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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

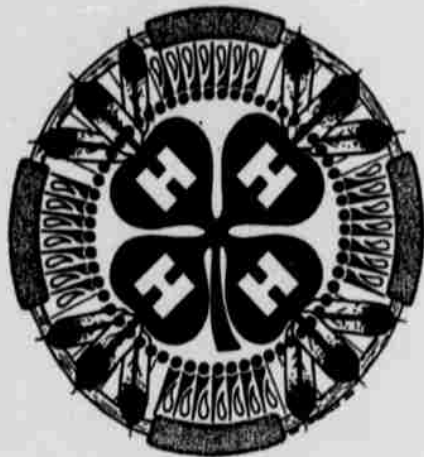
by Sue Ryan

Wanted, ready to go, leaders for local 4-H clubs. I have heard from parents and kids that they want to sign-up for clubs. First, I need some adult volunteers. People have been asking for hiking, cooking, horses and shooting sports but 4-H can also cover projects in Animal Science, Expressive Arts, Horticulture, Home Economics, Engineering, and Natural Resources. Besides clubs, 4-H offers Enrichment Experiences in the categories of Citizenship, Leadership, Presentations, International, Judging and Other. If any of these interest you stop by and talk with myself or 4-H agent Arlene Boileau. I will have a listing of current clubs by the next edition of the Spilyay Tymoo.

Trainings are coming up that may spark your interest if natural resources is your scene. The first is Funtastic Forests & 4-H Wetland Wonders. This is an interactive workshop for teachers and youth leaders, grades 4-6th. This combined workshop will introduce participants to Project Learning Tree and the 4-H Wetland Wonders Water Quality Education Program. Learn how to... lead investigative field trips,...create lively debates on current issues,...involve youth in local environmental stewardship efforts. Funtastic Forests will be held on Friday, October 11th from 8:00-4:30 in Salem. Another opportunity is the 4-H Environmental

Stewardship Workshop Series on November 1st & 2nd in Salem. This will cover \* Give Water a Hand, \* From Ridges to Rivers: Watershed Explorations, and \*EM Power-Waste Management Program. There is a minimal registration fee for both workshops. If you are interested in attending, talk to Sue or Bodie at the Extension office.

Finally, we still have lost & found camp items tucked away. If you had a camper at Trout Lake or HeHe this summer please check in with us to see if any of these lost items are theirs. We will only keep them for a limited time.



## Freezing fruits can save time

Freezing is one of the simplest and least time-consuming methods of food preservation. For best quality, it is important to follow directions carefully. Color, flavor, and nutritive value can be affected by freshness of the produce selected, method of preparation and packaging, and conditions of freezing.

### Freezing Fruits

\*Select fully-ripe fruit that is not soft or mushy. Most fruit has the best flavor, color, and food value, if tree or vine-ripened.

\*Carefully wash and sort fruit. Trim and discard parts that are green or bruised.

\* Peel, trim, pit and slice fruit as directed.

\* Prepare fruit for freezing by packing with or without sugar (or syrup). Use ascorbic acid to prevent darkening of light-colored fruit.

\* Pack prepared fruit in suitable containers as directed.

\* Store in freezer as directed.

\* To serve, thaw fruit at room temperature or in the refrigerator. Serve while a few ice crystals remain.

### Methods of Freezing

#### Without Sugar

Any fruit can be frozen without sugar. However, the texture may be softer than that of fruit frozen with sugar.

Some fruits such as berries, cherries, and grapes may be frozen in a single layer on cookie sheets before packing in containers. This prevents them from sticking together. Serve them frozen as snacks or thaw and use as a topping for salads or desserts.

If desired, a water pack (without sugar can be used for fruit such as peaches. Fruit juice (either extracted from the fruit or purchased) can be used. Orange and berry juices are suitable.

#### Syrup Pack

Fruits that will be served uncooked are often packed in syrup. The syrup may be prepared from either cane or beet sugar. If desired, part of the sugar may be replaced by corn syrup or honey.

Select the strength of syrup that will give the desired flavor. (This will depend on the sweetness of the fruit, personal preference, and intended use.) Allow about two-thirds

cup of syrup for each pint of fruit, one and one-third cups for each quart of fruit.

#### Sugar Pack

Juicy fruits and those that will be used for pies or other cooked products are often packed in sugar. Use about one cup of sugar for each 2 to 3 pounds of fruit. Sugar and fruit should be gently but thoroughly mixed until the sugar has dissolved in the juice.

