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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. World Wide Web Address change for Warm Springs Extension: <http://www.orst.edu/dept/wsext>

Free booklet offered from OSU Extension office

by Norma L. Simpson
If you watched the widely publicized Television Program on several months ago, perhaps you learned some new things about the child's brain and its development. At the end of the program, they offered a free booklet which I ordered.
When it arrived July 3, I was writing stories for Spilyay Tymoo. The booklet is

"The First Years Last Forever" and the surprise is that you can also order a video for the low price of \$5.00. To order write to "I Am Your Child", 1010 Wisconsin Avenue N.W., Suite 800, Washington, D.C. 20007.
One page in the booklet has ten guidelines Promoting Young Childre's Healthy Development and School Readiness.

Natural Resource Notables

by Bodie Shaw
Extended Education and Needs Assessment
Over the next few weeks, the Education Services Branch will be conducting oral and written surveys within our community to assess extended educational needs for post-high school members. This six-week project is being organized and funded by Oregon State University. The term "extended education" essentially means that we are bringing the University to the community. It is now possible to offer undergraduate and graduate courses and degrees here at Warm Springs. In order to make this opportunity a little more agreeable, we need your input on the state of education and its opportunities here in Warm Springs. In short, we would like to have your input on what you would like to see offered here in terms of education.

With a state grant, OSU has hired two graduate students, Pam Brown and Renee Smith, to complete this work along with our own Jode' Goudy. Jode' was brought onboard to assist in conducting this work within the community. You or your organization should be contacted within the next few weeks, however, if no contact is made, please feel free to call our office. Your opinion is wanted!

Issue being addressed and current situation

Why extended education in Warm Springs? From an educational perspective, many Tribal members do not realize the extent or role that extended education can play on the Reservation. From an organizational perspective, managers and other community members have noticed an increasing need for extended education on the Reservation. In terms of importance, education ranks as one of the most significant programs that the Tribes offer the community. To forego this important educational resource would be extremely detrimental to the community as a whole. Education within the community represents much more than just another re-

source; it reflects the growth, maturity and evolution of our culture.

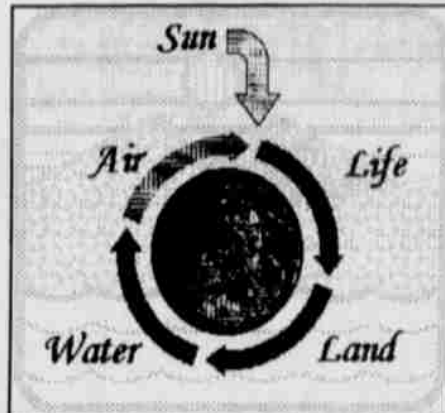
Also, further design and development of the Instructional Television Fixed System (ITFS) is under way. ITFS connects the Bend COCC Campus and University Center to Warm Springs by a land-based system. The equipment has been installed and is ready to go into operation. Four, with a possibility of a fifth room in the Education services Center will be available for distance learning.
The steering committee for ITFS initially began in January of this year and the goal has remained unchanged: offer quality higher education to the community at a minimal price.

What is Needed
Needs Assessment: The purpose of the community needs assessment would augment the importance of extended education on the reservation. Much of the social integrity of the Tribes is maintained through the use of educational resources and their offerings. Current use and foreseeable demand for extended education is expected to increase due to population growth, societal pressures, and increased tribal interest in what education can offer. In understanding the need, importance and purpose of extended education, efforts should focus on reaching tribal members and find out exactly what they as a community would like to see implemented from Educational Services Department.

Anticipated program outcomes
The next logical step is to determine how to merge the above into an effective educational project integrating extended education and ITFS. When designing a project which attempts to develop a nexus between two programs, the designer has to be aware of conflicting cultural and traditional values involved. Traditional values and cultural information will assist in design by addressing multicultural education and how to avoid possible cultural conflict in terms of education.

Educational products such as this should not only have an immediate impact with

target audiences, but the products should also have long-term impacts. In five or more years, this project would be deemed success-



ful if: the educational system (ITFS) is still in use within Warm Springs and the surrounding community, the topic fosters community discussion, and Tribal managers implement a more active management system in terms of delivery to their staff.

