



Arlene Boileau
4-H & Youth

Bob Pawelek
Livestock

Clint Jacks
Staff Chair, Madras

Norma Simpson
Home Economics

Sue Ryan
4-H Assistant

Bodie Shaw
Ag & Natural Resources

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

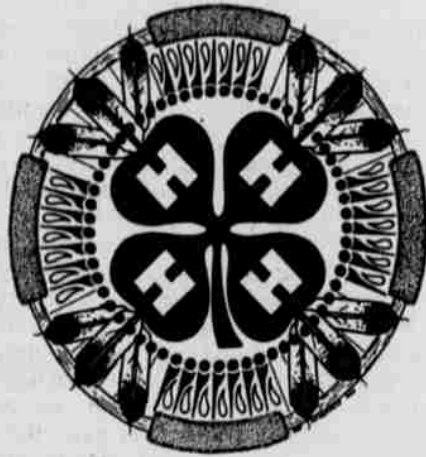
Whew! Fair Time was HOT! Not only were temperatures hot during the 1996 Jefferson County Fair, but so were the exhibits. Kids in classes everywhere showed their stuff, including the Warm Springs Livestock Crew. This club finished its second year at the Fair with the each member active in one category or another. Final results included: Stacey Thomas qualified for Market weight with her pig Wilber. She took a blue ribbon with him. Stacey also had a female pig-Dominique earn a red ribbon in Breeding. Stacey earned a blue ribbon for Showmanship and her Carcass pig was graded Choice. Stuart Paul-Thomas earned a blue ribbon with his Market hog, a blue ribbon in breeding, and a blue ribbon in Showmanship. His carcass pig was graded okay. Lydell Suppah placed a blue ribbon for his Market pig Nuc'x. Lydell took a red in Breeding, red in Feeder, and blue in Showmanship. Della Rae Suppah earned a red ribbon in Breeding, a blue ribbon in Showmanship. The Warm Springs Livestock Crew earned their Herdsmanship flag each day. Stacey Thomas also had a Dexter Senior cattle entered at the Fair. She took a blue in confirmation, a blue in producing cow with records, and a blue in showmanship. Congratulations to the Warm Springs Livestock Crew for their hard work in raising animals all year long!

At the 4-H auction on Saturday, July 27th members sold their Market animals. Lydell Suppah's pig at 245 lbs went for \$3.85 a pound to the Chiles Foundation. Stuart Paul-Thomas sold his 260 lb at \$2.75 a pound to Macy Ranches, Inc., and Stacey Thomas sold her 255 lb pig to Carlson Farms of Culver for \$3.25 a pound.

At the end of the auction, a benefit was held for the Fuentes family of Warm Springs. Laura Fuentes was one of the leaders of the Warm Springs Livestock Crew 4-H club until she was injured in a car crash in May. Her

daughter Teresa was paralyzed in the accident, and Laura suffered severe injuries. Due to the accident, Laura and her daughter Jessi Fuentes had to give up their swine projects. The Laughlin Family Farm took the pigs for the Fuentes and decided to raise one to sell as a fundraiser to assist the Fuentes family. The Laughlin's had the help of the Feed Company in Madras which donated one sack of feed for every two sacks the Laughlins purchased. Jacob Laughlin and the Country Cousins 4-H club were also instrumental in helping to bring the pig up.

During the auction, the pig was sold by the head, and buyers could donate the pig back to be resold many times. The Fuentes pig was sold eight times, along with a lamb donated by Julian Cook. Also sold were a oil painting donated by Bill Zumwalt and 2 afghans donated by Elaine Zumwalt. Individual donors also called in some contributions to the Warm Springs Extension office. The final total raised for the Fuentes was over \$6,000. Donors included the McCabe & Manning Family, Janet Ennis, CENEX, Layton Shorthorns of Sandy, Boyle Farms, Seaswirl Boats, Jim Carlson Farms, Bar KD Read Century Farms, Warm Springs Forest Products Industries, Mecca Rim Ranch, US Bank, Les Schwab, Central Oregon Insurance, Barney Ahern, Norma Simpson, Mark Jackson, Arlene & Mitchell Boileau, Mike Mackin, and Louie Pitt, Jr.



