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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

by Sue Ryan
Warm Springs 4-H Program Aide
(adapted from O.S.U. publication 4-H 0276L)

This time in "Cloverspeaks", we'll take a look at 4-H Recordkeeping in Letter # 6 of the "Letters to New Leaders" series.

Because a major goal of 4-H is to help youth develop skills for successful living, the keeping of accurate, organized records is important. Record keeping should be incorporated as a regular part of club meetings, making it a natural part of the 4-H member's project. Keeping records helps the 4-H'er evaluate progress and gives a basis on which to make future decisions. It also helps the 4-H leader plan for club programs and activities. Like a scrapbook or diary, 4-H records are fun to look back on to see what's been learned and how we've changed.

A large calendar is a handy tool for record keeping. Members can use a calendar with large squares to write down everything they do in 4-H on the day it hap-

pens. This would include meetings, contests, other activities, and 4-H project activities. That would include buying feed, supplies, the number of hours spent working on the project, and income or savings from the project. This information can then be transferred from the calendar to the 4-H record forms at a later date.

Record forms are available at your county office of the Oregon State University Extension Service. If you did not receive them when you submitted your club enrollment forms, ask your County Extension agent for them. A set of 4-H records should include: * 4-H records folder, in which the member keeps all 4-H records * Project record. * Oregon 4-H Permanent Record. * My 4-H Notes, on which the member keeps a diary of 4-H experiences throughout the year. * Advancement program records. *4-H Record Keeping - A Teaching Tool for the Leader (4-H 0211L)* is a pamphlet for leaders to use in understanding and teaching record keeping to club members. Many counties review and evaluate the 4-H members' record book each year. Most counties have a 4-H record book contest and/or give recognition awards for outstanding 4-H accomplishments on the basis of records. Be sure to ask your county Extension agent for a copy of the record evaluation guidelines. In some counties records are required for participation in some activities.

4-H Advancement programs Oregon 4-H has developed advancement programs for project areas in horse, beef, sheep, swine, poultry, dogs, clothing, archery, gun safety and more. The advancement program is a guide to help members plan their learning within a project area. It is arranged in steps of progressively higher skill levels. The 4-H member can work through the steps at his or her own pace. More details are available in the publication *4-H Advancement Program Leader Guide (4-H*

029L)

Honors based on 4-H records There are many honors available to older 4-H members who have shown outstanding growth in their project as well as in leadership responsibilities and citizenship activities, as demonstrated through their records. These include: **County medals.** Special awards available to intermediates and seniors in each county for outstanding achievement in a wide variety of project and activity areas.

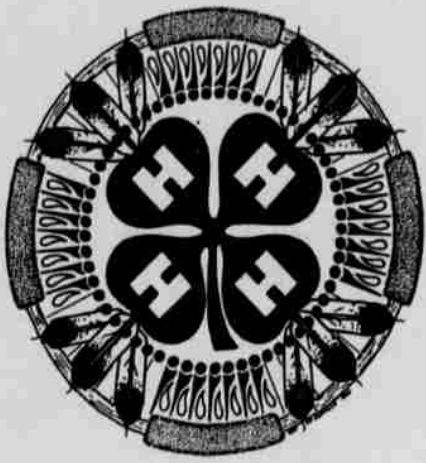
College scholarships. These are available at both the state and national level to 4-H members who are seniors in high school.

Oregon 4-H Ambassadors. A special honor is awarded to those 10th, 11th, and 12th grade 4-H members in Oregon who are finalists in each project or activity area. The award is based on an evaluation of their cumulative 4-H experience as shown in their records.

National 4-H Congress. One Oregon 4-H Ambassador in each project or activity area is named the state winner. Most state winners receive an all-expenses-paid trip to National 4-H Congress in Chicago in the fall.

National 4-H winners at Congress. This honor is awarded to the top six or eight 4-H members in the nation in each of the project or activity areas. It is usually accompanied by a substantial college scholarship. In summary, 4-H records and advancement programs are guides to help members and leaders determine the progress that has been made during the year. These guides help members summarize what has been learned in 4-H and see the number of goals that have been accomplished.

Happy Record Keeping! Regular, consistent record keeping on the part of both the 4-H leader and the member will pay off in the future.



4-H: Designed to help youth become productive adults

Report from the Oregon 4-H Foundation
(reprinted from the Annual Report of the Oregon 4-H Foundation)

The 4-H mission is to help young people become self-directing, productive and contributing members of society. The learn-by-doing methods of 4-H result not only in learning practical skills, but also in the development of sound judgment, a sense of responsibility, individual initiative, leadership and citizenship experience. By becoming involved in a wide variety of real-life activities ranging from agriculture to expressive arts, boys and girls develop inquiring minds, strengthen decision-making competency, improve communication skills, and learn to work together with both peers and adults.

