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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.

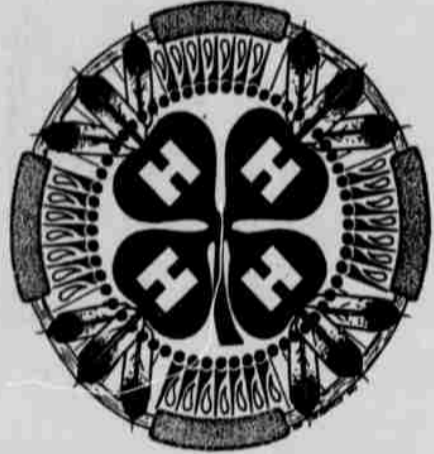


## The Clover Speaks

by Sue Ryan

Summer has arrived, and along with it time for summer fun activities. Most recently, nine Warm Springs youth completed the "Beam Me Up Scotti to 4-H Camp" at Crystal Springs, Oregon. This camp is located in the Ochoco Mountains, halfway between Prineville and Mitchell. 4-H campers come from the Warm Springs Indian Reservation, Jefferson County, Crook County and Deschutes County for this tri-county camp session. Many thanks to the Johnson O'Malley Committee for their sponsorship of scholarships to help Warm Springs youth attend this event.

Other 4-H'ers are busy, especially in the



Rainbow Dancers and Warm Springs Livestock Crew. The Rainbow Dancers are in full swing with their summer performance schedule, and the Livestock Crew are readying their swine projects for the Jefferson County Fair and Auction coming up in late

July. The Jefferson County Extension office in Madras has started their Summer Fun classes. A schedule is available at the Warm Springs office. There is a cost of \$5.00 for Summer Fun, which covers up to 8 classes. Additional classes are \$1 per activity. There are some supply fees for classes. Here is a sample of the schedule for the next two weeks.

**First Aid Basics:** Learn some important skills from taking care of wounds safely, to using the Heimlich maneuver—these skills may save a life one day. Instructor: Father Todd Under Date: Tuesday, July 9th Grade/Time: 3rd-12th 10:00-11:00 a.m. Location: Training Room, North Unit Fire Department. **Nature Hike-Cove Park:** See local plants, animals and critters; learn about the High Desert eco-systems. Wear your sunscreen, hiking shoes or comfortable shoes, (no sandals), dress comfortable. Bring water and snack. This is an Oregon State Park ranger guided activity. Parents are welcome. Date/Time: July 9th, 9:00 a.m.-12:45 p.m. Grades: 2nd-6th; younger if accompanied by an adult Location: Cove Palisades State Park Meet at Extension office and we will car pool. **DRIVERS NEEDED Fee: 50 cents. Creative Movement** Enjoy the exercise and the "Art" of dance. Taught by local ballet instructors. Instructors: Marie Williams and Susan Stovall Date: Wednesday, July 10th Age/Time: 4-5 year olds 9:30-10:15 a.m. (Parents Please !!); 5-6 year olds, 10:30-11:15 a.m. Location: High Desert Dance. **Bowling** Sign up for your favorite day or days for lessons and practice. Date: July 10, 11, 17, 18, 31 Ages/Time: 7-18 years, 1:00-3:00 p.m. Location: Pelton Lanes, Madras Fee: \$2.50 per session payable at the bowling alley the day or

days you bowl, includes shoes. **Country Pockets** When is a jean pocket not a jean pocket? When it's a wall decoration. Farm animal and floral is the theme. Come and learn how to make one. Instructor: Ellen Ames Date: Wednesday, July 10th Grade/Time: 4th-6th, 10:00-11:00 a.m. Location: Conference Room, Jefferson County Extension office Fee: \$2.50. **Crafts for Kids** Lots of surprises in this class. Be ready to create something wonderful to take home. Instructor: Mary Bosch Date: Friday, July 12th Grade/Time: K-2nd, 10:00-10:45 a.m.; 3rd-4th, 11:00 a.m.-12:00 p.m. Location: Jefferson County Conference Room (Old Library) **Make Your Own Soap Balls** Easy to make soap balls to decorate for your bathroom or give as a gift. Instructor: Sharon Pickett Date: Tuesday, July 16th Grade/Time: K-2nd, 10:00-11:00 a.m.; 3rd-6th, 11:30 a.m.-12:30 p.m. Location: Darrar Building, Jefferson County Fairgrounds, Madras Fee: \$1.00. **Make Your Own Bath Salt** Fix a gift for your mother, grandmother or a friend. Instructor: Sharon Pickett Date: Wednesday, July 17th Grade/Time: K-6th, 10:00-11:00 a.m. Location: Conference Room, Jefferson County Extension office Fee: 50 cents. **Waterplay!!** Cool off by joining in wet fun! Join Jefferson County Firemen in play, games and an exciting time for all. Instructor: Fireman Bob and friends Date: Thursday, July 18th Grade: Preschool-4th Time: 10:30 a.m.-12:00 Noon Location: Buff Elementary (grassy area).

