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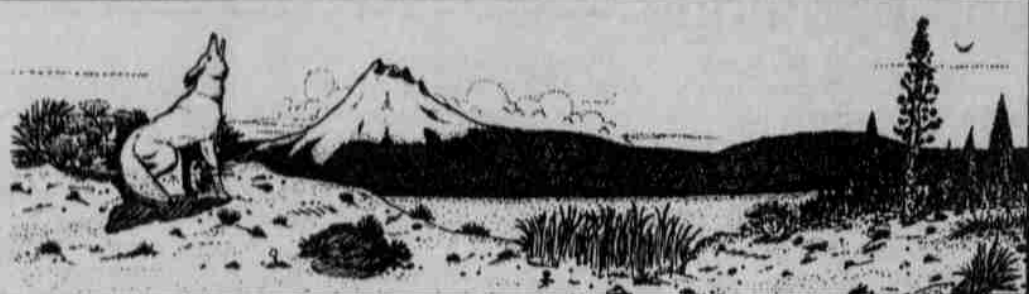
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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant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

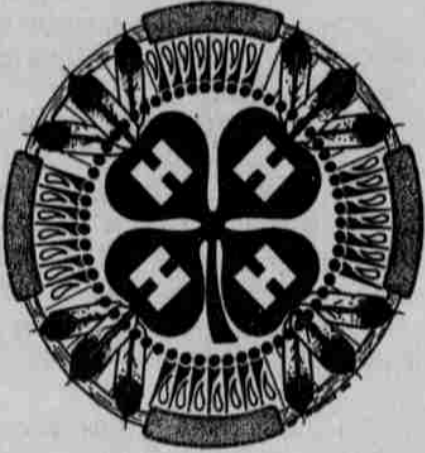


The Clover speaks

by Sue Ryan

The last issue Arlene Boileau wrote Ice Cream in a Can for Cloverspeaks and I wanted to give her credit since her name didn't appear under the heading.

This issue we have a few scattered updates on events. The Dog Care Day that was set for April 3rd was cancelled, and may be held later this spring.



Congratulations to leaders who completed their Basic Leader Training in February and March. They are Julie Johnson-4-H Powwow Fun leader, Bertson Simtustus-4-H Horse Club leader, and Keith Baker-4-H Whitewater Rafting leader. Spring Trainings are set for April 14th 12-1 p.m., April 23rd 5-6 p.m., and May 12th 5-6 p.m. These are for anyone interested in becoming a 4-H Leader

plus the current and new leaders we have. If you need more information call 553-3238.

Now is the time to sign up for Whitewater Rafting and Know Your Indian Government!

Whitewater Rafting will be a short term 4-H Club led by Keith Baker. Many of you may know Keith from the years he served as a Search and Rescue leader. Youth in grades 9th and up can sign up for 5 youth slots. There will also be 5 adult slots. The club will be 48 hours worth of Whitewater Training spread out over one month between May and June. You can sign-up until two days prior to the initial information meeting. During Whitewater Rafting the members will learn the competencies of how to handle a raft in whitewater conditions and what to do if something goes wrong. You should know that if you sign up you will be working in very strenuous conditions and a cold water type environment. That means you will need to be prepared to handle the environment by having the appropriate gear. This includes cold water level clothing, water shoes with a hard bottom (no sandals!), towels, a change of clothing, and plenty of fluids and snacks to have at the trainings. Keith should be contacted for more information on equipment needs or you can find out at the initial information meeting in May. All who take this short-term class must have an official 4-H Registration filled out before it starts-this includes adults.

Know Your Indian Government is coming around again and is set for April 30th and May 2nd. This will be an evening session and a day session. This time around the 4-H

office is focusing on the business operations of the tribes. The participants will learn how a business operates and walk through making up their own business plan. The day session will include a behind the scenes tour of one of the tribes operations. You must be in the 6th-12th grade and can sign up now at the Extension office. There will be a limit of 10 kids for this spring session. In the fall Know Your Indian Government will return to its legislative session.

Summer Camps are drawing near. The 4-H office now has registrations available for two Central Oregon opportunities.

