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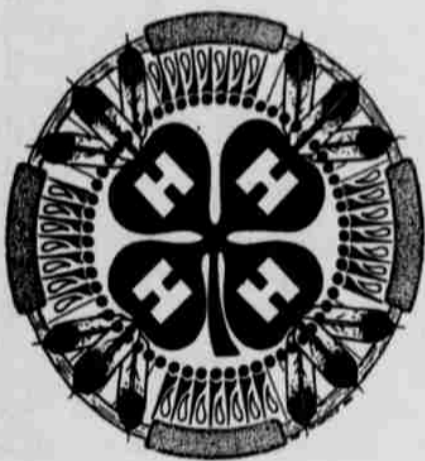
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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant 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 Assistant
Cloverspeaks turns this time to the Warm Springs 4-H Rainbow Dancers. This club began in August of 1991. The main purpose is for youth from Warm Springs to model their Indian regalia and demonstrate the dance that goes with the outfit. The Rainbow Dancers are busiest from May to September of each year. That's when the group travels to different events to perform.



Last year the Rainbow Dancers schedule included dancing at Lake Billy Chinook Day, Jefferson County Fair, and at a multicultural celebration at Jewell Elementary school in Bend. The group topped off their year by performing at the State Fair in Salem.

To belong to the Warm Springs Rainbow Dancers, children must have access to or own the appropriate dance regalia and be willing to be involved with sharing culture in a non competitive manner. It is also required that parents be involved with the group on a volunteer basis.

Currently enrolled members include: Edna David, Angela Sanders, Chrisy Sanders, Rosamaria Frutos, Cassandra Frutos, Angelina Frutos, Phyllis Shawaway, and Lillian Heath.

The Rainbow Dancers have been quiet during these winter months. To find out when the next meeting is scheduled, contact Leader Myra Shawaway at 553-2201.



The Warm Springs 4-H Rainbow Dancers show off their regalia and dancing skills during one of their many performances at the Jefferson County Fair.

Oregon 4-H highlights

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 judgement, 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 adults and peers.

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 the society in which we live have changed dramatically over the years. 4-H, too, has changed to meet the needs of youth. The program now includes school-age child care programs and programs designed specifically for high risk youth.

Thorough basement clean-up requires pumping

O.S.U. publication - available from the W.S. Extension office. Call 553-3238.

Pumping
For safety reasons, do not use an electric pump powered by your own electrical system. Instead, use a gas-powered pump or one connected to an outside line. Fire departments in some communities may help with pumping services. More damage may be done by pumping flooded basements too soon or too quickly. Water in the basement helps brace the walls against the extra pressure of the water-logged soil outside. If water is pumped out too soon, walls may be pushed in or floors pushed up. To help prevent this kind of structural damage: * Remove about a third of the water each day. Watch for signs of structural failing. * If the outside water

level rises again after the day's pumping, start at the new water line. * Don't rush the pumping, the soil may be very slow to drain. Whatever is submerged in the basement will not be damaged further by delaying the pumping. (Even if you do not have a full size "basement", your house may still contain a crawl space underneath for a venting system. Be sure to check for water under the house, even if you think you don't have a "basement".)

Cleaning
After water has been pumped from the basement, shovel out the mud and debris while it is still moist. Hose down walls to remove as much silt as possible before it dries. Floors and walls may need sanitizing, particularly if sewage has entered the base-

ment. Scrub walls and floors with a disinfecting solution of 1 cup chlorine bleach per gallon of water.

Oil stains caused by overturned or damaged oil tanks also may be a problem following basement flooding. Commercial products, available from fuel-oil suppliers, will help neutralize fuel oil. The products come in powder form or an aerosol spray for hard-to-reach places. To remove oil stains and destroy odor: wipe up excess oil, shake or spray product on the spot according to manufacturer's directions, let it set, then sweep it up.

