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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

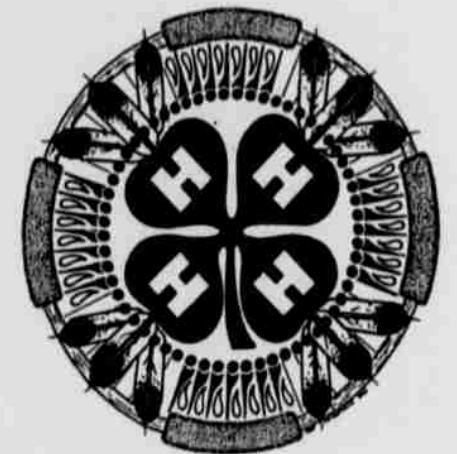
by **Arlene Boileau**  
4-H CAMP AT TROUTLAKE CHANGING  
4-H Camp at Trout Lake will be CHANGING this year. It will be merging with Culture and Heritage and will be called "4-H Culture Enrichment Camp."

Focus for the 4-H Culture Enrichment Camp will be on teaching youth from the 2nd to the 9th grade, culture from this area. Peters Pasture will be the base for the campers. This is a primitive region with no running water, electricity or buildings. Campers will stay in tents. The camp will take place before Huckleberry Feast and the campers will know they will not be able to pick Huckleberries until the Huckleberry feast has been held.

This Camp will be FULL of Self Discovery and Revitalizing Experiences for both Campers and Camp Staff.

The 4-H Culture Enrichment Camp will have TWO sessions starting:

First Session: July 7-13 1997  
Second Session July 14-20, 1997  
There will be 60 Campers for each Session.  
Camp registration packets will be ready soon.



## 4-H camp positions available

4-H Enrichment Culture Camp has the following positions for camp:

NEEDED: A) Camp Staff that is understanding of youth in grades 2nd-9th. B) Camp Staff with enthusiastic attitudes and loads of energy. C) Camp Staff with a gleam in their eye.

The following positions need to be filled:  
\* Recreation Director  
\* Art Director  
\* Water Safety Director

\* Sweat House leaders knowledgeable in teaching young campers in the building of the sweathouse and taking a sweat. One Male sweat house leader & One Female sweat

house leader.

- \* Teachers for the areas of:
  - \* Beginning beadwork
  - \* Intermediate beadwork
  - \* Advanced beadwork
  - \* Basket making
  - \* Drum making
  - \* Girls Lead camp counselor
  - \* Boys Lead camp counselor
  - \* Camp Counselors

Do you enjoy teamwork with camp staff and teaching youth? Then this is the job for you. Contact Arlene Boileau at 553-3238 or Wilson Wewa, Jr. at 553-3393.

## Natural Resource Notables

by **Bodie Shaw**  
American Community Gardening Association

A Community Garden? In Warm Springs? YES! There is a small group pushing this idea that will hopefully soon become a reality. This small group, headed by Austin Smith, consists of Nancy Collins, Carla Dean Caldera, Mark Healy, Sheila Wahnetah, and myself. The concept of a community garden is fairly new, however in Warm Springs it has been non-existent. How about a short history of the concept of community gardens and the American Community Gardening Association?

In the 1990's, millions of Americans are chronically hungry and malnourished. American cities decay, vacant lot by vacant lot. Youth unemployment and school drop-out rates approach crisis proportions. Older Americans live in physical and social ghettos, cut off from healthy interaction with the larger society. And children in cities think vegetables come from supermarkets.

Community organizing around a neutral issue like gardening helps get to the root of these problems. The community gardening and greening movement brings together neighbors and others of diverse cultures, ethnicities, ages, and abilities to work for change by creating new community resources. Community gardens can serve as a catalyst for neighborhood development, beautification, recreation, therapy, and food production.

In the early 1970's the community gardening movement took firm root in urban communities, and many of these continue to thrive in such cities as Philadelphia, Boston, New York, Chicago, Indianapolis, Denver, Seattle and Kansas City. Growing out of the energy crisis of the '70's and the resulting rise in the price of fresh produce, and spurred by the rapid decline of inner city neighborhoods, the number of community gardening programs in the US has increased significantly. From less than 20 programs in the early 1970's, there are now more than 550 programs nationally.

Requests from cities and community groups wanting to start programs are rising

steadily, according to the American Community Gardening Association, up from 150 in 1992 to more than 400 in 1994. A 1992 ACGA study reported that the rate of new garden starts within existing programs is also increasing, up 29% from 1990. Further, this study noted that almost half of these reporting organizations indicated that "they had been, or were currently working on significant open space initiatives to incorporate community gardening into their city's Master Plan or Open Space Element."