For over 80 years, the 4-H program has provided knowledge to help youth develop the skills needed to improve their lives. Many young people continue to be involved in traditional 4-H projects, such as foods, creative arts, and animal projects. However, conditions of life and society in which we live have changed dramatically over the years. 4-H, too, has changed to meet the needs of youth. Volunteers are essential to the delivery of Oregon 4-H programs. They generously give of their time, energy and talents to make a difference in

the lives of Oregon young people. In 1994 alone, over 7,000 adult volunteers donated over 1 million hours of direct service. At the current estimate of value of volunteer time, \$14.53 per hour, this is a \$14.5 million contribution to Oregon's future-its youth. And this figure doesn't even reflect the money volunteers spend out of their own pockets for supplies and transportation. Volunteers receive training throughout the year on such topics as child development, subject matter related to projects, and how to make club meetings and events fun and educational.

Program highlights A few of the new programs developed during the past year: **YOUTH LEADERSHIP AND CITIZENSHIP 4-H** has been actively training youth in leadership skills on state, county and regional levels. In addition, an annual youth conference called Summer Days at OSU provides an opportunity for youth from across the state to learn leadership skills and practice those skills through community service projects.

WETLAND WONDERS Wetland Wonders is the title of a new water quality education program sponsored by Oregon 4-H and made available to 4th and 5th grade classrooms. Students are introduced to the water cycle, watersheds, ground water, soils, wetland plants and animal; find out how water is used in their homes; and spend a day investigating the 4-H Center's Sawmill

Pond wetland area. The major educational objective of Wetland Wonders is to teach youth about the value and function of the wetlands so that they will better understand their own responsibility in protecting Oregon's valuable water resources.

ANIMAL QUALITY ASSURANCE These program materials are designed to help students and 4-H members learn in a stimulating hand-on and exploratory manner. The program helps youth promote animal well-being and product quality by learning about food production, animal handling and exhibition, housing and feeding.

SCHOOL-AGE CHILD CARE. Where are children in the before and after school hours? What problems or concerns do parents have with these arrangements? Oregon 4-H is sponsoring the School-Age Child Care Assessment Project to determine the needs for before and after school child care in communities throughout the state.

LEARNING TO WORK TOGETHER. Thousands of 2nd through 4th graders in Oregon have learned teamwork skills and how to manage conflict through the introduction of the Talking with TJ program sponsored by Oregon 4-H. The program is designed to enhance the social skills of children. The program is used in classrooms throughout the state as part of the 4-H school enrichment program. It is also used in school-age child care settings and with 4-H groups.

New leadership publication available for youth

Leadership: Skills You Never Outgrow
by Sue Ryan Warm Springs
4-H Program Aide
(and adapted from 4-H 6502A)

The Warm Springs 4-H Office has received a new publication concerning leadership skills for youth. The curriculum guide "Leadership Skills You Never Outgrow" is designed to help those who work with youth in the form of a club, camp,

workshop, component of another program, or in-school education. It is recommended for use with youth in grades 4 through 12. If you are interested in obtaining a copy, please stop by the Warm Springs O.S.U. Extension office in the Education Center. I thought I would include an excerpt.

Seven Leadership Life Skills In studying any project, it is good to break the topic down into smaller parts. The Oregon Youth Leadership Curriculum is built around

seven skills needed to be a good leader. These abilities, once developed, can be used in many ways the rest of your life. Thus, we call them "leadership life skills". The project materials, **Leadership: Skills You Never Outgrow** focuses on the seven components of leadership. Each book contains experiential learning activities in each "life skill" component. Since practice and experience are effective ways to learn or develop a skill, it is important to complete as many of the learning activities as possible. Practical real-life projects are needed also in order for youth to put their skill development into action.

Leadership Life Skills Understanding Self-understanding and developing a positive attitude about who you are, what you like and don't like and what you want to be.

Communicating-effective way of two-way sharing of information through listening, speaking, and body language.

Getting Along with Others-developing an understanding of how you relate to other people you meet and how you accept and appreciate the difference between others and yourself.

Learning to Learn-understanding the attitudes, techniques and methods that help learning take place and how you can be a positive force in increasing your own and others' learning.

Making Decisions-learning a process and approaches to setting goals, solving problems and taking individual or group action.

Managing-choosing and using resources available to complete tasks and reach goals. Management involves identifying resources (time, things, people or money) and using those resources effectively.

Working with Groups-learning how groups of people work together and how to help groups accomplish their goals.