How to Preserve Fruit

by Norma L. Simpson, OSU/WS
Extension Home Economics Agent

MARK YOUR CALENDAR! August 22 the Wellness Center Kitchen will be a hive of activity as canning, freezing and drying demonstrations and hands-on practice for Fruits Only.

The FRUITS ONLY event starts at 9 am and continues to 5 pm.

Space is limited to 20 people during the day so call to reserve your spot. Call Debbie Gould Nutrition secretary at 553-2458 to reserve your spot and time. As you reserve your spot, indicate what type of fruit preservation you want to learn and hours of the day that you will attend.

You can bring some of your fruits, jars, lids, plastic containers, and a sharp knife and a water bath if you have one. Lillian, Sara, Lara, Phyllis and Norma will be there to help you go through each recommended step of each fruit that you prepare. If you have a teenager that you want to learn with you, bring him or her along.

It may be frantic when we have so many to learn at the same time. That means everyone has to be patient and help one another to make the event a day of joy.

We will be canning different kinds of fruits with and without sugar some in pie fillings and some with pits; freezing different fruits, with and without syrup; and drying different kinds of fruits in slices or fruit leather roll-ups in two dryers.

We'll see good and bad examples of all these processes so we learn from our experiences. We hope you will share your successes and failures with us as well.

How are we doing? Part 1 of "Healthy People 2000 Mid course"

by Norma L. Simpson, OSU/WS
Extension Home Economics Agent and
Joanne F. Guthrie, Center for Nutrition
Policy and Promotion.

"Progress...has been made on about 50 percent of the objectives. For 18 percent...the situation has worsened...3 percent show no change...and the remaining 29 percent, evaluation data are not yet available." *Family Economics and Nutrition Review*, 1996 (boldness added).

In 1980, the U.S. Department of Health and Human Services began to set goals for measurable objectives for improvements in health status and risk reduction in America. One of the reasons was America found that they were behind many other industrial nations in health statistics despite the fact that we are the wealthiest nation.

We were shocked into knowing our poor status of our well-being. We had higher infant mortality; we had higher substance abuse; we had more heart attacks; and many other nutrition related diseases.

We learned that we had less understanding of how low as a nation we were in many areas of data collection. What we wanted to do was to tackle the issues that we could do something about.

In 1990, the YEAR 2000, objectives built upon the objectives established in 1980 with some modifications and expansions. Nutrition objectives include to decrease consumption of total fat, saturated fat and sodium; increased consumption of fruits, vegetables and grains; and reduction in the prevalence of overweight.

"...the prevalence of overweight among adults 20-74 years of age increased from 26 percent in 1976-80 to 34 percent in 1988-91. Over the same period, the prevalence of overweight among adolescents increased from 15 to 21 percent."

Now the Midcourse review reveals that

there is a need for six more nutritional objectives.

Committee members recognize that diet can contribute to the prevention of these diseases.

HEALTH STATUS

* reduce stroke deaths to no more than 20 per 100,000 people.

* reduce colorectal cancer deaths to no more than 13.2 per 100,000 people.

* reduce diabetes to an incidence of no more than 2.5 per 1,000 people and a prevalence of 25 per 1,000 people.

RISK REDUCTION

* reduce the prevalence of blood cholesterol levels of 240 mg/dl. or greater to no more than 20 percent among adults.

* Increase to at least 50 percent the proportion of people with high blood pressure whose blood pressure is under control.

* reduce the mean serum cholesterol level among adults to no more than 200 mg/dl.

Family Economics Involved

All of these goals involve family economics - over-eating means that we spend more money for food than we need to spend; over-eating means that we have to spend more on clothing to cover our bigger bodies; and we lose time off work because we are going to the doctor more to check our diseases and to pay for the extra medical bills; and time lost to sickness when we would rather be doing other things.

