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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

WS 4-H Program Assistant

Happy New Year! With this first Cloverspeaks column for 1996, I'll be sharing profiles of each of the current Warm Springs 4-H Clubs. For this edition - a look at the Warm Springs 4-H Livestock club. Leaders Angie Orchard and Laura Fuentes started the group a year ago because they knew some kids that wanted to work with animals. Both say they have had "fun and learned a lot". The Warm Springs 4-H Livestock club was a small 3 person club for its first year including: Jessi & David Fuentes, and Lydell Suppah.

The group stuck with swine projects for their first year, but both leaders are open to having youth with swine, steer, or sheep projects. New members are welcome to join the Warm Springs Livestock club, but both Angie & Laura advise that parents will need to help with the project. For an animal science project help is needed with food, building a pen, and transporting livestock. There are some initial startup expenses the first year, but the following year the 4-H'er can make a profit from their livestock sale. More importantly, the 4-H'er can learn valuable hands-on skills that will last a lifetime. Both leaders provide that example, having come from a 4-H background. Angie Orchard teaches 1st grade at the Warm Springs Elementary school. This is her second year in the community. She originally comes from Myrtle Point, Oregon and grew up involved in 4-H. Angie was active in 4-H for a total of 8 years; a combination of Dairy, Sheep, and Beef

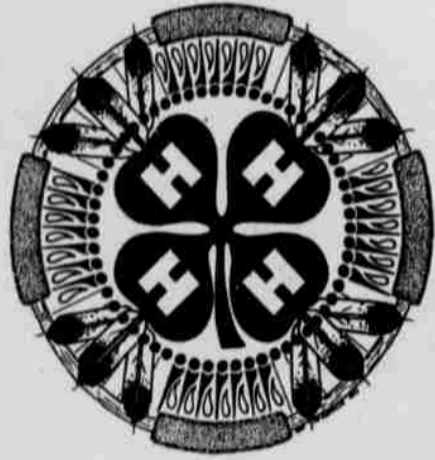
projects. She also spent a lot of time as a judge at contests and served on the National 4-H Judging team for one year. Laura Fuentes is a longtime community member and has taught at Warm Springs Elementary school for a number of years. Currently, she teaches kindergarten. Her involvement with the Warm Springs 4-H Livestock club stemmed from having 4 children who were interested in having farm animals. She also taught 4-H Cooking for two years, and was a 4-H member in Sewing, Cooking, and Dog Obedience projects. Laura credits her husband Willie in helping out their group during this past year. The Warm Springs Livestock club will be getting underway for 1996 by holding their first meeting on January 22nd at the Warm Springs Elementary School at 4 p.m. The club is open to any youth in 4th grade or older. For more information you can contact Angie & Laura at 553-1128 or Sue Ryan at 553-3238.

4-H corner news

This is a new feature for the OSU Extension page, and one that I hope we will be able to bring to you regularly. The Warm Springs 4-H Livestock club will hold their first meeting on January 22nd at 4 p.m. in the Warm Springs Elementary school. Any youth who is in 4th grade or higher is welcome to join. Parents should be aware that their involvement is necessary for animal science projects. Livestock club members are looking at selling frybread during the Lincoln's Birthday Powwow in February at Simnasho to help with club equipment. Warm Springs 4-H Search and Rescue Cadets are continuing their winter training as they move towards "Mountain Rescue" team status. The group is also selling pre-paid phone cards as a fundraiser for equipment. Timberwolves 4-H basketball has been busy pounding up and down the court as they work on being prepared for the many tournaments they have been playing in here locally. Leader Janice Gilbert-Gunshows has said she could use some help with this very active 30 member club. She is currently the only leader. If you're interested, stop by the OSU Extension

office or stop by the Timberwolves practice. They meet on Mondays and Wednesdays from 6:30 to 8:00 p.m. in the Warm Springs Elementary school gym. The timberwolves are also doing some fundraising for a spring break tournament in Pendleton. 4-H Culture of all peoples has disbanded, after members stopped going to meetings. 4-H Coed Basketball is still hitting the hardwoods during their Tuesday & Wednesday practice times. In January they will host the "Columbia River Scow-Ma-N-Us-Wun's 14 & Under Girls and 11 & Under Boy's Basketball Tourney at the Warm Springs Community Center. For more details, contact Melvin Tewe at 553-1675.

4-H Public Safety Cadets worked in December on first aid & C.P.R. as well as map and compass training. New Leaders: I have had a request from a community member for a cooking club. If anyone is interested in leading cooking or stopping by to sign up for one of our current clubs, call Sue at 553-3238 or stop by OSU Extension in the Education Center.



