



Arlene Boileau
4-H & Youth

Bob Pawelek
Livestock

Clint Jacks
Staff Chair, Madras

(503) 553-3238

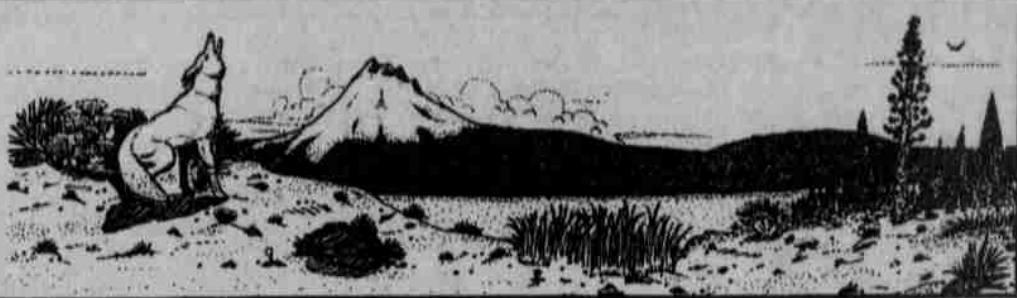
Home Economics

Sue Ryan
4-H Assistant

Deanie Johnson
Secretary

Internet Address: <http://www.orst.edu/dept/wsex>

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.

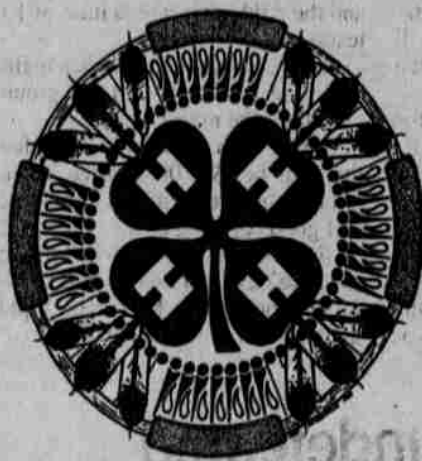


The Clover speaks

by Sue Ryan

Warm Springs 4-H Program Assistant

A welcome return to the Jefferson County newsletter. "From the North End" is the column for the Warm Springs 4-H program. Actually, we had a different name before but in the 18 months since we've been with the "Tri-County Clover" I forgot what the title was so came up with this one instead. I'd like



to start this new edition out with a best memory of 1997. Looking over pictures and through my calendar from last year it was hard to focus in on one single event. I used the time honored method of picking out my

favorite moment in time.

Freezing a moment in time isn't quite so easy as it seems. I had put away, as one does with laundry from the dryer, a memory of time and space and sweat and light. As I pawed through the photos from the 1997 4-H year I pondered what exactly to write. Then my eyes fell upon a picture that made even my voices inside fall silent.

A glimpse through the trees of Harvey Lake shimmering in the heat of the July sun. A rugged, sharp rock in the corner that I felt triumph over. The road ahead, the one less travelled, leading the way home to a temporary place. But, the hike actually began in the spring.

We laughed, you know, when we couldn't remember the words to the poem. The road less travelled was one of the lines and Robert Frost the poet. We were on our way to Harvey Lake, to time the walk for 4-H camp later in the year. That time there were no campers on the road, just a red-tailed hawk or two wheeling in the blue sky above keeping tabs as it were. As the road cut sharply at the corners into switchbacks we huffed our way to frequent rest stops-pausing, of course, not so much because we were out of shape but to admire the view and nature.

The higher we climbed the more eager I became to actually reach Harvey Lake. This was a new destination for me and for the 4-H

program. For years we had hiked, still about and around Mt. Jefferson, but mainly the same trails year after year further north on the reservation. This was a new trail, and more of a challenge. When we reached the snow I became a bit daunted but still hopeful about reaching our destination that day. My energy flagged and I sat down in tears a while later as the snow became increasingly harder to slog through.

We all agreed that 4:30 was late enough in the afternoon to turn around, especially since there ran the chance of snow showers that high up. We ate a quick lunch at Sarah Lake and I took a forlorn parting look at the white arrow sign pointing the way to Harvey Lake. Another mile down in at least, and another mile out with deep snow. No chance today.

The chance came on a hot day in July. The girls skipped ahead while the boys ran until we got to the jeep trail boulder washes. Then we grunted and paused, climbed some more and rested along the way. Where snow had been the spring before the tiniest of strawberries - really, smaller than your thumbnail bloomed red ripe. 4-H camp on the move. We stopped at Sarah Lake to eat, the place where we had turned around in the spring. Then we left and turned downhill to follow the crooked white arrow sign pointing the way.

