

**OSU EXTENSION SERVICE**  
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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.

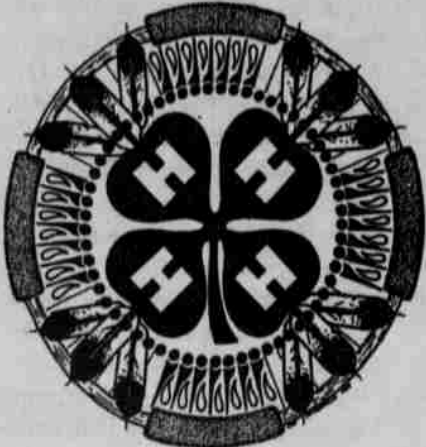


**The Clover speaks**

By Sue Ryan

Here's the latest on what's happening with the Warm Springs 4-H program.

The 4-H Camp Committee held their first planning meeting for 1999 on Wednesday, January 13th. The committee advises 4-H Agent Arlene Boileau on classes, staffing, safety issues and more for the annual 4-H Culture Enrichment Camp.



(Also known in the past as the 4-H Wilderness Enrichment Camp).

Committee members attending the January 13th meeting included two of last year's counselors—Chris New and Minnie Red Dog, the camp nurse—Mary Smith and office staff Sue Ryan, Radine Johnson, and Agent Boileau.

One of the first issues the committee looked at was location. 4-H Agent Arlene Boileau asked the committee to consider whether the camp should return to the Trout Lake area or stay at Peter's Pasture. The 4-H Camp was held at Trout Lake for many years before bears in the area two years ago forced the camp to relocate. The Peter's Pasture site was chosen in part because of 4-H joining with the Culture and Heritage department to hold a culture oriented camp. The committee discussed the issue but did not make a final decision.

Medical Insurance was the next topic. 4-H Agent Arlene Boileau raised the issue of insurance and providing medical care for children while at camp. The committee discussed the issue of informing parents about their children becoming ill or injured. It was decided the camp needs a better

communication system for emergencies. It was discussed that the camp should coordinate with Fire Management about using the Shitike Butte lookout as a relay system. Besides doing head checks for lice, it was generally agreed it is next to impossible to examine every child coming into camp to determine if they are healthy enough to attend. 4-H Assistant Sue Ryan referred to the state 4-H Reference and Resource manual—which outlines the insurance requirements of the 4-H program. The official 4-H registration was looked at; which has a medical treatment release authorization for parents to sign.

The next camp meeting will be March 18th from 2:00 - 4:00 p.m.

4-H Clubs

4-H welcomes aboard a new leader! Nancy Seyler will be leading a Quilting club. The club is looking for members to join. Youth must be in the 7th through 12th grade. Nancy is taking a very small group—only 4 members so sign up today if you are interested. The club will work on designing, cutting, assembling, and sewing their own quilts. A first meeting date will be set when kids have signed up.

4-H Leader Lois Smith also has her club underway. The 4-H Sally Bag club plans to meet Tuesdays and Thursdays from 5:00 to 7:00 p.m. at the 4-H Center. This is the big basement room at the Education Building. Youth must be at least in the 3rd grade to participate in the club. Lois is taking up to 10 children for Sally Bag making.

The Powwow Fun club is getting ready for dancing at the Lincoln's Birthday Powwow in February. Leader Julie Johnson has opened the club to new members. They will meet on Saturdays—January 16th, January 23rd, January 30th and February 6th from 10:00 a.m. to 12 noon. Dance practices will be in the 4-H Center.

There is a lot of activity going on in the 4-H program—but there could be still more! We need your help to make clubs happen for kids. 4-H works if there are willing, able, and caring adults involved. Come by the office today to find out about being a 4-H Leader. Talk with Sue or Arlene at 1110 Wasco Street. We are the first office off the stairs from the street. Call 553-3238 if you have any questions. The next 4-H Leadership training will be February 18th.