DECEMBER

Garden hints from your OSU Extension Agent

- Spread wood ashes evenly on garden plot. Don't use more than 1.5 pounds per 100 square feet a year. Do not use if the soil pH is over 7.0 or if potassium levels are excessive.
- Turn the compost pile.
- **Mid-December in Western Oregon:** first spray of peach trees with lime sulfur or approved fungicides to protect against peach leaf curl.
- Dormant sprays of lime sulfur or copper fungicide on fruit trees and roses for general disease control.
- Spray spruce trees to control spruce aphids.
- **Western Oregon:** good time of year to plant trees, landscape shrubs.
- Protect new landscape plants from wind: staking, guy wires, windbreaks, site selection.
- Make sure that landscape plants in protected sites receive water regularly during the winter.
- Yard sanitation: rake leaves, cut and remove withered stalks of perennial flowers, mulch flowerbeds, hoe or pull winter weeds.
- Check for rodent damage around base of trees and large shrubs.
- **Western Oregon:** still time to plant spring-flowering bulbs such as tulips, daffodils, hyacinths, crocuses. Don't delay.
- Avoid mounding mulching materials around the base of trees and shrubs. They might provide cover for rodents.
- **Western Oregon:** apply lime to Kentucky bluegrass lawns to maintain a soil pH of 6 to 7. (Rate: 50 to 80 pounds per thousand square feet.)
- During heavy rains, watch for drainage problems in the yard. Tile drains and ditching are possible solutions.
- **Poinsettia care:** protect from cold, place in sunlight, don't let leaves touch cold windows; fertilize with houseplant fertilizers to maintain leaf color.
- Prepare potting mix for new house plants. Standard mix: one-third soil, one-third sand, one-third peat moss.
- Monitor houseplants for adequate watering, fertilizer, humidity. Water and fertilizer requirements are generally less in winter.
- Check stored flower bulbs, fresh vegetables, fruits for rot and fungus problems. Discard any showing signs of rot.
- Cut and dip holly for Christmas use.
- Make Christmas decorations from trees and shrubs in the yard.
- Consider garden-related Christmas gifts for the gardeners you know.
- Tie limbs of columnar evergreens to prevent snow breakage.
- If the lawn is frozen, stay off of it.
- Whitewash lower trunks of newly planted fruit and nut trees to avoid sunscald damage.
- Register with the local office of the OSU Extension Service to become a Master Gardener volunteer.

OREGON STATE UNIVERSITY EXTENSION SERVICE

Stockman's Roundup



by Bob Pawelek
OSU Livestock Agent

If you have livestock, you already have a grazing system of some kind. It might be one pasture you use all the time. That's a system, all right. But to be efficient in management of livestock, you should remember that any grazing management problem usually has many possible solutions and very few things you can do are "right" or "wrong." Most of all, no one grazing system is best.

To be successful, you will need to creatively combine a few principles into a grazing plan designed specifically for your operation's unique circumstances:

Timing. Avoid repeated grazing during critical stages of plant growth. This is when plants are starting new leafy tissue. This includes new growth in the spring or fall and mid-season regrowth after grazing.

Frequency. If given an opportunity to regrow and replenish its energy stores, a plant can be grazed several times during one growing season. But that plant needs time to regrow. Avoid grazing too often during a single growing season.

Severity. Avoid removing too much of a plant's leaf area. If too little leaf area remains after grazing, the plant will be unable to regrow and replenish its energy reserves.

Season. Crested wheat grass can cope with grazing an area at the same time of year, year after year. But varying the season of grazing from year to year is recommended for most kinds of plants.

Type of Cattle. Graze the type of cattle best matched with the kind of forage available and its nutritional quality. For example, dormant forage will not meet the high nutrient requirements for growing yearlings. You should also match the type of cattle to your topography. Cows with

calves, for example, usually will not use steep topography as fully as dry cows or yearlings. Texas Longhorns work best for vertical pastures.

Cattle raised on flat, open grasslands usually do not adapt well when relocated to steep or timbered grazing lands. An animal's previous grazing experience should also be considered when purchasing new animals. This is because cattle unfamiliar with the kind of plants in a pasture usually will not perform as well as cattle that previously have grazed similar forages.

Number of Cattle. Too many animals will cause cattle performance to decline, but the soil and vegetation will have deteriorated before animal performance begins to suffer.

Cattle Distribution. Prevent large numbers of cattle from congregating, especially on sensitive areas such as along streams. If cattle are causing soil or plant damage, it is often a problem of poor animal distribution rather than too many animals.

Grazing Selectivity. Cattle make choices and select those plant species and plant parts they find the least objectionable. Grazing systems can affect the extent to which cattle are allowed to graze selectively. The best individual animal performance will result when cattle are allowed to be the most selective in choosing their forage. Individual animal performance will drop below maximum whenever cattle are forced to graze less selectively. Non-selective grazing is appropriate when the objective is to prevent plants from becoming too coarse or "woolly."

Cattle generally perform better under less intensive grazing systems, whereas forage plants are usually healthy under slightly more intensive grazing systems. Because the conditions and objectives of your operation are unique, the economic outcome of a new grazing system can't be precisely known until after it is implemented. Therefore, be cautious when considering economic projections of changes to your grazing plan.

Good grazing systems develop conditions for soil and vegetation improvement. Several years may pass, however, before any improvement is very noticeable.

Flexibility is critical. Manage your pastures and animals according to the varying plant, animal, and economic conditions that exist, not according to specific calendar dates or pasture rotation schedules.

You're the key to success. If it's your grazing plan, then it's up to you to make it work.



Thank you!

Tribal Utilities Manager Herb Graybael was presented with an award by 4-H Agent and Office Coordinator Arlene Boileau for his generous volunteer work with the annual 4-H Wilderness Enrichment Camp for the past five years. Graybael and his crew willingly and sincerely help out with camp needs each year, including setting up bee traps and a much needed generator.