For Crystal Springs 4-H Nature Camp will be held two different times this summer. Session One is June 15th-19th and Session Two is August 5th-9th. This camp is held 35 miles east of Prineville, towards Mitchell. The cost is \$90. This year's camp theme is "I came, I saw, I camped". There is a deadline of MAY 30TH to sign-up. We have forms here at the Extension office.

The other opportunity is a series of Central Oregon Wilderness Skills Enhancement Camps. This consists of two hikes and one rafting session. Hike 1 session will be held June 23-28th, with a mandatory orientation session on June 12th. Hike 2 session will be held June 30th-July 2nd with a June 12th orientation. The Rafting session will be held July 15th-16th with a July 13th orientation. ALL of the orientations are MANDATORY, and the Registration deadline for ALL sessions is JUNE 5th. The cost is \$70 for Hike 1, \$50 for Hike 2, and \$30 for the Rafting Session. There are forms available at the Extension office.

My Favorite Recipe corner

Dumplings Polish Style
by Bob Pawelek

This was the recipe both of my grandmothers used. It is very similar to Indian dumplings, but a bit more substantial.

4 eggs, beaten
1/4 cup water
enough flour (never measured it)
1 tsp salt

Chicken, beef or venison stock, boiling
In a large mixing bowl, beat the eggs and add the water and salt. Stir it up real good. Add about 1/2 cup of flour at a time, mixing with a large spoon all the while until it makes one big floury lump. Toss it out of the bowl onto a clean, floured kitchen counter and knead it until it becomes slightly stiff. Roll it out with a rolling pin, flipping the pastry once or twice. Add more flour if the stuff gets kind of sticky. If you are a bachelor, a beer bottle may be used in place of a rolling pin.

Using a kitchen knife, cut into squares about 2" each and toss one at a time into the stock. Reduce heat to simmer for about 15 minutes.

Serves 4.

Kitchen math made easy
Measure for measure

Quick: How much cooked white rice does one cup yield? Answer: Three cups.

We unravel this and other mysteries cooks face time and again.

Berries: 1 pint = 2 1/4 cups
Butter/Margarine: 1/2 stick = 1/4 cup or 4 Tbs; 1 pound = 4 sticks or 2 cups
Cheese: 8 oz cream cheese = 1 cup; 8 oz cottage cheese = 1 cup; 4 oz Parmesan, grated = 1 1/4 cups

Chocolate: 1 square = 1 oz; 1 6-oz package semisweet pieces = 1 cup

Cookies: For 1 cup of crumbs: 19 chocolate wafers; 22 vanilla wafers; 14 graham cracker squares

Cream: 1 cup heavy cream = 2 cups whipped

Dried Beans & Peas: 1 cup = 2 1/4 cups cooked

Herbs: 1 Tbs fresh = 1 tsp dried

Pasta: 8 oz elbow macaroni = 4 cups cooked; 8 oz medium-wide noodles = 3 3/4 cups cooked; 8 oz fine noodles = 5 1/2 cups cooked; 8 oz spaghetti = 4 cups cooked

Rice: 1 cup white = 3 cups cooked; 1 cup converted = 4 cups cooked; 1 cup instant = 1 1/2 cups cooked; 1 cup brown = 3 to 4 cups cooked

Sugar: 1 lb granulated = 2 cups; 1 lb brown firmly packed = 2 1/4 cups; 1 lb confectioners' = 4 1/2 cups

Taken from Family Circle magazine

Spring seminar begins April 6, 1998

by Carol Savonen

Oregon State University will host a spring seminar series called "Bioremediation: The Natural Choice," that will look at a variety of natural ways to combat environmental contamination.

"Bioremediation uses biological processes to overcome environmental contamination problems," explained Richard Dick, OSU professor of soil science and co-organizer of the seminar series.

The seminars will be held on the OSU campus on Mondays from April 6 to June 1 (except Memorial Day on May 25), at 4 p.m. in Room 130 of Peavy Auditorium, located at the corner of S.W. 35 Street and Jefferson Street in Corvallis.

