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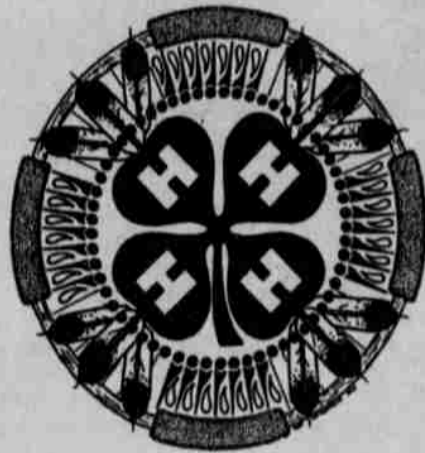
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

The 4-H Culture Enrichment Camp at Peter's Pasture is gearing up as the 4-H office is rolling along the timeline to get everything done in time for camp. Culture Camp registration now is open for campers to sign up. The work now includes planning the menu for our camp. Lillian January from the Indian Health Service has been meeting with us to help reduce the amount of fat in our camp diet. Some of the changes include switching to turkey ham from bacon, cutting out chips and fried bread. Other work in May includes developing the Camp Counselor training for July. We need people to work at camp. The 4-H program will be hiring people and those who are interested need to come in and talk with 4-H Agent Arlene Bile.



be held June 30th.

The 4-H office wants to increase the number of Warm Springs kids participating in the Jefferson County Fair. We would like to do this in the Indian Exhibits area. To do this, we want to get teachers who can teach an Indian skill in 3-6 weeks that children can exhibit at Fair. The 4-H office is also looking at developing a local Indian Skills contest for this fall. If this concept interests you or you want to have some input into how the contest will be designed come in and talk with us.

That's all for this time from the 4-H office.

**Home remedies a good place to start for simple solutions**

by Diane Bohle  
O.S.U. Extension

Home remedies are often the best place to start when looking for a solution to a problem. The following home remedies are tips from various Old House Journals (OHJ). These home remedies rely on non-toxic ingredients commonly found in kitchen cupboards.

**Cat Odors be Gone**

The "essence of cat" is one of the most difficult odors to remove from a house. While commercial preparations may work best, there are home remedies which are affordable, convenient alternatives. Vinegar takes first place as the most sworn-by home remedy for removing cat odors. Straight, undiluted white vinegar sprayed on the offending spot with a mister, takes away the odor. Thoroughly wet the area, using three or four applications of vinegar, letting the spot dry in between. Vinegar is effective on wood, concrete, and carpeting. The vinegar, being an organic acid, won't leach or deteriorate wood cells. It is important to color-test carpet or fabric in an inconspicuous place for color fastness before applying vinegar on carpet or fabric. A textile is colorfast if its dye does not run or bleed.

Another home remedy for cat odors begins with closing off the smelly room and placing a large pan of ammonia in the room for one day. The next day, replace the ammonia pan with a pan of vinegar for one day. Alternate ammonia and vinegar until the odor disappears. Do NOT apply the ammonia or vinegar directly to the stained area. While vinegar might make odors dis-

appear as far as our human noses can tell, the cat may know where to repeat the crime. The advantage of commercial preparations may be in their ability to neutralize the odor so that not even the animal recognizes it. Edited from Old House Journal, March 1980

**Removing Wallpaper**

Removing wallpaper is a time consuming, messy task at best. One tip is to use a clean sprayer filled with hot water and vinegar, giving the wall a fine spray by adjusting the nozzle. Wait for awhile and then scrape it off with a wide putty knife.

Edited from Old House Journal, September 1982

**Rust-buster remedies**

OHJ suggests two home remedies using vinegar, cream of tartar, and hydrogen peroxide for removing rust, especially in bathtubs. First, form a paste by mixing small, equal amounts of cream of tartar and hydrogen peroxide. Let the paste sit on the stain for a few hours or overnight. Rinse the next morning with warm water. This paste will also brighten brass fixtures like bathtub sink plugs. Interestingly, cream of tartar has a long history as a versatile product. When wine is aged in wooden casks, tartaric acid gathers on the walls of the cask. This white powder tastes very sour and is often used to add tartness in cooking. Cream of tartar can also be used to stabilize delicate foods such as meringue toppings. Cream of tartar can also be used to clean cookware, as it reduces discoloration of pan bottoms. Another home remedy for removing rust in a bathtub

begins with laying three or four sheets of paper towels saturated with white vinegar over the stain. Let the towels stand for three to four hours or overnight. Rinse with warm water.