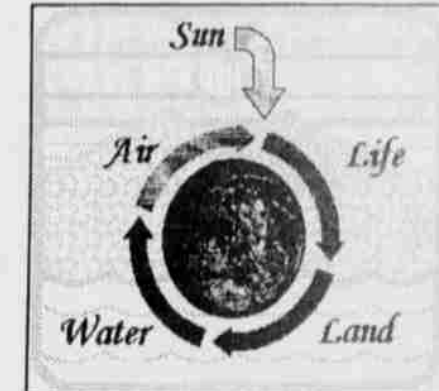
Over the last 15 years, many community gardening and greening programs have formed to help fulfill our national need for growth and greening, and to make green space a reality for large numbers of people. The American Community Gardening Association (ACGA) was founded in 1979 to help these different programs share often limited resources, and to help keep these same groups from constantly re-inventing the wheel.

Supported in part by the Pennsylvania Horticultural Society, AC GA maintains a national office in Philadelphia. Several local AC GA Board members meet there weekly, and answer hundreds of requests for information each year about community gardening and greening. They offer support, coach fledgling groups, and wherever possible they make matches between programs with specific challenges and programs which have already worked through similar situations. A group starting gardens in Public Housing, for example, might be encouraged to visit a neighboring state that has been doing that for many years. New programs just forming can get "Start-up" information, along with a contact list of Board members and other members in their geographic region, since many questions are best answered on a local level. They can also borrow a slide show about community gardening, or access educational handouts on a wide variety of subjects.

Through its networking, publications (The Community Greening Review, etc.) and annual conference, (held this year in Portland, Oregon,) AC GA promotes the formation and expansion of national and regional community gardening networks, develops resources in support of community gardening and green-

ing, encourages research on the impact of community greening, and conducts educational programs.

By becoming AC GA members, gardening professionals and volunteers maintain contact with others throughout the US, keeping abreast of the latest techniques and de-



velopments in the field. AC GA, its Board of Directors, and its organizational and individual members represent and support all aspects of community food and ornamental gardening, urban forestry, and the preservation and management of open space.

Benefits of Membership: A nationwide network of community gardening contacts; Membership Directory Discounted attendance at the annual AC GA Conference; The annual Community Greening Review; The bimonthly Multilogue members newsletter; Access to the AC GA Community Gardening Slide Show and Display; Access to the AC GA Educational Handout File; Mentoring Program linking new members with more experienced members; Certificate of Recognition giving national recognition to nominated people or groups Letters of Support Other AC GA publications

For more information about AC GA, contact Sally McCabe or Janet Carter at the American Community Gardening Association: 100 N. 20th St., 5th floor, Philadelphia, PA 19103-1495. Phone 215-988-8785 or E-mail the AC GA at sallymc@libertynet.org

## Gerontology Conference at Oregon State LaSells Stewart Center

by **Norma L. Simpson**  
"Working Together Toward the 21st Century" is the theme of the 21st annual Gerontology to be held at OSU on April 22 and 23. There will be more than 30 topics related to older people. You will recognize some names on the program. Former OSU Extension gerontologist, Vicki Schmall talks about "Home Sweet Home: Enhancing Independence at Home." Vicki will also join J. Sasser-Coen when they talk about "Women's Sexuality in Later Life."

Jan Hare, former OSU Family relations specialist spent many hours putting together information about Physician Assisted Sui-

cide: An overview of the 1990s Key Events and Legislation.

We have the opportunity to learn about "Making Managed Care Work for Older Persons" and classes about Osteoporosis, Breast Cancer, Heart Disease, Dementia, Sleep Disorders, Anger and Anxiety in Older People, Memory Potential in Later Life and A Minority Experience of Aging: The Story of Miss Mille.

If you wish a copy of the program and the registration materials, call Norma Simpson 553-3238 or come for an orange copy in the pamphlet rack outside her office in the Education Service Center on Wasco Street.

## The OSU Extension staff wish you a very happy and safe Easter

kind of organized sports, whether it's soccer, basketball or softball."

The long-term consequences of ignoring childhood weight gain should give parents an incentive. "Overweight children have a 1.5 to 2-fold increased risk for being overweight as adults," say the researchers from Tulane University and the Center for Disease Control. And they point out that study after study has tied adult obesity to increased risk of heart disease, high blood pressure, (diabetes) and certain cancers.

