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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.



Clover Speaks

by Sue Ryan Warm Springs 4-H Program Aide

(adapted from O.S.U. publication 4-H 0275L)

Before I get to Letter #5 in our continuing "Letter to Leaders" series in Cloverspeaks, I want to thank all of the community members who stopped by the 4-H Center for popcorn on Halloween night. Arlene and I popped, bagged, and handed out 15 and a half pounds of popcorn!!! And, a special thanks here to Bobby and Ma' Kesh of Dee's Ice Cream and More in Madras for the use of their industrial size popcorn machine. Now, on to our tips

for Leaders. Keep in mind that even if you are not a 4-H Leader, you can use these tips when working with youth in other settings. And to put in a recruitment pitch, you can always come in and talk to us about becoming a 4-H Leader. On to Letter # 5, which deals with 4-H activities. Club activities Each club functions differently, some along more "traditional" 4-H guidelines and others along "less traditional" guidelines. One 4-H goal is to help members become caring citizens of their communities. Therefore, every club is encouraged to work on a community service project of its choosing. Many clubs share something related to their project area with older people in retirement or nursing homes. Some clubs work on environmental projects like cleaning up trash, planting flowers and shrubs, maintaining nature paths, or hosting and teaching special events for young children. As club members grow and mature, they may decide on a long-term project to be developed or repeated over several years. County activities During the 4-H year, each county has many activities in which you and your members are encouraged to participate. These include: project workshops, contests, judging and identification contests, presentations, exchange programs, county fair, summer camp and more. One example in more detail is presentations. These are short, informative talks or demonstrations given by individual 4-H members or teams of two 4-H members on any topic they

choose. They can be given first to a member's own club, then at public gatherings, and also at the county 4-H level. Presentations should be 3 to 5 minutes long for younger members and 10 to 20 minutes long for older members. Keep in mind that there are different types of presentations. A demonstration will usually show how to actually do something, and end up with a finished project to show your audience. An illustrated talk uses visuals—slides, pictures, charts or models to help explain what is being said. A speech is just telling. It requires careful planning and delivery with hand gestures and voice inflections. State 4-H activities At the state level, there are varied activities for the 4-H'er. These include Summer week—a one week session held in June at Oregon State University for 4-H members in grades 8 through 12. State Fair. 4-H members' exhibits that qualify at the county level may be sent to State Fair at Salem in August for judging and display. Special workshops "Know Your State Government" is one of these programs. This is scheduled every other year when the legislature is in session. The next "KYSG" will be held in 1998. Another program of this type is the "Tri-County Idea Fair"—which is set for Warm Springs this January 20th. The Idea Fair is a one day session of workshops to open up individuals creative learning processes. In the next edition of Spilyay Tymoo, watch Cloverspeaks for Letter # 6 "4-H Records and Advancement programs".

NW Indian ecosystem detailed by OSU

by Oregon's Agricultural Progress Fall 1995 & Norma L. Simpson

Have You Tried Acorn Flour?
For a university science class it was unusual. For example, one day the guest lecturer, a retired railroad engineer, began with a chant.

"That was from my mother's tribe. It was meant to unstop your ears," explained George Fence, a tall man with wire-rimmed glasses who offered a kindly smile to the 35 students.

The course was "Ecosystem Science of Pacific Northwest Indians," which OSU's college of Agricultural Sciences offered last spring and plans to again this spring.

According to Mike Burke, an associate director of the Agricultural Experiment Station and an Associate dean of the college, the purpose is "to bring students a view of a different cultural perspective of how natural resources are managed and used." "The European method sort of underpins our way of doing things," said Burke. "This course contrasts that with an indigenous system, or systems that are a mixture of European and Native American."

A parade of guest speakers, most land managers and other leaders from Northwest tribes, shared their perspectives. Fence lives near Talent in southern Oregon and is involved in an attempt to construct a functioning Indian village on 77 acres of public and private land.

He wove a picture of a way of life that dates back "at least 10,000 years," noting that some of Oregon's earliest inhabitants used acorns instead of "exotic plants like wheat and barley" to make flour. There is evidence they did variety selection research with acorn trees, said Fence.

