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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

Spring Break is here! Students from the 509-J school district will be a hopping and a bopping from March 18th through the 22nd. One idea for energized youth to tackle is a garden. Yes, it is even possible for children to have a garden of their own.

There are different types of gardens - flower & vegetable, and other specialty types. A few hints: * Children should be from 8-10 years to start in a gardening program. * Plan your garden on paper first. Make a diagram of the area and a list of seeds to be

needed. * Choose flowers & vegetables that mature rapidly and are hardy so beginners will be assured of success.

When to plant? This can depend on a variety of factors, including the type of plants/seeds you are working with and the climate. In Central Oregon, the growing season ranges from 80 to 120 days. Two weeks before the last frost of spring is when some vegetable varieties can be planted. If your area is still too cold to plant outdoors, then flowers and vegetables can be started indoors in pots.

Where to plant? Gardens do not have to require large amounts of land. A small plot, a window box, or a set of pots can help a child start gardening.

What to plant? This depends on a person's likes and dislikes. Some recommended vegetables and flowers for Central Oregon are listed in an O.S.U. publication written by Deschutes County Horticulture Agent Michael Bauer. A few samples. For flowers: snapdragon, sunflower, petunia and pansy. For vegetables: carrots, chard, peas, potatoes, and peppers. These are just a few of the varieties a child can try in their garden.

How to plant? First, the distance between seeds or seedlings. A good way to demonstrate this for children is to use finger widths - two, three, four or all five fingers together to measure the distance. Then to show the distance between rows have a child put their show beside a yardstick to measure how long it is, then use how many "shoe lengths" you want to mark off the space between garden rows.

Besides actually growing plants in a garden, children can learn from related activities. These can cover a visit to a nursery, a florist, the fair. Root view boxes can be constructed so children can see how the plant grows, and seeds can be planted in a jar to see how they sprout.

If you are interested in more information on gardening for your child, the following publications are available from the Warm Springs O.S.U. Extension office. 4-H Vegetable Handbook. The Central Oregon Vegetable Guide.



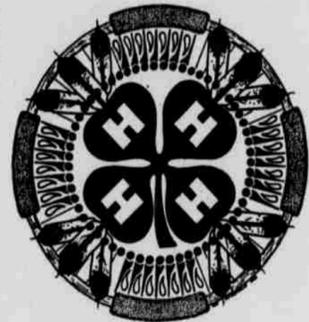
Gardening can develop values in children

from "A Leader's Guide to Nature-Oriented Activities"

1. For many children this is their first experience with growing plants.
2. They will gain a better understanding of the plant's life cycle by observing its seed sprout, grow, mature, bear fruit, die.
3. Provides an opportunity to accept responsibility, for they will soon learn that they "reap what the sow" and they must take care of their plants if they want them to produce.
4. Develops new appreciation for the work that goes into the production of the world's food.
5. They will be learning by actually doing, through working with their hands. Safety

with tools will also be learned.

6. Assists in the understanding of the need for conservation- the role of fire, insects, disease, water.
7. Opportunity for work experience.
8. The chance to work in a group project. Teaches cooperation on boundaries, paths, equipment, and sharing of joy in the achievement of others.
9. Creates a love and appreciation for beautiful things. This will encourage them to make things beautiful and give them a feeling of joy in the care and propagation of plants.
10. Develops interests that may grow into valuable lifetime hobbies and wise use of leisure time.



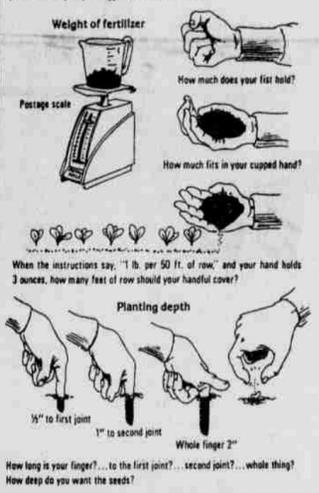
Volunteers needed

Volunteers are being sought to join the new Stewards Corps at the Oregon 4-H Conference and Education Center in West Salem. The 4-H Center's Stewards Corps will provide volunteer staff to fill key roles in three areas. These areas are 1) teaching outdoor lessons to children 2) helping prepare lesson materials and 3) assisting with light maintenance and grounds projects. Some of the lesson preparation work can be done at home, such as stitching insect nets.

