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4-H & Youth

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Livestock

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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

Thanks to all who helped with the retirement dinner for Home Economist Norma Simpson on Tuesday, November 25th, 1997. Plans were well laid out and came off perfectly - with more than enough food to go around! Turkeys, stuffing, deer meat, mashed potatoes, sweet potatoes, salad, bread, vegetable sticks, pies, cranberries - and more, more, more! A special thanks to Dorothy Simustus and Julia Barney from the Senior Center, Mr. Elton Greeley, and others as we worked with the Senior Center to be able to have both functions at the Agency Longhouse. Thanks to those who came from the Education Center, especially Culture and Heritage Director Wilson Wewa Jr. for "roasting" Norma and O.S.U. Extension Agents Clint Jacks, Bob Pawelek, John Beal II, Marvin Butler, Support Staff - Candy Gomes, Liz Blann, Radine Johnson for sharing their stories. And to Bodie Shaw, who took the time to come down from B.I.A. Forestry for Norma's event. Carol Stevens and Sue Matters were our expert interior decorators putting up balloons and more.

Arlene - it came off great!! but I don't think cooking for 100 people is in my plans again anytime soon. A very, very, very warm THANK-YOU to Rosie Johnson and Annabelle Clements from Culture and Heritage for their help in cooking, cooking, and cooking the day of the event. AND - to our cooks beforehand - Pam Cardenas for helping with the pies, Lucy Suppah for checking on me late at night to see if I needed any help to finish up pie-making, and Deanie Johnson for cleaning and delivering the salmon to the longhouse at 5:30 in the morning.

4-H is wrapping up classes for fall quarter. There are two more Sew Easy classes - and we have room for students! Sew Easy will be held on Saturday, December 20th 1-3 p.m. and on Tuesday, December 30th 1-4 p.m. The Tuesday class will be during Christmas break. Sign-up your child today and we will show them the basics of sewing on the machine plus make a fun project to finish and take home.

4-H Saturdays have been put on hold for January & February because we haven't had much response from the community for leaders. 4-H Recognition Day will be held January 17th, 1998. We know this is later than usual, and hope leaders realize we hadn't forgotten them. Winter 1998 classes are on the shelf for now, as the first two to three weeks of the New Year will be spent focusing

& outlining plans plus there remains some regrouping and backlog of projects to finish for 1997.

With the holidays upon us, I thought I would share some tips from an October workshop the 4-H staff attended in Bend "Working with Conflict". The holiday season can be a fun, joyous time but can also be a time of increased tension and stress from different sources. So, keep these tips at hand for resolving interpersonal conflicts.

Resolving Interpersonal Conflicts
Stop. Make a conscious effort NOT to do things to escalate the conflict. Be aware of your feelings. Speak to the other person directly about it, and say how you are feeling. State your positive intentions to work things out. If you need time, arrange to deal with the conflict at a later time when you can both take the time necessary to work through it.

Plan ahead. Think about what is happening in the conflict.

What specifically concerns me in this conflict? What was done or said?

How does this affect me? How does this make me feel?

Why is this important to me? What are my values?

Do I have suspicions or assumptions about the motives of the other person?

What would make this situation better for me? What do I need?

Agree on some simple ground rules.
Talk about how long you can meet.

Agree on how you will behave, to be respectful of each other (e.g. no interrupting, language).

Agree on confidentiality or other needs you may have, to feel safe to be open with

each other.

Set a constructive tone.
State your positive intentions about wanting to resolve it. (E.g. "I really want to work this out". "I want this relationship to last" "I want to understand") Be willing to communicate and open to listening to the other person.

Acknowledge and validate the other person (E.g. "I appreciate your willingness to talk about this." "I can see that you are just as concerned as I am.")

Avoid blaming or put-downs. Antagonizing the other person only makes it harder for her/him to hear you. Don't blame the other person for everything. Resist the temptation to say what you think should be done.