The seminar speakers will include leading experts in bioremediation from OSU, other universities and private environmental consulting firms. The scheduled seminars are: April 6 "Microbial Metabolism and Cometabolism of Pollutants," Michael Hyman, assistant professor, botany and plant pathology, OSU; April 13 "Single Well, Push-Pull" in situ Determination of Microbial Metabolic Activities," Jack Istok, pro-

fessor, civil engineering, OSU and Jennifer Field, assistant professor, agricultural chemistry, OSU; April 20 "Phytoremediation of Selenium Contaminated Soils in Central California," Gary Banuelos, plant physiologist, USDA-ARS, Fresno, Calif.; April 27 "Sequestration of Toxicants in Soils: The Chemistry and Relevance of Risk in Bioremediation," Martin Alexander, professor of soil microbiology, Cornell University (introduced by OSU President Paul Risser); May 4 "Bioremediation, Bioavailability, Biofilms and other Bio Buzzwords," Richard Burns, professor of environmental microbiology, University of Kent, United Kingdom; May 11 "Phytoremediation" State of the Art and Science," Jim Jordahl, soil scientist, CH2M-Hill, Portland; May 18 "Bioremediation: How Do We Know it is Working?" Lewis Semprini, associate professor, civil engineering, OSU; June 1 "The Practice of Bioremediation: Case Studies of Implementation," Hans Stroo, soil microbiologist, RETEC Inc., Seattle, Wash.

For more information, contact Richard Dick via e-mail at: Richard.Dick@orst.edu

4-H... More Than You Ever Imagined.

Gerontology conference set

Tom Gentle, Oregon State University's 22nd annual gerontology conference will be held April 14-15 at LaSells Stewart Center in Corvallis.

The conference is intended for professionals in the field, including community service providers, primary care physicians, nurse practitioners, nursing facility staff, social workers, psychologists, foster care providers, and others who work with older adults. Presentations at the conference will explore ways to enhance the quality of life for the elderly, according to Sally Bowman, Oregon State University Extension family development specialist.

The keynote speaker is Laura Carstensen, whose research on social interaction in later life casts new light on how older people manage their lives. She is the director of the Institute for Research on Women and Gender at Stanford University and editor of "The Practical Handbook of Clinical Psychology." The title of her talk is "Taking Time Seriously in Lifespan Development."

The conference also features 25 workshops. Of special note is one by Cameron Camp of the Myers Research Institute, Cleveland, Ohio, who will demonstrate how Montessori principles of child development have been successfully adapted for dementia

patients in long-term care facilities.

Other workshop topics include exercise for the elderly, Alzheimer's care, automobiles and driving, housing design for independent living, and evaluation of programs and services for seniors.

The Oregon Geriatric Education Center is sponsoring a number of workshops on health issues related to the elderly, including mental health. Topics to be addressed include pain management, use of antidepressants, immunological processes and inpatient psychiatric units.

Presenters at the workshop include faculty from OSU, the University of Oregon, Portland State University, and Oregon Health Sciences University, as well as staff from federal, state, county and non-profit agencies and hospitals.

Registration for the conference is \$100 if received by March 30, \$120 after that date. Continuing education credits are available for an additional fee.

Registration forms and information about the conference are available from county offices of the OSU Extension Service or from Pat Mohr, conference coordinator, LaSells Stewart Center, Corvallis, OR 97331-3101 (telephone 541-737-6443, e-mail: Pat.Mohr@orst.edu).

Grants available

National 4-H Council. Hunger haunts all types of American communities, not just the poorest. But in many communities, residents are largely unaware of the problem. By increasing awareness and involvement, these communities can significantly boost the food supply for the hungry. Young people represent an enormous and generally untapped source of energy, ingenuity and empathy that can be channeled to address local hunger problems, with great results. To help communities mobilize this important resource, National 4-H Council in partnership with Kraft Foods, Inc. will offer local grants of \$500 to \$2,500 to teams promoting youth/adult involvement in local food banking, outreach and public awareness efforts. These funds must be matched by local resources and can be the catalyst for securing those resources. Grant award funds are not used to establish or fund new 4-H food and nutrition programs. Grant requirements and applications are available on National 4-H Council's web site at: <http://www.fourhcouncil.edu/wvfpfeed.htm>, or request an application by contacting Gertrude Bindzi by FAX at (301)961-2894 or E-mail: workprep@fourhcouncil.edu. National 4-H Council offers grants for youth in local communities, in counties, and on the state level. These grants provide opportunities for young people and adults to take action on issues critical to their lives, their families, and their communities.

Youth take the lead in the design of the project, the proposal writing process, the implementation and the evaluation of funded projects.

