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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.



The Clover Speaks: Tips on 4-H Leadership & teaching techniques

by Sue Ryan 4-H Program Assistant (and adapted from O.S.U. publication 4-H 0274L)

The Warm Springs 4-H program has been sharing tips on 4-H leadership in this column the past few months through a series of publications titled "Letters to New Leaders". This issue its time to tackle the subject of "Leadership and Teaching Techniques".

A wise teacher once observed, "If a child isn't interested, you can't teach him. If he is interested, you can't keep him from learning." Most 4-H leaders don't think of themselves as teachers. However, through volunteer leaders, 4-H members learn skills in their projects that help develop self-esteem, sound decision-making, effective communication skills, responsibility, and

cooperation with others. 4-H leaders are successful teachers because they establish a personal relationship. A 4-H project is the tool by which the leader takes hold of a child and becomes a teacher.

Learning takes place through the experiences a 4-H member has...not what a leader does. **Leadership styles and how they affect your club** What you do, and the results you get, depends a great deal on how you and your members relate in the club. In the following pictures, the shaded figures represent the members and the light figure is the leader. What kind of relationship would you like to find yourself in?

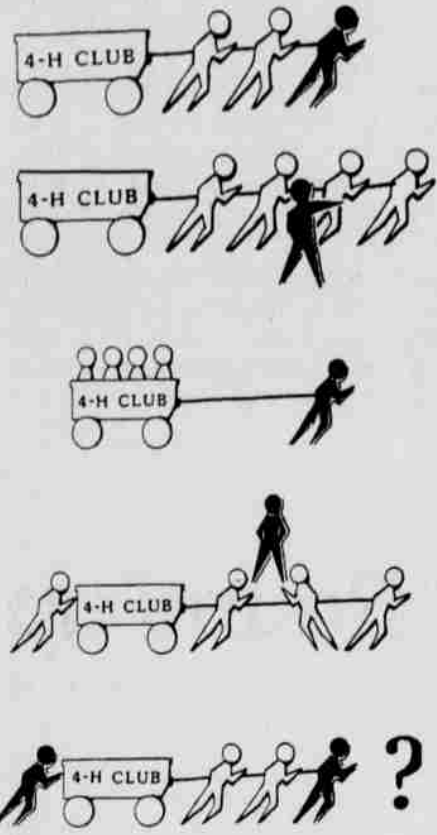
Us-and-our club. The leader knows the individual members well and is interested in them and in what they do. The club belongs to all the youth and the club will be the most successful when it exists for the member's benefit. The leader says "Let's go", "Let's find out", "How shall we best do this?", "The leader takes an active part in club affairs but does not control them."

Leader-alongside-club. The leader moves along beside the club and with it. The leader watches the progress, offers suggestions, and actively helps do the work. The leader is genuinely interested and enjoys being a leader, but does not have a feeling of owning the club. He or she sees that the job is done.

Leader-out-in-front club. The leader is out in front and draws the club behind. Soon the leader speaks of "my club," which may make it appear to others that the club belongs to the leader. Programs may be planned, but they only reflect the leader's wishes.

Hands-off club. The leader sits back, makes no decisions for the group, and forces the group and the individuals to chart their own course. Good as well as bad decisions, plans, and programs are permitted to develop. Strong clubs get stronger under this type of leadership. Weak clubs may fall apart. **Which relationship is right?** No one relationship is the "right" one. In fact, depending on the situation each one could be "right". The trick is to find the one that works best for you in your group.

You'll probably find yourself most comfortable and the members happiest in one of the four types of relationships. However, as interests and experience change, so does the club.



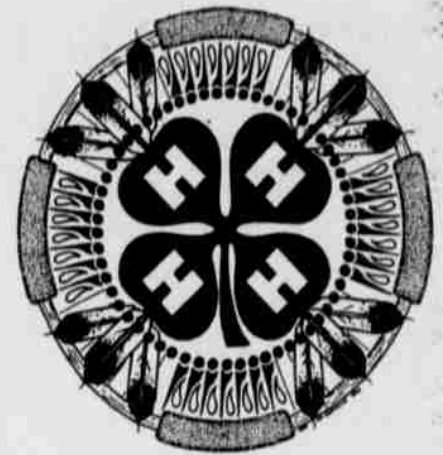
What to do when kids act up

(O.S.U. Publication # 4-H 0274L)

Sometimes kids do act obnoxious...admit it...don't feel guilty. The important thing to remember is that the action is obnoxious, not the person! It's a very important distinction. The behavior is not okay, the youth is. Young people virtually never act up for the sheer pleasure of it. Youth usually have a reason for what they do. Chances are, a member acting up has a problem, and if you're perceptive (and patient), you might be able to discover the problem and help solve it. Stop a minute before you let yourself get upset and ask yourself, "Why is he or she doing that?"