There are additional Summer Fun classes in late July and August. To sign up, you need to contact the Jefferson County Extension office in Madras at 475-3808 or stop by at 34 SE D Street.

## Bread and cake contests to be held

by Norma L. Simpson

If you really like to bake cakes or bread, this may be an opportunity to win a special award during the Oregon State Fair. Two baking products have selected 30 states to be involved in contests during the State Fairs. The Softasilk and Fleischmann's Yeast manufacturers have contracted with the Agnew Communications, Inc. of Minneapolis to create these two contests. It has been some time since people have had this type of opportunity aside from the Pillsbury Bake-Off which was won by a man for the first time. Maybe this competition will include male bakers as well in Oregon.

**Best Cakes**  
Softasilk Champion Cake Contest will feature three awards of \$100, \$50 and \$25. Softasilk cake flour is made of soft wheat, milled specifically for cake baking. Substitute cake flour for all-purpose flour by using one cup plus two tablespoons of cake flour for each cup of all-purpose flour. For specific judging criteria and entry information, contact the Oregon State entry office or check the fair premium book. By the time you read this story, we probably will have copies of the state fair premium book in the Warm

Springs office.

**Best Breads**

Fleischmann's Yeast Best-Ever Bread Competition features two categories for breads - best handmade bread and the best bread machine baked bread. There will be \$100 awards for each category.

Judging for the breads is based on flavor (40%), appearance (20%) Texture (20%) and creativity (20%). Bread machine recipes must be prepared entirely in the bread machine (no hand-shaped breads.)

For a free brochure of great tasting recipes, send a self-address stamped envelope to State Fair Recipes, Specialty Brands, P.O. Box 7004, San Francisco, CA 94120.

**Contestant Responsibilities**

All contestants are responsible for delivering their entries to the Oregon State Fair. The OSU/WS Extension office will be happy to provide you with the dates for making the entry as soon as the State Fair Books are available. Since the premium books have not yet been made available to the Warm Springs or Madras offices, we can only guess that the dates will be the week before the fair begins in Salem. The Oregon State Fair opens Thursday, August 22 and continues to Labor Day, September 2.

## Open house set, come meet new agent

Community members are invited to meet Warm Springs Extension's newest agent. An open house for Natural Resources/Ag Extension Agent Bodie Shaw will be held on Monday, July 8th from 11:30 a.m. to 1:30 p.m.

## Fair books in office

1996 Jefferson County Fair & Rodeo Premium Books are in at the Warm Springs Extension office. Stop by and pick up one today. Premium Books include entry guidelines along with a schedule of fair activities for July 24th through Saturday, July 27th.

## Registration packets available at OSU

Sign-up now for 4-H Wilderness Enrichment camp at Trout Lake. Registration packets are available at the Warm Springs Extension office in the Education Center. The full cost is \$40.00, however the J.O.M. committee pays \$20.00 so the cost to Warm Springs parents is only \$20.00. All registration forms and payment must be received by July 26th. Session One - August 3rd - August 6th for 2nd to 5th grade completed and Session Two - August 7th - August 11th for 6th to 9th grade completed. There is a limit of 40 campers per session so sign-up today!

## Collage of Culture a success, planning for 1997 is starting and looking for volunteers now

by Norma L. Simpson

Despite the cold and rainy weather on May 18, the Collage of Culture in Madras was a success. Great things to see in the Arts and Crafts Tent, Great Dancers on the platform throughout the day and Great bands and vocalists on the stage sponsored by the Confederated Tribes of Warm Springs. The Tribal Council has been very supportive of the Collage of Culture since it's inception following a suggestion for such an event by Orthelia Patt in 1993.

