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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 Assistant
(and adapted from O.S.U. publication 4-H 0277L)

The time has come for the final column of our "Letters to Leaders" series. Today's subject winds up on the note of "Opportunities for 4-H Leaders"—Letter # 7. Opportunities at the county level include the following.

New 4-H leader workshops/meetings. You may have already attended a new 4-H leader workshop/meeting with your county agent of the Oregon State University Extension Service, community coordinator, or other volunteer.

Project leader meetings. One of the best ways to become familiar with the 4-H program and to find out what other leaders are doing with their clubs is to attend 4-H leader meetings in your county. Some counties have project leader meetings, (for example—livestock leaders, home economics leaders, horse leaders, small-animal project leaders, expressive arts leaders, and more.) Not only will you find these meetings helpful and informative, but other leaders will appreciate your ideas and assistance.

County 4-H activities. Consider becoming a member of a planning committee or a volunteer organizer of one of the many 4-H activities, such as: fair superintendent or assistant, judge's clerk, contest coordinator, fundraising committee, workshop director, or summer camp staff. 4-H leaders are the key to a successful 4-H program. Leaders who take an active part in county 4-H activities not only help the program be successful, but find they become more effective leaders while developing their own skills.

County 4-H leaders advisory committee. Many counties have an organized group of leaders who meet on a regular basis to discuss the county 4-H program, review 4-H activities, conduct 4-H program fundraising, and provide program advice to the county staff of the Oregon State University Extension Service. This group may be called the "County 4-H Leaders Advisory Committee," the "County 4-H Leaders Council," or the "County 4-H Leaders Association." To find out more about all aspects of the total 4-H program, attend your county 4-H leaders' meetings. Talk with your county OSU Extension staff about this opportunity. Switching over to opportunities at the state level, we start off with the **Oregon 4-H Leaders Forum.**

There are many statewide 4-H activities in which volunteer leaders may become involved. One of those is the Oregon 4-H Leaders Forum. This is an educational activity held every 2 years for adult, teen, and junior leaders (grades 10 through 12). There are many workshops that focus on general leadership skill development and specific 4-H project areas. Also, sometimes counties in the same geographic area will get together and offer local workshops or leader forums.

State Development Committees. The state 4-H staff works through development committees in most project areas. These advisory committees assist the staff with project curriculum development and activity

planning. The membership on these committees is composed of county Extension agents, volunteer leaders, and older 4-H members. After you have been a leader long enough to become familiar with the program, you may be interested in serving on one of these committees. Talk with your county agent of the Oregon State University Extension Service about the nomination process.

State 4-H Leaders Advisory Council. This group meets twice a year to give advice to the state 4-H staff on policy issues, review recommendations made by state development committees, and provide guidance for program direction. Each county is represented on the State 4-H Leaders Advisory Council by a volunteer leader from that county's district. Membership on this council rotates among the counties in each district, so your current representative may or may not be from your county. This representative will report to your 4-H leaders advisory committee and 4-H staff after each meeting. Opportunities at the regional and national level include such events as the **Western 4-H Leader Forums.** Every year a Western Regional 4-H Leaders Forum is held in one of the 14 western states in our region, usually in February or March. The program features 3 days of informative seminars and meetings, tours and meals, and an opportunity to meet and exchange ideas with other 4-H leaders from all over the west.

National 4-H Leader Forums. The National 4-H Council conducts several 4-H leader forums each year at the National 4-H Center in Washington, D.C. or at a regional site. They range from workshops on various project areas to leadership and citizenship development. The Department of 4-H Youth Development at OSU coordinates the application process for these workshops.

National 4-H Center. The National 4-H Center near Washington, D.C. is available for leaders to stay with their families while

visiting the nation's capital. More details are available from your OSU Extension Service county agent.

Other resources for 4-H leaders. As you can tell from these letters, the best resource persons for a new leader are your county's 4-H staff and other volunteer leaders. Don't hesitate to contact them for ideas, information, and assistance. In addition, the staff of the Department of 4-H Youth Development at OSU is available for assistance. They can be contacted through your county Extension agent. **Master volunteers.** Other agents in your county and trained Extension volunteers (such as Master Gardeners, Master Food Preservers, Master Woodland Managers, Master Food Shoppers) are useful resources for information about your 4-H club.

Audio-visual library. Your county office

of the Oregon State University Extension Service has a catalog of audio-visual aids that you can borrow from the state office. These include slide sets with tapes, teaching kits, and video tapes on different project areas, general leadership, and citizenship.

