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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.

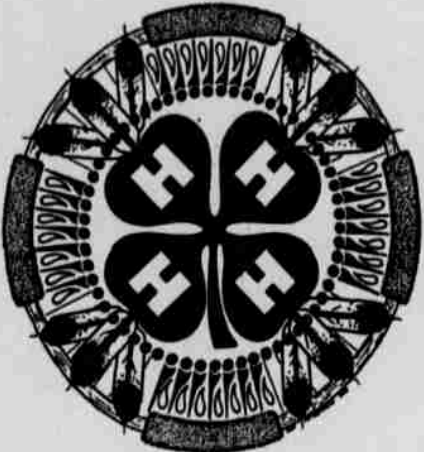


The Clover Speaks

by Sue Ryan

Another local fair is coming up, with the Wasco County Fair being held August 15th through the 18th in Tygh Valley. Those who live within Wasco County's boundaries can enter in the Fair. The Fair's theme this year is "A County United". Romagene Joe of Simnasho will be a Grand Marshal for the Fair, along with Jeanne Hillis. Romagene is also the Fair Superintendent for Indian Exhibits. We have a limited number of Wasco County premium books at the O.S.U. office. If you are truly interested in entering in the Fair, stop by and ask about these premium books.

The annual Oregon State Fair will be held August 22nd-September 2nd in Salem. A State Fair 4-H Talent Show will be held Sunday, August 25th at 3:00



p.m. Any interested enrolled 4-H'er can contact us for more details. This event is unjudged, and mainly a low-key fun time to recognize talented youth in the 4-H program.

Before you know it, the end of the summer will be here. With the changing of the seasons starts a new school year and also a new 4-H year. Each year we have parents contact us at the O.S.U. Extension office wanting to sign their children up for 4-H. But, before we can sign kids up we have to have clubs. In order to have clubs we need leaders. So, even though its a few months away - I'd like to ask adults in the community to think about the possibility of leading a 4-H club this fall or winter. Come in and talk to us about your interests. A few requests we've had from the community are for Beadworking, Cooking, and 4-H Adventures clubs. Remember that Arlene & I will be out of the Extension office from August 1st-12th for the annual 4-H camp at Trout Lake.

With Summer Recreation winding down in Warm Springs and school not starting until September kids may end up watching more T.V. to fill their time. On an average day, it is estimated that children in the United States watch between 3 and 5 hours of television. Television exposes children to violence, sexual behavior, and the use of alcohol and other drugs. Most importantly, television robs children of time, time that

could be better spent playing, reading, or engaging in activities with other children and adults. These latter activities are critically important to the overall development of language skills which, in turn, are fundamental to school success. The following are tips from the ERIC Clearinghouse on Elementary and Early Childhood Education on how families can make television viewing a positive experience.

1. Set limits on the amount of time spent in front of the TV, no more than 1 to 2 hours a day. Help children find alternative activities.

2. Have children plan their allowed viewing time. As they decide on programming, they can be encouraged to watch a variety of shows appropriate for their age and level of understanding. Turn off the television set when the viewing is over.

3. Watch TV with your child and use the time to make the link between TV and events in the real world. Parents need to help children younger than 7 distinguish between what is real and what is imaginary.

4. Monitor program selection to be sure the programs support the types of attitudes and behaviors you want your children to have.

5. Analyze commercials with your children. Point out exaggerated claims and explain that, most often, the purpose of television is to sell something.

Test pressure canners with dial gauges

by Norma L. Simpson

During the past few weeks a number of people have asked to have their pressure canners tested. They know the importance of accurate dial gauges especially for canning fish. We also have one canner to loan, and it has been busy for the same reason. Fish needs to be pressure canned to prevent serious spoilage of the fish and other low-acid foods and for the safety of the family.

If you have a pressure canner with a Dial Gauge on the lid, you should have the OSU Extension Service give a free test to the gauge. It is very important that the dial operate to within one pound of pressure to be safe for home-canned meats, fish and low-acid vegetables.

A pressure canner is essential for these foods to kill the bacteria and spores of the bacteria that exist in the soil in the northwest. Botulism is a serious threat to your family's safety if the bacteria grows in the jars. Since you cannot tell if this poisonous bacteria is in the jar, you need to be sure that none survived while you canned the food.

If you plan to can on a weekend, bring the canner to the OSU Extension Office by Tuesday, and we will have it tested for you by Friday. Our schedules are getting very busy as the summer continues and we need the leeway to heat the tester and get the job completed before you need it.

