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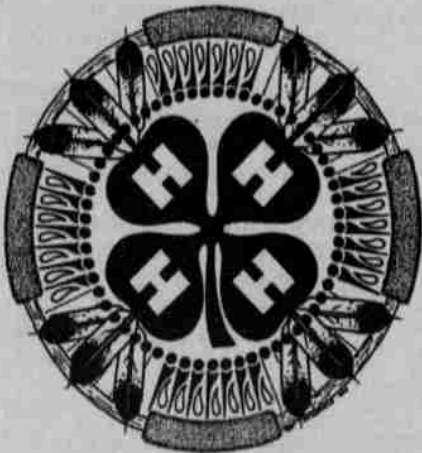
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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant 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 end of 1998 sees a new 4-H Club getting started. Leader Brigitte Scott-Whipple has started a sewing club for some junior high age kids. Brigitte and her group will be working on Clothing projects,



how to cut, sew, and make clothes from a pattern. They held their first meeting on December 5th, 1998. Other leaders are in the works, but I can't share details yet until they have completed their training. Warm

Springs 4-H could still use some more leaders. Especially for livestock projects or natural resource projects. Leader trainings for December will be Saturday, December 12th at the Simnasho School from 10:30 a.m. to 12:30 p.m. The second training will be Thursday, December 17th from 5:30 p.m. to 7:30 p.m. Or call and come in on a date that works for you. Ring 4-h up at 553-3238.

December has been a busy month for cooking with 4-H. Agent Arlene Boileau has had 10-14 kids weekly coming for a Holiday Cooking class. ECE afterschool care classrooms have been making Holiday Cookies. The ECE bunch wrap their cookie making up on December 17th and will exchange cookies on December 22nd. If your child is in one of these classrooms at ECE watch for a flyer about the upcoming exchange. ECE rooms C1, C2, C3, C4, C5, C6. Here is one of the recipes the kids have made, if you want to try it out for the holidays yourself.

- Chocolate-Nut Balls**
 Ingredients
 66 vanilla wafers
 1 cup walnuts
 1 cup sifted powdered sugar
 1/2 cup unsweetened cocoa powder
 1/3 cup orange juice
 3 Tablespoons honey

- cup sifted powdered sugar
 Equipment
 measuring cups and spoons
 sifter
 heavy plastic bag
 rolling pin
 mixing bowls
 wooden spoon

- Put half the vanilla wafers into a heavy plastic bag; push air out and close tightly. Use a rolling pin to crush wafers into tiny crumbs. Pour into a large bowl. Repeat with remaining wafers. You should have a little less than 3 cups of crumbs.
- Put the walnuts into the plastic bag and close tightly. Use rolling pin to crush the walnuts into tiny crumbs. Add to the crumbs in bowl.
- Use a wooden spoon to stir in the 1 cup powdered sugar and the cocoa powder. Add the orange juice and honey. Stir till well mixed. Add 1 or 2 tablespoons more orange juice, if needed.
- Use 1 tablespoon mixture for each cookie. Shape into balls with your hands, as shown. Put the 1/2 cup powdered sugar into small bowl. Roll balls in powdered sugar to coat, shaking off any extra sugar. Store in airtight container.
- Makes about 40.

Natural Resource notables

by Zach del Nero,
 Natural Resources Agent
 On the Trail of David Douglas
 The following contains excerpts from Peter Fish's article Western Wanderings in Sunset magazine.

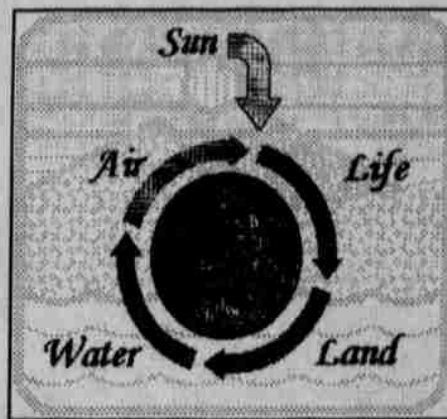
The Mana Road, on the island of Hawaii starts off smooth but soon turns rough. From Waimea it leads east through Parker Ranch lands, the long slope of Mauna Kea a shadow to the south. This is a Hawai'i you don't expect: cattle country of an amplitude that recalls Montana except for the fleeting glimpses of ocean and the heavy tropical air. Then pastures give way to koa trees, the pavement to clay slick and red.

This is author Peter Fish's account of his tour with Waimea resident Terry Nevin, searching for the place where, more than 160 years ago, a man named David Douglas sought knowledge and found death.

