



Arlene Boileau
4-H & Youth

Bob Pawelek
Livestock

Clint Jacks
Staff Chair, Madras

Deanie Johnson
Secretary

Bernadette Handley
Home Economics

Zack delNero
Natural Resources

Sue Ryan
4-H Assistant

(503) 553-3238

Internet Address: http://www.orst.edu/dept/wsect

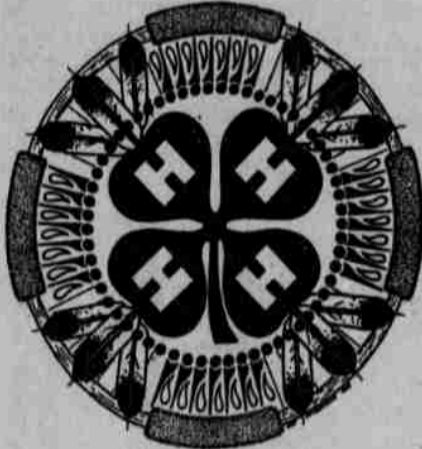
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

The 4-H program has stopped using the Oregon Hunter Education Manual. The Oregon De-



partment of Fish and Wildlife produces this guide and are no longer allowing 4-H to use it. This project area was mentioned a few issues back as a possible topic for a science fair project.

The Community Wellness Center will host its annual Halloween Carnival on October starting at 6:30 p.m. Stop by the

4-H Gypsy booth to have your fortune told! This year the 4-H Gypsies will be charging one cent to 25 cents per fortune telling. The money will be for Warm Springs Elementary to buy school supplies for children in need.

That's all the 4-H news for now. Here are some common sense tips for Halloween Trick or Treating, courtesy of the Clemson University Cooperative Extension Service in North Carolina.

Costumes Be sure your costume is NOT too long. You don't want to be tripping over it.

If you wear a mask, be sure you can see out of it clearly

Consider using FACE PAINT instead of a mask, because you will be able to see better.

It is a good idea to wear clothing with reflective tape.

Carry a white bag for your candy or a bag with reflective tape on it.

Trick or Treating Be sure your parents know where you are going.

Take along a couple of quarters for emergency phone calls.

Go with a group of 3 or more people.

If you feel unsafe, take along an adult. Do NOT ride a bicycle. Your costume could get hung up in it.

Carry a Flash Light. Walk on a sidewalk.

If a sidewalk is not available, walk on the left side of the road facing traffic.

Cross busy streets at an intersection or cross walk

Be sure to look both ways (2 times) before crossing the street.

Walk, don't run. Take off your mask while walking from house to house.

Stay away from Parked Cars. Be very cautious of STANGERS.

Only stop by houses that have their front porch light on.

Accept treats only in the doorway. NEVER go into the house.

Always say "THANK-YOU" Back Home

Let your parents check your treats before you eat them.

NEVER eat unwrapped candy, opened candy or fruit given to you on Halloween.

Then DO NOT eat too much, or you may get a stomach ache.

ALWAYS USE GOOD COMMON SENSE

Natural Resource notables

by Zach del Nero, Natural Resources Agent

It's the Land, Stupid!

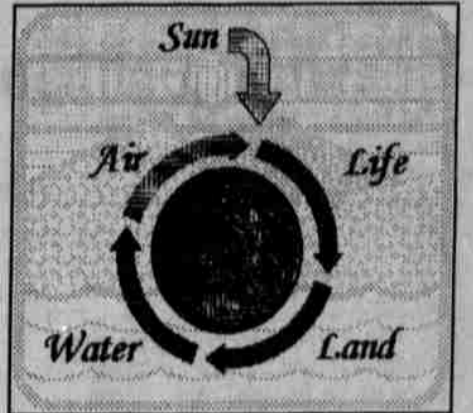
The following is a summary of the article "It's the Land, Stupid," originally published in the October 1998 Indian Ag Link by the Intertribal Agriculture Council.

In 1998, Tribal government and Indian communities are under attack again. A review of history shows only one underlying issue in all the efforts of the US Government to displace Indian people: a desire to take the land.

Over 200 years ago, when the English colonies decided to cut their ties with England and acquire the holdings of the other European powers, a fundamental change in the relationship with Indians took place. This can be attributed to a change in purpose for the new United States: the colonies held as their primary function the gathering and exporting of the wealth of the country, whereas the US has as its primary purpose the occupation and "settlement" of its territories.

