



Arlene Boileau  
4-H & Youth

Bob Pawelek  
Livestock

Clint Jacks  
Staff Chair, Madras

Norma Simpson  
Home Economics

Sue Ryan  
4-H Assistant



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

The Warm Springs Public Safety Cadets are the next 4-H club to be profiled here in Cloverspeaks.

The group's project club leader is RaNeVa Dowty. She is also assisted by Dennis Krueger, Kevin Zimmerman, Kevin Watson,

Donnie Winishut, Stoney Miller, Joe Tornbom, John Miller, Carol Tornbom, Sandra Miller, Dan Martinez, Warren Smith, Greg Stinson, Alex Smith and Martha Henry Winishut. The Public Safety Cadets officially started in October of 1994, and became a 4-H club in January 1995.

RaNeVa Dowty and Stoney Miller say they got the program going to give youth an

opportunity to volunteer with Warm Springs Fire and Safety. A handout for the club reads that "The idea behind, and sole intent of a Cadet program, is to provide training, education, and knowledge to youth ... and create future productive, capable, and talented leaders for the Confederated Tribes."

The Public Safety Cadets club program also pivots on self esteem and developing interest in skills. Their training this winter is covering Dog Team Support, Edible Plants & Outdoor Survival Review, and Knots & Rigging among the topics. They also assist Warm Springs Fire and Safety in searches.

The cadets have even received recognition for their efforts. Leader Stoney Miller notes that the cadet program involved in the Langley investigation last November received written and verbal commendations from the F.B.I. for their work.

Public Safety Cadet members are: Helena Henry Winishut, Stephanie Olivera, Bernadette Smith, William Esquiro, Lionel Smith, Nathan Berry, Cody Smith, Josh Richesin, Jessie Wolfe Esquiro, Sharondee Mitchell, Levi Dowty, Logan Hammond, Thomas Zimmerman, Rebecca Zimmerman, Jason Johnston, Sabrina and Arlena Miller.

The Public Safety Cadet's next meeting will be on February 1. If you are interested in knowing more about the group or joining up, call RaNeVa Dowty at 553-1634.



The Warm Springs 4-H Public Safety Cadets group together for a photo before returning to their training at a club meeting.

**4-H Club News**

by Sue Ryan  
Warm Springs 4-H Program Assistant

The Warm Springs Livestock Crew held their first meetings on January 22 and 23. Club members discussed buying their piglets for this year and contacting producers. Interested youth in grades 4th and up can still join the club. Current members are enrolled in swine projects, but youth can have either swine, sheep, or beef projects in the Warm Springs Livestock Crew. Their next meeting will be February 13th at 4 p.m. in Angie Orchard's room at Warm Springs Elementary. There is some cost to having an animal science project and parents can find out the details by calling Angie Orchard or Laura Fuentes at 553-1128.

4-H Club members from Warm Springs, Terrebonne, Tumalo, Madras, Prineville, Powell Butte, and Bend were among the participants who came to the recent Tri-County 4-H Idea Fair in Warm Springs. Despite a driving cold rain the Idea Fair still went on. The 65 people who filled the Education Center and Warm Springs Education Center seemed oblivious to the weather. The O.S.U. Extension staff would like to say a great big "Thank-You" to both the participants and instructors who came for the Idea Fair. Teachers and their classes included: Carol Wewa and Jeanne Thomas

for "Subconsciously Speaking"; Joni David and Jewell Minnick for "Yarn Basket Making"; Pat Speakthunder for "Cake Decorating"; Bob Pawelek for "Rockin' 4-H Rangeland tour"; Leana Blueback, Esther Kalama-Culpus, and Annie Meanus for "Beginning Beadwork"; Ron Supph and Trudy Thompson for "Leadership Skills for Youth"; Erica Foster for "Know Your Teeth"; T.J. Foltz, Scott Riddle, Melinda Cavender, Erica Christensen, and Minta Woll for "Basketball with the White Buffaloes"; Doug Calvin for "Ways to look at Wildlife tour"; Dr. Darin Henry for "Veterinary Science-Large Animal Care & Selection"; Carol Allison for "Beginning Watercolors" and "Beginning Drawing"; Norma Smith for "Flower Arranging"; Gail Derrick for "Leatherwork"; Karen Lang for "Entertaining the Little Folks"; Amanda and Jessica Dyer for "How do I keep my horse healthy?" and Liz Blann for "Microwave Jams & Jellies".

If you are interested in joining any 4-H Club, keep in mind that an official 4-H registration form needs to be filled out completely and turned in before you are really considered signed up for 4-H. Forms can be picked up at the 4-H office on the 1st floor of the Education Center or from the individual club leaders. Any questions? Call 4-H at 553-3238.