Inspection and repair
Before beginning repairs, make a thorough inspection of supporting columns, beams, walls, and floors. Unless you have structural expertise, hire a contractor to make a professional survey. (Consider joining with neighbors for a group-rate inspection.) Repairs may extend to the following: * Buckled walls. Signs of buckling include horizontal cracking and areas that have moved out of vertical alignment. When this condition is minor, you need not repair the wall immediately. However, any noticeably buckled wall will eventually collapse from normal ground pressures and seasonal temperature changes. When buckling has seriously weakened the wall, the damaged parts should be rebuilt immediately. Pilasters (vertical reinforcement) may need to be constructed into walls over 15 feet long. * Settled walls and footings are indicated by vertical cracks either in small areas or throughout the structure. Repairs are difficult without special equipment. Contact a reliable contractor for this work. * Heaved floors are those that have not returned to their original level or have cracked badly. The floor may have to be removed and a new floor constructed. If a floor is badly cracked, but has returned to its original level, a new floor may be placed over the old one. A vapor barrier should be added between the two floors. The new floor should be at least 2 inches thick.

In houses without basements, the area below the floor may be filled completely with mud. Shovel out the mud as soon as possible to avoid rotting joists or foundation wood.

The Warm Springs OSU Extension Office has many publications available to assist local residents deal with the effects of the recent flooding. Call 553-3238 for more information.

Sanitize household items carefully

from an O.S.U. Extension publication

As you begin clean-up, focus on accomplishing the most important tasks first. Resist over-exerting yourself. Give special attention to cleaning children's toys, cribs, playpens and play equipment. Boil for 1 minute any items a toddler or baby might put in his or her mouth. Discard stuffed toys, water-

logged toys and non-cleanable items. Keep chemicals used for disinfecting and poisons used for insect and rodent control out of children's reach. Wear protective clothing on legs, arms, feet and hands while cleaning up debris.

General rules for cleaning and disinfecting

Wash exposed skin frequently in soap and purified water. Wear rubber gloves to protect against contamination and skin irritation. Try using a pump-up garden sprayer or hose to remove layers of mud from hard surfaces. Scrub with a household cleaner/detergent solution and a brush to remove remaining surface oil. Rinse with clean water. Wash with a disinfectant, such as chlorine bleach, pine oil or a phenolic product, such as Lysol. Remember, a product is considered to be a "disinfectant" only if it is labeled as such. Follow directions on the label. Rinse well. Dry items thoroughly to prevent mildew growth. Sanitize dishes, cooking utensils and food preparation areas before using them.

Removing mold and mildew

Brush off mold and mildew growth on household items outdoors to prevent scattering of spores in the house. Vacuum floors, ceilings and walls to remove mildew. Then wash surfaces with a detergent/household cleaner and water solution. Wipe mildew-stained areas with a cloth dampened with a solution of 1 cup of chlorine bleach or rubbing or denatured alcohol to 1 gallon water. Pinebased or phenolic products also work well.

Preventing mildew growth

Use an air conditioner, dehumidifier or heater, if available, to remove moisture. Use fans to circulate air and open all windows. Turn on electric lights in closets and leave doors open to dry the dampness and humidity. Spray with a fungicide or other mildew preventive product. Read and follow instructions and precautions on product label. Dry thoroughly.

sealed components that suffer little water damage. But since they hold food, they should be cleaned, disinfected and checked by a professional or replaced. If replacement is recommended, get the opinion in writing and discuss it with your insurance adjuster before money is spent for a new appliance.

* Heating appliances. Disconnect hot water heaters and remove all panels and floor-soaked in sulation. Have an electrician or professional repair person clean and restore the unit to working order.

* Lights and lamps. Remove fixtures that were submerged. Clean outlet boxes, sockets, and wiring. Floor or table lamps should be completely disassembled and cleaned. Damaged cords and plugs should be replaced. Consider taking appliances to an appliance shop unless you are familiar with these re-

Stockman's Seminar
Friday, February 23
3 to 6 p.m.
Central Oregon
Livestock Auction Yard
in Madras

It's almost time to start thinking about spring planting!

