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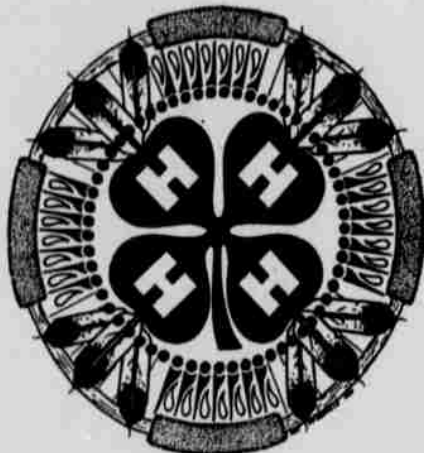
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

1998 brings with it a New Year, and also the 50th anniversary of a transforming experience called Chatcolab. This Northwest Leadership Laboratory is held each year in early summer at Lake Couer d'Alene in Idaho. This year it will be held June 7th -13th. Chatcolab's philosophy is to provide a stimulating educational ex-



perience for people who are interested in leadership and recreation. The lab provides an opportunity for an exchange of ideas and techniques. New knowledge and skills gained through the sharing of creative activities lead to mental, emotional and spiritual growth.

How this happens is that you go to Chatcolab for a week. A solid week from Sunday through Saturday. There you are immersed in family groups that rotate through mini-workshops, in-depth workshops, ceremonies, and evening celebrations. Chatcolab

is held so those who attend may improve their leadership abilities, creative skills, and understanding of themselves and others, during a week of wholesome fun in a camp living experience. The lab is planned with flexibility that permits many activities to be developed during the week at camp, thus encouraging the sharing of all leadership talent found among participants.

This year plans are already in the works and include two presenters from Warm Springs. Martha Gomez will teach a mini-workshop on Beaded Treasure Necklace Bags. Martha is a teacher at ECE and a veteran Chatcolabber from last year. Keith Baker will be teaching an in-depth workshop on Survival skills in the wilderness. Keith is a longtime 4-H leader and community member.

Who is Chatcolab for? Chatcolab invites participants from diverse vocations, and age groups and has never sought uniformity in its campers. Individuals who have reached their 15th-100th birthday are encouraged to participate. The cost is very reasonable. Fees for students and seniors (65+) is \$160, and \$180 for all others. Fees cover lodging, meals, and a resource manual. Scholarships (first year) are available to first year participants. College credit and CEU is (NRPA or University of Idaho) are also available.

There is the additional cost of getting to Idaho. The 4-H program sends a van from Warm Springs each year. But, its just a 7-8 hour drive to Worley, Idaho from here.

I have brochures at the 4-H office if you want more information. You can also contact these people for registration details: Jean Baringer, 520 S. Maryland, Conrad, MT 59425 or Jane Higuera, 1015 S. Russell Road, Spokane, WA 99204-9023

More 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 Normals 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 Tuor 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. I 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 pros and cons 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, I 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

Tips for the home to save money

reprinted from the OSU
Homefront newsletter

General Area

Make sure your home is properly insulated. This includes ceiling, walls, and floors.

Don't depend on thermostat settings; go by your own comfort. Keep the temperature where you are comfortable with a light sweater on.

Lowering the thermostat setting reduces heating costs. Heat pumps require special thermostats for automatic temperature setbacks. It is not recommended to set the thermostat lower than 50 degrees F unless the home has been winterized.

When the house is cold, don't overset the thermostat for temperature recovery. The house won't heat any faster. Be sure the heated air flow is not restricted by any furniture, carpeting, or drapes. Use portable electric space heaters safely.

Keep fireplace dampers closed when not in use. Glass doors are recommended.

Use storm windows or plastic covers on windows in winter.

Seal off window air conditioners and swamp coolers in the winter.

Keep foundation vents closed during the cold weather, but open in warm weather to dry out the crawlspace.

Install weather stripping and caulking on doors, windows, and other openings to stop air leakage.

Keep drapes and shades open in sunny windows; close them at night.

Central Forced Air Systems

Keep registers and interior doors open, even in unused rooms. Keep return air grills and warm air ducts clean and free of obstructions.

Make sure the duct system is properly sealed and insulated. Have the duct system checked for leakage. Keep furnace filters clean. Have the heating system serviced annually (usually in the fall).

Zonal Heating Systems

This includes wall heaters, baseboards.

Keep baseboard heaters clean and free of debris.

Use wall-mounted, iheat anticipating type thermostats.

Reduce the temperature and close off unused rooms.

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 univer-

sities, 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/baccalaureate>

The OSU Extension staff wish everyone a safe and Happy New Year!

STOCKMAN'S ROUNDUP: The brand like initiative

by Bob Pawelek
OSU Livestock Agent

The National Cattlemen's Beef Association is looking for ways to deal with the beef industry's problems. The latest fix they've come up with is the brand-like initiative. What is the BLI? I'm glad you asked.