**Gravies, sauces add unwanted calories**

1 tablespoon of Butter	adds	100 calories
1 tablespoon of Salad Dressing	adds	80 calories
1 tablespoon of Sour Cream	adds	25 calories
1 tablespoon of Brown Gravy	adds	40 calories
1 tablespoon of Cheese Sauce	adds	30 calories
1 tablespoon of Herbs, Spices, Lemon, Vinegar	adds	0 calories

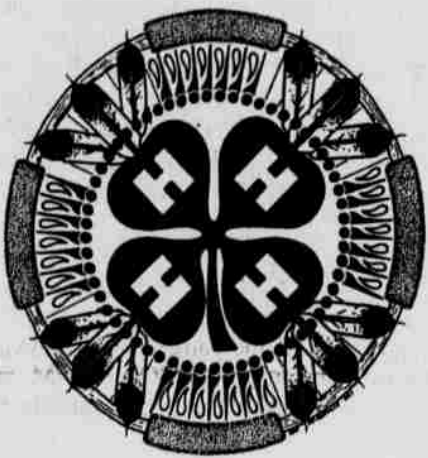
**Gravy From Bouillon**

Gravy is a source of extra calories. There are 164 calories in 1/4 cup of gravy made with meat drippings, flour and milk.

There are only 60 calories in 1/4 cup of gravy made with flour and bouillon. You may want to try this recipe in order to cut down on calories.

Another method to make gravy is to boil the turkey dripping with one cups hot water, then add a tray of ice cubes to bring the fat to the surface of the juices. Remove the fat. Then remove a cup of juice for thickening in a glass jar. Boil the juices. Measure 2 tablespoons flour into the jar, seal and shake like fury. Tap the lid with a scraper before opening the jar, to knock the flour from the top. Shake again. Slowly add thickening to the boiling juices in the roasting pan, and stir.

Adapted by Norma L. Simpson from *Food Preparation Affects Calories* by Ann C Grandjean and Carol J. Bennett, Swanson Center for Nutrition, Omaha, Nebraska



For additional information concerning 4-H clubs and activities, be sure to call the OSU Extension Office at 553-3238.

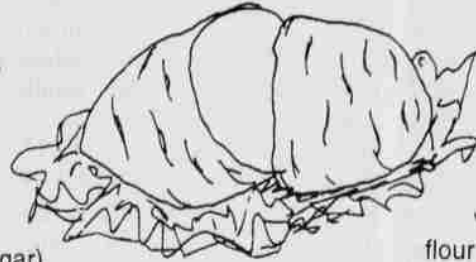


A Warm Springs Police dispatcher teaches the Public Safety Cadets about radio frequencies during a training on communications.

**Cherokee Yam Cakes sure to add unique touch to meal**

**Yummy, Yummy!!!**  
**Cherokee Yam Cakes**  
Makes 6-8 servings  
1 cup mashed yams or sweet potatoes  
2 cups sifted flour  
1 1/2 teaspoons sugar (or dark brown sugar)  
1 1/2 teaspoons salt  
2 1/2 teaspoons baking powder  
1/2 cup salad oil\*\*\*  
1/2 cup milk  
Spices

Boil or bake, drain and mash the yams or sweet potatoes\*\*. Sift flour, baking powder, sugar and salt into a large bowl. Pour oil and milk into a



measuring cup but do not stir. Add to yams. Blend well. Add to flour mixture and mix lightly with a fork

until mixture holds together. Turn dough out onto a floured surface and knead gently until smooth, about 12 kneading strokes. Roll dough about 1/4 thick and cut into rounds with floured biscuit cutter. Remold and reroll the excess and cut more biscuits. The rest of the excess can be rerolled once again, but this time cut it in strips for twisted bread sticks. Place rounds and sticks on a baking sheet. Children can help; have them cut with animal shape cutters. Bake cakes at 425° F. for 10-20 minutes. Serve hot or split with cold and toast.

\*\* It is better to use boiled yams that have been allowed to drain excess moisture from them, otherwise more flour will need to be kneaded into the dough until it loses its stickiness and can be rolled. If you like flecks of orange showing in the cakes, leave some small chunks of yams rather than mashing out

all the chunks to a puree.

\*\*\*The cakes made of less oil had less volume than the batch when we reduced the oil to 1/4 cup. But the texture was good, and the same delicious flavor.

! The flavor seemed to be a little flat, until we recalled that the cakes are to be eaten like bread or biscuits, which are not sweet. Two options are to add 1/8 teaspoon ginger or black pepper. Another option is to add 1/8 teaspoon molasses. These flavors may be too strong for the delicate flavor of sweet potatoes but the brown sugar option mentioned above may be just enough extra flavor for your palate.

**NUTRITION FACTS**

Serving Size:	2 cake rounds	
Calories:	140	% RDA
Fat	5.4 gm	35 %
saturated	1.0 gm	6 %
mono fat	1.6	10 %
poly fat	2.6	16 %
Carbohydrates	20.1 gm	57 %
Protein	2.7 gm	8 %

\*Adapted by Norma L. Simpson from: *American Indian Cooking and Herb Lore* by J. Ed Sharpe and Thomas B. Underwood published by Cherokee Publications, P.O. Box 124 Cherokee, North Carolina, p. 28.

**Stockman's Roundup—Cattle news related**



by Bob Pawelek-OSU Livestock Agent

**U.S. cattle numbers may stall in 1996**  
The U.S. cattle herd may stop growing in 1996, but it's still expanding this year.