4-H in the 90s.

STOCKMAN'S ROUNDUP: Making money by selling ranch horses



by Bob Pawelek
OSU Livestock Agent

Next time you saddle up, instead of considering your horse as a way to get the job done, look at him as a new way to put money in the bank. Got a ranch horse that is as good as any hand on the ranch? Then, in the morning when you saddle up, instead of considering your mount as a way to get the job done, look at him as a new way to put money in the bank. If you have trainable young colts coming on, putting a little profit in your pocket by trading ranch horses for cold, hard cash can add up to smart ranching.

In the agricultural world, "having your cake and eating it too" has always been a dream but seldom a reality. Winds of change, however, have drifted into the ranch horse market making that cliché a reachable goal for today's rancher. Ask successful ranchers who have been affiliated with horses sales in the past several years. With smiles on their faces and pocketbooks a little fatter, they'll be quick to tell you that a good ranch horse at a reputable sale will bring big bucks on today's market.

At the Fort Worth Stock Show Sale in February, 1994, Phil Guitard sold a gelding that brought \$12,000. A cowboy who works for Guitard had an interest in the horse, trained him well and helped his boss earn that extra cash.

At the same Fort Worth sale, a horse consigned from the Four Sixes Ranch at Burnett, Texas was the second highest-sell-

ing horse bringing \$10,000. The Fort Worth Stock Show Sale, however, is just one auction where high dollars are traded for ranch horses. At the Big Country Ranch Horse Sale held in late spring in Laughlin, Nevada, a 1990 gelding, Docs Okie Leo, consigned by Gray Ranch of Louisiana, took top sale honors bringing \$8,250. Another sale in the Sacramento Valley last fall consigned a gelding which sold for \$14,350.

Before visions of \$\$ signs send you running to hitch up the trailer, it's important to realize that these top dollar prices are the exceptions to the ranch horse sales. The averages of \$3,000 or better, however, are also enticing. This past June, a sale at the Public Auction Yard at Billings, Montana yielded prices averaging just over \$2,000, with quite a few bringing much more than that.

There are several reasons ranch horses are bringing such good prices. Firstly, it is expensive to buy a young horse and have him trained. You really don't know what you've got until you train him. A prospective buyer is better off with an animal that is over 5 years of age or so with some experience. In fact, horses at the Billings sale sold much better if they were between the ages of 5 and 8.

Supply and demand is a reason these horses sell. Years ago, cowboys would break four colts and use them through the spring. Now, those hands have one good horse in the front of the trailer and a four-wheeler on the back, so there are not as many horses to sell.

There is no doubt that the ranch horse is a used product. He is often ridden from sunup to sundown in all kinds of weather. Besides the long hours, he's been expected to be an all-around cow horse, no matter if calves are standing up or sprawled on their side, and he's loped on every kind of turf from grassy plains to vertical rimrock. Ironically, it's the using that makes the price rise. Rather than losing his value, if he is good-minded, trained well and presented at a reputable sale, his price just gets better with the wear. When ranchers can use their investment for several years and then sell a horse at a fair price, that adds up to double profits on one horse.

Not just any ranch horse will bring a good profit in the sale ring, however. There are tricks to the trade that make some horses sell well while others bring mediocre prices. For

ranchers to have their cake and eat it too, they need to know these tricks. Making a good product is not enough. Knowing the best place to market the ranch horse, as well as who the potential buyers are and what they are looking for, are the added ingredients that help put an extra dollar in your pocket.

One of the main ingredients in capturing top prices for a ranch horse is to select quality sales. Ranchers can have the best ranch horse in their part of the country, but without a reputable sales management company who will do the preliminary footwork to get buyers to the sale, they will go home with a horse in their trailer rather than a check in their pocket.

Sales management is one reason for good ranch horse prices. Many work hard to put on good sales. They advertise. If a sale does not, the difference is noticeable.

Often the bigger sales will initiate an intense screening program as a way to find good sale horses. These sales also require full commission to be paid on passouts which ensures consignors are committed to selling their horses. If they want to run that horse up to a figure, then that is their business, but they must pay the commission to do so. Sales discourage sellers who run the horse up for advertising and then pass him out.