Bob Pawelek - OSU Extension Agent
Around the first of April is the time to start your vegetable transplants.

Home gardeners who grow their own vegetable transplants will have a wider choice of varieties and even better quality plants.

Members of the cabbage family - including broccoli, Brussels sprouts, cabbage and cauliflower - grow to transplant size in 4 to 6 weeks. For example, seeds started in mid March should be ready for the garden by May 1.

Tomato, pepper and eggplant require 6 to 8 weeks from seeding to transplanting. To transplant them outdoors in mid-May, start the seeds indoors the last half of March.

These recommendations are for the area in and around the Warm Springs Agency itself, and perhaps Wolfe Point; up top at Sidwaller and Simnasho - you guys should wait an extra month.

Cantaloupe, watermelon and pumpkins develop transplants in about four weeks. Start them from seed in early April for transplanting in May or wait and plant melon and pumpkin seeds directly into the garden when the soil is warm enough. Melons and pump-

kins do not withstand transplanting as well as other vegetables and the harvest time is virtually the same with direct seeding.

Plant your seeds for transplants in a homemade mix containing equal parts of sand, loam and peat moss, or purchase commercial potting or rooting mediums that are soilless and sterile, such as mixtures of perlite, vermiculite and organic materials.

Fill the desired container with a lightly moistened soil mix. A four-inch flower pot may be seeded with 18 to 20 seeds. Cover the seeds with one-quarter inch of soil. Then label the pot and place it in a plastic bag. Tie the bag so moisture does not escape. Light watering is usually needed until the seedlings appear.

Keep the germinating seeds at room temperature (68 - 75 degrees). As soon as plants emerge, remove the bag and expose the plants to maximum light. "Grow lights" are recommended and may be purchased at any hardware store.

Cabbage sprouts rapidly. Tomatoes may take 6 days and peppers two weeks.

After germination, keep seedling pots at lower temperature (55 degrees at night, 65 -

70 degrees during the day). Unless the soil mix previously was fertilized, weekly applications of a soluble plant food are recommended.

When seedlings get their first true leaf, separate them. Carefully loosen the soil around the roots with a dull knife blade. Place each plant in a 3-inch pot. Or space six to eight plants in a larger plastic or pressed paper container.

For stocky transplants with good production potential, water and fertilize the young plants uniformly and provide eight to twelve hours of sunlight daily. About 10 days before transplanting to the garden, expose the plants to cooler temperatures and slightly less water. Leave the starts out in a cool, protected area all night the week before transplanting. Avoid frosty periods.

If you've done everything right, the final product is a stock transplant 6 - 8 inches high with a healthy dark green color. Three days before transplanting out into the garden, water transplants with a complete soluble fertilizer. After transplanting, apply plenty of water around the roots to ensure good contact with the soil.

4-H volunteers can get tax breaks

reprinted from Lane County Clover Patch News

Once again the end of the year is upon us and tax season is around the corner. We appreciate the time, energy, and out-of-pocket costs you devote to the 4-H Cause. Here are some things for 4-H leaders to keep in mind while doing taxes.

You can deduct unreimbursed expenses that you incur incidental to your volunteer work. So fares spent in going from home to the office (or other places where you render services), phone calls, postage stamps, stationery and similar out-of-pocket costs are deductible as charitable donations.

If you use your car for transportation in your volunteer work, the gas, oil, parking and similar costs are deductible as charitable contributions. However, insurance and depreciation are not deductible. You can deduct 12 cents per mile in computing the cost of operating your car while doing volunteer work.

If you travel as a volunteer and must be away from home overnight, reasonable payments for meals and lodging as well as your travel costs are deductible. Your out-of-pocket costs at a convention connected with your volunteer work are deductible. But you can't deduct travel costs for attending a convention unless you are chosen to represent 4-H.

