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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, 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.



It's the "new year" for local OSU 4-H programs; join now

by Sue Ryan

4-H Program Aide
(and adapted from O.S.U. Extension publication 4-H 0271L)

WELCOME TO THE NEW YEAR!!!
That is for 4-H club members and leaders. National 4-H Week marks the start of the new 4-H year, from October 1st through the 7th. If you are interested in signing up, stop by the 4-H corner in the O.S.U. Extension office. For those adults in the community who want to lead a club, come in and talk with me.

One of the tools used for leaders in the 4-H program is the "Letter to Leader" series. In

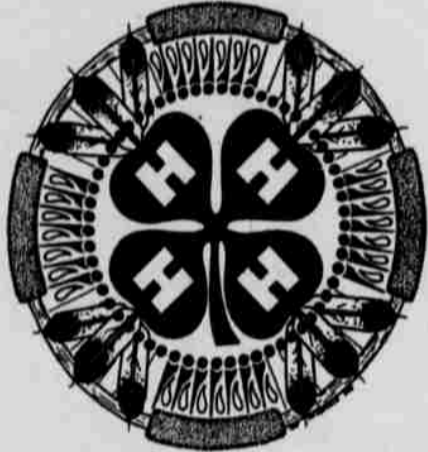
this issue, I'll share some excerpts from Letter Number One: **What is 4-H?** 4-H is an experiential youth education program for boys and girls in grades 4 through 12. In Oregon, 4-H is a part of Oregon State University Extension Service. Each county has an OSU Extension office which administers the 4-H program. At the national level, 4-H is under the leadership of the U.S. Department of Agriculture. Volunteer adults who serve as 4-H leaders are considered volunteer faculty members of Oregon State University. Through their county agent of the OSU Extension Service, volunteers have access to research and information from the university.

How does the 4-H program work? It's often said, "It is better to build a child than to mend an adult." This, in a nutshell, is the main objective of the 4-H program. In 4-H, volunteer leaders encourage youth to gain knowledge and learn practical life skills then apply both in their project area. Members learn to work together as a team and develop a sense of fair play. 4-H members learn decision-making skills through project work, judging contests, and other 4-H activities. All of this doesn't happen at once, but develops gradually as members continue their involvement in 4-H under the direction of their leader.

What is the 4-H leader's job? 1. To help 4-H members learn specific project skills. 4-H members have fun with projects while "learning by doing." Learning takes place

within the learner—it is not something done to the learner. We encourage skills that will be useful to the youngster now and in the future. We help each member develop good habits, experiment with new ideas, and practice problem-solving skills. 2. To teach 4-H members **how** to think, not **what** to think. We help develop creative thinking in young people by giving them a chance to make decisions on their own. They'll learn from their own choices. 3. To recognize and encourage each 4-H member so they feel noticed and important. The most significant recognition that can be given to members is praise, attention, or compliments—letting them know they are important and what they have done is worth while.

In the next issue of the Spilyay Tymoo, watch for Letter Number Two: **Getting Started with a 4-H club.** A few other items coming up: 4-H members and leaders from last year—Remember 4-H Recognition Day is set for Saturday, October 7th. The event will be held from 1:00 to 4:00 p.m. at the 4-H Center, in the basement of the Education Center. Leaders who plan to continue their clubs this year, please stop by the office for enrollment forms and materials. For those wanting to join 4-H this year, so far I've heard that these clubs plan to continue: Coed Basketball with Melvin Tewe, Warm Springs 4-H Search and Rescue Cadets with Keith Baker, and the Livestock Club with Angie Orchard and Laura Fuentes.



