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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

I have reached more club leaders since my last column. The Warm Springs Livestock Crew is accepting new members. The club won't meet until January, but now is a good time for interested youth to talk with the club leaders about requirements. This club raises animal science projects, either swine, beef or sheep. To enter into an animal science project 4-H members must be at least in the 4th grade, and there is some investment in buying the animal and equipment the first year. Leaders this year are Angie Orchard and Sandi Thomas.

The Chinooks-Coed basketball team has started practices. Coach Melvin Tewee is accepting new members - both boys and girls. Practices are held on Thursdays from 6-8 pm at the Jefferson County Middle School in Madras. For either of these clubs, you need to stop by the 4-H office and fill out an official 4-H registration form.

4-H Recognition Day is set for Saturday, November 9th. This day is set aside to acknowledge individuals and groups in the 4-H program of their achievements.

One of the most popular pets in Warm Springs are dogs and puppies. In this edition of the Spilyay Tymoo, I'll share some guidelines on the care of dogs and puppies from 4-H publication 1208. To begin with, any person who owns a dog should realize the commitment he or she has taken to provide proper feeding and care for a living animal. This responsibility means providing both time and money to support owning a dog. Besides financial costs, there is the needed time for keeping your dog clean, feeding and

watering and training the dog to become a well-mannered pet. The responsibility of owning a dog will continue throughout the dog's life, which may exceed 10 years. Caring for a dog means constant daily care. It is not something that can be turned off and on as a machine.

How do you select the right dog? When you see that puppy with the wagging tail, don't lose your sense of judgement. Remember that in about 12 months he will be full grown dog, and for future happiness you



should select a pup that will suit you and fit into your environment and lifestyle when he is a grown dog. Some factors to consider when picking a dog include: mixed breed or purebred, indoor or outdoor, hair length, size of home and exercise area, age and physical stamina of owner, male or female.

Natural Resource Notables

by Bodie Shaw

Composting

What in the world is composting? Composting is the conversion of plant debris to compost. Great, what does that mean? Compost is a mixture that consists largely of decayed or decaying organic matter and is used for fertilizing and conditioning land. One doesn't need any special knowledge or equipment, and it takes only a little extra effort to collect organic wastes and establish an active compost pile. Once you've started a compost pile, it just about takes care of itself.

Why should I compost?

We as a society tend to generate a lot of yard and kitchen waste, and, since up to 25% of the space in our landfills can be yard waste, it makes sense to compost. Through composting one can turn yard and kitchen waste into a valuable organic fertilizer and soil amendment that will improve the way your garden grows. Let's take yard waste as an example. Home gardeners can recycle plant material from their gardens this fall by converting it into compost. Good composting materials include leaves, grass clippings, corn husks, pea hulls and fine twigs from trees and shrubs. Don't use plant material from diseased plants however.

How composting works

In nature, organic wastes are broken down through a combination of biological and chemical processes. Biological agents like worms, insects, fungi, bacteria and other micro-organisms "chew up" the materials, which are further transformed by oxidation (exposure to air), reduction and hydrolysis

(exposure to water).

Compost bins

Compost bins are really rather simple to construct. By attaching ordinary wire fence or boards to solid posts or blocks, one has their own compost bin. Make the bin four to six feet high, three to five feet wide, and whatever length desired. Make one side of the bin removable so compost material can be added and removed easily. Use a temporary piece of wire fence to increase the height of the bin by about two feet in the late fall. After the additional material settles, remove the fence extension. Build the compost pile by filling the bin with alternate layers of organic material 6 to 12 inches thick and garden soil about one inch thick. Moisten the material thoroughly and repeat the layering process until the bin is full or all available material is used. Turning the compost periodically will keep decomposition going at a steady rate. Leaves composted this fall should be turned early next May. Turn the material over every 3-5 weeks for good composting. It should be ready by mid-summer.

Can I compost in the winter?

Even research teams on the South Pole have composted their garbage successfully. The bins can retain heat a little longer in the fall by covering and insulation, perhaps with bags of leaves or straw. Increasing the amount of "green" or using a compost activator may help keep the temperature up. Keep adding to the compost throughout the winter: it may not seem to be doing much, but the frozen materials will quickly finish breaking down when spring comes.

What can I compost? What can't I compost?

Good questions. Not everything "organic" can be composted. The following is a list of materials that either can or cannot be used for composting: YES—grass and lawn clippings, hay, kitchen wastes, leaves, manure, straw, weeds and other garden wastes, wood chips and sawdust. NO—chemically-treated wood products, diseased plants, human wastes, meat, bones and fatty food wastes,



noxious weeds (in this area, knapweeds, tansy ragwort, and thistles are examples), and pet wastes.

More questions?

If you have more questions on how to start a compost pile, don't hesitate to give me a call. It is beneficial not only from a recycling standpoint, but the material generated is very beneficial for gardens and other plants around the house.