Contact the office at 553-3238 or stop by the Education Center, middle floor.

FOOD PRESERVATION HOTLINE SERVES WARM SPRINGS TOO

by Norma L. Simpson

The Lane County Master Food Preservers and Extension Home Economists have volunteered to operate a Hotline for people who have questions about Food Preservation. This free service operates on an 800 number for people who live in the 541 area code.

ASK US!

from 9 am to Noon and 1 to 4 pm weekdays

CALL 1 - 800 - 354-7319

FROM

JULY 22 - SEPTEMBER 30

People in Warm Springs area can use this Hotline, as well as call Norma Simpson at the OSU/ Warm Springs Extension Service at 553-3238. We also have fact sheets for all likes of foods in the Master Food Preserver notebook and some bulletins that we place in the rack outside Norma's office in the main floor of the Education Center on Wasco

Pie crust and filling recipes satisfy mightiest sweet tooth

by Norma L. Simpson and The Ball Book Guide to Home Canning and Freezing

A number of Elder women in Warm Springs tell me that they include egg and vinegar in recipes for their pie crusts. When I asked several for their recipe, the laughed and said they never measured anything. But I was happy to find a delicious recipe in the 1989 Ball Book Guide to Home Canning and Freezing, p. 84. I adapted it for the Summer Work Experience Cooking Class on July 21 when we made three apple pies and six tarts; one peach and 6 tarts; one blueberry pie and 6 tarts; and one Strawberry/Rhubarb lattice top pie and six tarts. One mother and two grandmothers reported that their teenage kin in the class shared the delicious treats, and liked the pie crust and tarts.

Many prefer lard as the shortening. Others, who have cholesterol level problems related to their heart attacks, will only use oil or other vegetable shortening. Lard is an animal product and contains lots of cholesterol we can do without. For the Summer Work

Experience cooking class, we use hydrogenated vegetable shortening.

PIE CRUST
for one double-crust pie and 6 tart shells or for 4 pie crusts
4 1/2 cups all purpose flour
2 teaspoons salt
4 teaspoons sugar
1 3/4 cups vegetable shortening
1 egg, beaten
1 tablespoon vinegar
1/2 cup water

* In a large bowl, combine flour, salt and sugar.

* Cut in shortening with a pastry blender** until moisture is uniformly coarse.

* In a small bowl, beat the egg, then add the vinegar and water. Gradually add the liquid to the flour mixture, stirring until mixture forms a ball.

* **DIVIDE DOUGH INTO 4 EQUAL PARTS.**

* Roll out two parts of the dough on a floured surface for the double-crust pie.

* Cut into circles that fit the size of pan

that you bake in.

* Separate the two circles and put a plastic bag with clear plastic sheet separating them to freeze until you are ready to use them.

* For the other two parts, divide the dough into three pieces each to make the six tart shells. Roll the dough into six smaller circles. Put clear plastic or foil between them to freeze or use later that week when refrigerated.

* If you freeze the dough, you will need to thaw the smaller tart circles completely, so that the fold line will not crack. Filling runs out the cracks and stick to the baking sheet.

* Bake the double-crust pie or tarts according to the type of filling. If you plan to freeze the pie, the fillings should be slightly thicker than usual.

* Freeze the pie before packaging. Several hours later, you can package the pie and it will hold its shape better.

PIE FILLINGS

FRESH APPLE PIE
6-8 tart apples thinly sliced (6 cups)
3/4 to 1 cup sugar
2 tablespoons tapioca or all-purpose flour
1/2 to 1 teaspoon ground cinnamon
1/4 teaspoon nutmeg
dash salt
2 tablespoon butter

pastry for 8 or 9-inch two-crust pie

Peel and thinly slice apples into cold water so they do not turn dark. Combine sugar, tapioca or flour, spices and salt. Drain the apples and pat dry with paper towels then mix into the sugar. Roll out bottom crust. Line the pie dish with the pastry and will with apple mixture. Dot with butter. Roll out the top crust and adjust to the top of the pie. Cut slits for escape of steam. Seal the top crust to the bottom crust with cold water. Brush with evaporated milk and sprinkle with a bit of sugar. Bake at 400°F for 50 minutes or until done. If the edges start to brown too much, cover them with aluminum foil strips.