Discuss and define the problem.
Have each of you take turns giving your respective points of view, including the specific behaviors, your feelings on the issue, and the effects on you. (E.g. "When your stereo is playing at midnight I get angry, because I'm trying to sleep.")

When the other person is speaking, use active listening to let him/her know you are listening. Try to see his/her point of view even though you may not agree with everything being said.

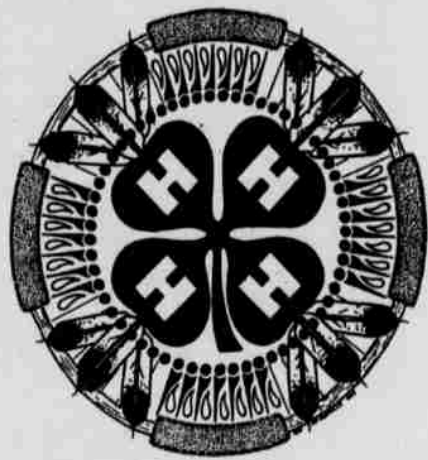
Talk about your interests and needs. Avoid staking out positions, giving ultimatums or making demands. Talk about what is underlying your view of the problem: your values; any suspicions or assumptions you may have about what is going on with the other person.

Summarize the new understandings you reach about the problem: what you have learned about the other person's point of view, their motives, and their interests.

Work on a solution
Brainstorm possible solutions. Determine the pro's and con's of each. Consider the feasibility and likely consequences of various courses of action.

Choose solutions that you can both support cooperatively. Be specific about the solutions. (E.g. "I will turn off my music at 11:30." rather than "I won't play my stereo loud late at night.") Be balanced in the solutions, addressing the responsibility of both sides in the conflict.

Plan for follow-up
Agree on a time check with each other, to see how the agreement is working out. Then make sure that it happens.



OSU Statewide offers academic programs

by Sue Ryan

Warm Springs is one of 18 sites in Oregon that will be offering OSU Statewide academic programs. This is a distance education program designed to help students earn baccalaureate degrees from Oregon State University. A Bachelor of Arts/Bachelor of Science Degree in Liberal Studies and A Bachelor of Science Degree in Natural Resources will be the two degrees offered in Warm Springs. The Winter 1998 catalogues are now out and copies are available at the Warm Springs OSU Extension office.

What is OSU Statewide?
OSU Statewide is a program that Oregon State University developed to meet Oregon's changing needs for higher education. It has many facets - some of which have been in place for decades. For example, as Oregon's Land Grant institution, the OSU Extension Service has been in place since 1911. Within the last year, OSU Statewide has added new programs and expanded its outreach throughout the state.

* The High School Outreach Program provides opportunities for high school

students to start college course work while attending high school.

* The Alumni College addresses the needs for lifelong learning among graduates of OSU's baccalaureate programs.

* Our statewide degree programs now offer Oregon State University courses in Corvallis and fifteen additional cities throughout the state.

* In addition to the liberal studies program, the following undergraduate degree programs for delivery outside of Corvallis are planned:

business administration
natural resources
environmental sciences
agriculture

* Graduate programs are offered by the Colleges of Engineering and Home Economics and Education.

* Both the graduate and undergraduate programs have created partnerships between OSU and community colleges, other Oregon universities, or out-of-state institutions such as Washington State University and University of Idaho.

How are courses offered at all these

sites?
At each of the sites, courses are taught using a combination of technologies and traditional face-to-face instruction.

the Internet
interactive television (Ed-Net)
self-study Individualized Directed Learning
video workbooks

Where can I get more information?
CALL 1-800-235-6559 or 541-737-2676
E-Mail OSTATEU@orst.edu
VISIT THE WEB <http://statewide.orst.edu>

To The Community Members
Arlene Boileau, 4-H Agent
With Bodie Shaw the Agriculture/Natural Resources Agent and Norma Simpson, The Home Economics Agent, both off to bigger and better thing in their lives. The staff at OSU Extension Office in Warm Springs
Will be answering your question in both areas or we will find you the answers.
Our phone number is

553-3238 or stop by our Office in the Education Building.
It will be about four (4) months before both positions are filled. Should you want to be on the interviewing and selecting team please stop by the OSU Extension office and gave us you name and phone number

Consider a living Christmas tree this holiday season

By Bob Pawelek

Time to go out and cut another Christmas tree.

