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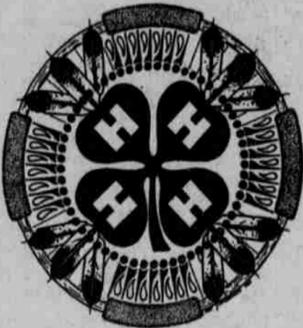
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

Our Spilyay time came up sooner than I expected! So, this issue I am bringing to you a lesson from the Minnesota Extension Service's Cloverbuds Discovery program. This project is meant for 6 to 8 year olds and is a fun one for the winter



months. The activities don't have to be done all at once, but can be done over a few weeks or months. Birdwatching is considered a Natural Resources activity.

**Facts to Know:**  
Group Size: Any  
Time Estimate: 1-2 hours  
Recommended Ages: 6-8  
Supplies Needed: Empty gallon-size plastic jug ( detergent or bleach jug), Scissors, Marking Pen, Wire, Glue, Rock or Stone, Food for Birds.

**Resources:** Bird Identification Book  
**Purpose:**  
To identify common characteristics of birds.

Acquaint children with bird habits. Gain appreciation of how birds are specially equipped to suit the way they live. Make bird feeders and learn other ways to help provide food for birds. Build self-esteem through successful experiences.

Encourage creativity.  
**Subject Background:**  
How many birds can you name? What are some things they all have in common?

You probably started by thinking that a bird is an animal with feathers. Feathers protect a bird's skin and help keep it warm. And most of us know every bird hatches from an egg. The eggs are kept warm by the father or mother bird. When young birds hatch out of eggs, they are usually fed by their parents. Here are some other bird facts: Birds...

have no teeth.  
grind their food in an organ called the gizzard.

have lungs and breathe air. are warm-blooded. have two wings and two feet. (Penguins have flippers instead of wings and cannot fly) build nests to hold their eggs and protect their young. vary in size from 3 inches (hummingbird) to 8 feet (ostrich). have hard beaks that they use to eat, take care of their babies, build nests, and protect themselves.

Each bird has the kind of feet best suited to its way of life. Their feet help them walk, hop, run, swim, climb and perch. Climbing feet are needed by birds such as woodpeckers and parrots. Webbed feet are needed for water birds such as ducks, gulls, storks, and geese. The feet of birds such as roadrunners and ostriches are made for running. Crows, chickens, turkeys and quail have feet designed for scratching in the soil for grains and seeds. Birds of prey like hawks, eagles, and owls have grasping feet with large, curved claws to hold or snatch mice, fish, toads and other food. Feet with one hind toe and three front toes help songbirds like wrens, sparrows, and robins perch on branches.

Birds make many different sounds. Many birds, such as sparrows and wrens, sing and chirp. Hens cluck, crows caw, and geese honk. Vultures grunt, swans hiss, doves coo, and owls hoot. Some birds stay in one area all year long. The bluejay, quail, cardinal, nuthatch, chickadee, English sparrow, and downy woodpecker are stay-at-home birds. Other birds are travelers. They migrate or move from one place to another when the seasons change. When the weather gets cold and food is harder to find, these birds fly to warmer areas. When spring comes, they return again to build nests. Some well known bird travelers are robins, Baltimore orioles, ruby-throated hummingbirds, and Canada

geese. Birds eat a wide variety of foods-nectar, seeds, nuts, insects, fish, and small animals. Birdfeeders attract birds to your yard. You can have hours of fun studying your bird guests...and help them survive at the same time!

**Things To Do:**  
-Using an empty, clean, gallon-size plastic jug, make a bird feeder to hang near trees or shrubs.

-Enlarge and draw the door pattern on a piece of heavy paper and cut it out.

-Trace the pattern two inches up from the bottom of one side of the jug. (See Figure 1.)  
-Carefully cut out the door. An adult may help.