The BLI is an attempt to get all producers of beef (cow-calf through retailers) to follow good production practices, with the hope that by doing so, we'll produce a more consistent and desirable product. That product would then qualify for the BLI

label.

Hopefully, that label would be accepted by the consuming public as a quality designation and they would be more willing to purchase the product. Remember, I Cotton, the fabric of our lives?

What has developed is a series of good production practices for each of the segments to follow. You'd have to agree to do a certain number of the practices outlined. Perhaps an illustration would help.

Cattle feeders should do at least five of the following:

- 1) live slaughter weight of 1,050 to 1,350 pounds;
- 2) feed vitamin E during last 100 days;
- 3) feed cattle minimum of 100 days;
- 4) implement a source-verification system;
- 5) eliminate aggressive use of anabolic implants for large-framed, No. 1 muscled (late-maturing) cattle;
- 6) do not use short feeding programs;
- 7) harvest all cattle prior to 30 months of age.

By doing five of the seven optional things, plus three other mandatory things, a feeder would be able to sell BLI-finished cattle, hopefully to a packer who is also participating in the program.

To the extent that it costs more money to produce BLI cattle, the question quickly arises of how you'll get paid for your efforts. Here, the view gets a bit murky. The best way to assure quality at the end point (consumer) is to demand that the cattle be produced by BLI methods all the way through the chain.

That means a BLI cow-calf participant would have to sell a stocker participant, who would have to sell to a feedyard participant, who would have to sell to a packer participant, would have to sell to a retailer participant. Whew!

This takes a long time to get significant product to market. If you could sign up producers of 100,000 calves and retain 75% of them through the whole system, you'd produce about one half of a day's harvest.

If you doubled the production annually, it would take six and a half years to get up to 10% of the beef into the BLI system. That's very slow growth, but you have a good and valuable product.

Another way of approaching the BLI situation would be to simply allow each segment to qualify for the BLI label because of what they did individually, without regard to what sort of animal they bought.

In other words, if I were a feeder and did my eight things as a BLI-sanctioned feeder, I could sell BLI-finished cattle, even if I bought no BLI feeders. This gets a lot of BLI cattle on the market quickly, but with very small (or no) premiums being paid for the label.

There you have it, the BLI story. There's still lots more that needs to be known and done before this program becomes reality. Keep listening and thinking. One thing I do know - all segments of the beef industry need to start singing off the same page in the hymnal. Perhaps the BLI program is the way to start doing that.

Goals set for Society for Range Management

By John Buckhouse,
OSU Professor, Range Science

Fifty years ago, a handful of visionaries, men and women who cared about the ecological state of more than half of the globe's land surface - rangelands - formed the American Society for Range Management.

Since its charter, the organization has changed its name to The Society for Range Management, but the goals - to enhance the rangeland resource and the professional development of its members - remain worthy and timeless.

During this past year I have been privileged to serve as the President of SRM. It has been a highlight of my life, a wonderful learning experience, and a challenge not to be taken lightly. Allow me to highlight some of the activities with which the Society has been involved.

Greater Yellowstone Area: The National Park Service is facing a difficult management task in Yellowstone. Severe overgrazing by large ungulates, elk and bison, is changing the plant communities away from ones with a shrub component; erosion and stream downcutting is occurring. Political pressures throughout the nation make change difficult, and meanwhile this treasure diminishes. SRM has suggested that a Coordinated Resource Management process be initiated. While not without risk, CRM seems to us to be the best hope available for honestly evaluating Yellowstone. So far, little has happened. Apparently, the politics involving several states, a large agency, and myriad publics incur considerable inertia.

Forage Improvement Act: Representative Bob Smith, (R., OR) has introduced legislation to Congress. SRM will analyze the document and publish relevant points concerning it in the Trail Boss News. SRM

will not endorse or reject the legislation, but rather provide an educational synopsis of it. The Public Affairs Committee and the Advisory Council have the responsibility for creating the draft.

Professional Stature and Image: It is my contention that SRM and the organizations / agencies involved in rangeland management need to carefully preserve the educational standards and experience parameters which make individuals competent and qualified as scientific managers of natural environments, cognizant practitioners of the human skills appropriate to societal values, and which provide a functional appreciation of economic reality and stability. If we allow non-range trained people to make rangeland management decisions, we are destined to witness an erosion of the profession - and, I believe, an erosion of the resource itself.

Annual Meeting: The annual meeting of the Society for Rangeland Management will be held February 8-13, 1998, in Guadalajara, Mexico. It promises to be a meeting filled with great technical and professional information, an opportunity to network with rangeland professionals from around the world, and an opportunity to renew and make friendships. This should be one of the all-time great meetings. I encourage you to make every effort to attend.

The Future: SRM has appropriate and timeless goals. The need for ecological sustainability, economic stability, and social acceptability has never been higher. A stance of life-long learning and professional competency is paramount if the demands of an ever increasing population are to be met. We have a daunting challenge in front of us. I commend you to the task of making our basic resources of air, land, water, an people the best managed they have been since human beings began their great experiment.