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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
The profile series on 4-H clubs will resume in the next edition of Spilyay Tymoo. But, this issue the Warm Springs 4-H staff have a number of activities coming up that we'd like to share with the community.

4-H Natural Science Family Day

This program is a day long event set for Saturday, March 23rd at the Oregon 4-H Conference and Education Center near Salem. Families are encouraged to sign-up by March 1st. This education event is open to both non-4-H and 4-H family. Families will participate in their choice of four 50 minute hands-on classes. Sessions will include: Bird Identification and Natural History, Bats: Masters of the Night, Talk about Trees, Tide Pools and Killer Whales, Indian Lore, Fishing and Planning A Family Fishing Outing, Archery: A Bull's Eye for Everyone, An Introduction to Wildlife, and Learn about Llamas! There is a registration cost of \$6.25 per person. This fee covers classes, supplies, insurance, and lunch. 4-H Natural Science Family Day is designed as a family program, which means that children age 9 and under must be accompanied by a registered adult. For registration

forms, call the Warm Springs 4-H office 553-3238.

Tri-County Camp Counselor Training

The opportunity is available for 8th through 12 grade students to become camp counselors this summer at Crystal Springs, near Prineville. Even though Tri-County camp won't be held until June 17th-22nd, if youth want to be a counselor they must apply by March 22nd. Forms can be picked up from the Warm Springs 4-H office in the Education Center. Candidates must fill out the application, submit two references, and attend one of two trainings. The Warm Springs 4-H office will pay for the training cost for any Warm Springs youth interested in being a Tri-County camp counselor.

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 animals; find out how water is used in their homes; and spend a day investigating the 4-H Center's Sawmill Pond wetland area. In the final lesson, students write articles for a class newsletter to share their knowledge of wetlands with schoolmates and parents.

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.

Wetland Wonders is being used in Warm Springs and Madras by the Jefferson County S.M.I.L.E. group's for February and March. If you have a group interested in the Wetland Wonders curriculum, call Warm Springs 4-H at 553-3238.

Growing with 4-H Community Service Gardening Project

Chevron USA and the Oregon 4-H Foundation have provided a \$5,000 grant to sponsor ten community service 4-H garden projects to be completed during 1996. Ten

awards of \$500 each will be made to clubs in April. Applications must be turned in by March 15th. The "Growing with 4-H grants" may be used to purchase plants, seeds, soil amendments, or any other materials necessary to complete their project. For grant application forms, contact the Warm Springs 4-H office.

Summer Days

Summer Days will be held June 24-27 on the O.S.U. campus in Corvallis. This program is for youth in grades 7 through 9. Youth do not have to be in 4-H to attend Summer Days. The program focuses on using fun and innovative methods to teach leadership skills and get kids interested in community service projects. Participants will stay at the College Inn, a dorm on the OSU campus. Adult chaperones are also needed to attend along with the youth. Contact OSU Extension at 553-3238 for more info.

Livestock projects bits-n-pieces

4-H'ers and FFA members taking a market steer to the Jefferson County Fair will need to have their animals weighed and ear tagged on or before March 1st. Market weight needs to be 1000-1400 lbs, and animals must be less than 20 months of age by July 23rd to compete in fair.

Changes have been made in the criteria for carcass contest at Jefferson County Fair. In past years, any weight of an animal was acceptable. This meant a number of "unfinished" animals were entered. To improve quality of contest carcass animals must now meet the same guidelines as market animals. Guidelines are: Hogs 230 to 280 lbs and less than 8 months of age, Sheep 95 to 140 lbs and less than 9 months of age, Steers 1000-1400 lbs and less than 20 months of age. Since livestock contests for both FFA and 4-H projects are open class at the Jefferson County Fair, all animals must be identified and tagged before June 1st.

SIGN-UP FOR 4-H

To sign-up for a 4-H club, you must fill out an official 4-H registration form. Both member and parent must sign the form. Once this is completed, the form must be turned in to the Warm Springs 4-H office so that we can officially add you to our 4-H enrollment. Clubs that have enrolled so far for the year include: Warm Springs 4-H Search and Rescue cadets, Warm Springs Rainbow Dancers, Warm Springs Public Safety Cadets, and Warm Springs Timberwolves basketball. Other clubs that are meeting now need to turn in their enrollment forms.

BE A 4-H LEADER

The Warm Springs 4-H office can always use new volunteers to lead 4-H clubs. If you are interested in any of the six program areas of 4-H or have a unique idea for an independent style project contact Sue or Arlene at 553-3238 to find out how to get started.

Honesty is proven key to effective leadership

Based on Surveys of more than 15,000 people, which of these traits do you think was selected as the key to effective leadership:

- * Being fair-minded ?
- * Being cooperative ?
- * Being honest ?
- * Being imaginative ?