-Make two small holes at the top of the jug just below the cap. Place the wire through the holes in the jug. Glue cap in place. (Figure 2.)

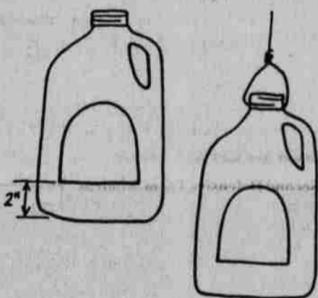
-Find a heavy, flat rock to add weight to the feeder. Clean the bottom of the rock and glue it to the inside of the feeder.

-Hang your feeder with the help of an adult or older friend. If possible, hang the feeder near trees or shrubs in a place away from the wind to keep the feeder from spilling. Tie the string or wire to a sturdy tree branch. The best food to place in your feeder are: bread crumbs, broken cookies, sunflower seeds, white millet, crackers.

-Follow these simple rules to safely bring birds close to your home:  
-Hang your feeder where cats cannot harm the birds and where squirrels cannot rob the feeder.

-In cold weather, once you begin feeding birds, you must continue to feed them each day. Why? Birds become dependent upon your feeder. If you do not keep a constant supply of food in the feeder, the birds could starve.

-Check your feeder daily to see if any food remains.



## Natural Resource notables

**Grazing Intensity: Critique and Approach**  
The following summary was originally published by Holechek, Gomes, Molinar, and Galt in the October 1998 issue of Rangelands.

How important is grazing intensity to rangeland health?

We believe many ranchers and range managers are probably confused because some range experts have written that grazing timing and/or frequency are of primary importance in grazing outcomes while others have emphasized grazing intensity. This issue has emerged as an important controversy in range management.

This controversy has created a serious dilemma for public range managers. Should they base their management around prescribed numbers of animals for prescribed periods of time for prescribed seasons or should they use flexible systems that continually attempt to keep animal numbers in balance with forage resources?

Basically, the case for use of grazing intensity as a primary tool in range management centers around 30 long term grazing management studies conducted at various locations in the United States and Canada. These studies generally show that financial returns from livestock production, trend in ecological condition, forage production, watershed status, and soil stability are all closely associated with grazing intensity.

We consider these studies the cornerstone of scientific range management, and hope that all ranchers and range managers would read at least the ones applicable to their area.

Various studies comparing the effects of continuous and rotation grazing systems on rangeland vegetation were reviewed and found that forage production was on average about 13% higher under rotation schemes.

However, a much greater increase (35%) occurred when heavy stocking was reduced to a moderate rate. Generally, rotation systems were most advantageous in terms of



improving vegetational composition and forage production in the more humid prairie ecosystems. However, they had limited or no benefit in the more arid range types.

Our consideration of the various grazing studies finds that keeping animal numbers in balance with forage resources is an essential component of any ranching operation. Various measures of grazing intensity, although imperfect, remain as our primary means for decisions on how well this is being accomplished. With set stocking rather than flexible stocking, livestock numbers must be about 30% below grazing capacity to avoid range degradation. Both range managers and ranchers should be aware that range management is much more a journey than a destination. Success depends on being constantly prepared for the uncertainties of climate, livestock prices, political policies, and unforeseen biological and economic events.

## Plan Now for the winter of 1998-1999

**To be a 4-H Leader**

What is the 4-H Leaders Job?

1. To help 4-H members learn specific project skills. To help 4-H Members have fun with projects. While "Learning by doing," Youth remember better. If they actually experience something and have an opportunity for "hands on learning," Learning Takes place within the learner- it is not something Done to the learner. We encourage skills that will be useful to the young person now and in the future. We help each member develop good habits, Experiment with new ideas and practice problem- Solving skills. By doing this, we help them become Self-directed, productive, contributing members of society.

2. To teach members how to think not what to think. We help develop creative thinking in young people by giving them A chance to make decisions on their own. They'll learn from their own choices.

