



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/wsex>

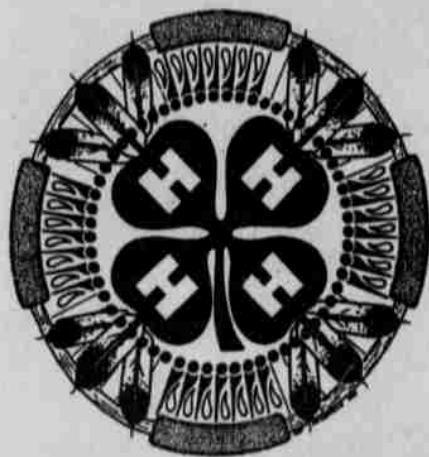
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

SUPPORT 4-H CENTENNIAL STAMP WRITE BEFORE THE END OF MARCH!!

In recognition of the 100th Anniversary of the 4-H program in 2002, the 4-H Agents Association has applied to have a 100th Anniversary 4-H Commemorative Stamp issued, like that released in 1952 to com-



memorate the 50th Anniversary of 4-H. This stamp will be the "centerpiece" for our 4-H Centennial celebration. Each year the Postal Service gets about 40,000 such requests. Only 30-35 commemorative stamps are issued each year. Twelve members of the Citizens' Stamp Advisory Committee evaluate applications and indications of support, and make recommendations for subjects to the Postmaster General.

THE MORE PUBLIC SUPPORT, THE MORE LIKELY THE SUBJECT WILL BE CHOSEN.

The Committee evaluates stamp proposals based on these criteria:

Subjects must stand the test of time, be consistent with public opinion, and have broad national interest.

Stamps should feature American subjects.

Historical events will be considered only on anniversaries in multiples of 50 years. Only events and themes of widespread national appeal and significance will be considered.

Stamps WON'T be issued to honor organizations that exist primarily to solicit or distribute funds (fraternal, political, sectarian, or service/charitable). They WON'T be issued to honor commercial enterprises, or schools.

MASSIVE PUBLIC SUPPORT WILL BE NECESSARY...to make the 4-H Centennial stamp application stand out from all the others! We are asking 4-H members, 4-H Leaders, 4-H Alumni, parents, sponsors, supporters, and elected officials at local, state, and national levels to send letters of support for the issuance of a 4-H Centennial Stamp in 2002. Please write to: Citizens' Stamp Advisory Committee, c/o Stamp Development, U.S. Postal Service, 475 L'Enfant Plaza, SW, Room 4474E, Washington, D.C. 20260-2437.

Please explain why you think a 4-H Centennial Stamp should be issued in 2002. Tell how you are (or were) involved in 4-H, how 4-H has impacted your life, or why it is special to you.

In addition to getting the MAXIMUM number of 4-H supporters writing directly in support of the stamp, we hope each will write or e-mail at least one elected official (county, state, or federal) urging that the official write in support of the stamp. To e-mail your elected Congressional Represent-

tative, log on to: <http://www.house.gov/writerep/> When you type in your extended zip code, your Representative will be identified, and you will be able to immediately send an e-mail message to him or her. The U.S. Senate website is <http://www.senate.gov/> It will identify your Senator's office address and phone number. Each Senator decides how best to use Internet services. Their e-mail addresses aren't posted on the website. You may need to call the office to ask for the e-mail address. You may also phone the US Capitol switchboard at (202)224-3121 and an operator will connect you directly with the Senate office you request.

If you wish, you may write to your Senator: Office of Senator (Name) United States Senate Washington, D.C. 20510.

Perhaps your local paper would be willing to write an article with the above information, encouraging 4-H supporters to write endorsements. 4-H has one opportunity (this Century) to make this happen. Let's show the world the support 4-H can deliver... THE POWER OF YOUTH

Have a blessed and joyful Easter! From the staff of OSU Extension



HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent



Feeling stressed? Trying to balance the demands of work, family and life? You are not alone!! In a majority of American families today, the adults are employed outside the home. In this situation, stress often results when adults try to balance the demands of the workplace and the demands of the home.

"The two settings require time and energy, and these demands frequently occur simultaneously. In addition, there is a spillover effect. We often bring our family concerns, such as a sick child, to work and our work concerns, such as hassles with co-workers, home. There can be a positive interaction as well, when we learn skills on the job that help us at home, or work in a family-friendly setting that permits us to take time off for a school parent-teacher conference."

Three types of resources can help balance the demands of work and family, according to Sally Bowman, OSU Extension family resource development specialist. They involve personal, family and community resources.

The following considerations involve personal resources:

—Be realistic. If you have children at home, you may need to lower your home management expectations and possibly even your job expectations for a period of time. The amount of free time available to maintain a weed-free garden or prepare complicated recipes is apt to be limited.

—Take time to shift from work to family. An advantage of a certain time spent commuting from work to home is

that it helps you switch gears and to focus on the home environment when you first re-enter the home. Transitions are hard for children, but they are also hard for adults. A fifteen-minute block of time between work and home can help shift your mental energies to the family.