The nation's July 1 herd was two percent larger than 1994's midyear count, according to the USDA's cattle inventory report, released July 21. At 41.5 million head, USDA's first estimate for the 1995 calf crop also was two percent over last year's level.

"Still, this year's sharp downturn in calf prices and the prospects for continued low prices probably has started having an effect," says James Mintert, livestock marketing economist for Kansas State University Extension Service.

USDA's report indicated cow-calf operations were holding three percent fewer

beef heifers as replacement stock. Beyond that, cow slaughter during the first half of 1995 was nearly four percent larger than 1994's. That's made some industry observers question whether producers already have begun liquidating part of their herd.

Mintert cautioned that slaughter cow imports from Mexico rose drastically in the first few months of 1995. After the Mexican cattle are accounted for, the U.S. cow slaughter through June is actually very close to 1994's. Mintert suspects U.S. herd cutbacks could pick up during the 1996 fourth quarter, however, as producers intensify culling throughout the winter.

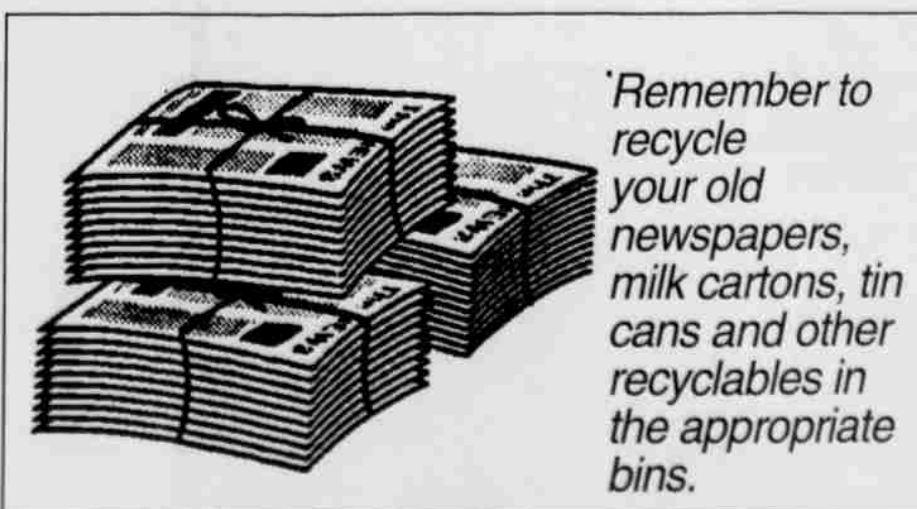
**Mystery disease killing Minnesota cows**

A mysterious disease has killed 90 cows on a farm near Fosston, Minn. About 50 cows and 40 young livestock have died on the farm of Art Ferguson since June.

The cattle's water and feed have been tested for poisons and checked out okay. Autopsies showed some of the cows looked fine, but the inside of others had deteriorated. Other animals were sore footed and had swollen muscles.

Neither Ferguson nor his vet could figure out what was wrong. Tissue samples were sent to North Dakota State University in Fargo. Tissue and blood samples have also been sent to labs in Iowa and Michigan for more extensive tests.

Because the cattle's immune system seemed affected, Bovine Immune Disorder, a cattle disease similar to human AIDS was a suspect. But the disease has not been proved beyond the shadow of a doubt.



*'Remember to recycle your old newspapers, milk cartons, tin cans and other recyclables in the appropriate bins.'*

**Who does the housework?**

by Jan Hare, OSU Extension Family and Adult Development Specialist

When retirement arrives, older adults are faced with new challenges as their roles change. Couples often report increased enjoyment during the first few months of retirement. However, as time goes on, wives often perceived that they are shouldering an unfair amount of the household work. Then marital happiness suffers.

Research has consistently shown that wives spend much more time than husbands in household tasks. Even after both the husband and the wife are retired, wives do more of the cooking, cleaning and laundry.

The challenge for older couples is to recognize the changing nature of their roles and to negotiate a division of household labor that is perceived as fair by both.

(Source: R. Ward, "Marital Happiness and Household Equity in Later Life," *Journal of Marriage and the Family*, (1993) Volume 55, pages 427-438.

**Locating furnace filter important**

Can't find the filter on your home furnace? It's a dilemma common to many homeowners.

When houses change owners, the location of the filter often isn't passed on to the new occupants. Usually the filters are located behind a panel on the front of the furnace or in the sheet metal box next to the furnace. In a few cases the filter is located behind the grille rather than at the furnace or heat pump.

The grill should be hinged with a wing nut or knurled nut to aid in getting to the filter. If the filter has been removed and not replaced, use a tape measure to estimate the size of the opening, usually some combination of 16, 20 or 25 inches length and width.

**What to do when there's no W-2**

by Alice Mills Morrow, OSU Extension Family Economics Specialist

If you were employed during 1995 and do not receive a W-2 statement showing your taxable wages, tips and withholdings from your employer by January 31, send the employer a self-addressed stamped envelope and request the W-2.

If by February 15, you still do not have the W-2 form, contact the Internal Revenue Service (IRS) at (1-800-829-1040). When you call, have available the name of your employer and all the information you have on your wages and withholdings. The IRS will then contact the employer.