## Collage of Culture announces added events

by **Norma L. Simpson**  
FANTASTIC! A Teen Dance will be held Friday, May 16, on the Dance Main Stage area of the Collage of Cultures. Jenny Langnese of Warm Springs joined Jennifer Ast, both Madras High School students, during the March 3 Collage of Cultures planning meeting to tell us more about the dance. The event will be sponsored by the Jefferson County Youth Council, with a disk jockey spinning the CDs.

Lupe Ellis represented the Hispanic Community and talked about the excitement for the "Danza Azteca" group and for the community children dancers that is already practicing.

Lupe plans to have others in the community join us to set up and tear down of the site of the Collage of Cultures.

## Values: What are they in your scheme of life?

by **Norma L. Simpson, Extension Home Economics Agent**

When people ask you "what is important to you?" they are asking you to decide the values that you have. But it is hard to decide what is the most important to you. That is what the Comprehensive Planners are asking everyone to do—decide on the most important things or actions in your life.

On March 12, Jolene Atencio introduced the Women's Resources Association members to the values exercise. I was excited to be one of the Women's Resource group. Very Interesting! The group went through a four sheets of values, and decided how much we valued each statement—Always valued, Often valued, Sometimes valued, Seldom valued and Least valued. Then we had to select the Top-Five Values. That was a challenge!

Many other groups have already been introduced to the Community Values Sessions. We hope your family or organization will join the quest for the community's values.

It's a great way to learn about values, teach your children about values and to express what you think is important for the community. It also gives you the opportunity to appreciate the different people in the community—their values will be different. Some people are very traditional and others prefer modern ways of acting and living. Others weave the two styles of life together.

There are many ways to value community life. When young people leave the community for the first time, they often get so homesick that they want to come home. They are not sure why they feel the way they do. "I miss all the people I have known all my life" is what they often say. "I miss my dog, I talk to her all the time when I'm home." "I miss the many things we do together as families and communities."

If you have not been involved in stating your values, contact Jolene Atencio at the Administration Building, 553-3270. Jolene will fill you in on all of the activities that are involved in the Comprehensive Plan for the next 20 years.

## Childhood Obesity On Rise: yekes Young Couch Potatoes

by **Norma L. Simpson**  
A large number of America's children are becoming obese with every passing year, a 21-year study reveals. According to a Reuter's News report, there has been a "substantial increase in the prevalence of obesity among schoolchildren and young adults" over the past 20 years. The study watched over 11,000 children between 1973 and 1994 was conducted by the Centers for Disease Control and Prevention and the Tulane University of School of Public Health and Tropical Medicine in New Orleans.

The researchers tested school children involved in a long-term study in Louisiana. The Bogalusa Heart Study aimed to identify early-life risk factors for late heart disease. They followed the children from ages 5 through adulthood (up to 24 years). They performed periodic checks on obesity determinants such as height-versus-weight, and skinfold measurements.

Among the 5 to 14-year-olds, there were increases in weight of 7.5 pounds on the average, the researchers say. For children in the 15- to 17-year-old age group, the mean weight increased by over 12 pounds over the course of the 21-year-study. And for the oldest group, those 19- to 24-years-of-age, the increase totaled nearly 8 1/2 pounds.

It's not exactly clear why more youngsters are gaining more weight. "Most studies have found that total energy intake in the

United States has remained fairly stable over the past few decades, and that fat intake has decreased," researchers pointed out. So it may be the other side of the weight-gain equation—reduced energy expenditure through exercise—that is at fault.

"Adolescents have shown decreased enrollment in physical education classes and participation in vigorous physical activity," the study speculates, adding that "the effects of these changes may be accentuated by increased television viewing."

Dr. Chris Rosenbloom, a nutritionist and spokesperson with the American Dietetic Association, agrees. "Very few public schools have physical activity requirements. It's been pushed out of the curriculum. So kids don't have a chance to exercise. And we now have so many 'latchkey' kids. When they come home from school, parents are nervous about them being outside playing, so they often say, 'Okay, sit in front of the TV and wait for me to get home.' And so now the average kid is up to about three or four hours of TV viewing a day."

