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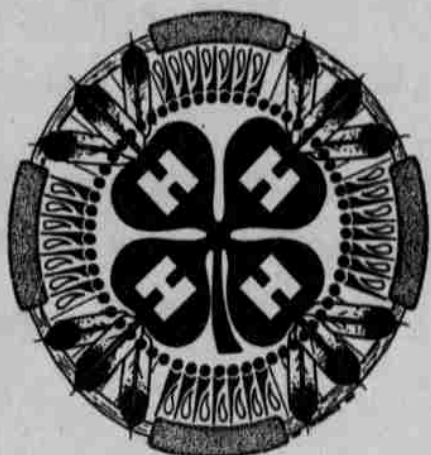
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

Arlene was involved very recently with a busy Spring Break cooking class at the Warm Springs Community Center. She and Carol Allison,



from Carol's room had lots of fun with the kids who came to the class. Thanks to Nancy Collins, IHS Sanitarian for her lesson washing your hands well and what the germs look like under a black light. Thanks also to Nancy for

taking impressions of kids hands in petri dishes before and after washing and bringing the dishes back to show the kids how fast the germs multiplied-especially from the hands that weren't washed!

Next up at the Community Center 4-H will be putting on an Outdoor Awareness class on May 5th & 6th from 5-6 p.m. This class will be for 5th and 6th graders. The week of May 11th-14th kids of all grades can show for the Water Safety class at the Community Center. 4-H used to work with this program for many years and has decided to reintroduce the classes to teach kids how to be safe around water in the summertime, including the Shitike Creek area. Shane Riveria from the Kahnee-ta Pool Staff will be the main teacher for this class. Some other calendar items coming up: By the time this column is printed the 4-H office will have mailed out our 1998 Summer Camps flyer. We are collating all of the campers

from the last 2-3 years of camp to send this to but if you haven't got a copy stop by the 4-H office or call us and we will mail you one. Don't Forget! Camp registration opens May 1st for the Culture Camp and Warm Springs Hiking Camps. We have camp registrations right now for the Tri-County Camps. May 30th is the deadline for parents to sign up kids for the Crystal Springs Nature Camps. The cost is \$90 for this camp, but only requires \$45 upfront. Also, the 4-H program has some scholarship monies from last year to help out but parents or kids have to come in and apply for these in person. Campers who have not attended before will be given first consideration. There is still room in Whitewater Rafting and Know Your Indian Government. Sign-up today at the 4-H office-come by and see us at 1110 Wasco Street in the Education Building (or Old Boys Dorm).

## Conflict can be a motivation for change & growth

by Arlene Boileau

Person-centered planning (a.k.a. personal futures planning) is a tremendous and creative process, but lets face it, it often creates conflict.

There are some common myths about conflict: Conflict is negative, and therefore it should be avoided! Conflict means a contest, contest is competition and we are not competitive. On the other hand, conflict just is! Conflict can be considered the creative tension that is present during transition. In this way, a process such as person-center planning, when done well, will almost always produce conflict: Conflict can be a motivation for change. Conflict is information. Conflict can be seen as "the way of blending energy"

Some suggestions for dealing effectively with Conflict, or perceived conflict, follows: Am I willing to let go of my ego's need to fight back? Can I see conflict as dances of energy? Do I choose to be centered? Do I recognize the connection created by conflict? Do I recognize the power of acceptance? Can I let go of my fear of being vulnerable and sometimes, not knowing? Can I let go of the need to be perfect? When I am willing to risk being wrong, I can explore my potential. Do I think inquiry, versus response? Am I willing to understand? Am I willing to change? move from a point of view, to a viewing point? Am I open to possibilities to changing my reality? When you think of the lack of conflict being synonymous with stagnation that alone can be a catalyst for change. What comes to mind when you think of things

that are stagnate? 1) Bodies of water with no outlet (s); 2) certain fundamentalist religions; 3) Federal government; and 4) cesspools to mention a few. There are many benefits to conflict. Take a look at some of them. If we allow ourselves, these can be potential areas of growth: Conflict calls attention to problems which require change. Conflict clears the air of "hidden agendas". Conflict stimulates interest and motivation. Conflict can produce superior solutions, more comprehensive views, different insights and perspectives. Conflict provides exchange of important information where do we stand with each other-what really is important to us. Conflict improves learning about self, others social system, culture, etc. Conflict leads to more authentic human relationship, feelings meanings, expression of ideas. When was the last time that you experienced conflict? Or creative tension, in your own life? What are your observation? How did you react? An example of conflict that can a potential benefit: a woman in her 30's was working at a mundane job requiring very little, if any stimulation. The woman was uncooperative and unmotivated to go to her job. When she had drawn enough attention to herself in her present job, the "system" took note and decided to listen to her along with a group of her friends and supporters. At that meeting, the woman shared with the group that she really wanted to work in an office like her friend. She wanted to answer the phone, make copies, look nice, and meet new people. As a result of the conflict and the meeting that resulted,