#### Ascorbic acid

When freezing light-colored fruit, add ascorbic acid to retard browning. Ascorbic acid in powder or crystal form is available at pharmacies. Add one-half teaspoon ascorbic acid to each 4 cups of water and sprinkle over fruit before adding sugar. When using a commercial anti-darkening mixture, follow manufacturer's directions.

## How to "do-it-yourself" clean the carpets and other tips

by Norma L. Simpson & *How to Clean Practically Anything, 4th edition Updated*

One complaint from renters of Tribal Housing is about the inspections that renters go through each year. Recently, one renter called desperately asking for ways to clean a very dirty carpet. She also asked for solutions for grimy cabinets. In this article we will focus on the carpets and ways to get rid of unwanted odors (like smoke) out of the house and in another issue of Spilyay we'll clean up the cabinets.

### STAIN REMOVAL

The renter complained of the following types of food and other stains in the carpet: **foods**—peanut butter, Koolaid, fried chicken, french fries with catsup, watermelon, peach, lipstick and finger nail polish, and pet urine.

One tip is to clean any of these spots as soon as they happen. The fibers can absorb some colors that become permanent if stains are not cleaned promptly. One example is finger nail polish. If the paint-like polish sets up, it may be impossible to remove even with removers. But if the polish is still damp, the polish remover can often remove all or nearly all the color as well as the polish.

## Natural Resource Notables

### Environmental Estrogens Affect Tribal Members

Toxic pollution present in the waters and sediments of great rivers has been discovered to adversely affect the reproductive and immune systems of humans, wildlife, fish and other aquatic life. Called *environmental estrogens*, these pollutants can cause changes in sexual development and incomplete or partially developed sets of sex organs for all members of the food chain. Many environmental estrogens build up in fatty tissues of animals and humans and pass from mother to the developing fetus. They may also be passed from mother to newborn infant through breast milk.

Examples of environmental estrogens include the banned insecticide DDT, and DDE, a toxic derivative of DDT which is contained in dicofol, an insecticide currently in use. In addition, nonylphenols and related compounds used in manufacturing plastic, detergents, intravaginal spermicides, hair colorings and shampoos affect the reproductive system. Bis-phenol-A, a breakdown of polycarbonate plastics used to make milk jugs and baby bottles, is also classed as an environmental estrogen.

Toxic pollution in fish tissue and river

bottom sediment represents the greatest threat to human health. The Environmental Protection Agency (EPA) has determined that people who eat fish contaminated with toxic chemicals are at great risk of experiencing adverse health effects. The EPA, Congress, OSU, and the Columbia River Inter-Tribal Fish Commission (CRITFC) are all involved in research, or are authorizing studies to protect human health from exposure to these contaminants. CRITFC has undertaken several research projects to identify the extent to which tribal members and fish resources have been exposed to certain toxic chemicals.

For more information, contact: CRITFC, 729 NE Oregon, Portland Oregon 97232 or our office here at OSU Extension.

### Fall Ideal for Transplanting Shrubs

If you're thinking about transplanting ornamental shrubs, wait a few more weeks. Cool and moist fall weather is ideal for allowing transplants a good opportunity to reestablish themselves.

Select the transplanting site and dig a hole about 18 inches deep and two feet wide, says Ray McNeilan, home horticulturist with Oregon State University.

When digging up and moving the plant from its old location, leave as big a soil ball on the plant roots as possible.

Check the soil before filling it in around the transplanted shrub, said McNeilan. Add some organic material if needed. Organic matter, such as peat moss, improves drainage and reduced compaction in clay soils, and increases water and nutrient holding capacity in sandy soils.

Plant the shrub no deeper than the depth at which it was previously planted. Leave a few inches of space between the sides of the hole and the root ball. Fill in and firm the soil around the root ball. Water the shrub well letting the water soak into the soil.

Prune the shrub to make the branches and foliage on top match the number of roots on the bottom, McNeilan said. This will help the plant recover from the shock of being moved from one planting site to another.

Make sure the plant is well-watered for several days after transplanting. A layer of mulch around the base of the shrub will prevent weeds from becoming established in the area. Clean straw, clean manure, newspapers or a layer of black plastic, are all good mulching materials.

## Irish Spring soap can rid odors

Following the fires, you may notice that the smell of burnt juniper or cheat grass and old burnt tires still lingers the house, the car or the office. Or you have to move into an apartment where the smell of smoke lingers from the last tenant who was a chain smoker in the place.

There is one inexpensive deodorant to reduce the smell of smoke in a house or other unpleasant smells like baby bottle milk on the car seat. Open a box of Irish Spring Soap and place it in the back window of the car where the children will maybe leave the bar alone. After several months, you might want to shave off the top layer of the soap and expose another sweet smelling layer.