OCTOBER

Garden hints from your OSU Extension Agent

- Plant garlic for harvesting next summer.
- Prepare greenhouses and cold frames for plant storage and winter growth.
- Harvest sunflower heads; use seed for birdseed or roast for personal use.
- Dig and store potatoes; keep in darkness, moderate humidity, temperature about 40°F.
- Recycle disease-free plant material and kitchen vegetable scraps into compost.
- Control lawn weeds while they are small.
- **Western Oregon:** Harvest squash and pumpkins; keep in dry area at 55° to 60°F.
- Harvest and immediately dry filberts and walnuts; dry at 95° to 100°F.
- Ripen green tomatoes indoors.
- Take care of soil drainage needs of lawns before rain begins.
- Harvest and store apples; keep at about 40°F, moderate humidity.
- Spray stone fruit trees to prevent various fungus and bacterial diseases. Use copper fungicides.
- Place mulch around berries for winter protection.
- Save seeds from the vegetable and flower garden.
- Plant ground covers and shrubs.
- Place mulch around roses, azaleas, rhododendrons for winter protection.
- Dig and store geraniums, tuberous begonias, dahlias, gladiolas.
- Place fuchsias where they won't freeze.
- Propagate chrysanthemums, fuchsias, geraniums by stem-cuttings.
- **Western Oregon:** fertilize lawn for last time this year.
- Stake bushy herbaceous perennials to prevent wind damage.
- **Western Oregon:** bring houseplants indoors.
- Pot and store tulips and daffodils for early bloom in December and January.
- **Early October:** begin manipulating light to force Christmas cactus to bloom in late December.
- **Western Oregon:** Treat for moss on roofs during dry periods.
- Store garden supplies, fertilizers in safe, dry place out of reach of children.
- Dig and divide rhubarb. (Should be done about every 4 years.)
- If weather permits, spade organic material into garden soil.
- Place mulch of manure or compost on asparagus and rhubarb beds.
- Rake and destroy disease-infested leaves (apple, cherry, rose, etc.).
- Trap moles and gophers.
- Clean up annual flower beds and mulch with manure or compost.
- Remove windfall apples that may be harboring apple maggot or codling moth larvae.
- Fall tool cleanup.

Recommendations in this calendar are not necessarily applicable to all areas and varying climates of Oregon. If more information is desired, contact your county office of the OSU Extension Service.



OREGON STATE UNIVERSITY EXTENSION SERVICE

Septic system troubles attributed to many factors

by Norma L. Simpson

In the last issue of Spilyay Tymoo, I told you that we have a new Extension Water Quality Educator. Gail Glick. She was really quick to send three septic publications to me. This article will focus on why septic systems fail? Copies of the EC1340 are already outside the door of my office, if you want a complete copy rather than this summary.

Does sewage back up into your house?
Is there a wet, smelly spot in your yard that is difficult to mow?
Is your septic tank piped to a road ditch, storm sewer, stream or connected to a farm drain tile?

If you answer yes to any of these questions, your septic system is failing or is poorly designed. Sewage is not being treated or disposed in a safe, healthy manner.

The accompanying drawing shows you the parts of septic tank. The "inlet" brings sewage from the toilet, tub, shower and sinks into the tank. Solid material in the sewage settles to the bottom of the tank as is stored as it decomposes until it is removed by pump-

ing. The "outlet" is the "effluent" from the tank is still sewage. It has a strong odor and is full of disease-causing organisms. The effluent is allowed to leach into the ground as part of the treatment.

No matter what causes the septic failure, it is a nuisance and a health hazard that should be corrected. A trained sanitarian should diagnose the problem and make recommendations to correct the problems.

USING TOO MUCH WATER—Using more water than the soil can absorb is the most common reason for failure.

When more water is used that the system was designed to process the sewage, the sewage backs up into the house or goes to the surface of the absorption field.

PHYSICAL DAMAGE—Driving, paving or building on top of a soil absorption field can do damage to the system. Pipes can be crushed, and the soil compacted so it will not absorb as much effluent. Tree roots clog the field, so plant the absorption area in grass, not trees or shrubs.

LACK OF MAINTENANCE—The septic tank should be pumped about every 3 years to remove the sludge and scum retained in the tank. That costs about \$100. If not pumped the price goes up. The important thing is to keep from clogging the absorption field. More frequent pumping is needed if a garbage disposal is used in the home. Chemical and biological additives do not eliminate the need for pumping.

The baffles in the tank can deteriorate with time and drop off into the tank. That means that the sewage does not settle out, and goes directly to the outlet. Hazard to your health and smelly. The baffles should be replaced to safely process the sewage.

CORRECTIVE ACTIONS—Five steps will improve the situation when a septic tank fails.

- 1 Water conservation
- 2 Install additional lines of soil absorption field
- 3 Install an alternate soil absorption field to use for at least one year
- 4 Repair physical damage of crushed parts, broken pipes, or tree roots that interfere.
- 5 Improve surface and subsurface drainage by diverting all surface and ground water away from the soil adsorption field such as run-off from driveways, roofs and roads.

