

## Two Pacific Northwest companies help feed India

by Timothy Wojtusik

Sometimes places like India, Somalia or Chechnya can seem so far away and exotic that they're not even real. We hear about them on the news but there is no connection between Oregon and these places... or is there? This month the Oregon Department of Agriculture announced a major donation of dehydrated potato flakes to the Catholic Relief Services Mother Theresa Program in Calcutta, India.

Two Pacific Northwest companies, Oregon Potato Company of Boardman and Larson of Idaho, is shipping 20,000 pounds of potato flakes in a 20 foot ocean container that leaves the port of Portland February 18th. The donation is part of a test shipment through Catholic Relief Services, which is interested in determining how dehydrated potato flakes can be used and their cultural acceptability as a staple to feed the hungry worldwide.

This is the second humanitarian donation made by Oregon Potato Company. In 1991, the company also shipped a 20 foot container

of dehydrated potato flakes to the Russian Far East.

In conjunction with this latest donation, the Agricultural Development and Marketing Division of the Oregon Department of Agriculture is organizing a dehydrated potato flake seminar March 28th in Washington D.C. Attending the seminar will be representatives of the U.S. Agency for International Development, the Foreign Agriculture Service and Farm Service Agency, and Private and Voluntary Organizations (PVOs) that receive commodities purchased by the U.S. Government. Among the PVOs attending will be Catholic Relief Services, CARE, World Vision, and Save The Children.

Oregon agriculture is connecting us to the people of the world by lending a helping hand to people in need.

### Juniper Research Tour

A juniper research tour has been tentatively scheduled for May 4th. This information will be updated as the date grows nearer but this should give interested people plenty

of time to make arrangements to attend.

The tour will visit the juniper control research site in the Charley Canyon area as well as other sites in Central Oregon. It will be led by OSU Rangeland Resources faculty, including Dr. Lee Eddleman.

Juniper trees in our rangeland and their effect on forage production, root plants, soil moisture, etc. has been the topic of much discussion and interests many people in the community. This field tour will provide an opportunity to see the results of ongoing juniper control research and a chance to discuss aspects of juniper management and range ecology with researchers and community members.

In order to provide transportation for the tour we would like to get some idea of how many people will be attending. If you are interested, please call the OSU Extension office (553-3238) and get your name on the list. Everyone is welcome and encouraged to participate.



Information provided by:  
OSU Extension  
at Warm Springs  
1110 Wasco Street  
553-3238.

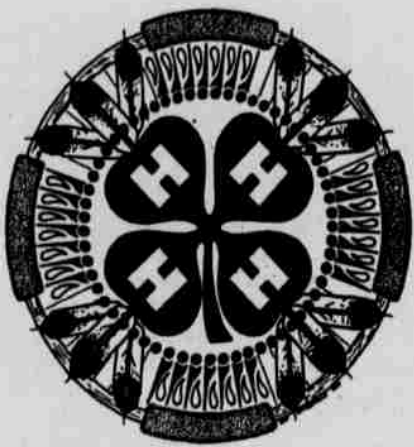
### OSU Extension Staff:

Arlene Boileau ..... 4-H & Youth  
Bob Pawelek ..... Livestock  
Norma Simpson ..... Home Economics  
Crystal Winishut ..... 4-H Assistant  
Tim Wojtusik ..... Agriculture  
Clint Jacks ..... Staff Chair, Madras

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

## The Clover Speaks: 4-H club information and tips



### by Crystal & Arlene HOW YOU CAN HELP AS A PARENT OF A 4-H'ER

**BE INFORMED:** The more you know about the 4-H program the more you can help your child. You will find out about 4-H by getting involved, especially by attending meetings and events.

**Help in projects selection:** Help your child select a project that he will like, that he will have the ability to do, and one for which you can furnish the needed material

**SHOW A PERSONAL INTEREST IN THE PROJECT YOUR CHILD SELECTS:** Learn about your child's project so that you can give help when it is needed. Cooperate with your child and encourage him/her in carrying on the 4-H project, without actually doing the job yourself. Encourage your child to complete whatever is started.

**SUPPORT 4-H ACTIVITIES:** For interest and enthusiasm, attend 4-H functions as a family. Volunteer to furnish transportation to some 4-H activities. Provide your child with whatever inexpensive project supplies that may be needed.

**SHOW APPRECIATION TO LOCAL 4-H LEADERS:** They give their time and talents to your children to provide them with opportunities they might not otherwise have.