The way was not so easy. The first impasse came at a creek. (I know its creek, I prefer to say creek. As in Ochoco Creek) The leaders figured out a way to cross a log further down stream-one 4-H'er at a time crossing over while using a line as a guide. Then onto Harvey Lake. There are lots of rocks, but not much more on the ground under the trees next to Harvey Lake on the side of Mount Jefferson. We worked our way out of the shadows to sit beside gigantic rocks surrounding Harvey Lake. One-fourth of the curve around the lake is a sheer rock wall, with boulders tumbled about at the bottom like toys thrown by a fitful child. Then, we went over the rocks and around next to the water.

I almost refused to go. (In fact, I think several times the people in back of me thought I had refused to go.) I shook and trembled, sat down, scooted and crept across the rocks while others were jumping along. Finally, the other side and an outstretched hand pulled me off onto the ground from the final perch.

Not much further on, I turned to look one last time at Harvey Lake. That's when I saw the rock in the lower corner and the shimmer of water in the upper corner of the camera lens. A snap and a whir captured that moment in time. Time to move along. We rested more on the way down. Packs became piled up on the backs of counselors and adults as weary 4-H campers shed their loads. That way they could run back down to the 4-H Culture Camp.

And, that's the best memory of 1997. A good, balmy mid-summer day to think about as I look up from my desk to see sanding trucks and snowplows going up and down the highway.

With the camping season fast approaching I thought I would start this column off with a best memory from our 1997 camping season. A sneak preview of dates for this year's camps follow at the end of the column. my voices inside fall silent.

This piece was written on the snowy week in Warm Springs in mid-January. Since the weather has been mild ever since then just attribute it to the power of positive thinking (hee-hee).

Here is a SNEAK PREVIEW of Camp Dates coming up!

4-H Camp Dates for Warm Springs & Tri-County Camp

Tri-County Camp Counselor Selection

May 9th, 1998-Redmond

Camp Counselor Training; May 13th, 20th & 27th, 1998-Redmond

Tri-County Camp at Crystal Springs-Camp One-June 15th-19th, 1998-near Mitchell; 4th, 5th, 6th grades

WS 4-H Hiking Camp 1 July 9th -11th, 1998-Location to be announced; 7th,8th, 9th,10th, 11th, 12th grades

WS 4-H Culture Camp Counselor training-July 14th,15th,16th,1998-HeHe Longhouse/Area

WS 4-H Culture Enrichment Camp at Peter's Pasture-July 27th-August 1st.-Peter's Pasture; 2nd,3rd,4th, 5th,6th grades

Tri-County Camp at Crystal Springs-Camp Two-August 5th-9th, 1998; near Mitchell; 4th, 5th, 6th grades

Warm Springs Hiking Camp Two August 20th-22nd, 1998-Location to be announced-7th, 8th, 9th, 10th, 11th, 12th grades

Resource/Agriculture opening

This position is available on the Warm Springs Indian Reservation located in Jefferson and Wasco Counties. Oregon State University Extension Service

Position: Extension Faculty, Home Ec. Rank: Assistant Professor (Master's degree) Instructor (Bachelor's degree)

Position Available: Immediately

Duration: Fixed Term

Application Deadline: March 1998 or until position is filled.

Location: Jefferson County, Warm Springs Indian Reservation

GENERAL INFORMATION:

This position is available on the Warm Springs Indian Reservation located in Jefferson and Wasco Counties. The Oregon State University Extension Service at Warm Springs is funded annually by Oregon State University under a contract with the Confederated Tribes of Warm Springs. This program has been operational since 1957. The Tribes have excellent leadership and extensive interests in tourism, natural resource and industrial development. There are approximately 4,000 individuals living on the reservation.

Warm Springs Extension Office conducts educational programs in 4-H youth development, home economics, agriculture, natural resources and community development. Personnel in the office include four faculty (one faculty providing office administrative responsibility), a program assistant and secretary. In addition, faculty from other Central Oregon counties conduct Extension forestry and energy programs on the reservation. The Extension office is responsible to the Education Branch Manager and Extension Staff Chair.

It is desirable that the applicant for this position be Native American and/or have a desire and willingness to share cultures.

The Warm Springs Extension Office is one of two offices in the county. The other office is located in Madras, the county seat. Educational programs are closely coordinated so that each office can support the other and offer unique programs respecting clientele needs of the different communities they serve.