Early in the 19th century, the Royal Horticultural Society sent Scottish born David Douglas to the Pacific Northwest to investigate plant life. Douglas arrived at the mouth of the Columbia River in April, 1825. During the next two years, he traveled the Columbia, Snake, and Okanogan Rivers: almost 4,000 miles noting, comparing, and gathering and preparing specimens for further study. Douglas seemed to be highly dedicated to his profession, continuing on through treacherous conditions and worsening health problems, including steady deterioration of his eyesight. The people of the First Nations have known these plants for all time, and Douglas was the first European to introduce them to the outside world. Among these many plants are: California poppy, 5 species of monkey flower, 18 species of lupine, Sitka spruce, sugar pine, Western yellow pine, Monterey pine, and of course Pseudotsuga menziesii - the Douglas fir.

Douglas traveled to Hawai'i in 1833 to continue his botanical explorations, but his

stay formed a tragic coda to his distinguished travels. In July, 1834 he was pushing inland from Kohala point on the island of Hawai'i,



planning to walk the 100 miles to Hilo. On July 12, he had breakfast at the lodge of Ned Gurney, and Australian ex-con of dubious reputation. Gurney warned Douglas of the bullock pits - camouflaged rock walled pits where Gurney trapped wild bulls - along the trail. Before noon two of his men found Douglas' torn body in one of the pits, with a bull standing beside him.

Given Douglas' poor eyesight, the easiest supposition is that he stepped where he shouldn't have. But over the years, competing theories have sprouted. It's been suggested that Gurney killed Douglas for the money that he carried. Or that he was killed after having an affair with Gurney's wife. One biographer suggests that Douglas succumbed to a cosmic despair: that his life and work had ceased to have meaning, and so he threw himself down.

Whatever the case, all that remains now is a stone monument near the site at Kaluakauka ("the doctor's pit"), and so honors both Douglas' scholarship and the means of his demise.

HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent

to the next food. Using a disinfectant cleaner or mixture of bleach and water on surfaces can provide some measure of added protection.

*Use plastic or other non-porous cutting boards. These boards should be run through the dishwasher or washed in hot soapy water - after use.

*Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.

2. Separate: Don't cross-contaminate. Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry and seafood, so keep these foods and their juices away from ready-to-eat foods. Here's how to Fight BAC!

*Separate raw meat, poultry and seafood from other food in the grocery shopping cart and in your refrigerator.

*If possible, use a different cutting board for raw meat products.

*Always wash hands, cutting boards dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.

*Never place cooked food on a plate that previously held raw meat, poultry, and seafood.

3. Cook: Cook to proper temperatures. Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness. The best way to Fight BAC! is to:

*Use a clean thermometer, which measures the internal temperature of cooked foods to make sure meat, poultry, casseroles and other foods are cooked all the way through.

*Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for

doneness. Cook ground beef, where bacteria can spread during processing, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked, pink ground beef with a higher risk of illness. If a thermometer is not available, do not eat ground beef that is still pink inside.

*Cook eggs until the yolk and white are firm. Don't use recipes in which eggs remain raw or only partially cooked.

*Fish should be opaque and flake easily with a fork.

*When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.

*Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to at least 165°F.

4. Chill: Refrigerate promptly. Refrigerate foods quickly because cold temperatures prevent harmful bacteria from growing and multiplying. So, set your refrigerator no higher than 40°F and the freezer unit at 0°F. Check these temperatures occasionally with an appliance thermometer. Then, Fight BAC! by following these steps:

*Refrigerate or freeze perishables, prepared food and leftovers within two hours or sooner.

*Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave. Marinate foods in the refrigerator.

*Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

*Don't pack the refrigerator. Cool air must circulate to keep food safe.



WARM SPRINGS RESIDENTS URGED TO FIGHT BAC!

As a result of a recent foodborne illness outbreak, Warm Springs residents will become increasingly aware of an invisible enemy - bacteria - which may be on their food, hands or in their kitchens. I.H.S. Nutrition Services and OSU Extension has joined national industry, government, and consumer groups in the public education campaign called Fight BAC!

I.H.S. Nutrition Services and OSU Extension are urging people to Fight BAC! to reduce the risk of foodborne illness, a serious public health problem. Although the exact incidence of foodborne illness in the U.S. is unknown, the Centers for Disease Control and Prevention (CDC) estimates that as many as 9,000 deaths and between 6.5 million and 33 million illnesses each year are directly linked to foodborne pathogens.

Four Simple Steps to Fight BAC!

