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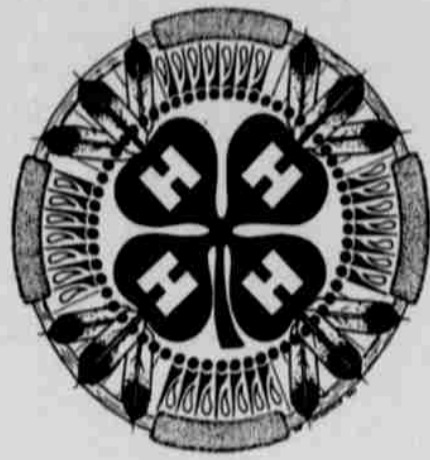
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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant 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

4-H Recognition Day has been changed one more time - to November 23rd. By the time this comes out our office will have held the event already, but if you were not able to attend contact our office for your certificate and pin.

One of the most frequent requests we receive is for activities for younger children. Even with our recent Youth Cooking Series we have had requests to teach younger children to cook. Here are a few recipe activities you can try out with them at home. These are from "Off to Adventure" (4-H 681L).

1 Play Dough

4 cups flour
1 cup salt
Water with food coloring
Mix flour and salt. Add enough water to make pliable mixture. Knead and store in plastic containers in refrigerator. Use with hands, cookie cutters, press prints, make large beads and string when dry.

2 Play Dough

1-1/2 cups flour
1/2 cup water
food coloring
1 cup salt
1/2 cup oil
Knead ingredients together. Store in refrigerator in airtight container.

3 Play Dough

2 cups salt
1 cup cornstarch
1 1/3 cups water
Mix cornstarch with 2/3 cup water. Set aside. Bring salt and 2/3 cup water to boil. Remove from heat. Blend the two mixtures together and knead. For ornaments or hand prints, bake at 225 degrees F for about 2

hours, turning occasionally.

4 Play Dough

1/2 cup salt
1 1/2 cups water
1-2 tablespoons oil
food coloring
2 cups flour
Bring salt and water to a boil, remove from heat. Add food coloring. Knead in flour. Store in airtight container. If it becomes dry, add hot water & knead.

Peanut Butter Play Dough

1/2 cup peanut butter
3 1/2 tablespoons non-fat dry milk
2 tablespoons honey
1/2 cup raisins
Blend peanut butter and honey, then work in as much powdered milk as you need to make the mixture easy to handle and fairly stiff. Knead in the raisins. Roll into a 1 inch thick and 10 inch long log. Then roll in coconut or sunflower seeds. Chill and play or eat!

OOBLECK

1 box cornstarch (1 lb.)
1 cup water
10 drops green food coloring (or any desired color)

In plastic tub or bowl, mix ingredients with hands until consistent. Texture should be half liquid/half solid. Add more water or cornstarch as needed. DO NOT POUR DOWN THE DRAIN!

Goopy Glue/Flubber

1 cup white glue
2 teaspoons Borax
warm water
food coloring (optional)
Part 1: In large bowl, mix together 1 cup white glue and 3/4 cup warm water. Add food coloring if desired.

Part 2: In a separate bowl, dissolve 2 teaspoons Borax in 2/3 cup warm water. Add Part 2 to Part 1. Stir. Take out and knead. Store in airtight container.

Most Excellent Bubbles

2 cups dishwashing detergent
3/4 cup light corn syrup
6 cups water
Shake. Let settle for four hours.

Squirt Paints

flour
salt
water with food coloring added
Mix equal parts flour, salt, and water with food coloring added. Make a variety of colors and put in plastic squeeze bottles. Children can squeeze onto heavy paper or cardboard. The paints sparkle when dry.

Natural Resource Notables

Be environmental friendly—Buy a living Christmas tree

Hardly a century ago, an American president nearly "outlawed" Christmas. His reason? Too many trees were cut down to celebrate the occasion. That president was Teddy Roosevelt, renowned conservationist and good friend to John Muir. Obviously, the idea didn't stick and a lot has to do with Christmas trees as an agricultural product. With business concerns aside, the idea of a living Christmas tree makes sense, both environmentally and socially:

-More than 1/3 of the land area of the U.S. was once forested, but nearly half of that forest has vanished.

