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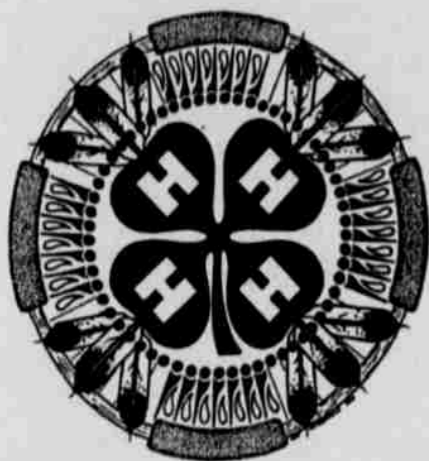
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

Know Your Indian Government has started on Wednesday nights in November. The series will switch to half-days in December. I am excited about having 17 people show the first night. This includes some adults from the community as well. Know Your Indian Government is a citizenship program de-



what makes it different than just being a recreational event. The intent of 4-H is for youth to master skills in a specific project area and then progress to mastery of that subject, then on into competition or proficiency. Youth can also learn leadership through some of the more advanced tracks of 4-H. There is a social component to 4-H as well, but clubs are meant to contain structure and continuity over time. It is difficult in Warm Springs to get beyond the initial level of 4-H because the program simply needs more leaders. The fall series our office has sponsored has been popular with the kids. The community always asks "Are there more classes?" but OSU Extension is unable to do more than introduce a child to 4-H or touch upon the subject area. The 4-H office can use community members willing and wanting to work with kids. If you are one of these — sign-up today for 4-H Leader Training in January or February.

Thanks to KWSO 91.9 FM at Kah-nee-ta for running our promotional quiz show the first week of Know Your Indian Government. Congratulations to the winners! Here are the winners, plus their questions and answers.

November 3rd - Roger Smith Question: What are the two major documents for governing the Confederated Tribes of Warm Springs? Answer: tribal constitution and corporate charter.

November 4th - Colleen Johnson Question: How long do the chiefs of the Confederated Tribes of Warm Springs serve on the tribal council? Answer: for life.

November 5th - Paul Miller Question: The Tribal Council delegates issues to tribal committees. How many committees are there? Answer: nine.

November 6th - Alicia Adams Question: How old does a tribal member have to be to vote in an election for tribal council? Answer: 21 or all married tribal members of any age.

November 7th - Cyril Wolfe Question: What is the name of the document that defined the Warm Springs Indian reservation boundaries? Answer: Treaty of 1855.

Watch your credit card spending

by Norma L. Simpson

I did not practice what I preach. I let a credit card payment slip me, and it cost me \$25.00. Wow, I had been pinching such pennies that I forgot to watch the dollars. With the holidays, remember to pay your bills on time and not go bananas on gifts that means your gifts will cost you twice as much as you planned. We always say that we are going to control ourselves better than last year, but without a good list it is nearly impossible.

The trouble with a list is that once you make it, you must consult it and check of the items as you pay them. I made the list, but forgot to check it twice. So much for planning and control. It is terrible, when you have computer that tells you your are using sloppy grammar and then I misspelled grammar. The read line under the misspelling means it needs to be corrected, but the bloody machine corrected misspelling and even forced me to correctly spell misspelling.

Goodbye, Bodie!
We wish you luck in your new position as
BIA Forestry Manager!
Warm Springs OSU Extension staff

OSU offers course in Natural Resource

OSU STATEWIDE is offering a Natural Resources major course.

This course can also fit with the Liberal Studies major program.

Atmospheric Science 210
Introduction to Atmospheric Sciences
3 credits
taught by
George Taylor

State of Oregon Climatologist

This is a weekend class

January 9 and 10, 1998

February 6 and 7, 1998

March 6 and 7, 1998

Fridays: 5 p.m. to 9 p.m.

Saturdays: 8 a.m. to 3 p.m.