Cooking class sign up begins

4-H Youth cooking series registration begins October 24th. This is for youth in Grades 4th and up. Beginning November 7th (skip Thanksgiving Day) and ending on December 19th. The club will meet each Thursday from 4 p.m. to 5:30 p.m. in the 4-H kitchen (basement of old boy's dorm). There is no cost, but you need to sign up by the Tuesday before each class or you can sign up for the entire series at one time. Parents are responsible for transportation to and from this event. **November 7th**-Kitchen Basics & Safety; **November 14th**-Bonzo with Biscuits; **November 21st**-Make Your Own Dinner, Pizzaman; **December 5th**-Warm Springs Food; **December 12th & 19th**-Holiday Cookies.

Perennial vegetables benefit from fall care

by Bob Rost

Don't forget to winterize perennial garden plants this fall. Some fall maintenance of rhubarb, asparagus, horseradish and Jerusalem artichoke will keep these garden perennials in good shape through the winter and healthy for next spring.

"Rhubarb plants need only occasional attention," said Ray McNeilan, home horticulture with the Oregon State University Extension Service. "Every three or four years, around late October, drive the blade of a shovel down through the middle of the plant. Then remove half of the plant, crown, roots and all."

Fill the hole with compost, rotted manure, or fertilizer mixed with organic matter. This assures a good crop next spring. Plant the removed plant half in another spot.

Asparagus beds often last several years with little maintenance other than keeping grass from invading. But, with a little extra

care, you can enjoy an earlier and bigger harvest.

Mulch the asparagus beds with four to six inches of chopped leaves, weed-free straw, hay or similar materials. Next spring remove the mulch from half of the bed. The asparagus will come up more quickly where the mulch is removed and the mulched section will come up later, thus extending your asparagus season.

Take the mulch off soon after spears begin emerging, otherwise they will curl over. Ass some nitrogen fertilizer in the springs.

"Horseradish is even more care-free than asparagus and rhubarb," McNeilan said. "You need to plant this vegetable where it has room to spread."

Horseradish is best (and most potent) when harvested after several good frosts in the fall. It winters over with just a light mulching in severe weather.

"Treat Jerusalem artichokes in the same way as horseradish," said McNeilan. For further information call 541-737-3381 or 503-725-2031.

Fall planting can work

Spring is preferred for planting, but the fall is also a good time to plant many types of landscape shrubs, particularly evergreens.

"Fall planting works for some landscape plants and shrubs because fall weather is wet and mild enough to allow the plants to get a good start before colder winter weather sets in," said Ray McNeilan, home horticulturist with the OSU Extension service.

Mild fall weather helps prevent transplant shock. When shrubs are transplanted from the nursery to the home landscape, they may suffer from root loss (for field grown plants), or the change in care practices (for container grown plants).

"The shock is mostly caused by the demand of the plant tops for water and the limited ability of the root system to supply it," McNeilan said. "The plant's demand for water is less in cool and rainy fall weather, and the plant has a better chance of quick recovery."

Fall planting also gives the new plant time to establish the necessary root growth required to anchor it to the soil, and time to build up nutrient reserves needed for healthy growth next spring.

Locally grown nursery stock is available in most nursery and garden stores. For best results buy nursery plants grown in Oregon and adapted to local climates and soils. For further information call 541-737-3381 or 503-725-2031.

4-H... More Than You Ever Imagined.

"4-H makes me feel proud of myself & helps me to work hard for what I want."
—Thomas, Age 14

For more information, contact your County Extension Office.

Healthy cooking class focused on calcium

by Norma L. Simpson

Halloween Night was a great time for trick or treating, and for the bash at the Community Center. But it's also a great night to learn more about "Dem Bones" and the nutrition that you need to keep Dem Bones in good shape for the rest of your life, Thursday, October 31 5 pm to 7 pm. We welcomed the kids and their parents in our Halloween costumes and showed them how we could bend bones and add calcium to our soup.

Health Cooking class focused on the Foods Loaded With Calcium including milk products. We learned to squeeze calcium out of the old soup bone by adding 2 tables spoons of lemon juice to the Pot Roast and veggies.

We said "abra-ka-dabra" to make milk for those who can't drink regular milk.

We talked about the Lactaid Drops and caplets to take away the gas if we love ice cream and cheese, but we bloat with gas

because the lactic acid in milk does not digest properly in some people with out the aid of the tablets, caplets or drops.

We learned how to avoid holes in your bones, and how to build better bones especially as one expectant mother learned how the women start to loose calcium from the bones if we do not have an adequate supply of calcium in the diet

We rattled a container of gall stones, and that they are made of calcium and cholesterol.

We learned how to avoid kidney stones, by eating just the amount of calcium rich foods, but not to overeat that may turn to painful kidney stones.

We learned about bone banks where humans can get real replacements of bones to help massive bone loss repair itself with a replacement from a far away bank.

We had a great time singing DEM BONE, DEM BONES, DEM BONES after we

feasted on the Crock pot dinner complete with the bones and limon juice. The Jefferson County and Deschutes County libraries searched for us to get the words. You might enjoy these words yourself.

