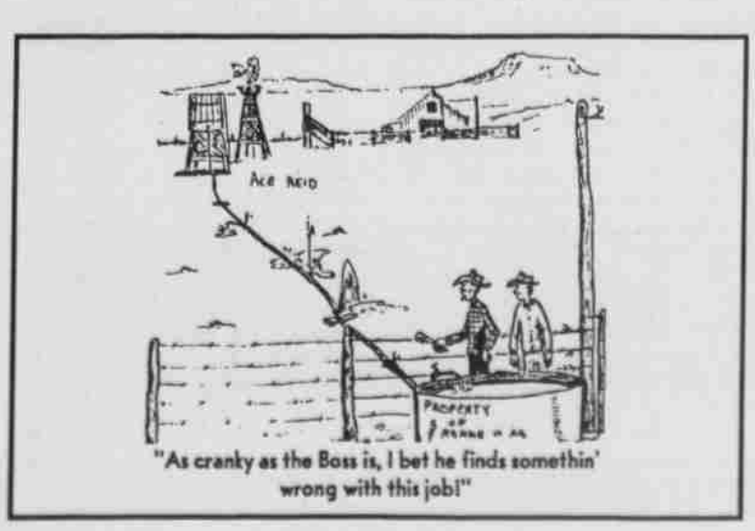
What I'm taking about here are not management options, rather a marketing alternative. It's about video auction marketing, a way to have 5000 buyers see your cattle rather than the usual 50. The object on the producer's end, of course, is to get the best price for those calves. Well, with all those bidders, it's only natural the price will usually be higher than at the sale barn.

There are certain minimums in numbers of calves that must be put together before a video auction marketer would be willing to haul his equipment down here. It's possible, though. For Example, one marketer needs to have a rather uniform crop of calves all weighing within 100 pounds of each other, with a minimum of 50,000 pounds of beef on the hoof in one pasture.

So in this instance, we would need to put together one hundred calves weighing about 500 pounds each. That may seem like quite a few calves, but the good news is they do not have to all belong to the same producer. Several families could pool their herds and work it that way.

Once the calves are together in the pasture, the marketer videos them and the picture is sent to the sale via satellite. Then those 5000 buyers call in their bids, just like at the sale, only at a better price.

If you are interested in seeing how this system works, we can watch a video sale at the Extension office some time soon. Just let me know.



"As cranky as the Boss is, I bet he finds somethin' wrong with this job!"

12 WAYS TO REDUCE YOUR GARBAGE AT HOME.

These suggestions come to us from the Blackfeet Extension News in Montana.

1. Reject. Think before you buy any item. Do you Really need it? Can you make do with what you have?

2. Check the packaging. Buy for contents, not the container. Why pay for flashy, waasteful packaging?

3. Avoid Disposables. Stay away from disposables—plastic/ foam cups and plates, diapers, napkins, ect.

4. Look for reusable conatainers. Where possible, buy products that come in returnable,reusable containers. Soft drinks in bottles, milk in jugs , etc. Try to find ways of reusing other jars and cans around your home.

5. Buy durable products. Look beyond the price. Consider operating costs and the life span. You may have to pay a little more, but you will get more value for your money.

6. Repair it. Instead of throwing it out, fix it up.

7.Save. Save those little things: ribbon, wrapping paper, string, rubber bands, paper clips, shopping bags. You can use them over and over again.

8. Buy second-hand, rent, share. Watch your local paper for good buys. Shop at second hand stores. Consider sharing the xost fo wxpensive items—lawn mowers, garden appliances, ladders, etc.—with your food and garden watees in a compost plot. It cuts garbage and improves the soil.

9. Let someone else use it. Don't dump your old clothes, furniture and appliances into the gaarbage when you are finished with them. Local charities and second-hand shops can spruce them up and make them available to other people.

10. Make compost. Recycle your food and gaden wastes in a compost plot. It cuts garbage and improves the soil.

11. Use recycling centers. Separate your left over bottles, cans and paper and take them to a recycling center.

12. Buy recycled paper. Try to buy products and packages with contain recycled material.