—Plan work efficiently. Become a great administrator by planning certain times for each activity. Do chores and recreational activities together with another family member.

—Redefine the situation. Think of a specific stressful work or family occurrence and how you can either see it as a negative event or see some positive consequences. It may be inconvenient to stay home from work with a sick child, but it may give you some time to catch up on paying the family bills and play a card game with the child.

—Set priorities. Devote some time on a regular basis to examine whether you are spending time on the tasks that are most important to you and adjust priorities as needed.

Under the heading of "family resources," consider the following:

—Share responsibility for family work. This can involve difficult negotiations in some households, as many women report feeling that family tasks are not evenly shared. One strategy is to reduce the total time you spend on family work, such as concentrating housecleaning on high traffic areas, and ignoring seldom used corners. Another is to develop a system to share chores

among family members, such as a job jar or a note card system.

—Negotiate conflicts. Conflict is expected as family members have different schedules and attach different values to the same activity. Try to set aside time to talk about these differences and to brainstorm possible solutions.

—Develop your own family style and strengths. Make a list of those aspects of your family life that you consider strengths, and remind yourself of them when you are feeling low.

Here are some "community resources" to think about:

—Seek support from your employer. There are incentives for employers to make the workplace more family friendly. Ask your employer about the possibility of some flexibility, perhaps in working hours, days, the location of your work, or job-sharing.

—Join or build a community support network. Many communities offer support groups or classes, which may informally turn into support groups, to provide a forum for adults to talk about family and work problems. School districts, community colleges, hospitals, and universities, through their outreach and Extension Services, provide a variety of services to employed parents.

As you juggle work and family life, remember the various components: marriage or partner relationship, relationships with children, household management, work setting, and leisure or personal activities. -edited OSU NEWSTIPS, 1999.

Natural Resource notables

ORGANIC FOOD PRODUCTS FROM OREGON GO GLOBAL

Even impartial observers are saying it. Organic foods are no longer a fad, they are a trend. Oregon is poised to be a part of the gathering momentum that is fueled by the growing demand from overseas markets.

"With our wonderful diversity in Oregon—and the fact that we have such a clean state—those growers and processors who choose to go organic will find a ready market for their products," says Laura Barton, international trade manager with the Oregon Department of Agriculture.

ODA will be hosting a seminar on global organic trends on March 16 at the North Willamette Research Station in Aurora. The seminar is expected to attract growers and food processors who want to learn more about the future needs and demands for organic products as well as the status of national organic standards.

It hasn't taken a seminar to prompt a number of Oregon companies and growers to realize the potential offered by organics. Customers pay anywhere from 10% to 200% more for an organic product. The organic industry has grown up to 25% per year over the past five years. With more demand comes more supply.

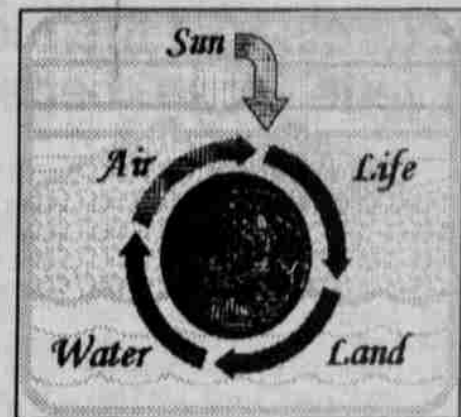
"What I have seen is a growth in the number of processors who do it both conventionally and now organic as well," says Barton. "Often times, they will add a line or a production run of organic product because they have customers asking for it. They can't go 100% organic but may run organics in the morning, the conventional products in the afternoon."

Deliberations continue at the U.S. Department of Agriculture on a national organic standard. Oregon has had a state organic law in effect since 1989. It requires growers who want to sell their product as organic to register with ODA. The product is not required to be certified as organic, but the reality is that the product won't be marketed unless it is certified. Certification in Oregon is done by a third party—a majority of it performed by a group known as Oregon Tilth.

Barton credits domestic and international demographics for the growth in organic food popularity.

"Two simple words: baby boomers," she says. "The boomers are looking at ways to stay healthy and have a good

lifestyle. Turning to organic foods seems



to be something that a lot of people think will help them achieve that as well as taking good care of the earth and sustaining the resource."

Barton is quick to point out that organics is a preference, a personal choice. It is not something that is necessarily better than conventional agricultural products.

"People give attributes to organic foods that aren't necessarily true. It is a farming method, not a quality issue. I'd say about 80% of the people who buy organic think it's a better product. But if you did tests on it, it might be difficult to prove."

The international marketplace continues to be one of the most exciting venues for organic products from Oregon. Europe heads the list. The United Kingdom is a hotbed for organics that may be growing faster than any other market. A number of mainstream supermarket grocery chains in the U.K. are putting in whole organic sections in their store. Germany is still a huge market for organics with sales estimated at about \$1.5 billion a year. Oregon provides a number of organic ingredient products to Germany that are further processed.