Let me be the first to warn you, if you're not quite as in shape as maybe you ought to be, don't let Bodie Shaw talk you into going out with him. Last year we went up as far as my old white Chevy could get us. Pretty close to getting stuck in the snow. Then we hopped out of the pickup. Actually, by this time we sort of had to climb out through the windows.

When he's out in the woods, Bodie is more like a mule deer. He can wade through the deepest snow as if it were not there. On the day we went to cut trees for our office and the Senior Center, Bodie had already cut two small Doug firs while I was struggling just trying to get my chain saw out of the bed. When you get me out in the snow, I have to learn how to walk all over again.

Many people prefer a live Christmas tree over a cut or artificial tree for ecological and aesthetic reasons. Before digging or purchasing a live tree, one needs to think about what to do with the tree when the holidays are over.

Will you keep the tree in a pot and use it again next Christmas, or will you plant it out in the yard? Certain types of evergreens work well as potted plants and others do best in the yard.

Choose a slow-growing evergreen if you want to keep your tree living in a pot and use

it as a Christmas tree again next year. Pines, cedars and spruce are slower growing, are easier to prune and keep looking nice in a pot longer than any of the fir trees.

If you plan on planting your living Christmas tree on your property after the holidays, think about how big a tree your yard can handle. A tiny Douglas fir or Deodar cedar may grow into a 40-foot giant by the time your toddler goes to college.

Avoid planting trees too close to a house because their roots may cause damage to cement foundations. If your space is limited, purchase a slow growing spruce or pine. Whatever the choice, a living evergreen tree should be kept indoors no longer than a week. A warm house will cause the tree to lose hardiness and it may begin growing.

The major problem with a living tree is leaving it inside too long and having it break dormancy. Then it is vulnerable to cold damage when you put it outside.

While the tree is inside, water it sufficiently, and keep it away from sources of heat such as wood stoves, radiators and heating duct outlets. After the holidays, plant it outside as soon as possible if the weather is moderate.

If you are planning on planting the tree out in the yard, it is better to get it into the ground right away. Its roots are more vulnerable to freezing if it is still sitting in the pot.

And Bodie, if you're reading this, at least I don't fall down on dry level ground.

Become a pro with crust

Standard Pastry

From: Lew Lasher

One-Crust Pie; 9-Inch

1/3 cup shortening

1 cup all-purpose flour

1/2 teaspoon salt

2 to 3 tablespoon cold water

10-Inch

1/2 cup shortening

1 1/3 cup all purpose flour

1/2 teaspoon salt

3 to 4 tablespoon cold water

Two-Crust Pie; 9-Inch

2/3 cup plus 2-tablespoon shorting

2 cups all purpose flour

1 teaspoon salt

4 to 5 tablespoon cold water

Instructions:

Cut shorting & salt into flour until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with a fork until all flour is moistened and pastry almost cleans to the side of the bowl

(you can add more water if necessary)

Gather pastry into a ball. Shape into flatten round ball on a lightly floured board. (For two-crust pie, divide pastry in half and shape into 2 rounds)

Roll pastry 2 inches larger than inverted pie plate with floured rolling pin. Fold pastry

in fourths; place

In pie plate. *Unfold* and ease into plate, pressing firmly against bottom and side of the pie plate

Now you ready to pour in your pie filling cook and enjoy

Never fail Pie Crust

Contributed by Lindsay Nelson

3 cups flour

1 cups shorting

1 egg

1 teaspoon salt

4 tablespoon water

5 1 teaspoon vinegar

Blend together flour, salt and shorting with a pastry cutter or two knives until crumbly. *Combine* egg, water and vinegar. Make a well in the flour mixture and pour in liquid *Blend* well. Ready to roll out for pie.