-We continue to lose trees on 70 million acres of urban woodlands that constitute 15% of our forests.

-Today, for every 4 trees that are cut in the urban forest, only one is replanted.

-In Africa, 29 trees are cut for every 1 planted.

-Presently, on a worldwide basis, we are cutting trees ten times faster than we are replanting them.

-The human species is destroying an acre of forest every second.

Benefits of a living tree:

Considering the benefits of trees (the average tree produces 240 pounds of oxygen annually, and each can absorb the carbon dioxide produced by burning one ton of coal), many advocate a simple environmental act: buy a living Christmas tree, replant it after the holidays, and help our environment.

If you purchase a living Christmas tree:

-Acclimate the tree before you put it in the house by putting it against the outside of the house on the south facing side for a few days.

-When ready to bring the tree into the house, put it where it receives as much light as possible. Keep tree away from heater vents or the fireplace to prevent drying out or

fire.
-Provide some direct sunlight and proper water: a living tree can stay inside for about three weeks.

-Keep the soil moist, but not over-soaked. place a drain pan beneath tree to protect carpets and furniture.

-After the holidays when the tree is ready to plant, acclimate the tree once again by leaving it in its pot and putting it on the south facing side of the house for a few days.

-To transplant into the ground, dig a hole that is two times the size of the original rootball, then loosen the bottom soil (It is nice to have a planting spot dug prior to complete ground freeze-up to make planting much easier). Mix in extra soil so that the top of the rootball is level with the ground. If possible, construct a small berm or barrier

to allow water to pool under the tree for additional moisture.

No place to put the tree?

If you wish to plant a living tree but have no place to do so, contact any of several groups (parks, utilities 4-H Club, Future Farmers of America, natural resource department, or local schools). Donations are tax deductible.

In a holiday season that uses paper and gas and adds to the general stress of the population, you can do something that will make a lasting, positive contribution to the earth. Buy and replant a living tree that you can enjoy any time of the year. It will be a constant reminder that you are making choices that make for a better world. If you have any further questions, contact Bodie Shaw at the extension office.

Officials want to put dead fish in streams

Putting an unusual twist on the concept of environmental protection, state wildlife officials are seeking permission to drop hundreds of dead fish into some of Oregon's most pristine alpine streams.

Scientists theorize that salmon are genetically programmed to die after battling their way to spawning areas in order to help feed the young fish that hatch months later. Without the decaying bodies of salmon to feed insects, the reasoning goes, salmon smolt have less to eat.

Now, as part of the governor's Coastal Salmon Restoration Initiative, the Oregon Department of Fish and Wildlife has asked the Oregon Department of Environmental Quality for permission to place 300 adult fish carcasses in a one-mile section of Still Creek,

a tributary of the Sandy River, and hundreds of additional carcasses in tributaries of the Grande Ronde River, the Willamette River, the Imnaha River, Elk River, the Siletz River and in four waterways on the Southern Oregon coast.

The Fish and Wildlife Department is seeking permission for the action under the U.S. Clean Water Act and Oregon water-quality laws. The DEQ has proposed giving the thumbs up and will hold public hearings only if requested.

To get a copy of the stream enhancement project proposal, write to the DEQ's Northwest Regional Office, 2020 SW Fourth Ave., Suite 400, Portland, Ore. 97201, or call Deborah Nesbit at (503) 229-5340.

Conference provides insight to relationships

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 know 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.

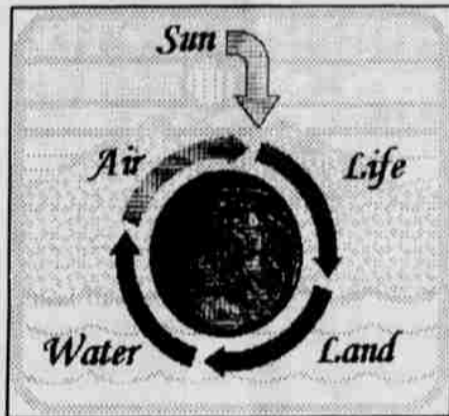
Walker also talked about four different Parental Replacement Models

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.