Publications. In addition to the publications already listed in the "Letters to Leaders" series, there are many resource publications at your county office of the OSU Extension Service. There is a minimal cost for some publications. So, that's the end of our "Letter to Leaders" series in Cloverspeaks. If you are interested in volunteering as a 4-H leader, contact Sue or Arlene at the Warm Springs Extension office by calling 553-3238. Join us in 1996 for our next edition as we begin profiling Warm Springs 4-H clubs!

For safety's sake, keep tree watered!

from OSU Extension Lawn & Garden notes

A freshly cut, well-watered Christmas tree is the safest Christmas tree. According to Bill Proebsting, Oregon State University's Christmas tree expert, the following three methods can help consumers tell if a cut tree is fresh.

* Take a needle off the tree and hold it between your thumb and forefinger. Bend the needle. If it snaps crisply, the tree is fresh. If the needle is flexible, the tree is dry and may not last through the holidays.

* Examine the bark on the twigs. If the bark is wrinkled, the tree is dry.

* Shake the tree. If many needles fall out, look for another tree.

After buying a tree and getting it home, saw off the bottom quarter-inch of the trunk to expose fresh tissue that will readily absorb water. Immerse the cut end in a bucket of water and keep it in water until it is time to bring the tree into the house.

"The most important thing you can do for your Christmas tree is to keep it supplied with water," said Proebsting. "Buy a stand with a large reservoir, because in the first few days, the tree will take up quarts of water."

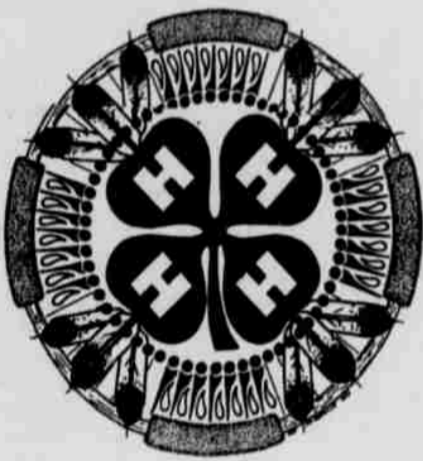
Christmas tree stands should be checked and filled with water daily. "As long as the tree continues to take up water, it should last three to four weeks and look good," he said. "If it dries out, it can be unsafe. If you keep it in water then it cannot be a fire hazard."

Proebsting suggests additional precautions to keep the tree fresh and safe while in the home.

* Locate the tree away from heat sources such as heat registers, radiators, and rooms with wood stoves.

* Place trees away from doors. In the event of a fire, the tree could block escape from the room.

* Lower the thermostat a few degrees until after the holidays. The cooler the room temperature, the longer the tree will stay fresh in the house.



Recipes add flavorful touch to upcoming holidays

Crackled Sugar Cookies

An old-fashioned cookie with subtle lemon flavor & a pretty, crinkled top.
1 c. shortening (part butter)
1 1/2 c. sugar
6 egg yolks or 3 eggs, beaten
1 tsp. vanilla
1/2 tsp. lemon extract
1/2 tsp. orange extract
2 1/2 c. flour
1 tsp. soda
1 tsp. cream of tartar

Cream shortening and sugar until fluffy. Add yolks or eggs and flavorings; beat. Combine dry ingredients; add to first mixture. Shape into 1" balls. Divide into 3 piles. Roll 1/3 of the balls in one of the following mixtures: (A) 1/4 c. sugar, 1 tsp. grated orange rind and 1/2 tsp. lemon rind OR (B) 2 tblsp. finely chopped black walnuts, 1/2 tsp. nutmeg, 1 tblsp. brown sugar and 2 tblsp. granulated sugar OR (C) 1/4 c. chocolate cookie decorations. Place cookie balls on ungreased baking sheet. Bake in moderate oven (350 degrees) 12 to 15 minutes. Cook on racks. Makes about 5 dozen big flat 3" cookies.

Peanut Butter Fudge

If you prefer pure fudge flavor, omit peanut butter; add 3 tblsp. butter with the vanilla.
3 c. sugar
1/4 tsp. salt
1/2 c. cocoa or 3 squares unsweetened chocolate
1 c. milk
2 tblsp. light corn syrup
1 tsp. vanilla
1/4 c. peanut butter
1 c. coarsely broken nuts

Combine first 5 ingredients in heavy 3 qt. saucepan. Boil over medium heat, stirring until sugar dissolves. Cook until mixture reaches soft-ball stage (234 degrees) Remove from heat; add vanilla. Do not stir. Let cool until the bottom of the pan feels lukewarm to touch. (110 degrees). Add peanut butter and beat steadily until candy begins to lose shine. Add nuts and pour quickly into buttered 8 or 9" square pan. Cover and chill until firm. Cut into squares. Store in covered container in refrigerator until ready to serve or pack for gifts.