In the house, try cutting a bar of Irish Spring Soap into two pieces and placing this at high spots where the soap can be left. Leave yourself a note on the frig so that you can scrape them again if the smell of smoke returns.

## 12 marks of a professional

excerpt from *Leadership for Today & Tomorrow*

1. They are very good at what they do.
2. They consistently do their best, whether they feel like it or not.
3. They take pride in what they do.
4. They have carefully developed the skills and techniques of their trade.
5. They have mastered the basics of their trade and continuously refresh their knowledge of those basics.
6. They constantly seek to improve their performance.
7. They stay up-to-date on new developments.
8. They are internally motivated.
9. They are creative and innovative.
10. They are conscientious and trustworthy.
11. They are ethical.
12. They have a sense of balance between service and personal considerations.

## STOCKMAN'S ROUNDUP: Horse health starts with common sense



by Bob Pawelek  
OSU Livestock Agent

The good horseman wants what's best for his stock. Sound management, good breeding and a sensible nutrition program are all wise practices. The horseman should also adhere to a strict sanitation and disease prevention program designed to protect the health of his animals.

The exact program will differ with each horse owner, but the basic principles remain the same. With this thought in mind, the following program of horse health, disease prevention and parasite control is presented with the hope that

the horseman will use it: 1) to compare your existing program, and

2) as a guidepost so that you and your vet, and perhaps myself, may develop a similar and specific program for your own enterprise.

### General Horse Health Program

The following health program is recommended for all horses:

1. Have on hand 1st aid supplies, and know when and how to use them in case of accident or sudden illness.
2. Vaccinate against the most common diseases. (See table.)
3. When signs of infectious disease are encountered, promptly isolate affected animals, provide them with separate water

and feed containers.

### 4. ALWAYS FOLLOW LABEL DIRECTIONS ON ANY MEDICINES

as well as any prescribed treatment by the veterinarian.

5. Prevent or control parasites by adhering to the following program:

- a. Provide good sanitary practices and a high level of nutrition.
- b. Have adequate acreage; practice rotation grazing when possible.
- c. Pasture young stock on clean pastures, never allowing them to graze on an infested area unless the area has been either plowed or left idle for a year in the meantime.
- d. Don't spread fresh horse manure on pastures grazed by horses; either store the manure in a suitable pit for at least two weeks or spread it on fields that are to be plowed and cropped.
- e. Keep pastures mowed and harrowed.
- f. Keep hay, grain and water free of manure.
- g. Follow a worming program and schedule to control internal parasites.
- h. When external parasites are present (bot eggs on legs, flies, etc.) apply the **PROPER** insecticide.
- j. If possible, alternate the use of pastures between cattle and horses, since horse parasites will die in cattle.
- k. Avoid overgrazing as there are more parasites on the bottom inch of the grass.



## Cleaning soot tracks on the carpet

by Norma L. Simpson

For weeks, we may have soot tracks on the carpet. Like all spots on the carpet, the sooner we get them out of the carpet, the easier we can get them out of our sight.

A Hoover *Consumer Guide to Carpet Cleaning* pamphlet has a practical Stain Removal Chart with 8 different solutions depending on the stain. For **SOOT** the steps are:

**Step 1.** Mix one teaspoon of milk detergent with one cup of luke warm water. Dip clean cloth into the solution and gently blot the stain; continue until no more stain is removed.

Glory Spray Foam Rug Cleaner may also be used for this step.

**Step 3.** Mix 1/3 cup white vinegar with 2/3 cup lukewarm water. Apply a small amount of the solution, then blot; repeat if necessary.

**Step 5.** Place a half-inch layer of clean dry

tissues or other white absorbent material, over damp area and weigh it down with books or a heavy object. Allow it to dry.

White vinegar is an inexpensive and non-toxic mild acid that is good at cutting grease. One of the components of soot is the greasy elements that turn black as they get hot.

Vinegar also cuts the odor of the soot. You do not need a high quality vinegar, so buy the cheapest products available.

Other types of stains in carpets require different steps and in different orders. We have a few of these Hoover pamphlets available in the office. If you need one, give me a call at 553-3238 OSU/Warm Springs Extension Office. The pamphlet will be in the bulletin rack by my office in the Education Center (Old Boys Dorm) main floor; you can help yourself.

**Help a child grow to be a role model and learn new skills. Volunteer to help in a 4-H club. Or, do you have any ideas for your own club? Call Sue or Arlene at 553-3238.**