**DEVELOP A SENSE OF PURPOSE:** A parent should encourage his child to participate in a 4-H club for learning experience, not for the prizes and awards that may be available, and not for the fun alone.

**OFFER YOUR SERVICES:** Share your knowledge, special skills, and hobbies with a 4-H group. The leaders will appreciate your help. Also, you may offer to help with transportation or to host a club meeting or event, if you are able.

**GIVE ENCOURAGEMENT AND APPROVAL:** These are two of the basic needs of young people. Encourage your 4-H member to participate in his personal project and club activities. Show approval for a job well done.

**SUPPORT 4-H ACTIVITIES AND EVENTS:** Reservation-wide events such as camps, fairs and achievement days, require parent support to be successful.

**TELL YOUR FRIENDS AND NEIGHBORS ABOUT 4-H:** 4-H club work should be talked about at home and wherever you go in the community.

**CONGRATULATIONS ON BECOMING A 4-H PARENT!!**

**4-H CLUBS:**  
Search & Rescue: Keith Baker, Last Monday of each month; 4-H room-Education Building.

**Live Wire:** Carol Wewa & Anita Davis; Vern Jackson Home  
**Co-Ed Basketball:** Melvin Tewee & Vanessa Wilkenson; Warm Springs Grade School

**Girl's Basketball:** Foster Kalama; Community Center; 5-6:30 pm  
**Boy's Basketball:** Janice Gunshows; Community Center

**Advance Beading:** Myra Shawaway; Tenino Rd.; 4 pm Mondays  
**Rainbow Dancers:** Joseph Tuckta; 4-H room-Education Center  
**Rockin' 4-H:** Bob Pawelek; 4-H room-Education Center

If you are interested in starting a 4-H club, you are more than willing to start one. It could be in anything that you could teach from cooking to baby-sitting; money management, dog care; horse care, anything that you think the youth would be interested in. Working with kids and others is helping care for others. You could even have an adult 4-H club. You don't have to be fully educated to start a 4-H club. It is what you could teach others, even with culture beliefs. If you have any questions. Our office is 1110 Wasco St. in the Education building.

We are on the main floor. Sally Blacketer is our secretary.

**4-H clubs:** the first of each month is the time to schedule the 4H van. If the van is needed the first of each month is the time to schedule the van because there are a lot of clubs and departments that are scheduling. Or call 553-3238/3239. The 4-H kitchen is also available. You would also need to schedule the 4-H kitchen like the van. You could use the kitchen for fundraising or whatever you need the 4-H kitchen for.

### 4-H RAINBOW DANCERS:

Rainbow Dancer have started a drumming group of their own. Joseph Tuckta started this so that the youth could learn to drum and sing at the same time. The club seem to enjoy themselves. The 4-H Rainbow Dancers need to meet and decide on dates for the Wasco Co., Jefferson Co. and State Fairs. These dates need to be decided so the County Fair can book you in early. We are thankful that Joseph Tuckta is the leader of the 4-H club. Arlene Boileau & Crystal Danzuka will assist Joe when he needs help. Again thank you Joe for being the leader of the club. The kids will learn a lot from your talents. Your outfit making, bustle making, jingle dresses, loom beadwork. Thanks again.

## More easy salmon recipes

**Salmon Loaf**  
2 pints canned salmon  
2 eggs, beaten  
salt & pepper to taste  
dash dry mustard (optional)  
2 tablespoons minced onion  
3 slices dry bread crumbed or crushed crackers  
1 can cream of mushroom soup  
1/2 cup milk  
Combine all ingredients in a bowl and mix well. Place in a loaf pan and bake at 375 F. for 35-40 minutes

**Speedy Salmon Supper**  
1 pint canned salmon  
1 can (10-3/4 oz.) condensed cream of celery soup  
1 package (10 oz.) frozen peas, cooked & drained  
Drain and flake salmon, reserving liquid. Combine salmon liquid with soup in saucepan. Heat to boil, stirring. Fold in salmon with peas. Heat through. Serve over rice, toast, biscuits, waffles or fry bread. Makes 4 servings.

**Quick Deep Dish Salmon Pie**  
2 10 1/2 oz. cans pea or asparagus soup  
1 pint canned salmon  
1/2 cup milk  
1 pound can small potatoes drained  
1 pound can small onions drained  
1/8 teaspoon pepper  
1/4 teaspoon oregano  
1/4 teaspoon basil  
1 package refrigerator buttermilk biscuits  
In sauce pan combine soup, liquid from can of salmon and the milk. Stir in salmon, potatoes, onions and seasonings. Heat until sauce begins to simmer, stirring occasionally. Empty into 2 quart casserole or baking dish. Top with biscuits. Bake in pre-heated 400 F. oven for 15 to 20 minutes or until biscuits are brown. serves 4.