"A lot of you know about kiwis, papayas and pineapples. How many of you know about acorns, a native food in Oregon?" he asked students.

"I think this might be the first course of its kind, designed by native people," said Judith Vergun, director of OSU's Native Americans in Marine Sciences program. She explained that 63 members of tribes in Oregon and two members of Alaskan tribes developed the course's curriculum in a consensus process that took a year.

Vergun taught the course with Bodie Shaw, a graduate student in OSU's College of Forestry who's a member of the Confederated Tribes of Warm Springs. "One reason I wanted to be teaching assistant for this" said Shaw, was that I wanted to learn the perspectives of other tribes." He said many Indian students enrolled in the course noted in weekly essays that they were surprised to learn "this or that about their heritage."

Non-Indian students also admitted to having impressions about the history of Indians in the Northwest shattered, added Vergun.

"A lot of what we're talking about is communication," she said. "Learning to appreciate each other's cultures and learning to work together as opposed to separately."

Burke noted that this winter as last winter, professor Judith Li in OSU's Department of Fisheries and Wildlife will offer a course called "Multicultural Understanding of Natural Resource Management." That examines the perspectives of several cultures, including European, Asian and Native American.

BABY KIWIS

We have a new kind of "baby" growing in Oregon. The name of the variety is Arguta, nicknamed Baby Kiwi by a grower from Sheridan. The advantage is that you do not have to peel the fruit, because it has a smooth skin to accompany the usual bright green flesh inside with the distinctive black seed pattern and the flavor is great, says the grower Mark Hurst. Until his crop is bearing fruit on the 6 acres in 1997, he gets his supply of Arguta fruits from five other growers in Willamette Valley. Mid- to late September is the harvest time.

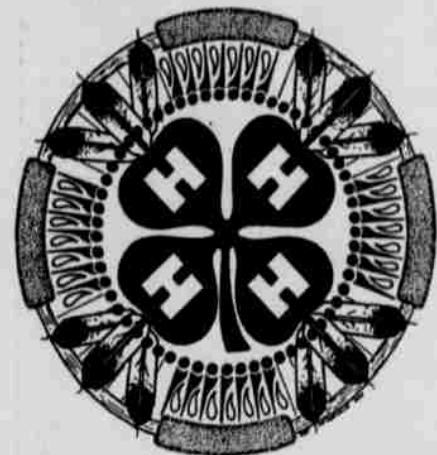
The Arguta plants will yield about 50 to 100 pounds of fruit per plant after three years of growth according to Bernadine Strik, OSU Extension horticulturist at the North Willamette Research and Extension Center 20 miles south of Portland near Aurora.

All kiwi fruit originated in Asia. The fuzzy-skinned, egg sized fruit that we usually see in the market is called "Hayward." Italy is the leading producer of Hayward kiwifruit. New Zealand and California are the second and third largest producers.

Oregon's climate and soils are better suited for growing the smaller Arguta kiwifruit, according to Strik. Some varieties of the smaller fruit have been grown in British Columbia, but Hurst claims kiwifruit grown in Oregon taste better.

Unlike some of the other species tested, the Arguta type grows best in full sunlight, which is an advantage when growing large numbers of plants in a field, according to Strik.

Strik has tested several varieties of the grape-sized Arguta kiwifruit and says that the Ananasnaya variety has the greatest commercial potential. Whatever variety growers choose, I hope we will call them "Baby Kiwis" because I had a hard time typing that name.



Answers offered to unusual questions

Questions and Answers

from August and November Mayo Clinic Newsletters

Q: Why do some professional football players wear small patches across their noses?

A: The butterfly-shaped adhesive strips were developed to relieve nasal congestion due to a cold or hay fever. Many people found they also helped reduce snoring. Now some professional and recreational athletes are wearing the strips to increase air intake during exertion.

Each 2-inch strip contains flexible stay and adhesive backing. The bandage stretches across your nose, just below the bridge, and adheres snugly to each side. Applying the strip causes the stay to straighten, pulling nasal passages open slightly.