Edited from Old House Journal, August-September, 1985—Words on Windows

**Get Window Blinds Car Wash Clean**

There is an easy way to clean the dust and dirt that has collected on window blinds. Load the blinds into a pick up truck and drive it into a self-service car wash. Unload the blinds and stand them upright on either side of the truck. First, use the warm water cycle, then the soap cycle, and finally the cold rinse water to remove the detergent residue. Be sure to monitor how close the spray wand gets to the blinds, as too much force may bend the blinds. Let the blinds dry at home in the sun. The estimated cost of cleaning a truck load of blinds is about eight to twelve quarters. Consider taking a friend to turn the blinds as you spray, as the sprayers generally operate on a timer.

Edited from Old House Journal, October, 1984

**Window Treatments as "Moveable Insulation"**

Summer in Central Oregon guarantees hot days and cool nights. Windows are often the key to keeping your home at a comfortable temperature. Curtains and shades are the perfect "moveable insulation" to block sunlight (heat) in sunny windows on summer days, and to block conduction and convection (heat losses) on cool nights. Curtains or drapes can easily be turned into high-performance insulation by sealing them at the bottom of the window opening. Adding lead weight or sandbags in the hem or velcro strips on the curtain hem and mated to the corresponding window will help seal the curtain to the bottom of the window opening. Sealing the curtain to the windows in this manner makes the windows more energy efficient. These "moveable" methods allow you to easily open drapes to let in breezes as needed. Another energy option is to make a window quilt. Window quilts are made by stapling layered quilted material to a frame that fits into the window frame. The window quilt slows heat transfer by absorbing it in the multiple layers of quilted material and fiber-fill. Moveable insulation is effective, saves energy, and it is easily adapted to different seasons, window shapes, and tastes.

Edited from Old House Journal, April, 1982

**Wrap it up!**

**Garden Wrap**

A garden wrap is a flavorful sandwich made with rice and garden vegetables in a warm tortilla. They have become the rage across the country. These wraps are filling, economical and easy to make. Teenagers will enjoy fixing wraps for the entire family. Experiment and come up with your own variations!

**Ingredients:**

- 1 cup cooked brown rice (\*make with 1/3 cup rice and 2/3 cup water)
- 2 Tbsp. balsamic vinegar (\*ok to substitute red wine vinegar)
- 1/2 t. each: garlic powder, dried oregano, lime juice
- 1 cup each (chopped): tomato, zucchini, yellow squash, bell pepper
- dash of hot pepper
- 4-8 fat free tortillas, warmed in the oven

**Directions:**

Pre-heat broiler. Spread veggies on a cookie tray and broil until browned about 12-15 minutes. Combine veggies with cooked rice, seasonings, vinegar, and pepper sauce. Spoon one cup of the filling down the center of each tortilla and roll up. When rolling tuck in the sides around the rice filling. The wrap should resemble a very fat burrito or overstuffed envelope.

Serving size 1 wrap (10 ounces); Servings per recipe 4

Nutrition: Calories 180. Calories from Fat: 10 Daily Value Total Fat Saturated Fat Cholesterol

Sodium 0mg 8% Total Carbohydrates 37g 12% Dietary Fiber 10g 40% Sugars 7g Vitam A 10% Vitamin C 110% Iron 6% Diabetic Exchange: 2 bread, 1 vegetable

From: Crook County "Home Front", May 1998

**Do you have a seriously ill child?**

**Social support must meet needs of family members**

Do you know someone who has a seriously ill child? Serious childhood illnesses pose multiple emotional, physical, and financial demands on the entire family. Normal, daily life is altered due to the child's illness and treatment requirements. Parents often require additional help from kin, friends, and professionals. Often strangers and communities become involved in making the life of the family easier in dozens of ways. Social support is an important resource that helps parents cope with the demands of a sick child. In Holly Ann Williams' study of parents with children with cancer she learned that the parents are willing to accept social support, but that they also have a desire or need to give back or reciprocate support at a later time. Williams learned that these parents' feelings cut across gender, race, and socioeconomic distinctions.

Effective social support must meet the needs of the family by decreasing the demands placed on the parent, increasing resources, or altering the consequences of failing to manage such demands. Social support comes from people who have ties with the parents and child. Different kinds of social ties often means different kinds of social support. Social support is not helpful when it serves to undermine self-esteem or family functioning. For example, if support is expected to be paid back within a particular time, then the social relationship may become strained. Strained relationships may prevent those parents in need of help from seeking help or accepting offered support.