## Valuable earned income tips offered

by OSU News Tips

The Earned Income Credit (EIC) is a tax benefit for working people who earn low or moderate incomes. Workers who qualify for the EIC and file a federal tax return can get back some or all of the federal income tax that was taken out of their pay during the year. They may also get extra cash back from the IRS.

Even workers whose earnings are too small to have paid taxes can get the EIC. What's more, the EIC, depending on their income explains Alice Mills Morrow, Oregon State University Extension Family Economics Specialist.

\* Workers who were raising one child in their home and family income of less than \$23,755 in 1994 can get an EIC of up to

\$2,038.  
\* Workers who were raising more than one child in their home and had family income of less than \$25,269 in 1994 can get an EIC of up to \$2,528.

\* Workers who were not raising children in their home but were between ages 25 and 64 on December 31, 1994 and had income below \$9,000 can get an EIC of up to \$306.

"Qualifying children" include: sons, daughters, stepchildren, grand children, and adopted children. sa long as they lived with the taxpayers for more than half the year. Nieces, nephews, children of a friend or foster children can be "qualifying children" if they lived with the taxpayer all year and were cared for as members of the family. "Qualifying children" must be under age

19 or under age 24 if they are full-time students. Totally and permanently disabled children of any age also are considered "qualifying children."

Workers raising children in 1994 must file either For 1040 or 1040A and must fill out and attach Schedule EIC. Workers with children cannot get the EIC if they file for 1040EZ and fail to attach Schedule EIC. Married workers must file a joint return to get the EIC.

Workers who were not raising children in 1994 can file any tax form - including the 1040EZ. These workers write "EIC" (or the dollar amount of their credit) on the Earned Income Credit line on the tax form. They do not file Schedule EIC.

Workers don't have to calculate their own EIC; if they choose, the IRS will do it for them, Morrow adds.

## Stockman's Round Up: Mutton Mountain Group Meets



### by Bob Pawelek OSU Livestock Agent

Range project priorities were the topic of discussion for members of the Mutton Mountains Grazing District held February 15.

After a superb dinner of elk tenderloin, chili con frijoles, stew and frybread, it was time for dessert. The meeting began with Jason Smith executing the moderator duties. Range & Ag Department accomplishments for 1994 were reviewed, followed by a review of 1994 grazing group priorities.

Livestock water developments were and are still the major focus for the Department as well as the Mutton Mountains District. Three Deschutes River spring developments and a solar water pump were installed last year. 1995 priorities include requests for further capture of natural surface water.

Spring developments at Black Bear Springs and one on the west side of Shaniko Butte were targeted as necessary projects, as well as a series of stock ponds in the up-

lands.

A well near Four Corners would serve both the Mutton Mountains district and Simnasho. Benefits would embrace improved watershed health and would help stock take fuller advantage of the perennial grasses. The Department is willing to invest in drilling and pumping there, although budget constraints restrict the undertaking at present.

The Charley Canyon Riparian Project was also a topic of discussion, as were fire rehab, grazing plan compliance, and the salmon dilemma. Juniper management to control the trees' usage of water was resoundly supported. Juniper is known be a major cause of upland vegetation deterioration.

Ride Bide changes and elections are to be discussed at the next grazing group meeting, tentatively scheduled for February 28.

Six Forests Close

The gates to six National Forests have been locked.

A federal judge's injunction barring any activity, except salmon hatching, is being carried out by the US Forest Service in the Boise, Challis, Nez Perce, Payette, Salmon and Sawtooth National Forests in Idaho.

Judge David Alan Ezra of Hawaii ruled in favor of contentions by the Pacific Rivers Council and the Wilderness Society that the USFS and National Marine Fisheries Service were not protecting habitat for endangered species such as Sockeye, spring, summer and fall Chinook salmon.

The Republican Senator from Idaho, Dirk Kempthorn chairs the Clean Water, Fisheries and Wildlife subcommittee of the Senate Environment and Public Works Committee. He has written a letter to the White House in which he wonders why, "...one agency of tax-supported bureaucrats is locked in disagreements with another agency of tax-supported bureaucrats while the very people who pay the taxes are being put out of business."

Mild Winter a Mixed Blessing  
Except for a brief skiff of snow a couple weeks back, we have had a relatively mild

winter. So has the rest of the country. For cattlemen, it means that feedlot operators in the Texas Panhandle and elsewhere in the South Plains are able to speed up their production and increase profit margins. The dry weather this season also has kept the amount of mud on cattle at a minimum.