the woman is enrolled in a training program to work in a office and is receiving the support she needs to perform her duties. Her morale is high and she is making improvements daily in her office placement. This woman and the people who supported her could have allowed themselves to be limited by conflict. They could have tied to solve this with out the woman present: they could have spent their time trying to figure out ways to keep her at her present job; or they could have figure that she was behaving this way because it is just who she is. When we allow ourselves to be limited by conflict: can divert energy from the real task it can destroy morale. It can polarize individuals and groups. It can deepen difference. It can obstruct cooperative action. It can produce irresponsible behavior. It can create suspicion and distrust. It can decrease productivity. (By Ron Spoelstra Oregon Technical Assistance Corporation, Salem, OR)

## Seminar set

Dr. Ed Houghton, Assistant Director of the Horse Racing Forensics Laboratory in Newmarket, England, will be visiting Oregon the end of April. He and Don Holtan, OSU horse specialist have done collaborative research on steroids in pregnant mares and newborn foals.

Dr. Houghton will give a seminar April 27 on drugs and drug testing in race horses. It will be held on the OSU campus, Magruder Hall 102 at 3:30 p.m.

## STOCKMAN'S ROUNDUP: Make feed changes gradual



by Bob Pawelek  
OSU Livestock Agent

Given the opportunity to free access, most horses will often consume too much grain. This causes digestive upset. The most common problem with overeating is the consumption of too much starch in a single feeding. Grains

vary in the amount of starch. For example, corn has much more starch per pound than oats.

### Feed tags help

Knowing the energy concentration of your grain mix will assist in determining the amount of a ration that is needed to supply energy needs. Generally, the higher the fiber content, the lower the digestible energy content, so crude fiber estimates on feed tags provide some information. Additionally, added-fat feeds will raise or maintain the energy level of feeds while reducing the amount of starch.

Changes in the intake level and the physical form of rations should be done gradually over several days to weeks. This practice allows the digestive tract time to adapt to different levels and physical forms of nutrients, and is especially important when feeding en-

ergy-dense rations. As such, grain amounts should be increased incrementally when changes in management require an immediate need for more energy. For example, increase grain one-half pound every two to three days until energy balance is met.

For similar reasons, introduce horses to pastures with large amounts of lush forages by limiting access for several days.

### Group feeding

Competition among horses in group-fed situations may allow some horses to consume more feed than needed, while others are not allowed access to enough. To reduce competition between horses, group-housed horses should be fed grain in individual feeders that are spread out over a large area, say 50 feet between feeders.

One should also consider slowing the rate of intake by reducing

the desire to eat. This may reduce competition. As such, supplementing pastures with free choice hay in times of limited forage production may slow the rate of intake of grain because the horses may not be as hungry at meal time.

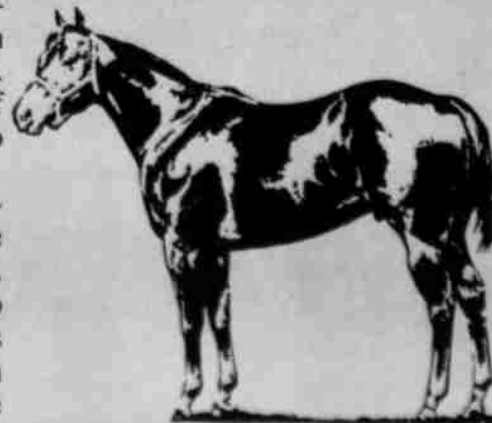
### When to feed

In many ways, the horse's digestive physiology is best suited for a continuous, low level supply of feed. However, for management, housing and production needs, most horses are meal-fed. Meal-feeding large amounts of starch increases starch bypass into the cecum and colon.

Large amounts of starch presented to the hindgut increases the frequency of digestive upset. Therefore, it is recommended to split grain into two daily feedings when the daily amount of grain exceeds 0.5% body weight (five pounds grain per 1000 pound

horse).

Those feeding grain to horses at levels of or above 1% of body weight per day should consider splitting amounts into three portions per day. Meal feedings should be separated as much as possible, i.e. 10 to 12 hours between a.m. and p.m. feedings for two daily meals.