Although the strips aren't proven to in-

crease airflow, there's no harm in trying them. A box of 10 single use strips costs about \$5.

Q: What's the difference between a nighttime pain reliever and a regular analgesic?

A: Nighttime formulations (typically labeled "PM") contain diphenhydramine (difen-HI-druh-meme), an antihistamine that causes drowsiness. For this reason, nighttime pain relievers may help you relax faster as well as relieve pain.

For a good night's sleep you don't necessarily need a pain reliever. But if you choose a regular analgesic, check the ingredients. Some products contain caffeine and can disrupt your sleep.

Q: My hands and feet sweat excessively. What can I do to stop it?

A: For sweaty feet, you can try over-the-counter products ranging from antiperspi-

rant sprays to aluminum-based lotions. It also helps to keep your feet as dry as possible.

Choose shoes made of natural materials. Change your socks or hose once or twice a day, drying your feet thoroughly each time.

For both palms and soles, your doctor can prescribe an aluminum chloride solution. After application, you wrap your hands and feet in plastic kitchen wrap overnight to improve absorption.

Your doctor might also suggest a battery-operated device that sends a current through your skin and temporarily closes your sweat glands. Treatment continues for several days and the effect may last up to six weeks. The devices are made for palms, soles and underarms.

Are sleepovers possible, practical?

The Dilemma with a Diabetic Child

by Norma L. Simpson and The Monitor Fall 1995

Most of us have great memories in what in my days were called "Slumber Parties"

We hardly slept, as we giggled, joked, sang, teased each other and ran through the house during the winter and our yard during the summer. Next to camp, it was the greatest event for kids about 6-15 years of age. Maybe we thought it was cruel when a parent wouldn't let a friend go to the party. Perhaps we can see why in this article from the recent issue of Monitor by the Lifespan branch of Johnson & Johnson Company.

TO SLEEPOVER OR NOT?

"What do slumber parties and fire fighting have in common? For parents of children with diabetes, like Dan Green, there is a connection. When it comes to sleepovers "It's like being a fire fighter," said Dan, father of Alex, father of Alex, who has Type I diabetes. "You have to run a few drills first to know what you're up against before you get to the fire." Alex, 6 1/2, has been spending the night with friends for about a year, and Dan's put out his share of fires in that time!

Are Sleepovers for you?

You can do a lot to help make sleepovers a normal part of your child's life, while assuring that their health care needs are properly met. These questions will help you realistically evaluate whether a sleepover is right for you and your child.

> How much of his health care is your child responsible for directly?

> How good is your child's ability to recognize when his blood sugar is low?

> Does your child have frequent nighttime hypoglycemia?

> Is your child open with others about his diabetes?

> Do the host parents understand elementary diabetes care (the effects of food and exercise, symptoms of hypo- and hyperglycemic episodes)?

> Are they willing to take responsibility for participating in your child's health care?

> Do they respect the seriousness of a diabetic emergency?

"Fire Prevention"

"So much of diabetes care is establishing a routine and sticking to it, and a sleepover is not routine," reminds Dan. "Knowing what's

going to happen is important." These suggestions for "Fire Prevention," or advance preparation, can be useful for parents of young children with diabetes.

> Do you know what foods will be served? What activities are planned? Bedtime hour?

> Do you have a game plan? Are testing and eating times set? Menus?

> Have you worked a treat into the day's diet for the traditional sleepover "pig-out"?

> Will your child be close enough to home that you can get there quickly should the need arise? Will you be readily accessible?

> Do the host parents have the requisite emergency phone numbers, (yours, your child's physicians, and the local hospitals)?

ADULTS TOO

I have never hosted a child with diabetes, but I have served an adult who continued to bug me for "when will we eat?????" Finally he said he is an insulin-dependent diabetic. While the 10 minutes between his insulin injection and the meal, I learned a lot about the importance of timing, and menu and personal concern for the host's responsibility to the guest. Don't leave out the child, nor the adult from your table.....just be prepared for the situations that might arise.