Another benefit is accelerated weight gains. A drawback however, is that heavier cattle means increased beef tonnage, which might keep calf prices down. Especially when an excess of cattle on wheat pasture or Northern California grass hit the feedlots in March and April.

**Preventing Colic in Horses**  
Horses let you know that something is wrong when they show signs of pain by sweating, pawing, being restless, rolling, or biting and kicking at the belly. This abdominal pain is called colic.

Colic is a leading cause of death and illness in horses. What happens when a horse colics is a change in the animal's belly, such as a buildup of gas, twisting of the intestine, or obstruction of the passage of food material (impaction). Most episodes of colic require only medical treatment. It can, however, be serious enough to require surgery. Some cases are fatal.

Until recently, scientists have known little about what actually causes colic. Modern technology has helped us get a better idea of what factors lead to colicky horses.

**Risk Factors**  
**Occupation**  
Breeding horses, namely broodmares, are nearly twice as likely to colic compared to horses in other occupations such as pleasure horses.

**Breed**  
Arabian horses have a significantly higher risk of colic. They are 2 1/2 times more likely to be colic cases compared to Thoroughbred horses. (I personally owned a Half Arab mare who went through a whole barrel of sweet feed who asked for seconds, however.)

**Management**  
Horses that receive care on a day-to-day basis from their owners are less likely to

colic.

**Recent pasture access**  
A horse's accessibility to a number of pastures was found to be associated with colic. Horses that had access to two or three different pastures during the previous month had a significantly lower colic risk compared to horses that did not have any pasture access. The results suggest that moving horses between pastures at intervals of 10 to 14 days could lower colic risk.

**Outside water access**  
Horses pastured outside without access to water, even if outside for only one or two hours, are more likely to be colic cases. Horses older than six years of age appear to be more susceptible to the effects of short-term water deprivation. These horses are 10 times more likely to get colic if kept outside without access to water.

**Concentrated feeds**  
Colic risk is elevated in horses that consume greater amounts of whole grain corn. Colic risk is increased 70% for each one pound increase in whole grain corn.

**Worming**  
Horses wormed on a regular basis had significantly reduced incidence of colic. This finding may support the idea that gastrointestinal parasites are a major cause of colic in horses.

**Medical history**  
A previous history of colic increases the likelihood of colic reoccurring, being four times more likely to have another episode. Horses with a prior history of colic and a recent (within the last four weeks) health problem are at even greater risk of colic.

There is much more to learn regarding the development of colic before one can implement this information into specific care and management practices. The most important thing a horse owner can do is to think of caring for the animal in terms of preventing problems instead of treating them.

## Fruit pickle recipes shared

by Norma L. Simpson

If you are not familiar with Chutney, it is a fruit relish made from chunks of fruits and/or vegetables and nuts cooked in a sweet and sour blend of herbs, spices, sugar and vinegar. Chutney is served as a condiment with meats, poultry and sandwiches.

The Fact Sheet has recipes for Crab Apple Pickles, Fig Pickles, Peach Pickles, Watermelon Pickles, Pear Pickles. The Fact Sheet also has recipes for three (3) types of Chutney-Peach or Pear Chutney, Tomato Apple Chutney and Apple Chutney.

If you want a copy of Fruit Pickles and Chutney, you call call our office 553-3238. We can mail it to you or you can pick up a copy in the rack by Norma's office in the Education Center.

**Watermelon Rind Pickles**  
4 qts cubed watermelon ring 1 Tbsp. whole cloves  
1 gal. cold water  
1 Tbsp. whole allspice  
1 cup canning salt  
1/4 tsp. mustard seed  
2 cups vinegar  
3 sticks cinnamon  
7 cups sugar  
1/2 cup thinly sliced lemon  
Pare watermelon rind, removing green and pink portions. Cut rind into 1 inch pieces. Dissolve salt in water, add rind and let stand 6 hours or overnight. Drain, rinse and cover with cold water in large sauce pot. Cook until tender, about 20 minutes; drain and set aside. Combine vinegar, sugar and spices tied in a cheesecloth bag in a large sauce pot. Bring to a boil and cook 10 minutes. Add rind, simmer until transparent. Remove spice bag. Pack rind into hot jars, leaving 1/4 inch headspace. Pour hot liquid over rind, leaving 1/4 inch headspace. Remove air bubbles. Adjust caps. Process pints 10 minutes in boiling water bath. Yield: about 6 pints.