**Planning Now for MAY 17, 1997**  
What made the event so successful was the terrific advance planning with nearly every detail attended to by more than 30 volunteers. It takes nearly a year of advanced

planning to have so many things developed to blend our cultural heritages into the Collage of Culture. **That Means Planning Begins July 8, 1996 from 6-9 pm at the Jefferson County Chamber of Commerce at 5th and D Streets** in order to get the talent people want and reserve the space and equipment needed next year. Any one is invited to become a member of the planning committee. As a volunteer, you can say what you are willing to be involved in. You can choose the subcommittee that you want to be part of.

Starting in September the committee meets once a month at the Jefferson County Chamber of Commerce office. Starting in February, the volunteer committee attends every Monday night from 6 to 9 pm.

Occasionally meetings will be held during the noon hour.

If you would like to see greater participation of Warm Springs, you can make you influence be felt on the planning committee. We have interest from the Community Center, and KWSO in the planning and promotion of next year's event.

During the May Collage of Culture, the Collage team conducted two types of surveys about the event - **One First Survey was conducted throughout the Saturday Collage of Culture with more than 300 visitors.** The visitors told what they thought would make the event even better next year and the talent and events they would like to see.

The **Second Survey** was of more than 100 sponsors of the FREE EVENTS. It takes about \$70,000 to \$80,000 in donated sponsorships to keep everything free except the food or arts and crafts you buy from the vendors.

The **Warm Springs Police provided a very positive image** for the community when they chatted with Collage visitors. That important security service gained praise from the organizers during the critique meeting on June 10.

During the planning committee meetings, policies are determined about how the Collage of Culture will be operated. That way the organizers can avoid problems like the following:

Not every thing went well. Some rude people crowded in front on people who had been waiting all day to see Rick Trevino. Not only that, but the rude ones insisted on standing in front on the ones who waited patiently. Other rude people insisted talking through the entire performance even when many in the crowd asked them to go someplace else for the senseless chatter.

Friday before the 1996 Collage of Culture, one team of balloonists came to the Warm Springs Elementary to show the children the size of the Hot Air balloon that was to drift over the county. We were more fortunate here because they team was able to inflate their balloon in the playground west of the school. Tarps were placed on the damp grass to keep the fabric dry, then the fan was aimed into the opening to fill it with air until the air can be heated with the burners in the heavy baskets that carry the balloonist into the air.

Oregon State University Extension Service in Warm Springs has been involved a bit during the past two years. But this next year, our team will be involved even more starting with the July 8 meeting at the Chamber of Commerce office from 6 to 9 pm. We'll learn the results of the two surveys and the types of subcommittees that carry out the work throughout the year and during the Collage of Culture. **COME JOIN US. If you want more information, contact Norma L. Simpson, OSU/Warm Springs office 553-3238.**

## Summer Youth Workers to take "learn how to cook" training on Mondays

by Norma L. Simpson

June 24 is the starting of Summer Work Experience for the lucky students who passed their tests and got the job of their choice. Along with their training, they will receive a day of training of their choice on Monday. This year the OSU Extension and the Fire and Safety will combine skills as Carol Stevens helps me to teach some 20 young people while they learn cooking skills. The first day is devoted to Quick but nutritious dishes mostly that you cook from scratch.

One of the quick dishes that we will make during the five classes is Venison Stew, from venison that we canned during the Healthy Cooking Classes in December 1995. Some one asked why don't we use "real venison" which suggests that only fresh or frozen meat are better than canned venison. But as older folks know that the processing that they learned as young people were the salvation to many a family when the power lines were down and freezer meats became bad as they thawed before we could eat it.

- Venison Stew**  
1 pint jar pressured venison  
2 large carrots peeled and cubed (precooked)  
1 large potato cubed (precooked)  
2-4 tablespoons flour  
1 medium size onion cubed

1 cup frozen or canned green peas  
Boil the venison for 12-14 minutes. Reserve water for cooking the potatoes and carrots.