FRESH BLUEBERRY PIE
4 cups fresh blueberries
3/4 to 1 cup sugar
3 tablespoons tapioca or all-purpose flour
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1 teaspoon lemon juice

dash of salt

1 tablespoon butter
Prepare the bottom crust and line the 8-9 inch pie pan with pastry. Combine the berries, sugar and tapioca or flour. Fill the pie plate and sprinkle with lemon juice; dot with butter. Roll out the top crust and seal to the bottom crust with cold water. Cut the steam vents in the top crust. Brush with evaporated milk and sprinkle with a bit of sugar. Bake at 400°F for 50 minutes or until done. If the edges start to brown too much, cover them with aluminum foil strips.

FRESH PEACH PIE
3/4 to 1 cup sugar
3 tablespoons tapioca or all-purpose flour
1/4 teaspoons nutmeg or cinnamon
dash of salt
2 tablespoons butter
5 cups sliced peaches

Mix sugar, tapioca, salt and nutmeg in a small bowl. Slip the peach skins in hot boiling water and dip in cold water to remove the skins. Slice the peaches into a large bowl with anti-darkening agent like Fresh free then sprinkle the sugar mixture over the fruit. Roll the bottom crust and prepare the pie pan. Fill with fruit mixture. Dot with butter. Roll and adjust the top crust (or make a lattice top crust). Brush with evaporated milk and sprinkle with a bit of sugar. Bake in a hot oven 400°F for 45 to 50 minutes. Serve warm with whipped cream or ice cream.

STRAWBERRY/RHUBARB PIE
1 pound rhubarb (cut in 1/4 inch pieces) 3 cups
1 cup sliced fresh strawberries
1 1/2 cups sugar
3 tablespoons quick-cooking tapioca
1/4 teaspoon salt
1/4 teaspoon ground nutmeg
1 tablespoon butter
8-9 inch pastry for pie

Mix sugar, tapioca, salt and nutmeg in a small bowl. Mix the rhubarb and strawberries in a large bowl then sprinkle the sugar mixture over the fruit. Let it stand for 20 minutes. Roll the bottom crust and prepare the pie pan. Fill with fruit mixture. Dot with butter. Roll and adjust the top crust (or make a lattice top crust). Brush with evaporated milk and sprinkle with a bit of sugar. Bake in a hot oven 400°F for 35 to 40 minutes.

Stockman's Roundup—Calf crop depends on many factors



by Bob Pawelek
OSU Livestock Agent

There are several ways to define calf crop. The proper definition of calf crop percentage is the ratio of calves weaned to all females in the herd that were exposed to a bull during the breeding season.

In other words, its easy to say we had a 95% calf crop this year, but are we including the that older cow that prolapsed and had to sell? Or the young calf that didn't make it because it wouldn't nurse?

Calf crop percentage is affected more by management than individual animal performance traits. Perhaps one of the problems in improving management and consequently calf crop percentage is that the decisions carried out during the current year will not be known until 12 to 15 months later and more than likely will not be fully realized until years hence. For this reason, some producers may become discouraged and slow to

make improvements in management.

Failure of beef females to become pregnant and losses during calving are the leading causes of poor calf crop percentages. With increasing production costs, the cow-calf producer must make an intensive effort to reduce losses in both of these areas if profits are to be realized.

I have outlined a few basic management practices that will help to both increased calf crop percentage and returns:

Select older, heavier heifers for replacements

Heifers that are heavier and older at the onset of the breeding season will usually experience greater calving percentage than younger, lighter weight heifers. Most British bred heifers (Hereford and Angus) reach sexual maturity at about 600-700 pounds.

Select replacement heifers based on reproductive performance

Select replacement females from the older group of heifers in the calf crop and from dams that have had a history of regular calving. Approximately 50 percent more heifers than are needed for replacements should be selected; expose the heifers to a bull for 60 to 70 days; and then cull all open heifers.

Give replacement heifers proper winter care

Following selection at weaning, replacement heifers should be separated from the other cattle and be managed to gain 1.0 to 1.25 pounds per day or weigh 650 to 700 pounds at breeding. Heifers wintered at a greater rate of gain will experience decreased lifetime reproductive efficiency. This is why it would be to your advantage to select older, heavier heifers at weaning. Younger, lighter weight heifers would have to be wintered at

a faster rate of gain to weigh 650 to 700 pounds at breeding.

Separate heifers at breeding

I realize most ranchers at Warm Springs breed and calve year-round on the range. For those who keep their animals at home all year, breeding heifers 30 days before the mature cow herd allows added time after calving to build their body up and will be on the same breeding and calving schedule as the mature herd. This also provides an opportunity for the heifers to receive extra attention during calving.