Summary
The Educational Services Department of Warm Springs seeks to provide target audiences with knowledge that translates into action. It is hoped that the audiences will use this resource and reevaluate their relationship with education. As a result, they may begin to build upon their learning experience and further expand their knowledge in relation to this important resource. The purpose of extended education builds upon what audiences know (or do not know), and offers them a chance to experience the delightful wonders of higher education. The information derived from the needs assessment is critical to ensuring success in this endeavor. The importance of education must not be overlooked.

If you have any questions or comments about the community educational needs assessment, please call Bodie at 553-3238.

Promoting Young Children's Healthy Development and School Readiness: Ten Guidelines

- *Be warm, loving and responsive
- *Respond to the child's cues & clues
- *Talk, read, and sing to your child
- *Establish routines and rituals
- *Encourage safe exploration & play
- *Make TV watching selective
- *Use discipline as an opportunity to teach
- *Recognize that each child is unique
- *Choose quality child care and stay involved
- *Take care of yourself

Food preparation "Hot Line" available

by Norma L. Simpson
Beginning July 14, the Certified Master Food Preservers and the Extension Home Economists in Lane County will operate a free statewide Hotline for anyone who is preserving food. **The Hotline is open from 9 am to 4 pm Monday through Friday from July 14 to September 30. The HOTLINE Number is 1-800-354-7319.**

This is the second year that this service has been provided by the Extension Home Economics program of Oregon State University. Nellie Oehler, Lane County Extension Agent coordinates the program and conducts a lot of the training for the certified volunteers who will answer your phone calls. When you call, they will ask you about the foods you plan to can, freeze, dry, or oil.

Nellie Oehler is one of the writers of many fact sheets available through OSU Master Food Preserver Program. She also does lots of testing of products and for old timers, you probably saw TV shows and videos that she did 20 years ago.

The Master Food Preservers pass along new information from the manufacturers of pressure cookers, dehydrators, pectin and jars. For example, Oehler writes a newsletter called "Here's What's Brewing." The June issue had a section on "What's New with Pectins This Week"

We just found out from General Foods that they have changed the name of Sure-Jel Lite to Sure-jel for Lower Sugar Recipes. This is still the same pectin and takes 25% less sugar. The big difference they have made is in the instructions for making freezer jam. They are now combining the pectin, sugar

and 1/2 cup of water and bring it to boil and boiling for 1 minute. (For more flavor, I think I'd use 1 cup of fruit juice in place of the water.) Then they added the fruit. The reason that are changing the instructions is because they have had many calls that the sugar did not dissolve. We have had some calls on this from consumers who think they can no longer make freezer jam with the pectin. The freezer jam recipes are still included with the pectin box.

The women and men who are trained to be Master Food Preservers do a wonderful job guiding us to the safest home preserved food supply possible. And emphasis is on safety. Thirty volunteers passed their certification exams, four with scores of 100 and many more with scores in the 90s. You must be re-examined each year to maintain your certification. It leads to the highest safety advice and the newest skills in food preservation. Each year Extension Oregon volunteers provide more than 10,000 hours of teaching, exhibits, and counseling to 25,000 Oregonians in 18 counties with their requests.

Today I had the first pressure canner gauge of the season to test. Though it is off by 1/2 pound in pressure, it is still safe to use. If the gauges are off more than a pound, the gauge should be replaced. If you have more questions about testing your pressure dial gauge, ask at the office or the HOTLINE 1-800-354-7319

In the OSU/Warm Springs Extension Service we can test the gauge, give you fact sheets on all kinds of food preservation, as well as any thing about the home and the family.

Barbecued chicken recipe made easy, broil or grill

Even barbecued chicken can be light and lean, this finger-licking-good version is oil-free and packed with flavor.

Health check: Vinegar lends zip without adding salt; Skinless chicken lowers fat content; Only 146 calories per serving.

Preparation time: 10 minutes; **Cooking time:** 15 to 20 minutes; **Serves:** 4

4 skinless, boneless chicken breast halves (4 ounces each)

For the sauce:

1/4 cup reduced-sodium ketchup

3 tablespoons cider vinegar

1 tablespoon ready-made white horseradish

2 tablespoons firmly packed dark brown sugar

1 clove garlic, minced

1/8 teaspoon dried thyme

1/4 teaspoon black pepper
1-Preheat broiler, heat a charcoal grill until coals form white ash, or preheat a gas grill to medium.