Rosenbloom says schools need to re-evaluate the health implications of policies which phase out physical education and sports programs. And she says parents need to motivate children. "Parents need to pay as much attention to their kids fitness as they might to their own. If your school doesn't do it, try and get your kinds involved in some

## STOCKMAN'S ROUNDUP: Calving season



by **Bob Pawelek**  
OSU Livestock Agent

Why do ranchers calve when they do? What is the most economical time to calve? According to some surveys I've seen, most ranchers have no specific reason for calving when they do. Often they are just following a tradition that was established by Dad or Grandpa. Since we are in the cow business to make a profit, I believe that we should have an economic reason for doing the things we do. I'm afraid that too many ranchers are on the verge of going broke

because they continue to follow traditions that don't make sense.

**When should we calve?**  
I think we should look to nature for the answer to this question. When do the wild animals, like deer, antelope, and buffalo have their babies. Late spring and early summer. Why? This is the only time of year that there is sufficient forage resources to allow them to produce adequate milk and breed back. For them, it's simply a matter of survival.

Like the wild animals, a cow's nutritional needs are the greatest from calving to breeding. It doesn't take much to winter a dry, pregnant cow, but her nutritional needs will increase sharply at calving. Her protein and energy requirements may increase by 50% or more. If her nutritional requirements are not met, her milk production will suffer and she will not be able to breed back on time.

Native grass is the forage we depend on here at Warm Springs. Both forage availability and nutritional value are extremely low until new growth begins in the spring. It peaks around mid-May, and then begins a gradual decline into the fall. Doesn't it make sense to follow nature's example, and calve when forage quantity and quality are at their greatest?

Most ranchers have resources - both land and livestock - that are already paid for, but they will pay all over again if they try to get their cows to breed back when forage produced by the land is not available. Successful competition, out of season, is usually accomplished with heavy supplementation of hay, grain, or protein. Ranchers pay dearly when they go against nature.

When we ran cows back home in the South Texas Brush Country, we switched from calving in February to calving in May. In the process, we reduced our feed expenses by a whopping 75%. That's a huge savings. The advantages go beyond economic savings.

And it sure is nice to be calving in just short-sleeves.

Calves would much rather be born on a warm, sunny spring day than on a cold, snowy, wintry night.

Before you turn your bulls out this year, I strongly suggest that yourself, "Why do I calve when I do?" If you don't have a good economic reason, then I challenge you to consider following nature's example. It's not nice - or profitable - to fool Mother Nature!

## Chatcolab 1997 begins May 18 to 24,

Blaze Your Trail to Leadership May 18-24

by **Norma L. Simpson**  
Many people in Warm Springs are anxiously waiting for Chatcolab. It's a great summer camp for people of all ages. The last time that I attended, we had campers from age two to age 96. I'm sure that the diversity will be a major component of this years event at Camp Roger Larson on Lake Coeur d'Alene near Worley, Idaho.

Chatcolab is designed to stimulate educational experiences for people who are interested in leadership and recreation. The audience is for those who have reach their fifteenth birthday and completed the ninth grade or up. They are from all walks of life.

The early morning All-Lab session this year is on Team Dynamics taught by Kirk A. Weisler of Utah. Everyone attends the 1/2 hours of applications and experiences to change behaviors related to groups and to fun. Weisler also teaches two mini-workshop on Adventure Games and Processing: We Played the Game, Now What?

In-depth and Mini Workshops are held during the week as well as are many great activities with and by the other campers. Tina Aguilar, Dorothy "Pebbles" George and Eraina Palmer from Warm Springs will teach an In-depth workshop about "Ameri-

can Indian Culture, Lore and Crafts" sharing cultural and historical experiences while you make crafts such as dream catchers, cradle boards and beading.

Other In-depth Workshops are about Discover YOURSELF in Leadership; Be a Clown and the World Laughs with You; and Song Leading.

Sonya Watts will teach a Mini workshop Earth Awareness—Learning about Living in a Sacred Manner, the Native American World View and ways of interacting with the natural world. Sonya's second Mini-workshop is about Native Song and Dance and traditions of Native Americans.

Other Mini Workshops include Copper Beads; Pipe chimes; Creative Story Telling; Kaleidoscopes; Cloth Hats; Kusudama, an Alaskan Ornament; Folk Dance, Heart Necklace; Tie Dye; Hiking; Reed Mini-baskets; Western Line Dances; and Macramé Basics and More.

Chatcolab is a great way to learn, with tender loving care and sharing. It's a reasonable price as well especially if you register before April 20. For More information and applications, contact Norma L. Simpson, or Arlene Boileau, Carol Allison or Tina Aguilar, a Chatcolab Board Member.