Basic Sweet Dough

A blue-ribbon-winning recipe.
2 c. milk
1/2 c. butter or margarine
1/2 c. sugar
2 tsp. salt
2 pkgs. active dry yeast
1/2 c. warm water (105 to 115 degrees)
2 eggs, beaten
9 1/2 to 10 c. sifted flour

Scald milk; stir in butter, sugar and salt. Cool to lukewarm. Dissolve yeast in warm water. Add lukewarm milk mixture, eggs and half of flour to yeast; beat until smooth. Stir in as much of remaining flour as necessary to make slightly stiff dough. Turn dough out on floured board; let rest 5 minutes. Knead 5 to 8 minutes; until smooth and elastic. Put dough in greased bowl; grease top. Cover; let rise in warm place until double in bulk, about 1 hour. Punch down; divide in thirds and use in variations for holiday bread.

Have a safe and happy holiday season!



The smell of freshly popped corn wafted through the Education building on Halloween thanks to Bobby and Ma'kesh Chopra, Icecream and More proprietors, who donated the use of the shop's popper for the event. Nearly 16 pounds of corn were popped and given to hundreds of trick or treaters.

Stockman's Roundup—Goals must be set



by Bob Pawelek-OSU
Livestock Agent

Big Meadow: Coordinating Ecosystem Health and Livestock Grazing
The success of a season's grazing is traditionally measured by stockmen in rate of gain per day, with total gain for the season determining whether the effort was profitable. This, of course, includes the costs incurred such as salt, minerals, fencing, labor and others associated with a cow-calf operation. Costs associated with the condition of the forage at the end of a season's grazing go largely ignored if no dramatic damage is observed.

When planning a grazing system that is biologically sound, a basic question to ask oneself is: "What am I doing, raising beef or grass?" Plant species in Big Meadow may differ markedly in their palatability, feeding value, and rates of gain to stockmen. Species may also differ in their competition with each other in response to grazing pressure.

Coordinating grazing on an ecologically sensitive mountain meadow such as Big Meadow in the McQuinn Strip must be adhered to in the strictest department.

Threatened and endangered species of both plants and a population of Brook Trout occupy this ecosystem. The meadow is also habitat for large mammals including elk, bear and mountain lion.

Therefore, a good set of goals which addresses the forage, the beef production (including opportunity costs involved), and the ecosystem in its entirety is extremely important. What the resource will eventually look like can be manipulated by how and when the grazing occurs. Pounds of beef produced is important for financial reasons. How the available labor views the effort (with grazing periods scheduled for 1-3 days per pasture for 60 days) will determine its success.

In order to most efficiently utilize approximately 1300 acres of intermountain meadow for livestock grazing, it must be subdivided into at least 13 smaller pastures, since season-long grazing in large pastures using moderate stocking rates results in areas of both overutilized and underutilized plants, neither of which contribute to optimum nutrition for cattle or ecosystem health.

Planning the use of the forage associated with the different pastures and their estimated productivity, combined with appropriate rotations and recovery periods, requires significant attention to detail. Other considerations, with obvious ecosystem health notwithstanding, must also be taken into account:

- * Soil types and their association with regrowth.
- * Monitoring plant densities and species compositions.
- * Availability of stock water.
- * Poisonous plants.
- * Teaching livestock to rotate pastures.
- * Predation by mountain lion and bear.
- * Effect of fencing on landscape.

Beef production objectives can be met with serious regard to the ecosystem. However, considerable planning, labor and monitoring procedures must exist and continue throughout the grazing period.

Robert Pawelek
OSU Extension Livestock Agent

Creative packaging can add pizzazz to common holiday gifts

Do you want to make your gift from the kitchen just a little more special? Here are some packaging ideas that add a thoughtful extra dimension to a food gift—and leave the recipient with something useful, or just nice to have. After the yummys are eaten, you can put almost any kind of food in any container—if you wrap it or bag it in clear plastic first!

Drawer dividers help any cook tidy up their kitchen. And what fun to get them packed with cookies, a different kind in each section of the divider.

Is there a cook anywhere who can't use a really big sieve? Give it a holiday look by loading it with pecans or walnuts still in their shells.

A grain scoop or garden trowel will hold a good dipperful of cereal snacks or salted nuts (in plastic bag), and go on being useful for years.

Find a good big mug for Mom or Dad—one she or he can warm their hands on when coming in for coffee on winter mornings. Present it filled with mocha candies.

Load a toy truck with a bale of brownies or a bag of candy—you can't miss with either part of this gift for a small child.

Fill a quart measure with a plastic bagful of your own all-purpose biscuit mix. Attach recipe card trimmed with Christmas tape. For a jaunty touch, add a wooden spoon or rubber spatula.