Some common reasons why people act up. 1. They want attention. If they disrupt a meeting, they get not only your attention, but attention from other members as well. How about giving the member some responsibilities during the meeting? That way, she/he gets needed attention in a positive way. 2. They might be uncomfortable in the situation. Maybe they don't know what's expected. A few quiet words to explain what to do will probably do the trick. If it doesn't work, a quiet talk while others are occupied might clear the air. 3. They may be afraid of failure. Closely related to number two above is acting up because of fear of failure. If a person feels they can't do what is expected, it may be less embarrassing to be called a "troublemaker" than to be called a "failure." 4. They don't like

what the group is doing. The activity or project may be too easy or too difficult. It's probably necessary to sit down, one-on-one, and help this member set some goals that he/she would really like to reach. 5. It's possible you have no idea why a particular member is acting up. The quickest way to find out is...ask the member. For example, "Bob, from the kinds of things you have been doing, I get the idea you're not happy being in this group. I would like to work it out with you. How do you feel about it?"



Foods that do not freeze well

FOODS	USUAL USE	CONDITION AFTER THAWING
Raw cabbage*, celery, watercress, cucumbers, endive, lettuce, radishes	As raw salad	Limp, water-logged, quickly develops oxidized color, aroma and flavor
Cooked creamed vegetables	Side dish	Loses flavor rapidly. Store only a few weeks for best quality
Irish potatoes, baked or boiled	In soups, salads, sauces or with butter	Soft, crumbly, waterlogged, mealy
Watermelon	As raw fruit	Soggy/watery
Egg whites, cooked	In salads, creamed foods, sandwiches, sauces, gravy or desserts	Soft, tough, rubbery, spongy
Meringue	In desserts	Toughens - sticks to wrao
Icings made from egg whites	Cakes, cookies	Frothy, weep
Cream or custard fillings	Pies, baked goods	Separates, watery, lumpy, soaks into crust
Milk sauces and gravies	For casseroles or gravies	May curdle or separate. Best to thicken with waxy starch (Clear-Jell)...less likely to separate.
Sour cream	As topping, in salads	Separates, watery
Cheese or crumb toppings	On casseroles	Soggy
Cooked macaroni, spaghetti or rice	When frozen alone for later use	Mushy, tastes warmed over
Mayonnaise or salad dressing	On sandwiches (not in salads)	Separates
Fried foods	All except French fried potatoes and onion rings	Lose crispness, become soggy
Potato salad, macaroni salad	Salad	Becomes watery and tough, mushy
Unbaked biscuits	Baked products	Smaller and less tender
Unbaked muffins	Baked product	Poor texture
Gelatin	In salads or desserts	Weeps
Fruit Jelly	Sandwiches	May soak bread, weeps
Chocolate covered cherries	Candy	Expands during freezing causing them to break

Sign up now for 4-H

Kids & Parents !!!- You can sign up now for 4-H clubs. Current 4-H clubs include: Culture of all peoples, Rainbow Dancers, Search and Rescue cadets, Public Safety cadets, Timbercubs basketball, Co-ed basketball, Columbia River bears basketball, and the Livestock club. Call 553-3238 for more information !!!

Pick up lost items at OSU Extension

Boo-hoo-hoo. Lost camp items can be heard crying for their owners. If you left behind anything at the 1995 4-H Wilderness Enrichment camp at Trout Lake, come to the O.S.U. Extension office and check our barrel of lost and found items.

Christmas advice: Think ahead

by Alice Mills Morrow - OSU Extension Family Economics Specialist
Between Halloween and December 24, the toy industry will spend a billion dollars influencing your kids about what they want for Christmas. And soon your child will tell you what he or she wants, and then what he or she really wants, and by Mid December what he or she really, really wants.

The Oregon State University (OSU) Extension Service advises you to take a minute to reflect on last year's holidays. What was the most fun for you and your family? Were there things you wish have been different? Were there activities or expenditures which, as you think back, just didn't seem worth it? Was the item that your child really, really wanted soon forgotten?