The observable federal policy toward Native Americans, which emerged early and continues today, is one of seizing and occupying the most productive land. Indians had occupied the continent since the beginning, with unlimited time to find and occupy the most productive land with the best climate, water, transportation routes, and most readily available resources. Naturally, these were the

places where Tribes settled and built villages and towns and cultivated crops. Unfortunately, these lands were also most coveted by the new American "settlers."



This overriding policy has been the defining element in the relationship between the Tribes and the US Government, and the major destructive force for Native American agriculture.

The period of forced removal, treaty "re-negotiation," reservation reduction, and seizure of Native lands is well documented and need not be repeated here. What is important is that as the methods changed from forced marches and cavalry action, to allotment and sale, to unilateral changes in treaty boundaries, to condemnation for dams and national parks, to forced negotiated agreements for national heritage and monument sites, to foreclosure processes, to today's efforts to remove reservation lands from Tribal jurisdiction, there has always been one purpose: To Take The Land.

In the modern world there are more ways to take the land than there used to be. The issue now is more one of whom has control than who has ownership. Long-term or perpetual easements, use agreements, and especially leases all grant control of the land to someone other than the owner. Extreme care must be taken in fashioning such agreements so as to protect, absolutely, the Tribes' control over the land. When the real issue is protecting the remaining land base there can be no acceptable negotiation. You cannot lose "a little bit" of land - you simply lose.

Let's make a banner and put it in all our offices in Washington, Tribal Agencies and any other place where the Indian people discuss Indian issues. Let us print on that banner: "It's the Land Stupid."

HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent



Depression is not just "The Blues"

Researchers have known for some time that depression is related to age. It is more widespread among younger and older adults than among middle-aged adults.

We also know that changes in marriage, employment, and economic well being affect depression, and that women have higher levels of depression than men.

According to a study by John Mirowsky, a sociologist at Ohio State University, important differences in the incidence of depression between women and men emerge at different ages across the life span. Women are more depressed than men are at all ages. The gap is smallest in the twenties, grows in the thirties and peaks in the mid-sixties. Mirowsky attributes about half the gender gap in depression to marital problems, employment status, childcare strains and economic hardships.

Depression can catch people unaware, especially at holiday time, according to Sally Bowman, OSU Extension family development specialist. "Depression is not just 'feeling blue' or feeling sad that your deceased mother can't be present during the holidays. Depression is a medi-

cal illness that is treatable."

It is caused by a variety of factors. Symptoms include: loss of interest in things you used to enjoy, such as music or sports, feelings of sadness, changed in eating or sleeping patterns and loss of energy. A combination of these symptoms persists nearly every day, all day, for at least two weeks.

"If you have or someone you are close to has these symptoms, medical evaluation is important because depressive symptoms can be treated. Sometimes people experience a few mild but chronic symptoms. These can also be treated and help keep the depression from becoming more severe."

Help is available for a variety of sources: 1) your family physical or health care provider; 2) the local health department of community clinics; 3) some university medical centers; or 4) a national health group. For more information, you might want to contact: National Foundation for Depressive Illness, Inc. (1-800-248-4344) or National Mental Health Association (1-800-969-6642).

-Edited from NewsTips, OSU Extension, Oct/Nov 1997

Skeletons aren't just for Halloween

Although we associate skeletons with Halloween, the bones that make up our skeletons need strengthening every day of the year. Halloween serves as a reminder that parents can make an important investment in their family's health, especially the health of their children. "Simply follow these quick and easy steps to take care of your bones by eating the right foods. These choices not only help to strengthen the bones of your children but yours as well" say Ellen Schuster, OSU Extension nutrition and foods specialist.

First, eat foods containing calcium at family meals and snacks. If young children and teens see their parents eating foods with calcium, they are more likely to eat them, too. High calcium foods include: low fat or skim milk, yogurt, cheese and cottage cheese; broccoli; canned fish with edible bones, such as sardines and salmon; greens such as kale, turnip and bok choy; tofu made with calcium; beans; calcium-fortified foods such as cereal and orange juice.

Second, eat a varied diet with foods from all food groups and encourage children to do the same. Foods other than dairy products have calcium in them. Breads and cereals have small amounts of calcium that add up if you eat the recommended 6-11 servings each day.

Calcium-fortified cereals have even more calcium in them.

Tips for Increasing Calcium in your diet

- *serve calcium-fortified cereal and milk or hot cooked cereal made with milk
*drink calcium-fortified orange juice
*sprinkle shredded low fat cheese on a salad
*choose cream soups at meals
*snack on plain broccoli
*use yogurt as a dip
*stir fry tofu with broccoli
*make meat loaf with added calcium (add 6 Tablespoons non-fat dry milk powder for each pound of meat)
*serve custard or pudding (add 3 Tablespoons non-fat dry milk powder to each cup of milk) for dessert
*whip up a shake of yogurt or milk and fruit or calcium-fortified orange juice.