Successful presentations possible

(adapted from O.S.U. publication # 4-H 0226L)

The complete success of a presentation depends on many factors. Knowledge of the subject, planning, outlining, equipment, visuals, and practice are all important. Equipment and its use. Well-chosen equipment helps make a good impression and adds to the over-all effectiveness. In general, uniform, plain and practical equipment should be used. Arrange the equipment in the most convenient manner. The center of the table should be left free for the actual "doing" part. Equipment not in use can be kept on a supply table in the background. Trays can be used to bring the small supplies and equipment to the demonstration area. They also

provide a natural way to group materials and keep the table neat. Visuals. Posters, charts, models, pictures, cutouts, etc. are important in an illustrated talk. For 4-H projects, a member should make their own charts. They do not have to be an artist to print neat, readable words. Understanding a few basic principles of lettering, plus practice, will do the job. Stencils are available and can be used effectively. Materials for making charts and illustrations can be inexpensive. Corrugated boxes, large paper bags, or wrapping paper can be used. Poster board is relatively cheap and is very satisfactory. Crayons or magic markers can be used for lettering. Lettering or illustrations should be large enough for the audience to see. A good guide to follow is to put some lettering on a chart—stand back as far as your audience will be and see if you can easily read it. Tips to make your presentation more effective.

The 4-H'er should practice their presentation before giving it in front of any group. Poise and confidence are gained each time it is practiced. The member, leaders, and parents can see if his ideas are in order and supported with enough action, illustrations, examples, etc. Practice helps to: * Synchronize action and explanation. * Do things in logical sequence. * Stay within the time limit. * Determine whether or not the presenter has sufficient information on the subject. * Become skillful in the use of equipment, posters, illustrations, etc. * Be certain special equipment functions properly. The 4-H'er should be encouraged to practice enough to feel secure but not to the point of losing enthusiasm.

Stop the presses!!! No, your lost sweatshirt at this year's 4-H camp is not wandering the woods cold and lonely - it is safe and warm in the 4-H Kitchen. Just stop by the O.S.U. Extension office to locate your lost items from the 1995 4-H Wilderness Enrichment camp at Trout Lake.

Cattleman's Roundup—Profits hard to come by



by Bob Pawelek
OSU Livestock Agent

Increasing cattle supplies and high feedgrain prices have forced calf prices to their lowest levels since the mid 1980's. Those prices will cause considerable red ink for cow-calf operations in 1995. Many producers are evaluating their marketing options for the 1995 calf crop. But, finding a profit will be difficult. In fact, it will require a sharp pencil to minimize losses.

The USDA mid-year inventory placed the national cattle and calf inventory at 114.3 million head - up 2.2 percent (2.5 million

head) from year-earlier levels and 5 percent above 1993's July 1 total. That was the largest midyear estimate since 1985.

Cow-calf operations have continued to expand the nation's beef cowherd. As of July 1, the number of beef cows was 37.2 million head - 3.3 percent more than last year's midyear inventory and the largest since 1984.

USDA's July 1 estimate for the 1995 calf crop was up 2 percent, in line with the trend of increasing beef cow numbers. It was the largest midyear calf crop projection since 1984. The larger calf crop has raised the calculated feeder cattle supply (number of calves and yearlings outside feedlots, not including replacement heifers) to the largest number since 1986. Compared to 1994, feeder cattle supplies are up about 3 percent.

Cost of gain for feedlots has skyrocketed due to high feedgrain prices. So, cattle feeders must bid lower for feeder cattle to offset high cost of gain. Further, cattle feeders hire cautious buyers because of lower trending slaughter cattle prices.

Feeder prices should continue to decline clear through 1997. Two factors may help cow-calf producers manage in this period of low prices: 1) rather good supplies of forage in most regions of the U.S., and 2) historically high calf prices in recent years have provided cash reserves. Still, successful producers will adjust production and marketing plans. Those that retain ownership on their 1995 calves will need to closely budget costs and monitor market signals.

HAPPY AND HEALTHY
THANKS GIVING
TO ONE AND ALL