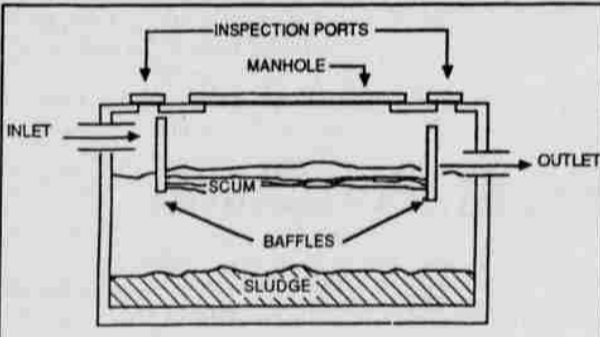


Figure 1. CROSS SECTION OF SEPTIC TANK

Stockman's Roundup—Worldwide demand high for beef



by Bob Pawelek—OSU Livestock Agent

Worldwide, there are approximately 1.2 billion cattle, not including 137 million domestic buffalo. With those figures in mind, here's a quiz:

- Which country is the leader in cattle numbers?
- a.) China
 - b.) United States
 - c.) India
 - d.) Russia

The answer is at the end of this column, but while you're here, why not stay a while? Because stockmen are affected by the global beef industry, it is important for us to understand it. Also, more and more of them will be involved in beef transactions in the future.

Beef producers in the United States are significantly influenced by such global events as international trade, drought, hunger, population changes, political pressures, business opportunities, disease problems, and new sources of breeding stock.

Many people argue that beef cattle will play a smaller role in feeding the rapidly expanding world population. The greatest demand for food appears to be in Asia and some African countries, where population concentration is heaviest, growth is rapid and present food supply is limited.

Beef and other animal products are nearly always consumed in quantity when they are available. The availability of animal products in most countries is highly related to the economic status of the people and their agricultural technology. Vegetarianism in some countries such as Pakistan may be the long-term result of intense population pressures and scarcity of feed for animals.

In many developing countries, the standard of living is low because large numbers of people must work to produce food in order to avoid widespread starvation; in this situation, very few people are available to provide other goods and services.

There are two scientifically based reasons why beef and other meats are important as food products. First, amino acids in animal protein more closely match the needs of the human body than does the assortment of amino acids in plant protein. Second, vitamin B12, which is required in human nutrition, may be obtained in adequate quantities from consumption of meat but not from plants.

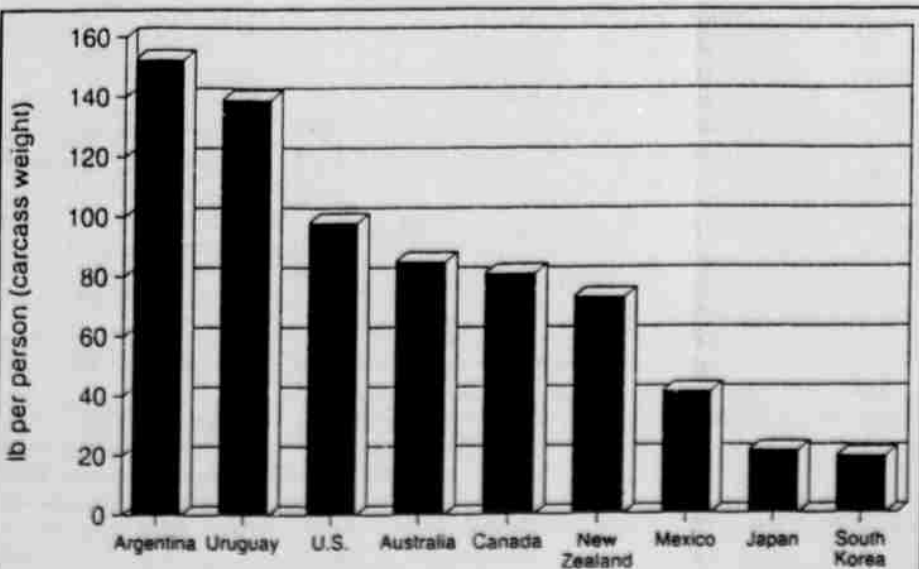
Approximately two-thirds of the world's 32.3 billion acres is permanent pasture, range, and meadow. Only 3.4 billion acres is suit-

able for producing cultivated crops that can be consumed directly by humans. Most of the untillable acres can produce roughage that is digestible by grazing ruminants. Thus, cattle and sheep can travel without fossil fuel, can harvest and convert the vegetation (which is undigestible for the most part by humans) to high quality protein food. Every 26 pounds of grazed forage eaten by a cow-calf pair will yield one pound of calf. Each 10 pounds of forage eaten by a calf directly will produce one pound of calf in a cow-calf operation.

Therefore, the argument that cattle waste food and land resources that could otherwise be used to feed people lacks credibility.