Dem Bones

Dem Bones, dem bones, dem dry bones, Dem Bones, dem bones, dem dry bones, Dem Bones, dem bones, dem dry bones. These are the words of the Lord.

De toe bones connected to de leg bone, De leg bone connected to the knee bone, de knee bone connected to the thigh bone, de thigh bone connected to de hip bone, de hip bone connected to the back bone, de back bone connected to the head bone and these are de words of the Lord.

Dem Bones, dem bones, dem dry bones, Dem Bones, dem bones, dem dry bones, Dem Bones, dem bones, dem dry bones. These are the words of the Lord.

STOCKMAN'S ROUNDUP: Who has the missing \$5.35?



by Bob Pawelek
OSU Livestock Agent

I don't buy much beef. That may astound some readers, considering the fact that I am the beef cattle agent here. But at \$5.99 a pound for a decent steak at Safeway, I just plain can't afford it.

When I do buy beef, I go for the cheaper cuts like ground beef or chuck. Or I check the reduced cost bin for bargains. Listen, don't let the reduced cost bin scare you away. Beef that is aged in the grocer's meat case is not sold past the expiration date.

All expired meat, including chicken, pork and fish is dumped in the bone barrel and shipped to a rendering plant (Redmond Rendering in our case) and is used in chicken feed, dog food, etc.

Besides, aging in the case only allows the

beef or pork to become just that much more tender.

The same does not exactly hold true for fish. Fish is best, of course, when at its freshest. Anyway, I'm not much for store-bought fish.

Boy, did I get off on a tangent! That ain't what I wanted to write about today.

I started to talk about beef prices. Now, then. A T-bone steak may cost six bucks a pound at the supermarket. The rancher gets maybe sixty five cents a pound for his steer on a good day. Who gets the remaining \$5.35 from that steak?

Am explanation of what happened to it was published by Dr. Lawrence A. Duewar of the USDA Economic Research service in a paper called "Beef Prices and Price Spreads."

Many costs and product losses occur in transforming a steer into packaged steaks and other cuts. An average steer (1150 pounds) that sold for 64 cents per pound provided the feeder with \$747.50. This steer was sent to a meat packer where it was dressed out to a 724-pound carcass, worth an average of \$1.03.

That carcass must be cut and packaged for the retail meat case. Removing bone and fat along with some moisture and meat loss leaves about 478.4 pounds of saleable meat costing \$1.56 per pound.

Subtracting 17 cents per saleable pound received for the hide and by-products leaves the cost per pound of saleable beef at approximately \$1.38.

When labor for slaughter, boxing, trans-

portation, warehousing, store delivery, packaging materials, advertising, refrigeration, store overhead, cutting, merchandising and profits are accounted for, the total per pound of saleable meat comes to \$2.84 per pound.

Now, then. Only 18.4 pounds of the 478.4 pounds of saleable meat was T-bone steak. The other 460 pounds were mostly cuts that sold for lower prices, cuts such as chuck steaks, roasts, and stew meat. Calculating a weighted average of the T-bone steak at \$6 per pound, ground beef sold at \$1.37. (That's still low by Central Oregon standards.)

Other cuts at their average price leads to an average retail price of \$2.84 per pound.

The missing \$5.35 pertained to only 18.4 pounds of each carcass and the original question about the \$6 T-bone was really misleading.

The consumers' \$2.84 spent for retail beef can be broken down into five specific components for Choice grade beef:

- (1.) Gross Farm Value - which equals \$1.56 per pound of saleable meat and leads to the
- (2.) Net Farm Value - \$1.38 per pound after adjusting for the byproduct value
- (3.) Slaughter & Boxing - \$.022, Warehouse, Transport, Delivery - \$0.17;
- (4.) Cutting & Merchandising - \$1.07 per pound.

Add these together and you get \$2.84 as the average retail price for beef. Add this to the \$0.64 the rancher gets, \$1.03 for the packer, and the \$1.38 plus \$1.03 the packer gets, and you wind up with that \$5.99 per pound T-bone steak

Mothers, grandmothers helping teen mothers

by Norma L. Simpson

Last week during a training program, we learned about the types of relationships between adolescent mothers and their mothers or grandmothers who are involved in rearing the teens' children. I think it would be a great program to plan for 1997, please let me think if you are interested.

Alexis Walker, a professor at Oregon State presented the information and we had a long discussion after her talk. She said "Grandparent have some Positive Roles to play."

*Relieve the parent; offer support and advice; help mediate the parent's influence.

Grandmothers also have some Negative Roles:

*model an abusive or negative style; teach poor parenting strategies; become overly involved with grandchildren.

Walker also talked about four different Parental Replacement Models

- 1) Parental Replacement Model "I am Raising Your Child for you."
- 2) Parental Supplement Model "We are raising this child."
- 3) Supported Primary Parent Model "The child is Your Responsibility"
- 4) Parental Apprentice Model "I will act as your mentor."

This table shows you which type of relationship seems to be the best for the teen mother and for the child.

Distribution of mother-grandmother relationships