If so, do you want to make some changes in your 1995 celebrations? If you want to make changes, now is the time for the family to think of ways to bring them about.

Have a safe & Happy Veteran's Day Holiday. We appreciate & thank all you veterans!

Cooking made easy

by Norma L. Simpson

During the November 16 Healthy Cooking Class at the Wellness Kitchen, I be demonstrating the way to cook your first turkey, make stuffing from scratch, make asian pear salads from fresh and canned asian pears, and finally make holiday pies from home canned pie filling. We have canned these items during previous Healthy Cooking Classes where we put the emphasis on less fat, less salt and less sugar without sacrificing the taste.

Beginners will learn a lot during the class, and overcome some of the anxiety of having to host your first big dinner. People in the class have been great to share their ways of cooking traditional meals and traditional foods. Come and share some of your ideas with us. We sample things so you will know if you will like the dishes prepared and know how much time it takes to prepare. We will also talk about cost and preparing for a small family on a budget.

FREE HEALTHY COOKING CLASSES ARE HELD EACH THURSDAY NIGHT

FROM 5:30 TO 7:30 pm give or take a few minutes.

Stockman's Round Up—Pond pests: Beavers, Muskrats & Nutria



by Bob Pawelek
OSU Livestock Agent

Beavers often get a bad wrap for what their cousins are really guilty for.

Since beaver damage can be confused with damage caused by muskrats and nutria, it is important to accurately identify the species involved. It may be necessary to secure the help of experienced people in doing so.

First of all, beavers and muskrats are rodents, as are nutria. All three are residents of Oregon.

We're pretty familiar with beavers, and some individual beavers are not as beneficial as others. However, whether a beaver is bad or not really isn't the question. It's whether or not the individual animal is in the proper location. A particularly persistent beaver who's been damming up the canals at Sidwaller is definitely in the wrong place. But the beaver who dammed the 4-H pond on Tenino Creek should be receive an award at 4-H Volunteer Day.

Muskrats range from near the Arctic Circle in the Yukon and the Northwest Territories, down to the Gulf of Mexico, and from the Aleutians east to Labrador and down the Atlantic coast into Georgia. This critter has been introduced practically all over the world, and, like most exotics, has sometimes caused severe damage as well as ecological problems.

It spends its life in aquatic habitats and is well adapted for swimming. Its large hind feet are partially webbed, stiff hairs align the toes. It does have a flattened tail, but the flat part is lateral and narrow, compared to the beaver's horizontally wide tail. The tail is almost as long as its body. It has a stocky appearance, with small eyes and very short, rounded ears. Its front feet, which are much smaller than its hind feet, are adapted primarily for digging and feeding.

The name muskrat, common throughout the animal's range, derives from two musk glands found beneath the skin at the ventral base of the tail in both sexes.

Nutria are native to South America and were successfully established in North America in the early 1930's as a new furbearing species. Many were released into Louisiana marshes. A hurricane in 1941 aided in scattering nutria through Louisiana and South Texas.

Nutria are large, stocky, brown-furred rodents that resemble large rats. They are semi-aquatic like beaver, but instead of broad, flat tails, nutria have long, round, scaly tails sparsely covered with bristles. They have webs between the inner four toes of their hind feet. They have large front teeth which range from yellow to dark or-

ange. Nutria are relatively docile, and often play—similar to otters.

Beaver and nutria damage can be quite similar, and may occur simultaneously at the same location. By sitting quietly near ponds in the early morning or at dusk, it is often possible to identify each of the species present as they move about.

Nutria and muskrats do not construct dams, nor do they plug drainage pipes, ditches or canals. Also, beaver leave chips at their feeding areas, both on land and in water; nutria and muskrats do not. Since both beaver and nutria peel twigs with their incisors to feed on the inner bark, the width of tooth marks, droppings and other signs usually are helpful in determining which species is responsible.

Damage caused by muskrats and nutria is primarily due to their burrowing activity. Nutria have also been known to girdle fruit and shade trees.

All three species can have either positive or negative values. They are economically important furbearers when their pelts provide income to trappers. Conversely, they are considered pests when they damage property. The value of the resource must be compared with the cost of control. Most people will not control beaver, muskrat or nutria if costs exceed the value of the resource being protected, or if control will adversely impact income derived from trapping. Of course, there are exceptions, especially when the resource has a high sentimental or aesthetic value to the owner or user.

I guess I'm lucky to have the beaver on my side.