Compassionate Friends available to help families with death of child

by Compassionate Friends** and Norma L. Simpson

The Compassionate Friends have indeed proved to be very compassionate to people here in Warm Springs. One of the guideline sheets that they sent to us is about the delicate situation of celebrating or ignoring the holidays included below. For everyone it is a difficult situation. The guidelines are helpful. In addition to this article, they provided a check sheet for making decisions about holiday festivities. Each family should decide together what is important for them as survivors trying to overcome the sorrow.

OSU/Warm Springs Extension has also ordered some videos and cassette tapes which

we hope to have as soon as possible. **Videos are on:** Dealing with the Death of a Child, Keeping Your Marriage Together, The Shock of Sudden Death, The Experience of Multiple Deaths, and A Long Time Saying Good-Bye.

The audio cassette tapes are on: Siblings and How They Grieve and Handling Holidays, Birthdays and Other Special Days.

Holidays, birthdays and other special days are usually times for family gatherings and celebrations. When we come together for the first time after the death of our child, it can be really difficult. Our families try to protect us in the best way they can, but it can still hurt. How can we cope? How can we as grieving

parents handle these times in a realistic and effective way?

First, acknowledge and accept you're feelings. Tears, depression and loneliness are all natural reactions to a loss, months, even a year or more after the loss. At the same time, do not feel as though you are betraying your child if you are able to enjoy some of the festivities.

If the thought of preparing for these special days seems overwhelming, one helpful first step may be to make a list of things to be done in planning for the holiday. Have a family conference and together decide what is really important: what traditions do you want to carry on? What would some mem-

bers find meaningful, or what things might be too painful? What changes, if any, would you want to make? Consider whether a task can be shared, whether someone else can take it on, or whether it should be eliminated. Whatever decisions are reached, this sharing can demonstrate recognition and respect for each person's values.

In setting priorities, good guidelines to use are: Would the holiday or special day be the same without [the activity]. What gave meaning to our holidays in the past? If you have family traditions, decide together whether you want to carry them on this year or if this is a good time to begin new ones. Consider and discuss ways of keeping traditions while trying to lessen the pain of loss, perhaps by making some changes in the usual way of doing things. Remember although we may decide to do some things differently this year, we can decide to return to earlier customs another year if we wish.

It is important to realize that while holidays and special days are traditionally a time of festivity, they can also be a time of frantic busy-ness and resultant fatigue. Don't set unrealistic expectations for yourself to be joyful. As grieving persons we must recognize that we may simply be unable to function at our usual pace. We may need to break things down into smaller, more manageable chunks, goals we can achieve. Fatigue can be [exhausting and lead to feelings of depression under the best of circumstances. Don't overextend, don't overcommit. Eliminate the unnecessary and reduce the pressure on yourself and others.

By talking over what is really important with family members, priorities can be set, tasks shared, and plans made to accomplish

those things considered essential. Decide what you can handle comfortably and let your needs be known to friends and relatives.

If your faith has been an important part of your life, allow time for its expression during these holidays and special days. If it has not, this may be a fitting time to approach the clergy person or church of your choice. In either case, you may find that by enriching and deepening your religious experience, you have added a new dimension to your life.

The important thing to remember is to do what is comfortable for you and your family. It may help to know what those of us who have been through these holidays and special days before [and we] have found: Anticipation is frequently worse than the day itself.

* Take time to pray - it is the key to the greatest power on earth.

* Take time to worship - it is the road to reverence and washes the dust of earth from our eyes.

* Take time to love and let yourself be loved - for this is the real gift of the holiday season.

**The Compassionate Friends (TCF) is an international support group for bereaved parents and siblings. It is a mutual assistance self-help organization offering friendship and understanding to parents and siblings. The primary purpose is to assist them in the positive resolution of grief experience upon the death of a child and to support their efforts to achieve physical and emotional health.