Training set for 1996

The OSU Extension Service is pleased to announce the Central Oregon Master Gardener Volunteer Training open to all residents of Jefferson, Crook, or Deschutes counties. The training phase will begin Tuesday, February 6th and runs through April 23rd, from 9 a.m. to 4 p.m. at the Howard Mayfield Building at the Deschutes County Fairgrounds in Redmond. Topics will include urban forestry, vegetable gardening, soil science, turfgrass management and many other subjects important to gardeners in Central Oregon. In exchange for the classroom instruction, Master Gardener trainees will assist local extension agents to reach the public with home gardening information. Once they have completed the 60 hour training course, trainees will be required to make a commitment of 60 hours in which they will share the knowledge they gained with their community. An interview process with prospective volunteers will take place in January. To receive more information about this program, contact the OSU Extension Service in Redmond at 548-6088 or the Warm Springs Extension office at 553-3238.



Laura Fuentes, left, and Angie Orchard lead the 4-H Livestock Club.

Position announced

USDA - Indian Outreach Worker
Intertribal Agriculture Council
Status: Part Time
Salary: \$10.00 per hour plus travel costs
Supervisor: IAC Natural Resource Director
Under the general supervision of the Natural Resource Director, each outreach worker will schedule and lead multi-day workshops at Tribal headquarter or other central points in Indian communities to disseminate information on the USDA's general purpose and programs and the specific service programs which may be applicable to Indian lands.

The selected individuals will be brought to Billings, Montana for an intensive 3-4 week training program to completely familiarize them with the full range of services of the participating USDA agencies (NRCS, FSA, APHIS.) The training will also define the incumbent's roles and limitations, and develop the specific seminar agendas which best fit the needs and resources of their

specific area. For further information regarding responsibilities and qualifications, contact Bob Pawelek, OSU Extension Agent, 553-3238.

Winter soup recipes

January is a month that makes you want to cozy up to a steaming bowl of soup!

Chicken One Pot
Makes 6 servings, 1 cup each
1/4 cup water
1 tablespoon oil
1 small onion chopped
3 tablespoons All-Purpose Flour
3/4 cup Evaporated Milk
1/2 cup water
1 can Chicken
1 can Green Peas
1 can Cream-Style Corn
1/4 teaspoon Worcestershire sauce (optional)
Steps
1. Put water, oil, and onion into a saucepan. Cook until onion is soft. 2. Sprinkle flour into saucepan a little at a time, stirring to keep smooth. 3. Drain peas. Throw liquid away. Rinse peas with water. Drain again. 4. Add evaporated milk to onion mixture. 5. Cook and stir over medium heat until thick and smooth. 6. Drain chicken. Throw juices away. Rinse chicken with hot water to take off extra fat. Drain again. 7. Add water, chicken, peas, corn, and Worcestershire sauce to the saucepan. 8. Mix well and stir over low heat until well heated. Serve hot.

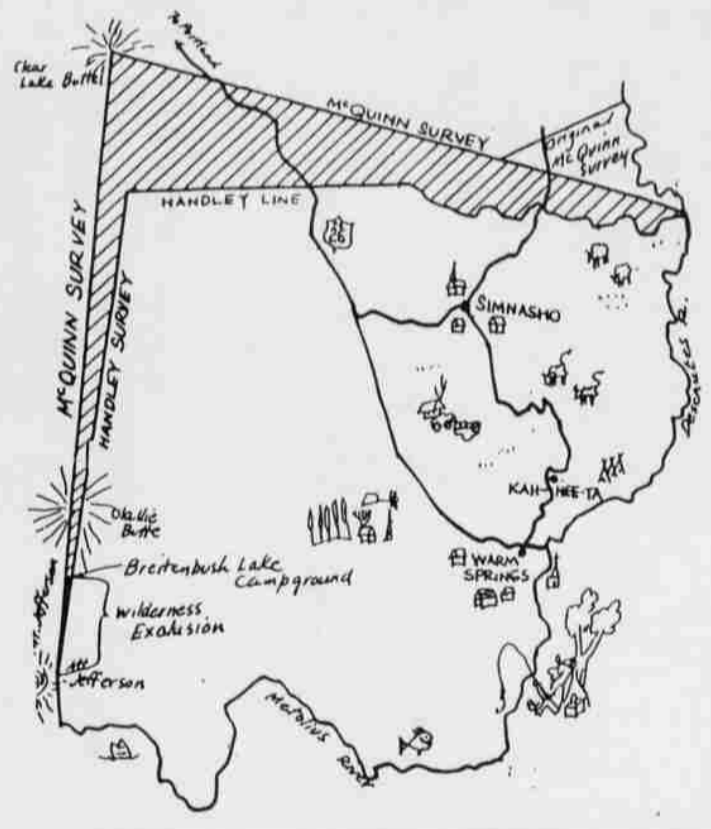
Herbed Tomato Soup
Makes 4 servings
3 cups tomato juice
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/8 teaspoon pepper
1 beef bouillon cube
1/2 teaspoon sugar
1 cup water
Chopped fresh chives (optional)
* In a saucepan, combine tomato juice, bouillon cube, basil, sugar, thyme, water, and pepper. * Bring to a boil and reduce heat. Simmer, uncovered, about 20 minutes. * Garnish with chives. Tips: You can add finely chopped raw vegetables-like celery, onion, green pepper, etc. Leftover cooked vegetables or canned vegetables or rice can also be added.