Add the water to the venison along with the potatoes, carrots, and onions. When a rolling boil, thicken with flour in 1 cup of water shaken in a tight fitting jar. Stir continually.

When the stew is a thick as you wish add the peas, spices and taste for flavor.  
**You can double the recipe for a quart of venison, 1 large potatoes, 1 large onion 4 large carrots, 4-8 tablespoons flour and 2 cups frozen or canned green peas.**

**Nutritious Snacks**  
Then July 1, we will work on various nutritious snacks, but this time with the motive that this group will be making snacks to sell during the last week of Work Experience during a Youth Air Fair on August 9. Most of what we make that day will be frozen or packed in large jars until we make the rest of the products to raise funds for future work experience activities. We'll make GORP, granola, snacheese sticks, and homemade pretzels.

**Pie Crusts and Fresh and Canned Pie Fillings**  
July 8 we will can some Clear Jel pie

fillings and make some fresh fruit pies so they will be prepared to make crusts and fillings in more than one way. We'll convert canned blueberries tarts and cobbler; apples, cherries and raspberries to short cakes.

**Cookies, Cakes and Pizzas**  
July 15 the work experience students will make Applesauce cookies, Cherokee Yams Cakes and Fat-free Chocolate Cupcakes, Mini-pizzas, Banana and Blueberry Breads.

**Proof Yourself**  
July 22 and August 9 the Work Experience students will show what they have learned by making more of the items to sell during their Youth Art Fair.

## Smokeless tobacco on the rise, linked with cancer

by Norma L. Simpson

You may have noticed during the NBA Championships that the Great Chicago Bulls were busy throughout the series chewing gum to their hearts content. And if you look closely at the baseball dugouts - you see those tough guys blowing bubbles between the frantic chewing of gum. One reason is that many great players avoid smokeless tobacco. And retired great athletes are joining the bandwagon to discourage young people from

Smokeless tobacco has been linked to mouth and throat cancer for many years. The

concern is for young players who get hooked on the chew very easily, and it is hard to break the addiction.

"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)," according to the *Bulletin* in February.

Bill Tuttle, a famous player of the Detroit Tigers in the 50s and 60s is part of the team that works to discourage young players from starting to chew. According to the AARP *Bulletin* article, "Smokeless Tobacco Under Fire: Baseball stars tell kids 'Don't Star' "A few years ago Tuttle noticed a sore in his mouth: a 13 1/2-hour operation resulted with removal of not only a gold-ball-size cancerous tumor in his cheek, but all his teeth and part of his jaw." Tuttle said his message to school children "Don't do it."

Spit tobacco users are about six times more likely than non-users to get cancer of the throat and mouth. Because the young people think that smokeless tobacco is harmless, "We are creating a new generation of oral cancer victims." Some 30,000 new cases of mouth and throat cancer are detected each year, with about 8,000 deaths.

During the July All-Star game in

Philadelphia, Joe Garagiola will distribute materials about smokeless tobacco problems through the National Spit Tobacco Education Program (NSTEP). Garagiola is the chairman of the Chicago-based group. Other great athletes in the campaign are Hank Aaron, the greatest home run hitter of all time and a Milwaukee Brewer, Jeff Bagwell of the Houston Astros and Frank Thomas of the Chicago White Sox. The Little League Baseball Inc. of Pennsylvania is sending out anti-spit tobacco warning packets featuring all-time major league strike-out leader Nolan Ryan of the Texas Rangers. Little League efforts are challenged by the work of the Smokeless Tobacco Council of Washington D.C. which says that the tobacco is not addictive, and it has not been proved to cause cancer. According to the AARP article, the lobbying group reminds us that the smokeless habit is voluntary. The article says the Smokeless Tobacco Council discourages smokeless tobacco use by minors; the use by minors result from the influence of family and friends, not by professional athletes.

But many medical authorities disagree; they contend the evidence that spit tobacco is addictive is strong and they cite surveys showing use among young people, after flattening out, might be going up again.

The US. Department of Health and Human Services estimate that about one million adolescents - including 19 percent of high school males - use spit tobacco. Linda Niessen, head of the Department of Public Health Sciences at the Baylor College of Dentistry in Dallas claims that use of "chew" is epidemic proportions among kids. "Grandparents" she points out, "can help kids not get addicted by education and role modeling."