For more information and a training schedule, contact Carolyn Hill at 371-3920. This program is developed by Virginia Thompson, OSU Extension Education Specialist.

"RULE OF THUMB" MEASUREMENTS

These measurements fit our hands, fingers, and feet. Be sure to measure your own - they may be bigger or smaller than ours.

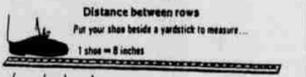


Distance between seedlings

How wide are your fingers?... all four?... three?... two? How far apart should you plant the seeds?



How far can your fingers reach?... thumb to index finger?... thumb to little finger? What's the distance between seedlings?



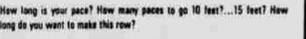
Put your shoe beside a yardstick to measure...



How long are your shoes?... two shoes, heel to toe?... three shoes? How far apart do you want the rows?



How long is your finger?... to the first joint?... second joint?... whole thing? How deep do you want the seeds?



Pros and cons of extended warranties given

by Norma L. Simpson

As the "Spring Auto Buying Spree" begins, I get lots of requests for information about how to buy, how to finance and which one is the best. This year I had a different request. SHOULD I BUY THE EXTENDED WARRANTY when I buy the vehicle?

I asked myself the same thing when bought my van. I had six months to make the decision, which came at the same time I was recovering from a stroke. So no decision was made. I didn't know at the time that I was doing myself a favor.

The standard/basic warranty varies from one vehicle to another. My van has a 3 years/36,000 miles. That means if you drive more than 36,000 miles your warranty is finished even if you have another year to go. In my case I hope it was enough. The warranty had to put on new door handles all around, a new valve boot, repair the radio, a new seat belt, a new cruise control because it dropped in speed on a straight, flat road, five or six attempts to keep the engine from dying at the mailbox, and soon the latch of the van on a recall order for the faulty latch.

I think most of the bugs were out of my Canadian-made van by the end of the 3 year warranty. From here on it, it is up to me except for the faulty latch.

As the two Oregon State Extension Service specialist Alice Mills Morrow and Mary Ann Sward said, you probably won't know until you have driven it 7 or 8 years. We did agree on the telephone that lots of things go into the decision.

1. How many miles do you drive a year? On paved or dirt/wash-board roads.

2. If you drive a lot, do you take care of the car on a regular basis as the Manual says.

Be aware that some books tell you only to change the oil filter every other service.

Ouch! that's a strike against long life for your car. A dirty oil filter has about a quart of dirty oil that you are circulating with your

quarts of clean new oil. If you drive a lot on dirt roads, you need to change you oil more frequently.

3. If your employment is un-steady, you may want to buy the Extended Warranty for the longer period of time, so that you will not have the car sit idle because you can not afford to pay repair bills for part of the 4 years.

Only one car had 10 year warranties for the drivetrain (i.e. the engine and transmission). Eighteen makers had 3 years warranty on the drivetrain. Eight makers had 4 years on the drive train and Five makers had five years warranty on the drivetrain and only two makers had six years warranty on the engine and transmission of the drivetrain.

And only one had 10 years/unlimited mileage for rust of the body. The vehicles varied on the number of mileage from 100,000 miles to unlimited miles.

4. Twenty makers offered Roadside Aid for free as part of the Extended Warranty. The sticky part, without a cellular tele-

phone, is walking for a telephone from you favorite fishing hole. Some makers will tow you only if a warranted part causes the breakdown.

One woman told me that she had been hounded by the sales office to get her warranty extended, until she threatened to sue the sales man. She had asked to be taken off the phone list because they did not intend to get the Extended Warranty.

Remember, you pay for the Extended Warranty. The reason they sell Extended Warranties is to make more profit. Check before you buy. The reason that sales people hound customers is because it makes them and the company a lot of money. People often forget to use the service, or they think the warranty is good only from the dealer where they bought the care in Portland or Vancouver.