If you guessed "honest", you get a high mark. It scored far above any of the others in a list of 20. In fact, the top four characteristics of admired leaders and the percentage of people who selected them are:

- * Being honest - 87 %
- * Being forward-looking - 71 %
- * Being inspirational - 68 %
- * Being competent - 58 %

Honest people, say "Credibility" authors James M. Kouzes and Barry Posner, have credibility- and that's what gives leaders the trust and confidence of their people.

High credibility leaders foster such things as greater pride in the organization, a stronger spirit of cooperation and teamwork, and more feelings of ownership and personal responsibility.

What are some of the other characteristics of credible leaders ?

*They do what they say they will do. They keep their promises and follow through on their commitments.

*Their actions are consistent with the wishes of the people they lead. They have a clear idea of what others value and what they can do.

*They believe in the inherent self-worth of others. And they learn "how to discover and communicate the shared values and visions that can form a common ground on which all can stand."

Some foods could be contaminated by flood waters

by Carolyn Raab, OSU Extension Foods and Nutrition Specialist

Food contamination may be a serious problem for some Oregonians driven from their flood-ravaged homes, experts say, because flood water can carry silt, raw sewage, oil in the ground, chemical waste and drainage from barn yards.

According to Carolyn Raab, Oregon State University Extension food and nutrition specialist, filth and disease-causing bacteria can contaminate any food the water contacts and make the food unsafe to eat with the exception of certain canned products, fresh produce and other foods touched by flood water should be discarded.

Raab said, "If flood water has covered or dripped onto foods in cardboard, paper, foil, cellophane or cloth packaging, they should be discarded even if the contents seem dry. This includes salt, cereals, pasta products, rice and crackers. Other unsafe products include jam or jelly sealed with paraffin and containers with fitted lids such as cocoa or baking powder. Even commercially bottled

Snuff out the use of chew among young people

Several years ago I watched a 16-year-old athlete doing a TV interview from his hospital bed. He did not live to be 17 years of age because he was addicted to chewing tobacco.

He spoke with a raspy voice, urging teenagers "not to get hooked on chew" like he did. Since he was 14 he wanted to be like his favorite baseball player who later regretted the impact of chewing tobacco on his fan.

I remembered that interview as though it was yesterday. The kid looked so healthy, except that he could no longer eat or drink because the cancer was destroying his mouth and throat.

I also remembered seeing a woman in Papua New Guinea when I took a group of home economics teachers on a hospital tour. The woman had cancer of the throat, with runny sores beneath her jaw. The nurses said she had been in a lot of pain for the two weeks in the hospital. She died several days later.

On Valentine's day these two memories prompted me to follow-up the article about smokeless tobacco and cancer in the Bend Bulletin. It states that "health officials are

most concerned about increasing use of snuff by children and young adults. About 16 percent of 14-year-old boys in Oregon have used smokeless tobacco, according to the state Health Division. By age 18, the rate is 34 percent (of boys)."

Worse yet the advertising campaign and "cherry flavoring" of stuff and free samples are adding to the sales. While cigarette sales are falling by 1 percent a year, "chew" sales have increased by 3 to 4 percent each year. About 6 percent of adults use smokeless tobacco. According to Severson, "what we're seeing are the results of very successful marketing to young people."

"...while the higher nicotine levels in snuff may make withdrawal more difficult, there are almost no programs designed to help quit chewing tobacco," noted Herb Severson of the Oregon Research Institute in Eugene. He is enrolling volunteers all over the state in a research program to find a successful way to quit chewing. The volunteers must be 18 years of age and have had a daily snuff habit or "chew" habit for at least a year and now want to stop.

The telephone number of the Oregon Research Institute is (541) 484-1519. As I was finishing the story, I tried to call Severson. Perhaps everyone is on flood clean up duty. By the time you read this story we will have more information from him about the project.

Photocopies of the complete Bulletin article are one the wall and in the rack by our OSU/Warm Springs Extension office in the Education Center (formerly known as the old boys dorm).

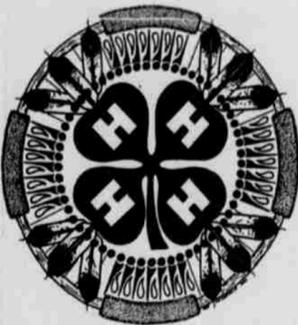
OSU offers flood recovery publications

Our office at 1110 Wasco Street has the following information on Flood Disaster recovery materials. The bad news is that recovery from floods may take you six months to a year to get everything back in place, just to cope with drying soggy walls, floors and foundations.