In caring for an ill child, expenses may exceed the families budget. The family must deal with unexpected emergencies, and must plan their lives around a series of in-patient hospitalizations and clinic visits. The family may have to travel to obtain care or treatment at a regional clinic or hospital. While the cost of medical treatment is steep, travel costs, room costs, and car repair costs are also expensive. In addition, there are often many forgotten costs that also cause worry and

stress for the parents. Buying meals at a clinic or hospital for family members and the ill child can be very expensive. Even small snacks, coffee and sodas purchased at the clinic can add up. Clinic visits also mean paying for gas and parking. After clinic visits, many parents spend money on treats or entertainment for the child and their siblings in an effort to lessen the strain of the day on the children.

Social support can take many forms, from a comforting shoulder to cry on to new tires for a car in order to drive back and forth to the medical center. Parents often need such things as meals prepared and waiting for them after exhausting day-long visits. Parents often manage better when they can rely on someone to pick up siblings from school and activities, or depend upon a friend or relative to stay with the sick child while the parent takes a walk or eats dinner.

Communities often provide financial relief by sponsoring fundraisers, raffles, or dinners to help cover the unexpected financial costs of a sick child. Other important forms of social support provided to parents by kin, friends, or neighbors can be in the form of babysitting, meal preparation, or buying food and clothing. Offering to do daily maintenance chores such as laundry, yardwork, or pet-care are ways to help the family function during this crisis. Often co-workers can give or gift parents their unused sick days or vacation time to help ease the financial impact of missing work.

Emotional support is often the most critical kind of support needed by the parents, at the crisis stage, during periods of hospitalization, and during the times their children were well and at home. Emotional support can be provided by a wide variety of individuals, including kin, other parents of ill children, neighbors, friends, church members, co-workers, and teachers. Parents often commented over and over to Williams how useful it was to be able to "just sit and talk, to cry on someone's shoulder, to have someone

listen."

In most situations, social support to parents with an ill child is given freely and without expectation of return or repayment. This type of communal giving is often an unspoken, but important part of being a family member, a friend, or part of a community. A child with a serious illness strips away from parents, family members and others the sense of being able to control life events. Providing support gives the family and community a chance to help in a situation in which they otherwise could do little. Everyone who helps a child feels good.

Parents who receive social support while their child is ill generally want to "give back" or repay social support they received. The difference is that they do not always feel a need to actively give back support to the kin, friends, neighbors, or co-workers that supported them. Their feeling was that they helped others all the time, and gave back equally. Many parents echoed one mother's sentiments who said that "I know at some time it will balance out." The strongest need voiced by parents was "...to be there when they (people who gave them support) need me."

Many parents wanted to help other parents faced with a similar situation. This type of "giving back" or reciprocity is like a ladder, with someone who has been helped on one stair, giving help to another person in need on the next step. This method of returning social support strengthens the mutual interdependency of people in several ways. Importantly, it allows parents in crisis to accept support. It also provides an opportunity for those parents who have had a seriously ill child the opportunity to give support to other parents with a seriously ill child. It also allows people to "be there" for each other in ways that support the well-being of the entire family.

Edited from: "No Free Gifts! Social Support and the Need for Reciprocity" By: Holly Ann Williams Human Organization, Vol. 54, No. 4, 1995

**STOCKMAN'S ROUNDUP: Calving season**



by Bob Pawelek  
OSU Livestock Agent

How often have you stood staring at the grocer's meat case wondering whether or not to spend that ten bucks on a good steak? Most often, you're probably satisfied with your purchase.

Beef quality, or lack thereof, is a hot topic. Take the April 7, 1997 issue of Newsweek, for instance. An article in that magazine took a disparaging view of beef's future. In it, Robert J. Samuelson wrote, "...our steak isn't very good. Or, at least, it's not good enough.

It's not tasty enough, tender enough or convenient enough-and predictably so-to make us buy it.

Samuelson is not a cattleman. Nor is he a retailer. He is a former Washington Post reporter who now writes an economic column for Newsweek. In his opinion (which Newsweek shared with hundreds of thousands of consumers around the world), cattle raisers have failed to improve the overall quality of their product because the industry is too splintered.