So...think about increasing the calcium in your family's diet on Halloween and every day for the year. You and your children's skeletons will thank you for it.

-edited from NewsTips, OSU Extension, Oct/Nov 1997

Sun dried lumber possible even in winter

Oregonians can easily harness enough of the sun's energy to dry lumber in about four or five weeks, though it might take a little longer during a typical western Oregon December, says an Oregon State University professor.

Using natural gas or electricity for conventional lumber drying can cost \$25 to \$75 per 1,000 yard feet.

The only cost of using a solar kiln is the electricity for the fans.

Jim Reeb, a wood products specialist with the OSU Extension Service, built a trailer-mounted solar kiln so he could experiment with drying wood in various areas of the state. So far he's dried myrtle wood in Corvallis and western juniper in Klamath Falls.

"Certainly on the east side of the state

during the summer months you could air dry lumber as fast or faster than in a solar kiln," Reeb said. "However, drying lumber too quickly can cause drying defects such as cracking and splitting. In addition, exposure to the elements can discolor the wood."

So even in areas where sunshine isn't an issue, a solar kiln may help prevent the weathering and drying defects that can result from air drying, he said. Reeb said that the prototype solar kiln OSU built was relatively small so it could be moved on a trailer. It can accommodate about 800 to 1,000 board feet with a maximum length of 18 feet per board. To make the kiln stationary, it might need to be larger to accommodate more wood, he said.

The OSU Extension specialist added that his design used Plexiglas to make the kiln

more durable during moves. But small woodlots could save money and dry more efficiently by using old glass windows.

The solar kiln includes an insulated box with fans to help circulate the air. Woodlot owners not wanting to build one themselves can purchase commercial solar kilns for \$8,000 to \$10,000, according to Reeb. Some can accommodate as much as 10,000 board feet per load.

A general guideline for installing the solar collector part of the kiln for optimum drying during the summer is to make the slope of the collector about the same as your geographical latitude. By increasing the slope by 10 degrees, you can increase the drying efficiency during the winter, while only slightly decreasing the summer efficiency, Reeb said.

Reeb said people interested in building a solar kiln can call him to discuss the pros and cons of drying Oregon tree species. He can be reached at 541-737-4233.

We want you!!!

If you have a special skill to share with a child, then we are asking you to be a 4-H Leader!

There are many children that would love to learn, but no one to teach them. Please make a happy memory by becoming a 4-H leader.

Call Arlene or Sue at the OSU Ext. office at 553-3238

4-H Horse Club needs leader

Horses and kids are a great match. What makes the combination even better is an adult leader who cares about them. You can make the difference. Want to know more about what it takes to be a 4-H leader? Basic leader training sessions will be offered a few more times this year.

Upcoming 4-H Leader Instruction: Saturday, November 14th-10:30 a.m. Wednesday, November 18th-5:30 p.m. Saturday, December 12th-10:30 a.m. Wednesday, December 16th-5:30 p.m.

Adults interested in becoming 4-H Leaders can attend the training on one of these dates or call to make an appointment with Sue or Arlene. It's a good idea to come in before the training to do a sit-down visit with us. There is some minimal paperwork involved before you get started with your club.

Stop by the 4-H office at 1110 Wasco Street in the Education Center or call 553-3238.

STOCKMAN'S ROUNDUP: Developing a definite breeding & calving season



by Bob Pawelek OSU Livestock Agent

Many of the management techniques that I talk about are not very practical for some producers at Warm Springs. There are, however, several practices that are

available to everyone; practices that will influence calf crop numbers positively.

Every producer brings his/her cattle home for the winter. A plan to consider is to develop a tightened breeding season, the objective of which is to take advantage of the green grazing in the spring when cows are cycling good.

The brood cow has the need for a high level of energy during breeding to help her take. Pasture availability and consequently energy is usually at its highest during the spring and lowest during late fall and early winter. As a result, conception rates are highest in the spring.

With a definite calving season, slow breeders and open cows could also be identified and culled, which would result in an increased calf crop.

All things considered, conditions are more favorable for a greater calf crop when the cows are bred in the spring and early summer to calve in the late winter and early spring.

If a breeding season plan sounds like

a good idea to you, and it ought to, why not give me a call and we can touch on the concept in depth.

Always take a good look at what you're about to eat. It's not so important know what it is, but it's critical to know what it was