In Part 2 of the "How Are We Doing?" series, we'll share the 22 priority areas which fall into three broad categories - health promotion, health protection and preventive health services in Healthy People 2000 on a national basis.

In Part 3 of the "How Are We Doing?" series, we'll share the Nutrition Objectives and Risk Reduction of the article by Guthrie in the *Family Economics and Nutrition Review*.

Garden tips for August

Clip and save

AUGUST

Garden hints from your OSU Extension Agent

- First week: spray for walnut husk fly.
- First week: second spray of peach and prune trees for root borers.
- First week: second spray of filbert trees for filbertworm.
- Make compost of lawn clippings and garden plants that are ready to be recycled.
- Dampwood termites begin flying late this month. Make sure your home is free of wet wood or places where wood and soil are in contact.
- Control yellow jackets and wasps with traps and lures.
- Spray for root weevils in ornamental shrubs and flowers, for bacterial blight in filbert trees, codling moth and spider mite in apple trees, scale insects in camellias, holly, maples.
- Plant winter cover crops in vacant space around the vegetable garden; plant winter kale, Brussels sprouts, turnips, parsnips, parsley, Chinese cabbage.
- Fall webworm webbing appears in ornamentals and shade trees; prune nests and destroy, or spray with diazinon, *Bacillus thuringiensis*, or Orthene.
- Watch for corn earworm on early corn—treat as needed.
- Control fleas in lawns with spray containing Sevin, diazinon, Dursban, malathion, permethrin.
- Check lawns for chinch-bug presence and/or damage.
- Begin soil preparation for planting new lawn.
- Fertilize cucumbers, summer squash, broccoli, while harvesting to maintain production. Harvest vegetables when edible to stimulate further production.
- Clean and fertilize strawberry beds.
- Control caterpillars on leafy vegetables, as needed, with *Bacillus thuringiensis*, rotenone, or Sevin.
- For mite control on ornamentals and most vegetables, hose off foliage, spray with miticide if necessary.
- Monitor garden irrigation closely so crops don't dry out.
- Use mulch to protect ornamentals and garden plants from hot weather damage.
- **East of Cascades:** check for tomato horn worm.
- **Mid-August to early September,** fertilize lawn for last time this growing season.
- **Western Oregon:** mid-summer planting of peas; use enation-virus-resistant varieties, plant fall crops of cabbage, cauliflower, and broccoli.
- **Oregon coast:** plant spinach.
- **Western valleys, Portland, Roseburg, Medford:** plant cauliflower, broccoli, Brussels sprouts, spinach, turnips, parsnips.
- **Columbia and Snake River valleys, Ontario:** plant Chinese cabbage, endive.
- **Camellias need deep watering to develop flower buds for next spring.**
- **High elevations, central and eastern Oregon:** prune away excess vegetation and new blossoms on tomatoes after mid-August. Concentrate on ripening set fruit.
- **Coastal and western valleys:** spray potatoes and tomatoes for early and late blight.



OREGON STATE UNIVERSITY EXTENSION SERVICE

School begins
September 4,
1996

STOCKMAN'S ROUNDUP: Bull power boots calf crop



by Bob Pawelek
OSU Livestock Agent

In my last column I discussed heifer management and how important it is for the young, growing animal to receive the proper nutrition and winter care necessary to produce a healthy calf. Today we will examine the herd sire and other important management techniques to boost your calf crop percentage.

Provide adequate "bull power" to the cow herd during the breeding season

Adequate "bull power" may be defined as the capability of the herd sire to mate with and settle cows during a fertile heat period at the proper time during the breeding season. Bull power would be influenced by the age and condition of the bull, semen quality, abnormali-

ties of the bull's reproductive tract, reproductive diseases, skeletal weakness and the number of cows allotted per bull.

Bulls should be in good condition, not fat, prior to the onset of the breeding season. Young, growing bulls may need to be provided extra feed during the breeding season to meet their protein and energy requirement. Generally, good pasture will adequately meet the bull's nutritional needs.

Bulls should be purchased no later than 40 to 60 days prior to the breeding season. This will allow ample time for the bull to overcome any stress that might have occurred during sale or transportation and to adjust to his new environment.