Samuelson said variable quality is the main cause for beef's disfavor in America's changing diet. This article reinforces two major issues for the beef industry-one, the negative impact on consumption of beef as a result of quality variances and inconsistencies, and two, the need to get serious about changing the packer purchase of livestock to a grade and yield system. National Cattlemen's Beef Association figures mirror some effects of that failure. From beef's 55 percent share of the market in 1975, NCBA estimates that beef will hold only 25 percent of the market in 2005 if changes are not made. In other words, beef's market share will have dropped 50 percent in the span of three decades. The beef industry's image will probably not improve until producers receive a profit for making positive changes. Although the industry has talked

for years about paying premium prices for excellent carcasses and discounting poor carcasses, nothing yet has been done for the rank-and-file cattle producer. So, perhaps the industry is too splintered. Branded beef products may help to unite the beef industry. NCBA's goal is to have managers of commodity beef operations gear their programs as if they were producing for a brand name. The producers would not generate a specific product; rather they would use existing technology to increase quality and consistency to give consumers a great beef experience every time.

Such beef products probably would carry a trademark. It would enable consumers to identify those beef products generated through the extra care. They would carry a higher price tag, and the objective would be to send these profits back through the chain to reward cattlemen who subscribe to the initiative. Consider another commodity-cotton. Through improvement of cotton products and a massive television campaign that carries the line, "the fabric of our lives," cotton producers have experienced their highest market share in 30 years, from 34% when the campaign started to 60% last year. The beef symbol/trademark is under consideration now by NCBA staff for use by each segment of the industry from cow-calf producers to feeders, packers, processors and

retailers. Television ads will carry the beef symbol so that over time, consumers and retailers will identify it with beef products. The effort is similar to what Cotton Inc. did with its symbol. In 1999, the industry will evaluate and refine the program. By 2000, it should be ready to roll out nationwide.

In Nebraska, they're taking a different approach. The Nebraska Cattlemen's Association will soon be producing Nebraska Corn Fed Beef, a real brand name. Interested cattle producers attend training to become certified NCFB producers. To become certified, producers have to be members of the association, and keep and present accurate records to the association on cattle enrolled in the program. NCFB has many specifications, including: No discernible dairy or Bos indicus (Brahman) influence.—Cattle must be fed at least 90 days on a high-concentrate corn based ration. Hot carcass weight of 575 to 900 pounds. These two attempts at branded products indicate different ways the industry can send economic signals back to producers who generate the kind of products that consumers want. This is a step in the right direction. No one benefits from a doubtful discussions of beef's quality spread in national magazines. The beef industry is working to deliver a consistent product that is tasty enough, tender enough, and predictably convenient enough to be happy about the ten bucks we spend on a good steak.

**Be fire safe!**

\*Install a smoke detector. Change the batteries annually and test it often.

\*Have a fire extinguisher nearby.

\*Do not wear loose garments while cooking that could ignite if brushed against a hot surface.

\*Do not use a towel or bulky cloth that could catch on fire as a substitute for a potholder.

\*Make sure potholders are dry. Moist potholders could result in steam burns.

\*Turn pothandles inward, but not over other surface units. This will reduce the chance of spills.

\*Clean up grease spills immediately. Grease is highly flammable.

From: Tips and trends from the Soap and Detergent Association. The hotline is staffed by certified Lane County Mater Food Preservers and Extension faculty in the College of Home Economics and Education at Oregon State University.

**Applicants recruited**

Higher Education Applicants Recruited for Natural Resource Degree

Individuals who have graduated from high school or received their GED and want to take higher education courses with a focus in natural resources need to call the OSU Extension Office at 553-3238 and sign up for a visit with counselors on May 11th at the Educational Service Building (old boys dorm). Course work will be taught in the Warm Springs Community. Counselors will work with prospective students and review their education goals, skills, and any course work since high school. From this session and other need assessments higher education courses will be developed and taught at Warm Springs to specifically meet resource management needs at Warm Springs. Classes will focus on remedial courses to give students skills for college courses, lower division and upper division classes that lead to specific skill certificates and Associate of Arts and Bachelor of Science degrees.

Classes will be delivered in various formats: visiting professors, distance education through microwave or satellite, videos, Internet and CD ROM's. Some courses will be self guided while others will be taught the evenings, weekends or during the week.

The Natural Resource degree program is designed for individuals who are place and/or job bound and have desire to continue their skill development and education. It is a cooperative effort between the Education and Natural Resource Branches, Central Oregon Community College and Oregon State University. For additional information contact Clint Jacks at 475-3808.