Breed first-calf heifers to bulls that produce calves with small birth weights

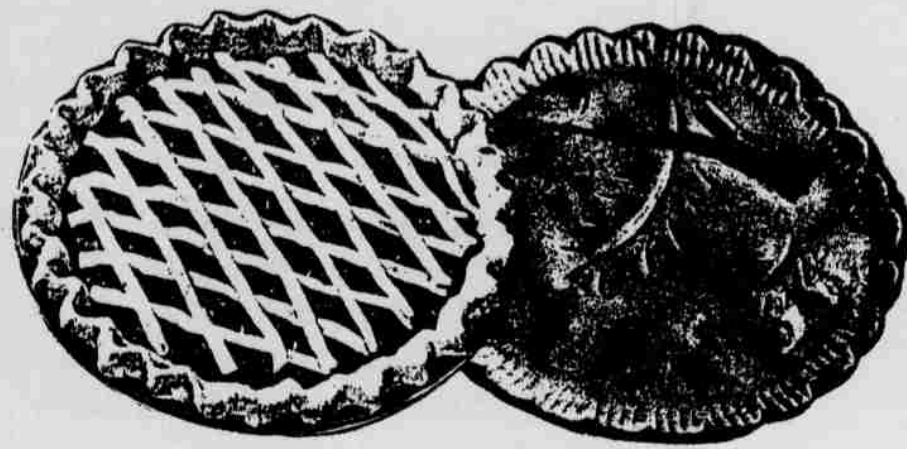
Calving problems with first calf heifers can be reduced by breeding heifers to bulls that have a known performance of siring calves which were lighter in weight at birth. This does not advocate a certain breed, size or age of the bull. There is no validity to the old belief that a young bull will sire smaller calves.

Do not breed heifers to a large, heavy muscled, thick shouldered bull or a bull with excessively large rear quarters.

Separate heifers calving as 2 year olds

Heifers calving as 2 year olds will probably be bossed by older, mature cows and not receive their fair share of feed. These heifers need adequate feed to continue their growth and to meet the nutrient requirements of the unborn calf. Most calving problems occur with lightweight, weak heifers. Separating these young heifers and providing them the necessary feed to assure growth and development will help to reduce these problems.

Next time we will examine nutrition and bull power.



Natural Resource Notables

by Bodie Shaw

For many years I've seen OSU Extension articles in the Spilyay, little did I know I would someday be writing one. I am truly sorry folks, but that day has arrived. I will avoid the "lesson" this week, but allow me the pleasure of introducing myself. My name is Bodie Shaw.

Earlier this Spring I finished a Master's degree in Natural Resource Education from Oregon State University, but more importantly I am a dynamic figure. I have been known to remodel train stations on my lunch breaks, making them more efficient in the area of heat retention. I translate ethnic slurs for Cuban refugees, I manage time efficiently. Occasionally, I tread water for three days in a row.

As my wife Heather can attest to, I woo women with my sensuous and godlike trombone playing, I can pilot bicycles up severe inclines with unflagging speed, and I cook Thirty-Minute Brownies in twenty minutes. When I'm bored, I build large suspension bridges in my yard. On Wednesdays, after work, I repair electrical appliances free of charge. Critics worldwide swoon over my original line of corduroy evening wear. I don't perspire.

I am a private citizen, yet I receive fan mail. Last summer I toured Idaho with a

traveling centrifugal-force demonstration. I bat 400. My deft floral arrangements have earned me fame in international botany circles. Children trust me.

My parents, Nat and Mavis Shaw, have spotted me hurling tennis rackets at small moving objects with deadly accuracy. I know the exact location of every food item in the supermarket. I have performed several covert operations for the CIA. I sleep once a week; when I do sleep, I sleep in a chair. While on vacation in Canada, I successfully negotiated with a group of terrorists who had seized a small bakery. The laws of physics do not apply to me.

I balance, I weave, I dodge, I frolic, and my bills are all paid. On weekends, to let off steam, I participate in full-contact origami. Years ago I discovered the meaning of life but forgot to write it down. I have made extraordinary four course meals using only a mouli and a toaster oven. I breed prize winning clams.

But I have not yet been an Extension Agent.

(adapted from college entrance exam, author unknown)

I look forward to meeting more of the community during the upcoming months. Feel free to stop by the office or give me a call.....seriously!