Oregon's top trade partner, Japan, also happens to be the state's top organic market in the Pacific Rim. ODA has hosted a number of Japanese food buyers who are specifically interested in looking at organic production.

There is nothing to suggest this rampant growth in demand for organic food products is going to slow down. With Oregon exporting most of what it produces, organic foods is yet another option for a diverse state agriculture—a niche market opportunity for some but not all of Oregon's producers.

For more information, contact Laura Barton at (503) 229-6734.

Alfalfa sprouts pose food safety risk

Alfalfa Sprouts Pose Food Safety Risk

Since 1995, alfalfa sprouts have caused more than a dozen foodborne illness outbreaks worldwide, including two in Oregon. It's uncertain whether other types of sprouts pose similar risks. Alfalfa sprouts have been contaminated with both Salmonella and E. coli O157:H7 bacteria. The source of contamination is unclear. Because the bacteria can live in the intestinal tracts of animals, contamination of the seeds with manure has been suggested as a possible cause.

Eating sprouts is potentially risky if you're susceptible to foodborne illness, says Carolyn Raab, OSU Extension foods and nutrition specialist. People with weak immune systems are more likely to be-

come ill. That includes pregnant women, young children, older adults, and people with diseases that affect the immune system such as AIDS and cancer.

Until an effective method is developed to decontaminate sprouts, people in high risk groups should avoid eating them. The U.S. Food and Drug Administration cautions people who are not at risk to buy refrigerated sprouts and keep them refrigerated at home. Rinse them with water before eating to remove surface dirt. Organic production of sprouts doesn't guarantee safety, so the same precautions must be taken. Growing sprouts at home has food safety risks as well as commercial production.



PLANT a garden

The next meeting for any individuals interested in a Community Garden will be held March 29, 1999 @ 5:30 PM in the 1st Floor training room of the Education Building. Come and join in the planning and development of your food future.

Learn how to wake up your spring garden on the first episode of Northwest Gardening—a new half-hour television program developed by Oregon State University and broadcast on Oregon Public Broadcasting. Northwest Gardening hosted by Mike Darcy, well-known Portland horticulturist—along with other gardening experts, will take viewers into northwest nurseries, farms and garden. The first spring show will focus on how to divide perennials, compost and garden in raised beds, are for our lawn in the spring, fed hummingbirds, lengthen your growing season. The show will air April 14, 1999 @ 8:30 P.M. and will be repeated on April 17, 1999 @ 10:30 A.M.

STOCKMAN'S ROUNDUP: Where does your dollar bill go?



by Bob Pawelek
OSU Livestock Agent

Each time a beef animal is sold at auction, a \$1 charge is added for the purpose of research and promotion of the beef industry.

Almost \$19 million will be spent by the US beef industry in fiscal 1999 promoting beef through electronic and print ads. The campaign is designed to win back market share and help sell more beef during periods of high supplies. The target audience is women between the

ages of 25 and 54. So guess who has replaced Robert Mitchum in those "Beef, It's What's For Dinner" ads? Tom Selleck and Sam Elliott!

OCA moves to Salem
The Oregon Cattlemen's Association has moved as of March 1. Their new address is:

3415 Commercial Street SE,
Suite E

Salem, OR 97302-5169

Phone: 503-361-8941

How to Determine Percent Calf Crop

Percent calf crop is based on the number of weaned calves as a percentage of those cows exposed to the bull (or artificially inseminated) during a given breeding season. It is figured as follows (with example):

Number calves weaned (27)

X 100 = 90%

Number cows exposed to bull or AI (30)

Importance of Percent Calf Crop

The total reproductive efficiency of the herd is reflected in net percent calf crop. It is the most important economic characteristic in commercial cow-calf herds.

Those cows not calving or failing to wean a live calf cost about the same to feed and require the same amount of labor as cows that do wean a calf. The cost of keeping a cow may range from \$300 to \$350 per

year. The cost of keeping a barren cow must be charged against the returns at weaning, reducing herd profitability.

Cows failing to become pregnant are the main reason for a poor calf crop. Calves lost during gestation, stillbirth, or dying between birth and weaning are other reasons. In many herds, the net calf crop

may be as low as 70%. The cow-calf producer must minimize his losses in each of these areas if he is to maximize profits.

Increasing the calf crop

Provide adequate bull power. Provide one yearling bull for each 15 - 20 cows and one mature bull for each 25 - 30 cows. Breeding bulls should be in good flesh condition, but not fat. If foot trimming is required, do it at least two weeks before breeding.

Shorten the breeding season. Gradually shorten the breeding season each year until all your calves are born in a

relatively short period of time (60 - 75 days). This results in a much easier to manage and

more uniform calf crop. The calving season can be shortened by culling open cows and those that conceive late in the breeding season.

Doing this shortens the breeding season the following year.

Parenting Series

When: Monthly

Time: 5:30 PM

Where: Education Building

DATES TOPIC

April 15-How to keep your child busy

May 20-Summertime activities - what to do with your child?