Call for a class syllabus

Location:
Education Building,
Education Training Room, 2nd Floor
Warm Springs Campus
Warm Springs Reservation

To register call 1-800-235-6559 at OSU

Statewide or call Clint Jacks at 541-475-3808

Want to earn a Natural Resources degree?
Call the OSU Statewide 1-800-235-6559

and ask for Kayeri Akweks.

She will set up an appointment to meet with you on November 20, 1997 or December 19, 1997 at Warm Springs.

Scholarship program opens application

The American Chemical Society Scholars Program has opened applications in November. The program is available to African American, American Indian and Hispanic High School Seniors and College Freshmen, Sophomores, and Juniors intending to or already majoring in chemistry, biochemistry, chemical engineering, or a chemically related science and planning a career in a chemically related field. It is also available to two-year College

Freshmen intending to or already majoring in chemical technology and planning a career in this field.

Strong academic credentials and financial need are some of the criteria for eligibility.

Please request applications from the American Chemical Society Scholars Program at 1155 16th Street, Northwest, Washington, DC or call toll-free 1-800-227-5558. Applications are accepted from November 1st, 1997 through February 28, 1998. Internet minority@acs.org.

DECEMBER

Garden hints from your OSU Extension Agent

- Spread wood ashes evenly on vegetable garden plot. Don't use more than 1.5 pounds per 100 square feet a year. Do not use if the soil pH is over 7.0 or if potassium levels are excessive.
- Turn the compost pile.
- Use dormant sprays of lime sulfur or copper fungicide on fruit trees and roses for general disease control.
- Protect new landscape plants from wind: staking, guy wires, windbreaks, site selection.
- Make sure that landscape plants in protected sites receive water regularly during the winter.
- Yard sanitation: rake leaves, cut and remove withered stalks of perennial flowers, mulch flowerbeds, hoe or pull winter weeds.
- Check for rodent damage around base of trees and large shrubs.
- Avoid mounding mulching materials around the base of trees and shrubs. They might provide cover for rodents.
- Monitor houseplants for adequate watering, fertilizer, humidity. Water and fertilizer requirements are generally less in winter.
- Check stored flower bulbs, fresh vegetables, fruits for rot and fungus problems. Discard any showing signs of rot.
- Cut holly for Christmas decorations.
- Make Christmas decorations from trees and shrubs in the yard.
- Consider garden-related Christmas gifts for the gardeners you know.
- Spray spruce trees to control spruce aphids.
- Tie limbs of columnar evergreens to prevent snow breakage.
- If the lawn is frozen, stay off of it.
- Whitewash lower trunks of newly planted fruit and nut trees to avoid sunscald damage.

OUS receives booklet "Teens as Parents Of babies and Toddlers"

by Norma L. Simpson

Recently OSU received a copy of "Teens as Parents of Babies and Toddlers" a 220 page Resource Guide for Educators from

Cornell University Cooperative Extension in New York State. It has great ideas for working with teens. Arlene and Sue have a copy, so you might get them involved with

young parents. One activity is to get the young parents to identify their personal stress symptoms. In this page is the National 4-H Council idea from The Stress Connection.

Generally teen parents in Warm Springs have a strong support network. But when they move from the reservation, you find that the support group shrinks from dozens of relatives, friends and people in your church. It's a good time to make new friends and to form a new support group. The Extension Service in most counties of the USA will have materials that will help you to learn more about the needs of a child.

Remember babies do not come with Instructions.

Babies do not automatically know anything, except to cry. It is up to the parent and the support group to teach the infant and toddlers to do everything including talk, to love, to smile and to giggle. With lots of examples from parents, siblings, grandparents and teachers, the babies will see a world worth growing up in. They will need to learn to ignore insults, so that they do not die at an early age.

Because of our sad weekend, I have placed another set of Learning to Live with Loss pamphlets in the rack in the hall outside my office. Help yourself.

My Personal Stress Symptoms

When I feel under a ton of stress and pressure, which of the following responses do I notice?

Place a check mark before items that apply and occur frequently or regularly. Place an X before I occasionally.