One well-known 19 year-old Oklahoma high school athlete started using spit tobacco at age 12. He died seven years later from oral cancer. His family sued the United States Tobacco Company which produces Copenhagen and Skoal, but a jury in 1986 ruled that the company had no liability. That is one reason why the lobbyist stress that use of chew is voluntary.

On the hall in the Education Center you can see a copy of the AARP *Bulletin* Article of June 1996 by Les Gapay. Or if you want a copy, give us a call at the OSU/Warm Springs Extension office 553-3238.

## Stockman's Roundup—Researchers working on tenderness



by Bob Pawelek-OSU Livestock Agent

It has been well-documented that Brahman-type cattle, (*Bos indicus*) are more variable in tenderness than English and Continental breeds (*Bos taurus*) such as Hereford, Angus and Charolais. However, new research out of Texas A&M and Texas Tech suggests that the earlier documentation may have unjustly made *Bos indicus* a scapegoat for the beef industry's tenderness problems.

With all the hullabaloo about the toughness of *Bos indicus*-cross cattle, the Texas researchers pooled resources to see if they could make the long-eared critters more consistently tender via electrical stimulation (ES) and aging.

ES and aging did make beef more tender.

While not a shocking find, it holds broad implications for the beef industry, especially in light of the National Cattlemen's Beef Association plan to reduce the percentage of tough beef in the U.S. supply 50% by 1997.

The study revealed *Bos indicus* cattle were acceptably tender to start with. In fact, one group of *Bos indicus* cattle was actually more tender than the group of *Bos taurus* cattle evaluated. That's a little jolting.

What prompted the study, says Tech meat scientist Mark Miller, was the success of a beef packing plant in marketing beef from *Bos indicus* cattle. Though the plant slaughters cattle with a very high percentage of *Bos indicus* breeding, they've received no reports of tenderness problems from customers. The packer attributes that success to its use of a moderately high-voltage ES.

The two Texas universities set out to see for themselves whether ES was responsible. Their study evaluated three groups of cattle (360 head total) processed at three packing plants. The table details the differences in how each group was fed. Though the cattle were not fed exactly the same, they were true-life examples of cattle going into the food supply. Two groups contained high percentages of *Bos indicus* blood; the third group, *Bos taurus*. Half of the carcasses at each plant were treated with ES. Strip loins were tested for tenderness using the Warner-Bratzler shear-force test after aging 7, 14, 21, and 28 days. A trained sensory panel evaluated steaks aged for 14 days broiled to an internal temperature of 158 degrees Fahrenheit. The result contained some surprises, says Miller. Based on the National Consumer Retail

Beef Study, if meat measures 8.5 lbs of shear force or less, most consumers will consider it tender. Using that as the threshold of acceptability, 92% of the *Bos indicus* cattle processed at Packer 3 were acceptable prior to ES. Only 66% of the cattle met that standard.

"We need to do a better job of characterizing cattle of all breed types for tenderness," says Miller. To make genetic improvements, he says producers will have to evaluate tenderness by bloodline rather than breed. That will take time.

Table 1: Design Of Experiment

Item	Slaughter Plant		
	Packer 1	Packer 2	Packer 3
Location	Plainview, TX	Tolleson, AZ	Corpus Christi, TX
No. of steers	120	120	120
Breeding influence	<i>Bos taurus</i>	<i>Bos indicus</i>	<i>Bos indicus</i>
Base dietary grain	Flaked corn & milo	Dry-rolled corn	Dry-rolled corn
Implants			
Lot 1	Synovex-S & Revalor	Synovex-S & Revalor	Twice with Revalor
Lot 2		Synovex-S, Revalor & Ralgru	
Time on feed, days			
Lot 1	136	249	160
Lot 2		320	
ES <sup>a</sup> duration	Low (110 volts)	Low (120 volts)	Med-High <sup>b</sup>
ES <sup>a</sup> voltage, seconds	25	25	27

<sup>a</sup>Electrical stimulation. <sup>b</sup>Each carcass passed by 3 ES bars. The first bar provided the carcass with 150 volts at 1.9 amps; the remaining 2 bars stimulated the carcass with 300 volts at 3 amps.