3. To recognize and encourage each 4-H member so they Feel noticed and important. The most significant recognition That can be given to members is sincere Praise, Attention or Compliments- letting them know they are important and What they have done is worthwhile. This is what 4-H is All about- the personal development of the Girl and Boy. Welcome to the World of 4-H. The 4-H Program at Warm Springs is in need of 4-H Leaders for the winter of 1998 and 1999 The Youth at Warm Springs are waiting for you And want to learn. So think about it And gave Arlene or Sue a call at 553-3238 and become a 4-H leader.

## HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent

### INDOOR AIR HAZARDS

When most people think about air hazards, they think of cities covered in hazy smog, or long lines of cars spitting out exhaust. But what about the air in your home? Can it be hazardous to your health? In some home, the quality of indoor air can be worse than outdoor air.

If you have frequent headaches, feel nauseated or are often tired, you may have poor air quality in your home. Feel better outside the house? Search your home for potential air hazards such as mold, mildew, carbon monoxide, formaldehyde, radon, asbestos and lead. Household products and some furnishings can also threaten the quality of your home's air. Be on the look out for pollutants from fireplaces, tobacco smoke and remodeling activities as well

To prevent the effect of mold and mildew, keep bathrooms, basement and

other rooms clean and dry. Use a disinfectant to clean surface with mold on them. This includes humidifier, dehumidifiers, and air conditioners. Keep humidity levels below 50% and make sure there is plenty of ventilation.

When remodeling protect against the release of lead, asbestos and formaldehyde. Lead and asbestos were use for home building until the late 1970's. Present exposure to these materials by consulting professionals before remodeling. Formaldehyde can be found in pressed wood products such as paneling and particleboard. Apply varnish or a special formaldehyde sealant to the exposed edges and surfaces of these products to block the release of formaldehyde.

For more information contact 1-888-8 PUEBLO and ask for Item 636E.

-New For Consumers, <http://www.pueblo.gsa.gov>

### Holiday Magic on a Shoestring

Do you find yourself facing the holiday season with a mixture of anticipation and dread? Did opening your credit card bills last January cause emotional pain? Maybe it's time to evaluate your expectations and pare down the cost of your end-of-year holiday activities. A simpler, more meaningful season can reduce stress and stretch your resources. Debra Minar Driscoll, OSU Extension Educator suggests some books and a web page that might be helpful. Your local library or used bookstore may have these titles available.

**Unplug the Christmas Machine: A Complete Guide to Putting Love and Joy Back into the Season.** Now in its 13th printing, this book remains one of the most comprehensive guides to managing Christmas stress and combating commercialism. Jo Robinson and Jean

Coppock Staeheli give readers solid advice on how to make their celebrations more spiritual and fun and less materialistic.

**The Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle.** Amy Dacyczyn, the author of the original book and volumes II and III has a knack for sharing ideas to simplify celebrations and drastically cut the cost of gift giving. Articles in the volumes include "chopping tree costs", "tips for better giving", "cheapskate wrapping", "rejuvenating second hand toys" and "I'm dreaming of a tight Christmas".

**Your Money or Your Life.** Authors Vicki Robin and Joe Dominguez emphasize the importance of having a long-term financial plan, tracking spending, and reducing costs. Chapter 2 describes the "fulfillment curve", a tool that can help determine "how much is enough"

for the holidays.

**The Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living** Janet Luhrs, founder and publisher of the "Simple Living Journal" has compiled many useful ideas into this large book. Check out the Holiday chapter for ideas that will save money and promote sanity during the season.

The Dollar Stretcher Located on the Web at [www.stretcher.com](http://www.stretcher.com), this site has a wealth of cost-cutting ideas on a variety of topics. The topic index at the bottom of the home page is easy to use and lets you look for specific ideas from previous issues. A search for "Christmas" brought up a list of 28 articles on cutting holiday expenses. Don't forget that many libraries and public schools offer free Internet access.