You can also deduct gifts of money or property given to charitable donations. Remember though that you must have "contemporaneous written acknowledgement" if the gift was more than \$250.00. The use of your home for meetings is not a "property contribution".

Finally, it's up to you to substantiate your deductions if the IRS questions them. Be prepared to prove your costs with cancelled checks, receipted bills, diary entries, etc. The tax aspects and reporting requirements for gifts to 4-H depend on your circumstances. As in all cases it is wise to consult your personal advisor.

Use care when assessing electrical damage

An O.S.U. Publication - available from W.S. Extension office. Call 553-3238.

Restoring the electrical systems and evaluating damage to appliances are high priorities after a flood. But before your electrical system is turned on, it should be thoroughly checked for short circuits by an electrician or other competent person. Before entering your home after the flood, be sure that the electricity has been completely shut off. Appliances should not be operated until they have been thoroughly cleaned and reconditioned. Running equipment before it is properly cleaned could seriously damage it and may cause electrical shock.

Electrical Circuits and Equipment
Things to do before the electrician arrives:

* Have electricity shut off at both the meter and in the buildings. When touching switches, stand on a dry board and use a dry stick or rubber gloves to pull handles.

* Remove covers from all switches, convenience outlets, light outlets and junction boxes that have been under water.

* If a box is filled with mud, remove the screws that hold the receptacle or the switch in place. Pull receptacle, switch, and wires out about two inches from box. Clean out all mud and dirt. Do not remove electrical connections. Leave boxes open for electrician.

* Remove all fuses and covers from entrance panel. Clean out all mud. Wires can be moved, but do not disconnect.

Electrical Appliances

Here are some general rules to follow:
* Television sets and radios. Professional cleaning is recommended for these types of appliances. There is danger or shock because certain internal parts can store electricity even when the appliance is unplugged. Check the back for a warning label. Get a cost estimate before repairs to see if the appliance is worth saving.

* Motorized appliances. These include the washing machine, dryer, dishwasher and vacuum cleaner. Professional cleaning of the motor and other parts is recommended. However, you can clean the exterior surface in the meantime.

a) Use a heavy-duty cleaner and hot water to remove stains and silt deposits. Follow up with a rinse solution of 2 tablespoons chlorine bleach to each quart of water.

b) When removing gritty deposits, rinse your cloth in water frequently to avoid scratching enamel or metal surfaces.

c) Clean and disinfect dishwashers, washing machines and dryers only with water that has been declared safe to drink.

* Refrigerators, freezers, and ovens. These appliances may have foam insulation and

Stockman's Roundup—Effects of weaning



by Bob Pawelek
OSU Livestock Agent

A recent study at LARRL in Miles City shows how changing weaning age can affect body weight and body condition score (BCS). Forty-eight cows that calved in April were assigned at random to have their calves weaned in September (weaned) or December (suckled). Half of the cows in each weaning age treatment received .75 pound of supplemental protein per day. The other half of the

cows received no supplement. All cows grazed on native range forage during the study. The study was repeated for four years. Changes in body weight and BCS were quite dramatic.

In the first year, the losses induced by late weaning were almost completely prevented by protein supplementation, and supplementing the normal weaning age cows resulted in marked improvements. These effects were less dramatic in subsequent years when forage was more plentiful and of higher quality.

Weaning age and protein supplementation during the fall can be effective tools for controlling BCS, but the effects are variable and depend on the conditions that exist in any given year.

The bottom line is this: If cows are going into the fall in poor condition, and forage is limited in quantity or quality, it would not be wise to wean late, even with supplementation.

If cows are thin enough to require an increase in BCS, then supplemental protein along with weaning at 5 to 6 months of age can help cows recover. Remember, however, supplemental protein will work only if sufficient energy is available from the grazed forage that is out there on the range.