Food safety should be a top priority for families and individuals every day...whether they're enjoying an outdoor picnic, cooking a holiday feast, or simply making. By following these four simple steps, consumers can fight bacteria and help keep their families safe.

1. Clean: Wash hands and surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, sponges and counter tops. Here's how to Fight BAC!

*Wash your hands with hot soapy water before and after food preparation, and especially after preparing meat, poultry, eggs or seafood, to protect adequately against bacteria. Also wash hands with hot soapy water after using the bathroom, changing diapers and handling pets.

*Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on

Rubbermaid Inc. announces recall of toboggan

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Rubbermaid Inc., of Wooster, Ohio, is recalling about 60,800 Icy Rider Toboggans. The flexible, bowed front of the toboggan can break away while in use, causing loss of control and injury. Rubbermaid is aware of six reports of the fronts of these toboggans breaking off, resulting in two injuries. These injuries were a broken leg suffered by an adult, and facial bruises and lacerations suffered by a 4-year-old girl when the broken piece hit her in the face.

The Icy Rider™ Toboggan, Model #2108, is made of purple plastic, and has a yellow rope strung around the sides. The toboggan is made from two separate pieces which fit together, and are secured

with three yellow bolts. It measures 1.5 feet wide and 5.5 feet long when assembled, and has a red, Rubbermaid logo molded into the bowed front.

Toy and warehouse club stores nationwide, including Toys R Us, Sam's Club and BJ Warehouse Clubs, sold these toboggans beginning in September 1997 for about \$50.

Consumers should stop using these toboggans immediately. To make arrangements to get a replacement toboggan with a reinforced bowed front, contact Rubbermaid toll-free at (888) 567-2112 anytime or go to their web address at www.rubbermaid.com. Consumers can also write to the company at: Rubbermaid, 1147 Akron Road,

Wooster, Ohio 44691. Icy Rider™ Toboggans with blue plastic and green bolts and ropes are not part of this recall.

The U.S. Consumer Product Safety Commission protects the public from unreasonable risks of injury or death from 15,000 types of consumer products under the agency's jurisdiction. To report a dangerous product or a product-related injury and for information on CPSC's fax-on-demand service, call CPSC's hotline at (800) 638-2772 or CPSC's teletypewriter at (800) 638-8270. To order a press release through fax-on-demand, call (301) 504-0051 from the handset of your fax machine and enter the release number.

STOCKMAN'S ROUNDUP: Crossbreeding know how



by Bob Pawelek
 OSU Livestock Agent

Commercial cowmen have for years used crossbreeding programs to combine the desirable traits of two or more breeds of cattle to produce a superior calf. Knowing a little about the mechanics of crossbreeding, coupled with good management, can help the producer reach this end.

Benefits of Crossbreeding
 Often, heterosis is considered to be the only benefit of crossbreeding. While this is true for the most part, another concern may also be to eliminate or reduce undesirable effects which might be found in a breed. If crossbreeding is to do a stockman any good, the total performance of crosses must be

higher than that of the best parent. Otherwise, crossing is useless.

The basic benefit of crossbreeding is an increase in productivity. Research and years of practical application have shown that a crossbred cow is 25% more productive than a straightbred.

Several crossbreeding programs are handy for commercial cowmen to tailor to their own herds. For example, at least 20% more pounds of calf per cow exposed could be weaned from cows in a three-breed cross, compared to straightbreds. This is due to: * early puberty and conception as heifers; * reduced postpartum interval; * increased first estrus conception; * lower embryonic mortality; * reduced calf death losses from birth to weaning; * faster calf growth weight, and * greater longevity of the crossbred cow.

In addition to these advantages, crossbreeding is one of the only places (except for Body Condition Scoring) that you can get something for nothing.

Heterosis and Heritability
 They're not the same thing. Heritability is a proportion of a difference among animals for a specific trait that is transmitted to the offspring. Heterosis is the percent change in the performance of crossbreds and the average of their parent breeds. In other words, heterosis may be viewed as an effect of heritability. For every heritable trait, there is a pair of genes. Heterosis is produced by the fact that the dominant gene of a pair is usually more favorable than its recessive partner. That dominant gene is then exhibited in the cross.