Stew for a Cold Night
Makes 8 servings, 1 cup each
1 can Commodity Meat of choice
1 can Whole Potatoes
1 can Carrots
1 can Whole Kernel Corn

Idea Fair set

by Sue Ryan
WS 4-H Program Assistant

The Idea Fair started in 1986 to provide new creative methods of learning to Central Oregon families and youth. This year the Warm Springs Extension office is proud to be the host for this event. The Idea Fair is set for Saturday, January 20th at the Warm Springs Elementary school and Warm Springs Education Center. Although sessions are targeted towards 4-H members and leaders, registration is open to all. Pre-registration is required by January 12th and registration packets are available at the OSU Extension office. There is a \$ 1.50 registration fee. Some classes do have a supply fee. The theme of "Express Yourself" has been chosen for the 10th annual Idea Fair. Classes include natural resource tours; expressive arts-including flower arranging, beginning drawing, beadwork and more; self-expression-creative writing, leadership skills, basketball with the white buffaloes; and veterinary science- Large Animal care & selection, and "How do I keep my horse healthy?"



Stockman's Roundup—Specialist to visit WS



Management Conference Room, Bldg. T-51, at the industrial complex.

Coming Events
Pacific Northwest Range Management Short Course. January 16-18, 1996, Red Lion Inn Downtowner, Boise, Idaho (208)344-7691. The theme will be "The Ecological Role of Livestock Grazing in the Northwest."

Topic areas will include: Historical and ecologic implications; Using livestock grazing to enhance and control vegetation; and Land managers perspective of using grazing to meet ecological goals.

Registration is \$75 through December 31 and \$90 for late registration. Rooms at the Red Lion for this conference (make sure you identify this short course) are \$49 single, \$59 double.

The shortcourse is intended for land use personnel, ranchers, and others interested in factual information on multiple-use resource management.

SRM 1996 Annual Meeting. February 10-15, 1996, Wichita, Kansas. Private rangelands stewardship and responsibility will be the theme of the meeting.

Riparian Restoration Workshop. April 30 thru May 3, 1996 at Eastern Oregon State College, LaGrande, OR.

The objective of the workshop will be to explore the latest approaches to the restoration of degraded riparian ecosystems. For further information, give me a call at 553-3238.

Bull Sales. Bar-Lynn Herefords, Monday February 12. Gelbvieh Breeders, Friday February 16. Lark Ranches, Tuesday February 20. NorStar Ranch, Saturday February 24.



by Bob Pawelek-OSU
Livestock Agent

In cooperation with the W.S. Branch of Natural Resources, OSU Extension will be sponsoring a "Visiting Professor Program."

Beginning January 18, 1996, Extension will sponsor visits by professors from Oregon State University as well as from other points in the Pacific Northwest, right here at Warm Springs.

These visits will be in the form of "brown bag" lunch lectures, every other Thursday during the noon hour. Targeted toward Natural Resources staff members as a form of supplemental educational enhancement, different aspects of natural resource management will be addressed. All Tribal Members are welcome to attend as well.

To kick off the program, Dr. Paul Adams, professor of Forestry Engineering and Extension at OSU, will be on hand with his theme, "Critically Evaluating Scientific Information." His talk will examine how natural resources scientific information relates to values beyond pure fact. Also discussed will be myths and unknowns that creep into science.

The programs will be held at the Fire

Cattle maintenance January checklist

Health

Watch for signs of abortions, vaccinate mother cows to prevent bacterial scours in calves.

Nutrition

Increase energy level in extremely cold, wet weather.

Check water sources; minimum 5 gallons

per cow per day.

Replacements should gain 1 lb/head/day. Insure adequate Vitamin A with green feed.

Provide protected salt boxes to prevent waste.

Management

Pre-calving Planning: Purchase ear tags,

sort first-calf heifers, check breeding dates or preg check records to estimate calving dates; arrange for adequate labor to watch animals at calving.

Consider changing bulls if used over 4-5 years.

Wind-Chill Factors for Cattle with a Winter Coat

Wind Speed (mph)	Temperature (°F)												
	-10	-5	0	5	10	15	20	25	30	35	40	45	50
Calm	-10	-5	0	5	10	15	20	25	30	35	40	45	50
5	-16	-11	-6	-1	3	8	13	18	23	28	33	38	43
10	-21	-16	-11	-6	-1	3	8	13	18	23	28	33	38
15	-25	-20	-15	-10	-5	0	4	9	14	19	24	29	34
20	-30	-25	-20	-15	-10	-5	0	4	9	14	19	24	29
25	-37	-32	-27	-22	-17	-12	-7	-2	2	7	12	17	22
30	-46	-41	-36	-31	-26	-21	-16	-11	-6	-1	3	8	13
35	-60	-55	-50	-45	-40	-35	-30	-25	-20	-15	-10	-5	0
40	-78	-73	-68	-63	-58	-53	-48	-43	-38	-33	-28	-23	-18