## My Favorite Recipe corner

### Beef Stroganoff

by Sara Thomas, MS, RD/LD  
Warm Springs Health & Wellness Center  
Ingredients:  
12-16oz dry wide noodles  
1 lb. extra lean ground beef or cubes of lean beef stew meat  
1 cup chopped onion  
2 cans lowfat Cream of Mushroom Soup (Campbell's Healthy Request)  
2 cups (16 oz) nonfat plain yogurt or nonfat sour cream  
1 teaspoon garlic powder or 1 minced garlic clove

### Directions:

1. Put a pot of water on to boil.

Start cooking noodles.

2. Brown the ground beef and onions in a nonstick pan until cooked through.

3. Put beef and onions into a strainer and rinse with hot water to remove excess fat. Rinse the pan with hot water as well. This rinsing will remove about half of the fat. Return the meat and onions to the pan.

4. Add soup, yogurt and garlic to beef and onions. Heat through (don't boil) then serve over 1 cup of noodles per person. This recipe also works well with leftover roast beef.

# MAY

## Garden hints from your OSU Extension Agent

- Leafrolling worms will affect apples and blueberries. Prune off affected leaves and spray with pesticides or place pheromone traps.
- Trap moles and gophers as new mounds appear.
- Control spittle bugs and aphids in strawberries and ornamentals, if present; wash off or spray and dust as necessary.
- Fertilize rhododendrons and azaleas; remove spent blossoms.
- Plant chrysanthemums for fall color.
- Plant dahlias.
- Control cabbage worms in cabbage and cauliflower; 12-spotted cucumber beetle in beans and lettuce; maggot in radishes. Control can involve hand removal, placing barrier screen over newly planted rows, or spraying or dusting with appropriate materials.
- Spray cherries, plums, peaches, and apricots for brown rot blossom blight.
- Control aphids with pesticides, or by washing, removal by hand, or by promoting natural predators.
- Tiny holes in foliage and shiny, black beetles on tomato, beets, radishes, and potato indicate flea beetle attack. Spray with Sevin, Biosafe, or other registered pesticides.
- Fertilize roses and control rose diseases such as mildew with a registered fungicide.
- Prevent root maggots when planting cabbage family, onions, and carrots, by covering with row covers, screens, or by applying appropriate pesticides.
- Control slugs with bait or traps, or by removing or mowing vegetation near garden plots.
- Control moles and gophers with traps or bait.
- Place pheromone traps in apple trees to detect presence of codling moth. Plan a control program of sprays, baits, or predators when moths are found.
- Plant these vegetables (dates vary locally; check with local gardeners):

**Oregon coast:** snap beans, broccoli, Brussels sprouts, cantaloupes, pickling cucumbers, dill, kale, parsnips, peppers, pumpkins, summer and winter squash, sweet corn, tomatoes.

**Western Oregon:** mid-May, transplant tomato and pepper seedlings.

**Western valleys, Portland, Roseburg, Medford:** snap and lima beans, Brussels sprouts, cantaloupes, slicing and pickling cucumbers, dill, eggplant, kale, peppers, pumpkins, summer and winter squash, onions, potatoes, tomatoes, watermelon.

**Lower elevations, eastern Oregon (dates vary widely):** snap and lima beans, beets, celery, sweet corn, slicing and pickling cucumbers, dill, kale, kohlrabi, onions, parsley, parsnips, peppers, white potatoes, pumpkins, summer and winter squash, tomatoes.

**High elevations, central and eastern Oregon:** prepare garden soil for spring planting.

**Central Oregon and higher elevations of eastern Oregon:** early May—onions; mid-May to late May—beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, chives, endive, spinach; mid-May to early June—dill, kale, kohlrabi, parsley, parsnips, potatoes; late May to early June—snap beans, sweet corn, cucumbers, peppers, pumpkins, summer squash, tomatoes.

**Columbia and Snake River valleys, Ontario:** cantaloupes, dill, eggplant, kale, okra, peppers, sweet potatoes, tomatoes, watermelon.



OREGON STATE UNIVERSITY EXTENSION SERVICE

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## Meeting to be held April 29, at noon

All Warm Springs farmers and ranchers are invited meet the state director of USDA Farm Service Agency, Jack Sainsbury.

A meeting will be held on Wednesday, April 29 at noon in the 1st Floor Training Room at the Education Cen-

ter.

Sainsbury will be available for questions regarding recent changes within the agency, and will also comment on the availability of farm loans to tribal members. Please RSVP by calling the OSU Extension office, 553/3238.