Examination of the bull's reproductive tract and semen evaluation should be made each year, 15 to 29 days prior to onset of the breeding season. This may identify problems that might reduce fertility and allow ample time to make corrections without losing a whole calf crop or having late calves.

Condition of the bull's feet and legs is as important as his reproductive capability. Bulls with feet and leg problems will not be able to locate and mate with cows in heat. A missed mating will result in either a late calf next season or an open cow at the end of the breeding season.

Yearling bulls should be assigned no more than 15 cows. Mature bulls can handle up to 25 on open range.

Allow cows enough rest following calving before exposure to a bull

Cows that are exposed to a bull less than 45 to 50 days following calving will probably

experience decreased conception rates. Cows need a period of rest to get their reproductive tract back in shape and clear up any infections that might be present.

Observe herd frequently

The cow herd should be checked regularly during the breeding season. Watch the bulls closely to make sure they are finding the cows in heat and mating with them. Record breeding dates and observe these cows carefully 16 to 22 days later for return heat. If the percentage of repeat breeders is high, check for factors that may interfere with conception.

Develop a definite breeding and calving season

The season or time of year that calves are born will have an influence on calf crop percentage. The limited research on this subject suggest that cows calving during the early spring tend to wean a higher percent calf crop.

The beef cow has the need for a high level of energy during breeding to achieve satisfactory conception rates. Pasture availability and consequently energy is normally at its highest during the spring and lowest during the winter. As a result, conception rates are highest in the spring, which is the time when winter and early spring dropped calves are conceived and lowest in the winter. My own observations indicate that cows start cycling and are settled when green grazing comes in the spring.

There are other environmental conditions, such as temperature, that occur during the spring that are also favorable to improve fertility in both the bull and cows.

Another factor to consider in developing and planning a definite calving season would be

the labor available to observe the cows and provide assistance if needed during calving.

With a definite calving season, slow breeders and open cows could also be identified and culled which would result in an increased calf crop percentage.

When all factors are considered, conditions on the Warm Springs Reservation are more favorable for a greater calf crop percentage when the cows are bred in the early summer (June 1 through July 15) to calve in the early spring (March 1 through April 15).

If you're interested in learning more about breeding and calving schedules, or if you'd like to sit down and develop a profitable ranch plan, don't hesitate to call me, I'm at 553-3238.



make natural resource decisions based on our commonalities.

As a representative of OSU, it is my duty to keep the community informed about current natural resources issues. In order to do this, I need to establish a foundation for understanding the issues which I will present in this column. This baseline understanding of natural resource issues encompasses ethics, more specifically, natural resource ethics.

Natural Resource Ethics

The following are some loose ideas that might contribute to creating ethics in relation to natural resources. With ethics I mean principles to base one's actions on. With natural resources I mean everything in which we as humans rely on to survive (sorry folks, no TV or auto). Mostly what I am referring to is the air, water, and the soil. If any of these are taken out of the equation, so are we. Sounds somewhat important doesn't it?

Respect the whole system

Contrary to what many believe, nothing exists in isolation. Specifically, resources are simply functions of a system, not isolated things that can be removed. There is always a system there, a structure with certain inter-dependencies, certain processes. Every system has an integrity, or completeness if you will, or its own. It sustains and enhances itself by maintaining its integrity.

Enjoy resources and participate in their cycles

To the surprise of many, resources are not something one can just take and exploit at their leisure. The resources are present as part of continuous cycles of this living planet we call home. The only viable way of utilizing resources is by participating in those cycles. Resources do not magically appear, they come from somewhere and they go somewhere. By observing what is available or what is possible, and by acting as a part in the continuous cycle, abundant resources can be available indefinitely.

Ownership of resources

Resources are cycles which pass through our hands and no entity has the right to try and stop them. If we can utilize a resource while keeping it flowing, it is ours to use freely. However, no one has the right to try and take the resource out of circulation and keep it from being utilized. Resources are for using and for passing on to future generations in an eternal cycle.