For instance, two breeds, one with a weaning

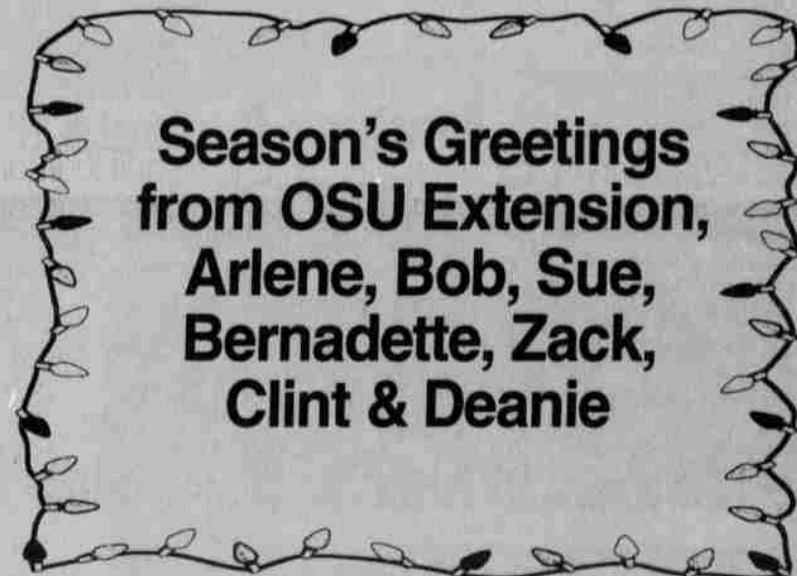
weight (inheritable trait) of 400 lbs and the other with a weaning weight of 600 lbs have an average weaning weight of 500 lbs. If crosses between these breeds averaged 525 lbs, heterosis would be 25 lbs or 5%. Heterosis is highest when parents are the least related genetically.

Considerations
 Although productivity can pay for any additional costs of crossbreeding, it's important to remember that a higher level of management is required to capture the most benefit. Other practical considerations include: * more fences may be required; * more than one breed of bull must be purchased for some crossbreeding systems; * marketing discrimination may exist for your choice of crossbred calf; * replacement females may be a problem, and * more pasture may be needed due to an increase in the size of calves.

Purebred sires are recommended for single-herd situations, as maternal heterosis is higher. It's always better to have the cross on the dam's side in this case.

Consider also biological type vs. the environment. For instance, Brahman x Hereford crosses will outperform any British cross in the Brush Country and South Florida, but the former would fall apart in the high mountain desert without an intense level of management to make up for its subtropical biological type.

Crossbreeding can improve your herd's performance, but a herd strategy, wise selection of sires and female replacements, good management and common sense should be in place from the start.



DECEMBER

Garden hints from your OSU Extension Agent

- Spread wood ashes evenly on vegetable garden plot. Don't use more than 1.5 pounds per 100 square feet a year. Do not use if the soil pH is over 7.0 or if potassium levels are excessive.
- Turn the compost pile.
- Use dormant sprays of lime sulfur or copper fungicide on fruit trees and roses for general disease control.
- Western Oregon:** Good time of year to plant trees, landscape shrubs.
- Protect new landscape plants from wind: staking, guy wires, windbreaks, site selection.
- Make sure that landscape plants in protected sites receive water regularly during the winter.
- Yard sanitation: rake leaves, cut and remove withered stalks of perennial flowers, mulch flowerbeds, hoe or pull winter weeds.
- Check for rodent damage around base of trees and large shrubs.
- Mid-December in western Oregon:** First spray of peach trees with lime sulfur or approved fungicides to protect against peach leaf curl.
- Western Oregon:** Still time to plant spring-flowering bulbs such as tulips, daffodils, hyacinths, crocuses. Don't delay.
- Avoid mounding mulching materials around the base of trees and shrubs. They might provide cover for rodents.
- Western Oregon:** Apply lime to Kentucky bluegrass lawns to maintain a soil pH of 6 to 7. (Rate: 50 to 80 pounds per thousand square feet.)
- During heavy rains, watch for drainage problems in the yard. Tile drains and ditching are possible solutions.
- Protect poinsettias from cold, place in sunlight, don't let leaves touch cold windows; fertilize with houseplant fertilizers to maintain leaf color.
- Prepare potting mix for new house plants. Standard mix: one-third soil, one-third sand, one-third peat moss.
- Monitor houseplants for adequate watering, fertilizer, humidity. Water and fertilizer requirements are generally less in winter.
- Check stored flower bulbs, fresh vegetables, fruits for rot and fungus problems. Discard any showing signs of rot.
- Cut holly for Christmas decorations.
- Make Christmas decorations from trees and shrubs in the yard.
- Consider garden-related Christmas gifts for your gardening friends.
- Spray spruce trees to control spruce aphids.
- Tie limbs of columnar evergreens to prevent snow breakage.
- If the lawn is frozen, stay off of it.
- Whitewash lower trunks of newly planted fruit and nut trees to avoid sunscald damage.