University scholarship expectations require the integration and application of new knowledge and research results in home economics issues of importance to Warm Springs citizens. It is expected that programs delivered will have measurable results which benefit the Tribes, are validated by peers, and shared. All Extension faculty are members of an appropriate department or college.

POSITION RESPONSIBILITIES

1. Provide leadership for the development, delivery and evaluation (measuring and documenting impact) of a clientele-based home economics educational program that benefits and meets the needs of Warm Springs Reservation families. Leadership emphasis will be placed on family resource management (family finance, consumerism), food safety, food preservation, leadership skill development and other home economics subject matter as appropriate. In addition the person will be expected to assist other departments

(Bureau of Indian Affairs, Indian Health Service and/or off reservation agencies) with educational programming. Close working relationships with other Extension faculty will be required to carry out the duties of this position.

2. Assist in community programs with special focus on bringing the resources of Oregon State University to bear on opportunities at Warm Springs as outlined in the

Memorandum of Understanding between the Confederated Tribes and Oregon State University.

3. Develop a broad-based advisory committee to assist in identifying needs, establishing priorities and evaluating programs for Extension home economics programs.

4. Cooperate and coordinate programs with the Education Branch, Tribal elders and other agencies (Tribal, Bureau of Indian Affairs and Indian Health Service) and the Tribal Council and its Committees.

5. Develop program awareness and provide subject matter programming through effective use of radio, newspaper, newsletters, group presentation, home visits, consultations, displays, poster and fact sheets.

6. Participate actively as a team member in all Extension educational programs with other Extension faculty, administrators, and support staff in the Warm Springs and Jefferson County Extension Offices.

7. Work with other state and federal agencies and organizations to develop innovative programs that focus on the family and will reach the reservation audience.

8. Communicate and share peer-validated, successful programs, such as materials, teaching, and research with peers in the state, region, and/or nation as publications and/or through presentations at public meetings.

EDUCATION AND EXPERIENCE REQUIREMENTS

1. Bachelor's degree (Master's degree preferred) with at least one degree in home economics with course work in family resource management (family finance, consumerism), food safety, food preservation.

2. Successful professional experience in informal educational programs or related community programs.

3. Evidence of successful experience in communicating with and involving people of varying ethnic, socioeconomic, educational backgrounds, and diverse points of view.

4. Proven ability to plan, organize, deliver and delegate.

5. Evidence of ability to work with a minimum of supervision.

6. Evidence of good verbal and written communication skills including the use of radio and newspaper.

7. Successful experience working as a team member with other professionals and volunteers.

8. General knowledge of computers and skills for word processors and other software programs.

OTHER REQUIREMENTS
Personal car for travel. Official mileage is reimbursed at twenty-eight cents per mile.

APPLICATION PROCEDURES
Submit data listed below. A complete file consists of:

1. Oregon State System of Higher Education Application

2. Personal data resume or vita of education and professional experience.

3. Transcripts of all college and university work.

4. At least three letters of reference. These letters should be sent directly to the Personnel Officer from the writer.

5. A written narrative describing how your experience, qualifications and interests have prepared you for this position.

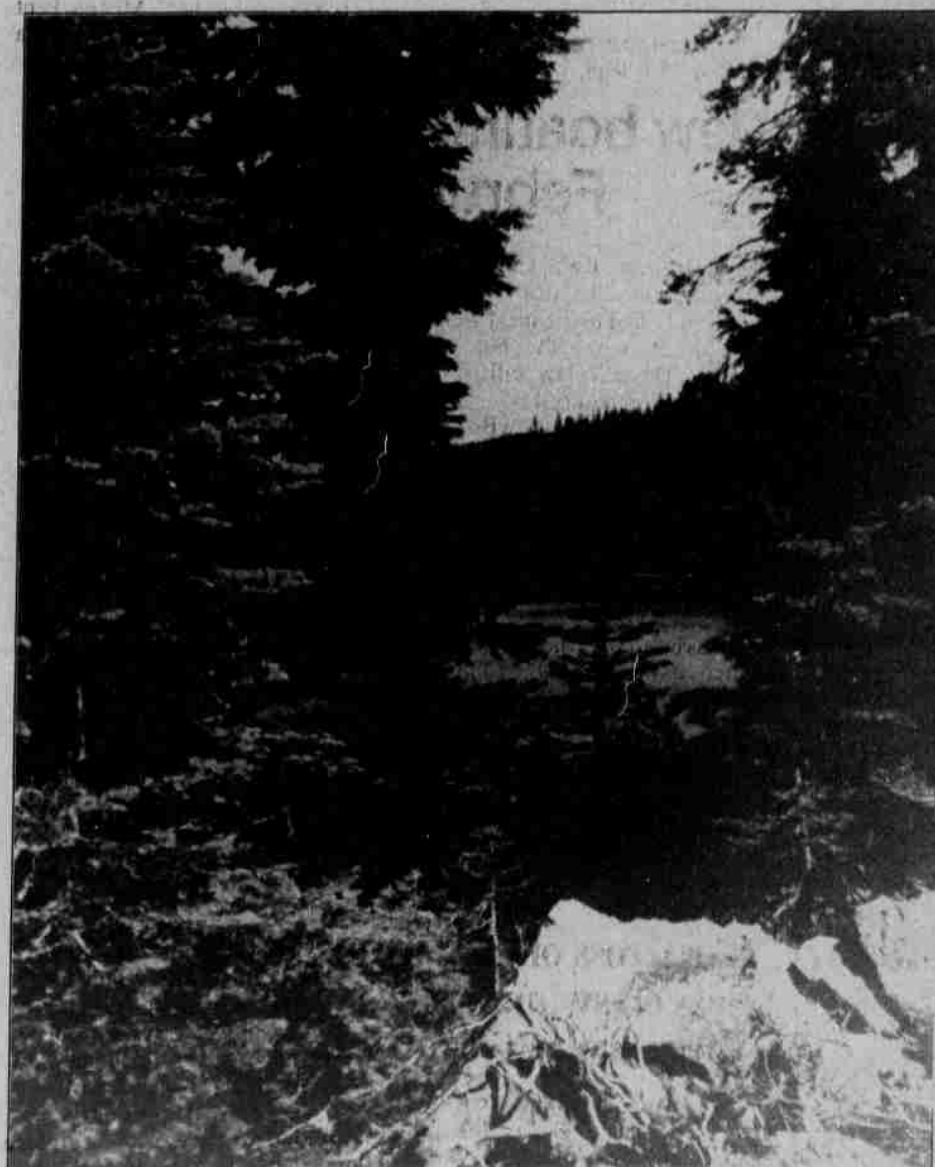
APPLY TO:
Irma Sargent, Personnel Officer
106 Ballard Extension Hall
Oregon State University
Corvallis, Or 97331-3613
Phone 541-737-3991
Fax 541-737-3993

Politically correct pork and beans?

by Bob Pawelek

Some people can't leave anything alone. But maybe that's not all bad. Now some Iowa hog farmers think pork and beans haven't kept up with the times. After taking a stand on environmental and marketing issues during its annual meeting, the Iowa Pork Producers Association (IPPA) took on the meaty issue of pork and beans, calling for companies that make the dish to change their recipes. Manchester farmer Gary Helmrichs said the meat used in pork and beans is mostly fat and sends the wrong message about an industry working to produce lean meat. This is poor advertising for us, he told others at the convention. Helmrichs backed a resolution calling for the Iowa group to work with the National Pork Producers Council, USDA and the U.S. Food and Drug Administration to get companies to put only lean meat in pork and beans or stop using the word pork. "We feel that meat companies should update

the pork in their product to meet today's consumer demands," Helmrichs said. The IPPA passed his resolution, making it an issue officially supported by the group. But pork and beans producers said they are not likely to change their recipes. Kevin Lowery, spokesman for the Camden, N.J. based Campbell Soup Company said his company sells more than 100 million cans of pork and beans a year. Consumers ultimately decide a product's content, he said. "What we put in that product is what the people want," he said. "Campbell's recipe will change only if the American public asks for something different," Lowery said. Helmrichs ran into opposition from pork producer Leon Sheets, of Ionia, Iowa, who said fatty pork could be a necessity in pork and beans. "The fat is put in there for a reason and it has to do with the taste," Sheets said. "If the fat is not in that can of beans, something is lost in the taste and palatability."



Harvey Lake

My Favorite Recipe(Home Ec corner)

Welcome to My Favorite Recipe, a new column on the O.S.U. Extension page. The staff decided we needed to keep a corner for Home Ec going on the page until our new home economist is hired. So, we have created this recipe corner. We are asking people in the community to send in their favorite recipes to the Extension office to print in the paper. You can bring them to the office on the 1st floor of the Education Building or mail them to P.O. Box 430, Warm Springs, Or 97761. We do prefer to name our source so please include your name along with the recipe. If you have a history of how the recipe came to be our stories to tell about it, go ahead and include them.