OSU specialists in Corvallis have sent us materials:

- Flood Waters Contaminate Foods
- Drinking Water for Emergency Use
- When Power Fails - Check your Frozen Foods
- Safe Drinking Water from Wells After Flood Events
- How to Shock Chlorinate Your Well
- Avoiding Water Damage to Homes: Remedies for Homeowners
- Home Clean-up and Sanitation
- Cleaning Clothing and Textiles After a Flood
- Cleaning and Repairing Flooded Basements
- Electrical Systems and Applications
- Restoring Heating Systems After a Flood
- Flood-Damaged Walls, Ceilings and Floors
- Drying and Repairing Walls
- Assisting and Repairing Leaky Roofs
- Flood-damaged Furniture and Appliances
- Flooded Private Sewage Systems
- Caring for Important Papers

Ask Norma Simpson at OSU/Warm Springs Extension for copies of those you need. Call 553-3238 or stop by the office in the Education Center at 1110 Wasco Street.



Scholarships available... Governor's School set for June, July

The Warm Springs 4-H office received the following information on this opportunity for youth from the Jefferson County Commission on Children and Families. There are scholarships available to those interested in attending this event.

The Oregon Governor's School is very different from school as you know it. The Oregon Governor's School is a private, non-profit, non-partisan organization, aimed at developing leadership and citizenship among the state's young people. The Governor's School provides young people with a year-long, two phase introduction to leadership development through a blend of practical skills training, civic education, community service, problem solving and adult mentoring.

The first phase of the year long program is the Summer Institute which will be held from June 23-July 12, 1996. Summer Institute workshops focus on skill building in the areas of critical thinking, problem-solving, communication, negotiation, conflict management, team-building and project development.

Beyond civic education and skills, leadership requires self-knowledge and reflection. Through a program of continuing self-assessment and expression, participants are challenged to define their own ethical beliefs and future commitments toward contemporary issues being faced.

After the summer program, students commit to initiating Community Leadership Projects in their community, and begin the second phase of the program. This phase is made up of regional groups called Youth Initiatives which meet monthly to enable participation in ongoing leadership training, discussion of individual Community Leadership Projects, and involvement in group community service projects.

Students have a variety of options in which to apply what they have learned during the Summer Institute by either designing their own Community Leadership Projects or assisting and strengthening existing projects or organizations of interest and concern to them. The Governor's School seeks sixty high school students who will be sophomores, juniors and seniors in the 1996-97 school year. Applications are due by March 20th. Forms can be picked up at the Jefferson County Commission on Children and Families office at 191 S.E. 5th Street in Madras. For more information, call Diane Treadway at 475-9426.

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Stockman's Roundup—Interaction



by Bob Pawelek
OSU Livestock Agent

A study in eastern Oregon is examining how cows and salmon interact. Five livestock enclosures along Catherine Creek were any way, so while the cow is in the chute, why not treat her for worms, too?

The reason we deworm is simple. Intestinal worms are parasites; and a lactating cow has enough to do without a pesky worm competing with her for nutrition.

There is another reason a good stockman treats his herd for worms - weight gains and profit. For stocker calves, deworming can enhance gains as much as a third of a pound per day. For herd bulls, it helps keep them healthy so they can do their jobs. For cows, it frees up the digestive system and helps them wear heavier calves. They can breed back faster than non-treated animals.

These are all good reasons why we should spend the extra cash for a good anthelmintic dewormer.

Management of pastures is another aspect of deworming. Depending on weather and climate, pastures grazed in spring and then again in the fall will have less risk for heavy infection of parasites than pastures grazed

throughout the summer. Where possible, allow cattle to graze the pasture for only one period during the year. When deworming with anthelmintics, move cattle to a clean pasture right after treatment. This is important to avoid reinfestation.

Safe handling of meat

Some common sense reminders about how we should be caring for the beef we cook:

1. Keep all meat refrigerated until ready to use.
2. Raw meat and poultry should be thawed in the refrigerator, or, if using a microwave, on the lowest setting immediately before cooking.
3. Keep meat separate from other foods and working surfaces.
4. Utensils and hands should be washed after touching raw meat.
5. Cook ground beef and poultry thoroughly; juices should run clear.
6. Refrigerate leftovers immediately.
7. Keep kitchen area clean and disinfected.

Assistance available for flood victims

Farmers and ranchers at Warm Springs may be eligible for reimbursements up to 64% for damage or losses due to the flood. Eligible items include washed fences, out-buildings, lost implements, crops and livestock.

As of this writing, the USDA does not have the immediate funding for emergency conservation reimbursements. However, it has been requested.

If you have experience damage or property loss, contact the OSU Extension office and speak with Bob Pawelek, 553-3238. You will need a list of the property lost, as well as any photos you may have taken of the damage. What happens next is this: An application for a "cost-share" must be filled out with the USDA. Do not attempt to repair any damages before the cost-share is applied for.