**Natural Resource notables**

by Zack delNero

Range and Pasture Management in Central and Eastern Oregon

All too often, pasture and range management receives a low priority even though grazed pasture is the basis of most livestock operations. As an OSU Extension Rangeland Resources Specialist, Thomas Bedell published Extension Circular 1092 in order to draw attention to some of the general principles involved.

In reality, forage is the basic product you market: the best way to do that is with livestock. Overall productivity is a function of both your land resources and the intensity of the management you can give them.

Forage is often under-utilized in pastures because of inadequate control of animals. The common sign is patch grazing - a few areas overused and much of the pasture underused. Animals will repeatedly graze regrowth in small areas and will allow other plants to reach maturity. Often more than one year's growth is accumulated, which results in very low quality forage. This can happen, and often does, even when you plant a single species in a pasture. You must match the grazing pressure to the forage supply to achieve the desired use level through intensive management.

To accomplish this, subdivide pastures into several units with fences and move stock in accordance to a plan based upon the kinds of pastures or range plants. Right here at Warm Springs, Edison Yazzie has realized some of the benefits of such a program on his family's operation. Working with OSU Livestock Agent Bob Pawelek, Edison has seen increases of 50-100 pounds per calf per season. Close control of grazing livestock is the key to correct and proper forage utilization. It may be necessary to mow periodically in the absence of sufficient grazing pressure.

Whenever possible, provide your animals with what they prefer to eat. This is possible whenever planted pastures, both dryland and irrigated, are available. This may be termed "fitting the resources to the animal."

In situations where pastures have not been, or cannot be, planted with another species, fit the animals to the resources. Match the num-

bers of animals or demand to the most opportune time for the major forage species. For example, pasture dominated by cheatgrass (pretty common around here) should be hit hardest in the early spring when it is most palatable.

Four management principles are important: (1) correct stocking rate for the plant species present, (2) correct season of use for those species, (3) uniform distribution of grazing, and (4) correct kind and class of livestock for the resources you have. Maintaining forage production through proper forage use becomes the key to successful management.

You must recognize how plants grow and what their basic needs are. Each plant species is different, but effective management schemes can be developed for numerous mixtures of species. Perennial species grow differently than annuals. The survival mechanism of annuals is their seed. That is why, to perpetuate annuals, you need to provide for seed production. This is not required for perennials every year; except that setting seed is the signal for completion of the plants' normal growth process. Seed is required to establish new plants of most bunchgrasses, however.

Plants must be allowed those processes. As an example, perennial grasses and forbs store food energy in roots and crowns and draw on that food to make new growth. Grazing at the wrong time, especially if too severe and too long, can hurt the plant by not allowing it to restore energy reserves. This permits other, less palatable plants to increase and outcompete the desirable plants.

Annual grasses and forbs develop a completely new root system every year. After germination this root system must be allowed to develop. Once the annual has a root system under it, the tops can handle grazing. It then becomes important to tailor the amount

of shoot or top growth remaining since by removing all top growth the plant will be



practically dead.

Plants contain more overall nutritive value when young than after seed heads emerge. But high moisture content in young plants can limit forage dry-matter intake. Virtually all plants in immature stages contain balanced nutrition, so grazing animals seldom need more than trace mineralized salt. Animals will always prefer regrowth of a plant to the same plant that has not previously been grazed. This is because the regrowth is younger, more succulent, and probably more nutritious plant tissue.

On ranges and unimproved pastures, the basic cause of deterioration is grazing-related, whether from livestock, game, rodent, or insects. Other less desirable species can invade whenever bare areas open up. Look for the correct causes for pasture or range deterioration; do not confuse symptoms with causes.

You can obtain specific recommendations on forage species, fertilization, and irrigation from the OSU Extension Service right here at Warm Springs.

**HOME SWEET HOME**

By Bernadette Handley, OSU Extension Home Ec Agent



With all the media generation of Y2K (Year 2000) concerns, I thought it appropriate to continue the series of articles on emergency preparedness. This week's focus is on emergency food supplies. An emergency food supply will nourish you until services (electric, gas, etc.) are restored. For emergencies, select food items that keep without refrigeration, are easy to prepare and require little or no cooking. Be sure to select foods your family likes so you won't have to waste.