The secondary purpose is to provide information and education about bereaved parents and siblings. The objective is to help those in their community, including family, friends, employers, co-workers and professionals to be supportive.

STOCKMAN'S ROUNDUP: Where does your buck go?



by Bob Pawelek
OSU Livestock Agent

Next time you sell calves, look at your receipt from the auction barn. You will notice a dollar kept for each animal sold.

If you remember back in 1987, the National Cattlemen's Association held a beef referendum, in which everyone who owned beef cattle could vote on whether or not to have that one buck taken out of their check.

Where does your buck go?
The Beef Checkoff funds five programs: promotion, consumer education, foreign marketing, research, and public relations.

Aggressive checkoff-funded promotion programs helped move heavy supplies of beef during critical periods in 1995. The beef promotion strategy is to convince moderate to heavy users that beef is easy to prepare and very versatile, thus increasing consumers' beef meal consumption.

The "Beef, It's What's for Dinner" advertising campaign took on a new look emphasizing beef recipes as appetizing, easy and versatile. Four new print ads appeared in national magazines. The TV ads, which continue to use rodeo music and Robert

Mitchum's voice, have reached 100 million adults.

Consumer information programs focus on removing potential barriers to beef consumption and advancing a positive image of beef. Activities often must concentrate on managing issues that can change on a daily basis. Programs target health professionals, educators and food media, who impact consumer opinion and buying behavior.

An example of the consumer education programs is a partnership developed with the American Heart Association, adding credibility to industry materials. Another partnership was formed with the American Cancer Society to produce a new TV program, *Today's Health*.

From opening new markets to boosting trade in more developed markets, beef check-off dollars are instrumental in increasing demand for U.S. beef around the world. Through technical seminars, educational materials, food shows and trade meetings, U.S. beef and beef suppliers were introduced to key players in several new markets in 1995, including major cities in China and the Russian Federation.

Funding from the beef checkoff also helped maintain market share for U.S. beef in Mexico, where an economic crisis stifled consumer purchasing and temporarily curbed beef consumption.

From producer to retailer to consumer, checkoff-funded research programs are addressing aspects of the Long Range Plan leverage points to stop the decline of beef consumption and increase market share. Understanding consumer wants, needs, attitudes and behaviors help the industry to identify barriers that inhibit beef consumption, as well as opportunities for promotion and advertising.

Industry information initiatives improve the business climate for beef and veal through public relations, issues management and programs focused on beef quality, safety, the environment and market competitiveness.

A beneficial result of this is that news media interest in beef industry issues has doubled in the past three years. Industry public relations works to get the industry's story heard in these news reports.

If you would like to know more about how your buck is spent, I have a copy of the Oregon Beef Council's annual report in my office for your perusal.

Stockman's luncheon to be held

All Warm Springs beef producers are invited to attend a lunch seminar on Monday, December 16, at noon at the top floor training room in the Education Center (Old Boys Dorm).

Dr. Don Hansen, OSU veterinarian will be on hand to speak about how to take care of your livestock during the winter. Please RSVP by Friday, December 13 so we will have a count for lunch.

Call Bob Pawelek at 553-3238 or leave a message with the secretary.

Clear-Jel available at Extension

by Norma L. Simpson

It's pie baking time, and we have had more requests for the modified starch called Clear-Jel used to thicken the filling. I usually buy a 25 pound bag and re-sack it into 1

pound bags to sell at \$3.00 a bag. It is cheaper to buy the Clear-Jel starch than to buy tapioca.

We sell the pound bags at the OSU/Warm Springs Extension office at 1110 Wasco Street.

The other advantage is that the pie filling can be canned in advance so the filling and pie can be made rapidly when you want an instant pie. Most thickeners turn watery when canned while Clear-Jel used by commercial bakers produces a clear thickened juice in the pie making it easier to serve.

Canned Clear-Jel filling should be used in seven-nine months or the juices will reabsorb back into the fruit and the filling will crack. It is still safe to eat, but a bit more water will need to be added to the filling before you make the pie.

If you make many pies, you may want to purchase a 25-pound bag at United Grocers in Bend.