- Crying
- Depression
- Increased smoking
- Restlessness, fidgeting
- Feeling exhausted
- Drug or alcohol misuse
- Headaches
- Dizziness
- Face feels hot, flushed
- Loss of appetite
- Dry mouth/throat
- Grind teeth
- Neck/shoulders tighten up/ache
- Hands and/or feet feel cold or sweaty
- Heart beats faster
- Heartburn
- Stomach upsets/nausea
- Cramps
- Increased urination/defecation
- Diarrhea
- Legs get shaky or tighten up
- Tapping fingers/feet
- Withdrawal from people
- Aggression
- Boredom
- Can't concentrate
- Sleep or go to bed to escape
- Inability to sleep

Producer must evaluate the needs of his how herd

Pacific Northwest Range Management Shortcourse to be held

Rangeland Weeds: Issues and Approaches Sponsored by Oregon State University, a 2-day program will be held at Eastern Oregon University in LaGrande. The dates are January 20-21, 1998.

The program focuses on principles of integrated weed control as well as the ur-

gency of dealing with weed issues. For more information, contact Bob Pawelek, OSU Extension Agent, 553-3238.

Matching nutrition with winter

Making commercial cow-calf production a profitable enterprise can be very difficult with the price of hay per ton vs. the price of calves per pound.

In identifying the factors that influence

profits in a commercial cow-calf program, there are really only four factors:

1. Weaning weights,
2. Percent of cows weaning calves,
3. Cost of maintaining the cow, and
4. Price of calves.

Obviously, there are many factors that go into each of these four points. Likewise, there is a tremendous amount of interrelationship between the four points in influencing the profit potential of a cow herd.

In attempting to reduce or keep costs of production to a minimum, it is extremely important that the producer evaluate the needs of his cow herd and the forage resources that he has available.

What factors need to be considered in determining needs of the cow herd?

First, understanding the nutritional requirements of the cow. These depend on whether the cow is lactating, the size of the cow, the amount of milk she produces and the stage of gestation she is in.

Second, by monitoring the effectiveness of your feeding program. Do you feed early or wait til the cows start losing weight? Cows that are thin before necessary feeding will have weaker (or no) calves, milk less, and have slower-gaining calves.

Third, a good management practice and one used by many cattle producers is to sort cattle by age. The nutritional requirements are different for young heifers as compared to mature cows. When animals are still growing, having adequate energy and protein present in the ration to maintain growth is important. In contrast, mature cows that enter into fall in good condition can lose quite a bit of weight during the winter with little adverse effect on productivity.

Keeping an eye on the weather is important. The critical winter temperature for cows is around 30 degrees Fahrenheit. For each one degree drop in F, there is a 1% increase in the energy required by an animal.

Noodle recipe shared

Recipe from Norma Simpson for the Great Cooking Classes, Thursday, October 2, 1997

Mandarin Noodles
One 12 oz bag Kluski Noodles, (or homemade noodles from pasta machine or by hand)

- 1 can low salt chicken broth
- 1 teaspoon low-sodium soy sauce (or more or less according to your taste)
- 2 cups water
- pound ice peas in pods
- pound broccoli (including the stems and flowers)
- pound Bok Choy broad white stems with dark green leaves
- pound fresh mushrooms (white or brown)
- 1 medium-sized zucchini sliced diagonally,
- 2 carrots cut julienne-style
- 1 can sliced water chestnuts
- pound Chinese-style pork w/paprika to be peeled, cooked cut in strips
- OR 1 8-oz package sliced Canadian Bacon to be cut in strips
- 1 pound of chicken wings to be skinned, boned and cut in chunks
- 2 tablespoons canola oil

1. In chicken broth, soy sauce and water, boil the noodles according to instruction on the bag, (or about cooking homemade noodles about 10 minutes)

2. While the noodles are cooking, prepare the vegetables. On a different cutting board prepare protein foods: the pork strips, shrimp sections and chicken pieces.