Since some people in Warm Springs drive many thousands of miles a year, it's wise to be sure that you know that there is a warranty for longer than the 3 year/36,000 miles basic warranty.

Easy recipe for 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
 - 1/2 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

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.

Peak streamflow height comparisons between 1964 and 1996

RIVER	1964	1996
WILLAMETTE		
Willamette at Salem	37.7 ft.	35.1 ft.
Willamette at Portland	29.8 ft.	28.55 ft.
Santiam at Jefferson	24.2 ft.	23.2 ft.
Johnson Creek at Sycamore	14.9 ft.	13.8 ft.
OREGON COASTAL RIVERS		
Nehalem at Foss	21.5 ft.	27.2 ft. new record
Siletz at Siletz	25.7 ft.	21.3 ft.
Alsea at Tidewater	27.4 ft.	20.8 ft.
EASTERN OREGON		
Umatilla at Pendleton	8.17 ft.	8.00 ft.
Deschutes at Moody	11.8 ft.	12.00 ft.

Stockman's Roundup—1996 vs. 1964



(SNOTEL) sites we have today). However, there will not be February 1996 data for these stations until next month since these sites are not automated like the SNOTEL system. Therefore, some estimating was done to determine the current precipitation and snow amounts.

Brief comparison

It appears that the 1964 floods were much more widespread, affecting northern California, Oregon, Idaho and southern Washington. The 1996 area affected was mainly northern Oregon, southern Washington and the Panhandle of Idaho. There was much heavier precipitation during the 1964 flood south of Corvallis; however, there was more precipitation north of Corvallis during the 1996 event. Snowpack in the Cascades appears to be higher in 1996 from some of the preliminary numbers. There was limited snow in the coast range in 1964 but 200 to 300 percent in 1996. Taylor believes this is why some of the coastal mountain tributaries experienced record flooding.

The Willamette River likely did not reach 1964 levels because of the additional dams built in the '60's and better reservoir management due to better data sources such as SNOTEL.

1964

October and November of 1964 started out very wet and warm and flooding did occur on many of the strams and rivers in Washington and Oregon. This flooding saturated the soil, allowing any further precipitation events in December to go straight into the rivers. Much of December was cold; very cold between December 18 and 20. Snow

fell. This event caused much of the soil to freeze. On December 21, the Pineapple Express kicked in.

Heavy rain fell from central California east through Nevada and Idaho and then north to Washington. Again, all the precipitation that fell went into the strams. Snow melt occurred below 4,000 feet in Oregon and Washington. This event lasted until December 25, when colder temps but continued precip engulfed the region.

1996

November and December were very wet months and flooding occurred throughout Oregon and Washington. This brought the soil moisture in the above mentioned states to the saturation point, especially west of the Cascades. In January, a combination of arctic air to the north and subtropical moisture to the south caused heavy snow over the Cascades. This brought the snowpack up 50-70% across Oregon. Late January and early February brought bitterly cold temperatures across Oregon and Washington. This froze the already saturated ground.

On February 5, the Pineapple Express blew in.

Very heavy rain concentrated over northwest Oregon. This heavy rain fell on snowpacks in the coast range and the lower elevation Cascades that were 200 percent to 300 percent of average. Snow melted substantially below 3,000 feet and moderately between 3,000 and 5,000 feet. East of the Cascades, less precipitation fell. However, high snowpacks and high temperatures caused widespread flooding here.

by Bob Pawelek
OSU Livestock Agent

The ongoing visiting professor program is going quite well. We've had only one cancellation so far, and that was George Taylor, the state climatologist who couldn't make it that day because we had a flood.

He is making up for it by supplying some info on the differences between Pacific Northwest flooding in December of 1964 vs. February of 1996.

When comparing these two flood events, the difficulty was trying to determine the amount of rain that had fallen and the amount of snow that was on the ground in the mountains in 1964. There were only four mountain stations in Oregon and Washington with good precipitation and snowpack records in 1964 (opposed to 116 Snow Telemetered