Further, if consumers in countries where animal products are consumed at a high rate decided instead to eat only foods of plant origin, the consumption and price of foods from plants would have to increase, and agriculture would then have to adjust to produce greater quantities of food from plants. Agricultural producers produce what consumers want to eat.

The answer to today's quiz is c.) India—with 197 million head.



Homeless people an unfortunate but real part of W.S.

by Norma L. Simpson

During the morning of September 13, I became acquainted with a woman that many of you know, Sara Officer, a physical education professor from Pacific Lutheran College. She came to share her recent experiences with homeless people in the larger Tacoma community. One group she works with was able to get a large block grant to provide limited but adequate beds for single people, families with children and some mentally ill street people. During the process of obtaining funds for the Tacoma project, Sara and others in her group have learned how to get over the hurdles of funding for homeless housing.

While the number of men, women and children served in Tacoma is much larger than here, Warm Springs does have a number of people who live under the bridge and in cars. Still there are large numbers of families who are generous with family members providing housing, though it makes for crowded situations that often lead to family stress.

When I asked Bernice Mitchell how many homeless she knows of, that have no place to live, she said there are four kids who have been kicked out of their homes, two transients who come in and out of Warm Springs on a regular basis, seven full-time male homeless and two women. Perhaps you know others who live in cars or deserted buildings. Which ever, their lives are harsh and compassion is in order. They stick together because no one else seems to care.

Sara explained that another group she works with has developed "Block Watches" to improve the safety of each block, and to take the responsibility to report drug activities that threaten their families.

We talked about a philosophy of housing for everyone... "The Right to Safe and Clean Places Where We Live." Sara talked about a scrap-metal business that could help us sell unwanted cars, trucks and old appliances for scrap that would improve the neighborhood atmosphere.

We talked about the need for transitional housing to move people from treatment facilities to safe and clean housing on the reservation, as an inspiration to benefit from the treatment. Coming back to the old situation does not seem to encourage anyone to be straight.

We talked about the importance of finding out what homeless people would like to

reach that goal. While we think of a building, they many think more about another cooking pot to share food with their buddies, a better ax to chop firewood or several pairs of large warm socks and a heavy winter coat to keep them warm through the winter.

We learned that some Summer Work Teens were concerned about the lives of people under the bridge. They sleep on cardboard boxes. Each person has a "territory" that other people do not bother. We talked about getting mattresses to get them off the cold ground as winter approaches. We talked about building a warm shelter nearby that would get them out of the cold but decided that idea would probably not be approved.

Sara told us about the Sleep Country USA policy to rebuild discarded mattresses and give to homeless people. She will put us in touch with the organization.

We talked about training that is needed to keep the homes in the best healthy condition for winter ahead. And we need to think of ways to speed up the renovation of Tribal rental units so that more families can move into a place of their own rather than depend on the generosity of their friends and families.

As we departed, Sara asked if people here would like her to help meet the various needs of the homeless. Sara is on sabbatical leave from her college for six months and she would welcome the opportunity for work with people in Warm Springs. Our group of four was only one of the many groups that she talked with during her stay in Jefferson County.

The list of ideas can continue to grow. Let us see if we can serve the needs of some who need a better roof over their heads.

Jerky tips, marinade recipe offered

from C.O. Master Food Preservers adapted by Norma L. Simpson

The best jerky is made from lean meat. The leaner the meat, the better the product. Either fresh or frozen meat can be used.

Jerky can be made from beef, game (elk, venison or antelope), poultry and rabbits. When using game meats, they should be frozen for at least 60 days at 0°F as precaution against parasites before drying.

Partially freezing the meat makes for easier cutting. Fortender jerky, cut across the grain of the meat; for a more chewy product, cut with the grain. Cutting pieces of meat in long strips 3/16 to 1/4 inch thick is best. Be sure to remove all the fat possible.

The sliced meat can be made ready for drying by using either a marinade or a dry seasoning cure:

MARINADE BRINE

- 1/4 cup soy sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic salt
- 1 teaspoon seasoning salt
- 1 teaspoon liquid smoke

This is enough marinade for about 1 pound of lean meat strips.

Marinate for at least one hour in the refrigerator. Drain well before drying.

Prepared strips can be dried in an oven or dehydrator. Dry jerky using a temperature of at least 140-160°F. Test jerky for doneness by letting a piece cook. When cool it should crack not break when bent. There should be no moist or undone spots.

If you want to make this kind of jerky, come and see the samples in the OSU/Warm Springs office in the Education Center on Wasco Street. We can talk about ways to make jerky even safer and tastier.