3. Add the raw julienned carrot strips and water chestnuts to the noodles

4. Serve steaming hot, with chopsticks, fork or spoon.

STOCKMAN'S ROUNDUP: Electronic eartags: reinventing the fence



by Bob Pawelek
OSU Livestock Agent

Fences have drawbacks.

For centuries, rocks, wood and wire have been used to construct physical barriers to prevent animals access into and out of a particular area.

Especially in the Pacific Northwest and the Rockies, where terrain is usually vertical, fences are expensive to build, up to \$5000 a mile. Fences require gates, and no one likes to have to be the one to get and fuss with a wire gate that's stuck, or cuss someone else for having left the thing open in the first place.

Taking a cue from dog trainers using

electronic collars, US Forest Service scientist Art Tiedemann and Tom Quigley, a range scientist with the Pacific Northwest Research Station's Blue Mountains Natural Resources Institute in LaGrande, are developing a way to control livestock movements by training them to respond to remotely controlled auditory and electrical stimulation.

Their ultimate intent is to develop an inexpensive "electronic" fencing system that will prevent cattle from entering designated areas such as riparian zones.

Electronic fencing has two key advantages. First, it allows selective access. Through coded signals, a certain herd could be kept away from a prescribed area, while other animals (and people) are allowed free access. Second, the "fence" is portable. By turning off the transmitters and moving them, land managers can take out and move fences at will.

When tests on four steers with modified dog collars in 1990 proved promising, Quigley and Tiedemann took their idea further: they began work to improve the technology and to develop techniques for use on cattle herds in controlled field conditions.

"We switched to ear tags, because collars are expensive to build and difficult to handle on cattle," said Quigley. "Eartagging is done routinely by livestock people, and if we could get the unit contained in an eartag, animal handling would be reduced tremendously," added Tiedemann.

With a \$99,000 EPA grant, they contracted with Schell Electronics of Chanute, Kansas, to design and manufacture transmitters and receivers for the system.

The prototype eartag is 3 inches wide and 6 inches long, about twice the length of a conventional identification eartag. When insulated and fully equipped, the eartag weighs 4 ounces. Power is supplied by two AAA batteries. The portable transmitter, also built by Schell, is designed to transmit at five different signal strengths, so its range can be adjusted between 100 and 500 feet.

The eartag was originally designed so that an animal would first receive a warning in the form of a high-pitched sound, if it approached a transmission (exclusion) area. If it moved away, it would receive no further stimuli. If, however, the animal remained in the exclusion area, after four seconds it would receive a mild electrical stimulus. The animal could be electrically stimulated up to two more times, with 4-second pauses between each shock, to allow it time to move outside the exclusion area.

Thereafter, the receiver automatically "locked up" (shut itself off) to protect the animal.

The researchers learned that it is important to identify and properly train the lead animals in a herd. The other animals would sometimes follow the lead animals into the exclusion zones, even though they had to

endure the full series of electric stimuli.

Tests in Texas also led to changes in the eartag stimuli. The animals seemed to react to insects in the same way they reacted to the high-pitched (8500 Hz) tone. Also, the electric shock of 1 second caused some animals to wheel around completely instead of turning away from the exclusion zone.

A major innovation to the transmission-receiving system was the addition of a remote unlocking transmitter set up in an "unlock zone" - an attractive area like a water, salt, or mineral location outside the exclusion zone. Animals with locked up receivers that moved into an unlock transmitter zone would automatically have their eartag receivers reactivated for future encounters with the electronic fence.

After the animals were trained to associate the tone with a subsequent shock, the system worked flawlessly.

Quigley and Tiedemann are currently working on an eartag unit that is smaller, lighter, and more durable. Said Quigley, "The technology is available. It's a matter of investing in engineering design so that the pieces fit together correctly."

Many private and public partners have cooperated in various phases of the electronic fence research. They included OSU researchers to assess the influence of eartag stimuli on animal health, physiology, and behavior. The affects were insignificant.