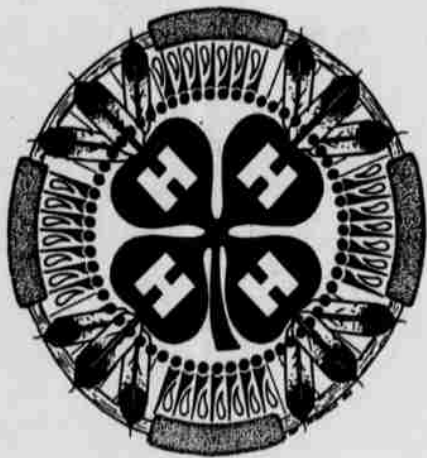
2-To prepare sauce, in a small saucepan, combine ketchup, vinegar, horseradish, brown sugar, garlic and thyme. Mix well. Bring to a boil over medium-low heat. Cook, stirring frequently, until thickened, about 5 minutes. Remove from heat; stir in pepper.

3-Brush tops of chicken pieces lightly with sauce. Place chicken, sauce-side down, on a foil-lined broiler pan or grill rack. Brush other sides lightly with sauce.

4-Broil or grill 3 inches from heat, basting with remaining sauce and turning until no longer pink in center, about 5 to 7 minutes per side. Let chicken stand for 5 minutes before serving

The Clover speaks

Due to Culture camp going on (as we go to printing), The Clover speaks will not have any news until the next time.



How factual are consumer reports?

Consumer Report, June 1997
Have you ever wondered whether you can trust the Nutrition Facts numbers on every food package? Although we've found an occasional label that's wide off the mark (See the Consumer Report January 1997 report on pizza) the Food and Drug Administration says **most nutrition labels are accurate.** In a recent check of some 300

popular food products, FDA scientists found that the actual nutritional content of the food matched the label numbers 91 percent of the time. In a similar test three years ago, the labels were accurate 87 percent of the time.

One point to remember: Nutrition Facts Numbers can be off by 20 percent and still be considered accurate. The FDA permits such latitude to allow for natural variations in foods.

AUGUST

Garden hints from your OSU Extension Agent

- Check apple maggot traps, spray if needed.
- Make compost of lawn clippings and garden plants that are ready to be recycled.
- Control yellow jackets and wasps with traps and lures.
- 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.
- Spray for root weevils in ornamental shrubs and flowers, 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.
- 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.
- 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.
- 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.
- Prune raspberries, boysenberries, and other caneberrics after harvest.
- **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.

STOCKMAN'S ROUNDUP: Retained ownership



by Bob Pawelek
OSU Livestock Agent

attention. The goal of retained ownership is simple - adding weight to cattle profitably. Making it happen is much more complex.

Key factors that determined retained ownership success are:

- (1) available resources;
- (2) market conditions;
- (3) genetics;
- (4) health; and
- (5) weather.

Circumstances and management can cause dramatic differences in results of programs that involve taking calves through a yearling and/or feedlot phase of production. For example, a detailed analysis of a direct-to-the-feedlot program showed that, during the past 15 years, good quality, well managed cattle had average profits almost \$100 per head greater than average returns on poor-quality, poorly managed cattle.

The difference reflects significant differences in animal-health costs and performance, including feed efficiency and daily gain.

Available resources
The producer keeping calves at home should have low-cost feed, and will need the labor and ability to insure good management of the calves and adequate capital to meet cash-flow needs.

Market

The manager must be a student of the market and develop a realistic outlook, with contingency plans and risk management in case of lower-than-expected prices.

Genetics
Cattle that have the genetic ability to grow rapidly and efficiently and produce desirable carcasses will perform well in a retained-ownership program and will sometimes command better prices when sold. Each producer must evaluate the genetics of his cattle in making decisions.

Health
Calves that are healthy usually perform more efficiently and become ready for market sooner, which may mean higher selling prices. A Texas A&M analysis of calves going on to the feedlot showed that returns on healthy calves were almost \$100 per head higher than returns on calves that got sick. Medicine cost alone averaged \$31 per head on the sick calves.

Weather
Some cow-calf producers split their calf crops between feedlots in different regions of the country when feeding during the winter - which is a type of risk management. Others graze cattle in more than one summer grass area in order to reduce exposure to regional drought.

Low calf prices have stimulated the interest of many cow-calf operators in controlling the ownership of their calves when they're marketed.

This is called retained ownership. Success with retained ownership depends on several factors that require a producer's



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