* Makes crust for 1 double crust pie or one single (i.e. one cherry and one pumpkin)

Crockpot Meatloaf
Source: The best of electric crockery cooking
(makes 6 serving. (enjoy))

Ingredients:

1/2 cup whole milk

2 slices white bread

1 1/2 lb ground beef

2 eggs

1 small onion, peeled

1 1/2 tsp salt

1/2 tsp pepper

1 tsp dry mustard

1 can 12 oz whole tomatoes

Instruction:

Place the milk and the bread in the large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks break the bread in to crumbs. Beat the ground beef into the crumbs until well mixed. Make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little: then grate the onions into the eggs, add salt, pepper and mustard, mix all ingredients well. Shape into round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on low for 5-7 hours

Stockman's Roundup



by Bob Pawelek-OSU
Livestock Agent

STOCKMAN'S ROUNDUP:
Wise Livestock Marketing

Not all horses and cattle are sold through the auction yard these days anymore.

The stockman has various methods by which to market his stock. There are now satellite video auctions, where cattle are seen in the pasture and bids are placed by phone. Order buyers are also available, who buy direct from the ranch. This method is becoming popular, but it pays to be knowledgeable about the buyer, as well as the method of payment.

A cattle producer may wish to hang on to some of his steers and sell them as yearlings. This approach is called a "rollback," as more pounds of beef are sold, but at a slightly lower price than for weaner calves.

Horses are often bought and sold privately. This is a desirable option for many stockmen. However, some get non-payment problems in return. Reduce your risk by using a few precautions:

* Ask for cash (obviously).

* Verify the buyer's ability to pay by calling his bank.

* Retain title to livestock until final payment is received.

* Insist on other acceptable methods of payment, such as wire transfer, cashier's check, money order, letter of credit, or cash.

When selling by private treaty, a personal check may be written. Make sure all pertinent information is on the check, including mailing address, phone number, and date of birth. It would be wise to jot down the auto license number if you accept a check from someone you've never done business with before.

Other stuff... Was asked to remind folks about using the corrals at the industrial site. You'll notice a sign posted up there, "ONE WEEK ONLY."

Some folks might be interested in getting the youth on the North End interested in Rockin' 4-H. We need volunteers. Also lots of interest in getting youth involved with horses and horse management. We had a horse health clinic a couple of weeks ago and it went quite well. Thank you Jason Smith for

letting us use One Spot.

The Rockin' 4-H cow herd batted has 1000 again. Yep, 100% calf crop. Thanks to Irene and Jack Towe for the use of one of their herd bulls. The calves in this year's crop came from a Hereford bull they raised.

Lots of dogs again this year. Let's hope the problem won't be as severe as last winter.

All the Reservation Extension agents that are funded by USDA dollars met in Tampa, Florida the first week of December. Since you won't believe it wasn't a vacation, I might as well tell you the weather was beautiful, with the temps around the 72 degree mark.

Unless we get some extreme weather in the next few weeks, you still have time to broadcast grass seed on any portion of your home base that requires improved forage. There are many varieties and mixes available for less than \$2.00 per pound. Check with me about your plans. I'll be glad to help.

Gingerbread cookies sure to please

Gingerbread Dough

Makes two dozen cookies

5 cups all purpose flour

2 teaspoons ground cinnamon

2 teaspoons ground ginger

2 teaspoons ground cloves

1/4 teaspoon salt

1 cup vegetable shortening

1 cup granulated sugar

1 cup light molasses 1 egg

Before you start: Wash your hands thoroughly with hot, soapy water
Preheat oven to 350 degrees.

In a large bowl, combine flour, cinnamon, ginger, cloves, and salt. Set aside

Happy Holidays to one and all
from the
Warm Springs Oregon State University
Extension Office

Bake gingerbread 12 to 15 minutes or until firm golden brown. Cool cookies on a wire rack.

Taken in part
From "Country Living Country Christmas