Canned and dried foods are good choices. When buying canned foods, select containers that are the right size for one meal so there won't be leftovers that could spoil. Although smaller container sizes and pre-prepared foods may be too expensive for everyday meals, they're just right for emergency situation. The size of your emergency food supply will depend on your needs. A 3-to-5-day supply is sufficient for short-term emergencies. Some families prefer to have a 1 or 2 week supply on hand.

Planning is the first step in assembling your emergency food supply, says Carolyn Raab, OSU Extension foods and nutrition specialist. In the short run, getting sufficient calories is the first requirement. However, stored food should also be as nutritious as possible. Inactive women and some older adults need about 1,600 calories per day. The requirement increases to 2,200 calories for children, teenage girls, active women and most men. Teenage boys and active men need at least 2,800 calories per day.

At the 1,600 calorie level, plan on these amounts of food each day: 6 servings of

bread and cereals, 3 servings of vegetables, 2 servings of fruit, 2 servings of milk products and 5 ounces of meats or alternates. As the 2,800-calorie level, the amount increases to 11 servings of breads and cereals, 5 servings of vegetables, 4 servings of fruit, 2 servings of milk products and 7 ounces of meats or alternates. At all calorie levels, pregnant and breast feeding women, teenagers and young adults need 3 servings of milk products rather than 2 servings.

Many types of nonperishable foods will fill these needs. If you have a heat source to boil water (such as propane or camp stove), you can add more variety to your diet. Keep in mind, however, that you'll need adequate water to reconstitute the food and adequate fuel to cook it.

For one serving of breads or cereals, choose 1 ounce of ready-to-eat cereal, 1/2 cup canned pasta, cooked instant rice or instant cereals, or 1 slice of bread. Other possibilities include breakfast bars, crackers and soup mixes with noodles. For canned fruits and vegetables, 1/2 cup counts as one serving. 1/4 cup of dried fruit or 3/4 cup fruit juice also counts as a serving. You could also choose reconstituted dried vegetables or instant potatoes.

One cup of reconstituted nonfat dry milk or yogurt would be one serving. Other milk product choices are processed cheese or hot chocolate mix made with milk. One serving of meats or meat alternates would be 2 to 3 ounces of canned meat, poultry or fish such as corned beef, tuna fish or deviled ham. One cup of chili or canned dried beans would be one serving, as would 1/4 cup of peanut butter. For extras, you might also want to

stock chocolate bars, hard candy and jelly.

Store your emergency food supply in easy carry containers. Put the container in a cool, dark, dry place where there won't be water damage, such as an entry hall closet or an insulated garage. Check the supply periodically to make sure the package is in good condition and free of insects. Be sure to rotate supplies about every six months by replacing older food with fresher items. Check expiration dates on packages of food to maintain good quality.

**Heart to Heart Mother/Daughter Breakfast & Valentine's Day Craft Workshop**

When: January 30  
 Time: 10:00 AM - 1:00 PM  
 Where: Community Center  
 Cost: \$ 5  
 Enrollment: Limited to 25  
 Contact OSU Ext @ 553-3238  
 to reserve your spot.

**Parenting Series**

When: Monthly  
 Time: 12 - 1 PM & 7 - 8 PM  
 Where: Education Building

DATES	TOPIC
January 20	Home Handy person
February 17	Parenting the older child
March 17	Stress Management for the parent
April 14	How to keep your child busy
May 20	Summertime activities - what to do with your child?

**Alfalfa sprouts bear high salmonella risk**

Food poisoning outbreaks in the United States and Europe show alfalfa sprouts are an inherent and high-risk source of salmonella infections, researchers said in a report published Tuesday.

"Until barriers to a pathogen-free seed are resolved we conclude that alfalfa sprouts are a high-risk food for salmonellosis. All consumers, particularly those at greatest risk for severe disease (immunosuppressed, elderly and very young people) should consider this danger when deciding whether to eat alfalfa sprouts," the report said.