Hi, my name is Deanie and this is my week to submit my favorite recipe so here goes, and I hope you like it.

This is a recipe that used to be my mom's it's called "Green Pepper Steak" but I took out the green peppers and call it "Pepper Steak". This is real easy and it does not require a long time to prepare.

1 Round Steak (beef not bologna)
pint of sliced mushroom
1/2 onion soy sauce
1 stalk of celery 1 pkg of brown gravy or aujus
2-3 fresh tomatoes 4 cups minute rice (for the perfect rice everytime)

Slice round steak into thin strips season with Lawry's seasoning salt, soy sauce and lots of pepper (if you prefer) add diced onions and fry until brown. Turn down heat and add diced celery, sliced mushrooms, and package of brown gravy, steam until vegetables are cooked. Fix minute rice. Serve over rice and heap fresh diced tomatoes on top and ENJOY! If you'd like something a little quicker to fix just add frozen veggie mix for stir fry, or maybe even add green peppers if you like them.

ALSO: A great big THANK YOU to all who helped support the Indian Taco fund raiser for DOOTS, Especially the Range & Ag. Dept. Keep thinking of her and have a special prayer for her and all the Thompson/Scott/Herkshan family.

STOCKMAN'S ROUNDUP:Why do 4-H clubs require helmets?



by Bob Pawelek
OSU Livestock Agent

A recent horse riding death in Montana compels me to discuss the reasoning

behind requiring 4-Hers to wear helmets when horseback. There have actually been four such incidents in the past couple of years in that area. Most professional horsemen would say that these deaths were probably the result of a foot caught in a stirrup. The newspapers reported, "horse trainer found in pasture with head injuries;" "professional rider found along the road with hoof imprint to the head;" child succumbs to head injuries from riding accident." The odds of sustaining a serious head injury from being bucked or thrown are not very high. All of the above mishaps occurred on thawed ground. When your foot is caught in a stirrup, the first place your body goes is into the hind feet and flank of your horse. It is not the normal response of a horse, even a child's trusted mount, to kick and try to get away. If he's running down a fence line, your head is going to come in contact with posts going 30 miles an

hour. Even if you're hung up for only a couple of jumps, it takes only one kick from a 1,200-pound horse to do irreparable damage. Most saddlehorses have iron shoes on their feet. I am not a proponent of the helmet rule. Some kids think 4-H is milkop enough without the added embarrassment of helmets. Sadly, even a handsome cowboy like me would look dorky wearing a yellow helmet. Fashion, however, does seem to contribute to the issue. I have seen horses shy, unseating their rider with their boot still wedged in the stirrup while the rider lands on the ground. What would have happened had the boot not come off? Lace-up boots, the latest fad, are not going to come off, no matter what. So at least you won't see a pair of those on my feet. If it were up to me, I would probably ban the lace-ups and make the helmet optional. But it's not up to me. The point here is plain and simple, let's keep the kids safe.

Free ponderosa pine trees available

Free pine trees-u dig! Brian Lund would like to invite you to take a pine tree or two. Approximately 300 young Ponderosa Pine trees are available for the taking. All you need is a shovel and initiative. The saplings are located in front of the Vehicle Pool and by the Apparel Plant up at the Industrial Site. They range anywhere from 4 inches to 3 feet in height. Brian asks that you do not dig up any flagged trees. Any tree not flagged is fair game. He also adds, "The little ones have a better chance at survival, and will grow faster than the bigger ones." To properly extricate the trees, start the shovel work just out beyond the length of the farthest branches. Try not to disturb the roots. Keep the roots moist until ready for transplanting. Also keep in mind to locate the trees away from water lines and your home's foundation. Ponderosa will grow

very tall, so envision what your landscape will look like in 40 years. Remember to dig a big hole, one that will allow the roots to create its own foundation. (For a two-foot tall tree, the hole should be about the size of a five-gallon bucket.) If planting in a rocky area, use a digging bar or electric jackhammer to bust up the rock. A good idea in rocky lawns is to fill the hole with water, and let the water seep down overnight. These procedures will help the roots find a way down. When the actual transplanting takes place, be sure to use plenty of organic matter; that is, enriched topsoil, compost, or a combination. Mix about half of the native soil in with it. Form a basin for watering at the base of the tree. Keep well watered for the first year. The trees probably won't require any fertilization the first year, especially if care has been taken to include organic matter in the recipe.