### SAFE SITTER

A training program will be offered to assist youth in understanding the role and responsibility of baby-sitting.

When: December 21 & 22  
Time: 9 AM - 4 PM  
Where: Education Bldg  
Cost: \$ 25 includes lunch and snacks  
Enrollment: Limited to 10  
Contact OSU Ext @ 553-3238 to reserve your spot.

## STOCKMAN'S ROUNDUP: Designing your grazing system



by Bob Pawelek  
OSU Livestock Agent

If you have livestock, you already have a grazing system of some kind. It might be one pasture you use all the time. That's a system, alright. But to be efficient in management of livestock, you should remember that any grazing management problem usually has many possible solutions and very few things you can do are "right" or "wrong." Most of all, no one grazing system is best.

To be successful, you will need to cre-

atively combine a few principles into a grazing plan designed specifically for your operation's unique circumstances:

**Timing.** Avoid repeated grazing during critical stages of plant growth. This is when plants are starting new leafy tissue. This includes new growth in the spring or fall and midseason regrowth after grazing.

**Frequency.** If given an opportunity to regrow and replenish its energy stores, a plant can be grazed several times during one growing season. But that plant needs time to regrow. Avoid grazing too often during a single growing season.

**Severity.** Avoid removing too much of a plant's leaf area. If too little leaf area remains after grazing, the plant will be unable to regrow and replenish its energy reserves.

**Season.** Crested wheatgrass can cope with grazing an area at the same time of year, year after year. But varying the season of grazing from year to year is recommended for most kinds of plants.

**Type of Cattle.** Graze the type of cattle best matched with the kind of forage available and its nutritional quality. For example, dormant forage will not meet the high nutrient requirements for growing yearlings. You should also match the type of cattle to your topography. Cows with calves, for example,

usually will not use steep topography as fully as dry cows or yearlings. Texas Longhorns work best for verticle pastures.

**Cattle raised on flat, open grasslands usually do not adapt well when relocated to steep or timbered grazing lands.** An animal's previous grazing experience should also be considered when purchasing new animals. This is because cattle unfamiliar with the kind of plants in a pasture usually will not perform as well as cattle that previously have grazed similar forages.

**Number of Cattle.** Too many animals will cause cattle performance to decline, but the soil and vegetation will have deteriorated before animal performance begins to suffer.

**Cattle Distribution.** Prevent large numbers of cattle from congregating, especially on sensitive areas such as along streams. If cattle are causing soil or plant damage, it is often a problem of poor animal distribution rather than too many animals.

**Grazing Selectivity.** Cattle make choices and select those plant species and plant parts they find the least objectionable. Grazing systems can affect the extent to which cattle are allowed to graze selectively. The best individual animal performance will result when cattle are allowed to be the most selective in choosing their forage. Individual ani-

mal performance will drop below maximum whenever cattle are forced to graze less selectively. Non-selective grazing is appropriate when the objective is to prevent plants from becoming too coarse or "wooly."

Cattle generally perform better under less intensive grazing systems, whereas forage plants are usually healthy under slightly more intensive grazing systems.

Because the conditions and objectives of your operation are unique, the economic outcome of a new grazing system can't be precisely known until after it is implemented. Therefore, be cautious when considering economic projections of changes to your grazing plan.

Good grazing systems develop conditions for soil and vegetation improvement. Several years may pass, however, before any improvement is very noticeable.

Flexibility is critical. Manage your pastures and animals according to the varying plant, animal, and economic conditions that exist, not according to specific calendar dates or pasture rotation schedules.

You're the key to success. If it's your grazing plan, then it's up to you to make it work.

4 H Clothing Club  
Leader Training  
When: December 14  
Time: 7 P - 9 P  
Where: Education Building  
Instructor: Bernadette Handley,  
OSU Ext Home Ec Agent  
Contact the 4 H office for  
additional information  
@ 553-3238.