"The fundamental problem is that the (commercial) sprouting process contains no 'kill step' that would eliminate pathogens without compromising a seed's germination potential," said the study from the State of Oregon Health Division and the Centers for Disease Control and Prevention.

The authors of the study speculated that salmonella organisms reside in seed crevices between the cotyledon and testa, an area that chemical treatments do not penetrate. Seeds are often stored for months or years under cool, dry conditions in which salmonella bacteria are stable. During the three to five-day

sprouting period the bacteria can increase in number three to four times, the report said.

"From farm to table, many opportunities exist for contamination of alfalfa seeds or sprouts. Crops can be easily contaminated with dirty water, runoff from adjacent farms, animal fertilizers used in previous growing seasons or droppings from rodents or ruminants," it added.

The study, published in this week's Journal of the American Medical Association, was based on a look at alfalfa sprout salmonella outbreaks in 1995-96 in Oregon and British Columbia, and a similar incident in Denmark in 1995. In North America, the report said, more than 20,000 people contracted salmonella infections from alfalfa sprouts in 1995.

Salmonella infections typically cause nausea, vomiting, diarrhea, stomach pain and, in severe cases, muscle paralysis, shock and collapse.

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<http://www.nandotimes.com/noframes/story/0,2107,7060-12216-85033-0,00.html>

**STOCKMAN'S ROUNDUP: California law prohibits horse sales**



by Bob Pawelek OSU Livestock Agent

California voters recently passed Proposition 6, a law prohibiting horse owners from selling their horses to anyone who would ultimately slaughter them for human consumption.

The law applies to both in-state slaughter and to exportation of horses to other states for that purpose. However, the latter is the most applicable to Californians because there are no packing

facilities for horsemeat in that state.

The law was drafted by an organization called "Save the Horses," which contended that the way horses are slaughtered for human consumption is cruel and inhumane. "They are killed by splitting open their skulls with a four-inch spike; then hung, bled and dismembered while still alive," the law's sponsors claimed in the California Voter's Pamphlet.

Nowhere in the pamphlet was any mention made about slaughter for pet food. It is speculated by some that it was because horses intended for that purpose can be killed by lethal injection, whereas regulations prohibit such a demise when the meat will be sold for human consumption.

No major horse groups formally opposed the law, but some farm and livestock organizations worked to defeat it. Opponents argued that veterinarian costs would hinder some horse owners from euthanizing an animal, inclining them to "abandon a sick, crippled or dying horse on some remote piece of property, leaving the horse to suffer from pain and starvation."

Of the state's 25 licensed renderers, only nine accept horses.

But California voters didn't find any

of these arguments opposing the measure in either the Voter's Pamphlet or in advertisements against the measure.

"When the issue started coming to the forefront in 1997, several groups opposed to the measure met with the bill's sponsors," says Sheila Massey, lobbyist for the California Cattlemen's Association. "The proponents were adamant that they would splash the names of any organization opposed to this measure over a pile of dead foals on TV stations across the state."

Because of the emotion stirred by this issue, it is clear that no matter how much money the opposition spent, they would fail. It was decided that if they really wanted to get a bloody nose, it should be over something they could win on.

However, the battle may not be over yet. The office of California's Legislative Counsel has issued an opinion that the law violates the commerce clause of the U.S. Constitution. This leaves the door open for anyone convicted under the law to challenge it.

**Woman's Stress Management Workshop**  
 When: January 23  
 Time: 8:30 AM - 2:30 PM  
 Where: Education Building  
 Cost: \$ 5 includes lunch and snacks  
 Enrollment: Limited to 15  
 Contact OSU Ext @ 553-3238 to reserve your spot.

**Financial Management Series**  
 Topic: Tax Deferred Savings  
 When: February 4th  
 Time: 5:30-6:30 PM  
 Where: Education Building  
 Contact OSU Ext @ 553-3238 to reserve your spot.