Before the horses ever reach the big sale rings at Fort Worth and Miles City, horses and sellers are screened to get the best ones possible. Often, videos of the horse are sent in so they can see the product. Also, they have a good network of people to depend on for information about the horse and the seller. The seller is researched because they want "a good, honest cowboy who knows how to work a horse." Screening requires objectivity, however, because what may not be worth its salt in your eyes may be just what the other person is looking for.

Visual inspection of all horses at the Houston Premier Sale, for instance, is required before consignment. That sale looks for reputable consignors who have raised quality horses, who have sold horses in the past in their sales and who have good reputations in the horse industry.

Public Education
After finding just the right sale, ranchers then need to become familiar with the buyer market. Persons writing the checks for today's

ranch horse put more thought into their purchase than they did years ago, thus forcing the sale of better horses. For some buyers, it is a matter of pure economics. The free-flowing dollar of the 1980s has tightened. Others are looking for horses that can work cattle in the morning and entertain children in the afternoon. Still others buy with a wary eye to keep from being burned in the horse market as they have before.

The American horse public has gotten horse smart. They know about horse traders. Those who will pay good money for a gelding have already paid \$800 to \$1200 for a horse from a horse trader and ended up unhappy. Today's buyers are just as smart as the sellers, sometimes smarter. Buyers are doing their homework because they are buying for more purposes than just ranches, like team penning and 4-H projects. One buyer may want a high-performance horse while another just likes a good horse to do different things on.

Education has not only changed the buying trends of the buyer, it has sprinkled new faces among them also. With the increased activity on sale management's part to upgrade the quality of horses passing through their ring, the buyers have changed from a majority of interested spectators who would buy a horse if the price was right to many committed buyers hunting a specific animal.

Buyers now want something they can turn out for three to four weeks, then catch it out of the pasture and it be the same to ride. Unless the horse has been ridden hard and seasoned, he won't be that way. They had rather pay more and get the seasoned horse rather than a young one that will act up if he's turned out for a while.

The decision to sell
Even though ranchers know the buyer market and find a sale management company they are comfortable with, deciding whether it is economically feasible to sell a good ranch horse depends on their personal program. Making money is the whole reason for selling a ranch horse, but there must be younger horses ready to take his place for the program to work. Most ranchers have several good hands working on the ranch and a remuda of young horses waiting to be ridden. In the past, a favorite gelding served the cowboy until time to put him out to pasture and only then was a young horse brought into

the program. Ranchers who have become active in horse sales, however, work on a revolving plan. Rather than keep a ranch horse until time for pasture, they sell the horse in its prime and straddle a younger horse to ready him for future sales.

Besides adding income to the ranch's bottom line, the sale of quality horse flesh at quality horse sales is excellent advertisement for a ranch.

A good ranch horse in a sale is good for your ranch's reputation and good for advertising it if you do raise a bunch of horses. There is so much demand for them, most ranchers won't hardly sell a horse privately at the ranch anymore. You can sell fillies, even studs, but usually it's geldings that bring the best prices. It's just good advertising for their whole breeding program.

Going the extra mile usually pays off. To satisfy buyers in Texas, many sellers there guarantee their animals. They try to find out who buys their horses and then let the buyer dictate to them if they can get along with this horse. If they can't, the seller will swap out a horse with them.

The ranch horse
The horse that will whip the checkbook out of a buyer's pocket is a highly seasoned animal with plenty of years left to ride. Years ago, horses were considered over-the-hill by the age of 12 because of their rigorous schedule. Today, although the schedule may be as rigorous, the addition of trucks and four-wheelers allows horses to be rotated and thus not burned out so rapidly.

Quite a few outfits do a day's work on 15 to 18-year olds now. Ranchers feed better now, use better minerals and do everything better. The animals may be rested two to three days after one hard day of work.

Today's trend shows buyers looking for horses 5 years of age and up. Ranchers want an animal that is physically appealing to the eye and one that can handle every aspect of ranch life from separating a cow to opening gates. They are looking for a combination horse that can drag calves, won't spook carrying a flag in a parade and will patiently ride Junior and Sis around and around in the trap.

If this describes your ranch horse, if you have a replacement for him, and if you find a reputable sale, then your horse may be your ticket to having your cake and eating it too. Who knows, he may even top the sale!