



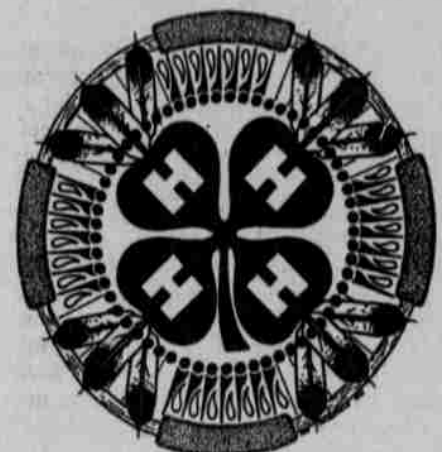
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Bob Pawelek Livestock
Clint Jacks Staff Chair, Madras
Deanie Johnson Secretary
Bernadette Handley Home Economics
Zack delNero Natural Resources
4-H Assistant

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.



Clover speaks

by Minnie Red Dog
 Hello Family, Friends, relatives, & Other Tribal Members.
 I recently accepted the 4-H program



assistant job with Oregon State University (OSU), here in Warm Springs. OSU was crazy enough to offer me the job so I accepted. I am in the process of moving home (Warm Springs), after living in Bend for three years. During my stay in Bend I was attending Central Oregon Community College (COCC), and was accepted to participate in the AmeriCorps Program. I have learned so much about volunteering in other communities, working with Domestically Abused Woman & Children and as well as working with Jr. And Sr. High students, &

the Warm Springs 4-H Enrichment Culture Camp. Volunteering for the various groups throughout the three years I have grown by leaps and bounds.

I would like the Warm Springs Community (my people) to know I strongly believe in stepping forward and making a difference for our children. Building opportunities for there well being and health is important for long lasting good memories. So if there are community members of Warm Springs that would like to form a club to help make a difference for our children come on over to OSU Extension office and sign up for a club. Whether it be Beading, Sewing, Preserving Indian Foods, teaching horsemanship, and/or Horticulture there are many to choose from, come and see the support staff here at OSU office to help put a club together. Bob Pawelek the Livestock Agent, Zach del Nero The Natural Resource/Agriculture Agent, Bernadette Handley the Home Economics Agent, Arlene Boileau the 4-H Youth Agent and myself would be glad to help with any kind of support. Stop by or give us a call to form a club.

Camp is over and put away for another year. There were many people who stepped forward and contributed to our children's memories there were a few people OSU forgot to thank: Fire Management a BIG thanks for the water truck, and Forest Product for wetting down the dirt road.

There are still some lost and found item still setting in Arlene's office. Please come

in and check them out, because if you don't they will be hauled over to the thrift store in Madras. Curtis T., Arlene says you have a shirt in her office come on over and pick it up.

There are a few exciting things happening in our counties 1) Saturday, October 23, 1999, "Let's Do It Day!" taking place at the Jefferson County Senior Center in Madras Call 475-3803 for registration; 2) Genealogy 4-H Club, Call 475-3808; 3) Thursday, October 7, 1999 "Low Cost Herb and Dried Flower Folklore Wreath", contact Rhonda Whetham at (541) 548-6088 ext. 18 in Redmond.

All Interested girls ages 10 to 17 years old

We are inviting girls interested in learning how to sew from patterns with a sewing machine and embellishing with beads and buckskin. We will be meeting once a month and more if requested. Come and enjoy the friendship of meeting new girls and learning a very special skill. Mother's and grandmothers are also invited to attend with the girls. Our first meeting will be on: October 14, 1999 from 6:30 to 8 p.m. at the 4-H room in the Old boy's dorm.

Bring your sewing machine and ideas for the club on projects and future activities. Refreshments will be provided by Brigitte. For more information call 553-8208.

Natural Resource notables

by Zach del Nero,
 The US Department of Agriculture - Agricultural Research Service (USDA-ARS) has recently announced that freshly harvested bananas from Hawai'i may soon begin reappearing in mainland markets. Hawai'i's banana growers haven't shipped the fruit to the mainland since 1984. That's when ethylene dibromide gas, used to disinfest bananas and other fruits of any hitchhiking fruit flies, was banned. But now, ARS experiments demonstrate conditions for safely shipping the bananas without need for disinfestation treatment.

Mediterranean and oriental fruit flies, already established in Hawai'i, are a constant threat to mainland agriculture. They can attack more than 200 different fruits and vegetables.

In lab and outdoor experiments at the ARS' U.S. Pacific Basin Agricultural Research Center in Hilo, entomologist J. Armstrong and colleagues showed that the bananas won't harbor these pests if shipped full size, green-skinned, and without cuts or punctures.

Besides helping Hawaiian growers resume shipments to the US mainland, the ARS studies are helping them recapture sales in foreign markets such as Japan.

The scientists used laboratory-reared medflies and oriental fruit flies and tested thousands of bananas from nearly two dozen plantations throughout the state.

"Our tests," says Armstrong,



"showed that risk of infestation by the oriental fruit flies and medflies is negligible under normal commercial conditions." As a result, USDA's Animal and Plant Health Inspection Service approved new, workable regulations for shipping the bananas.

The varieties tested included three different kinds of the familiar Cavendish-type banana, as well as the specialty Hawaiian apple banana, which has a very sweet, custardlike flavor.

Collaborators in the experiments included the University of Hawai'i Cooperative Extension Service and the Hawai'i Banana Industry Association. Banana growers in Hawai'i produced about 21 million pounds of bananas, worth about \$7 million, in 1998. The U.S. annually imports more than 8 billion pounds of bananas. The y are good sources of potassium, vitamin C, and fiber.

HOME SWEET HOME



By Bernadette Handley, OSU Extension Home Ec Agent

Did you know that October is National Child Health Month? I thought this would be a good time for parents to explore how to KEEP children healthy and substance-free. The American Academy of Pediatrics' publication Caring For Your School-Age Child suggests a few ways to strengthen your child's self-concept and minimize substance abuse.

At one time or another most teenagers will find themselves in a situation where friends are tempting them to try drugs. They'll have to make the decision to use them or not. A number of factors can contribute to a child's feelings, many of which come from positive interactions within the family and from successful performance at school and in other social settings. A child with healthy self-esteem has much less need to abuse drugs and other substances. So it's important for you to get involved before a drug problem develops. By taking the following steps, you can increase the chances that your teenager will say no when he or she is offered substances:

Raise your youngster to feel that he or she is important in your life and to believe that his or her feelings and thoughts really matter. Be respectful of your child's wishes, and try to understand his or her perspective and instill a sense of self-worth. Show an interest in his or her schoolwork. Participate in hobbies and other activities. Spend time reading books together or playing games.

Be honest with your child in all aspects of your relationship. Parents who lie or break promises give their child reasons to distrust them; he or she may lose the desire to

please mother and father. Answer all questions about substances honestly.

Acknowledge and celebrate your child's successes and achievements, which can help build a sense of personal confidence. Cheer your child's successes in school and with peers, and when he or she demonstrates responsibility at home.

Remind your child that there are ways to manage emotions and feelings without turning to drugs. Most of all, let him or her know you'll always be there to help cope with problems.

Encourage your child to participate in wholesome and enjoyable activities that could keep your child from using drugs out of boredom. Allow your child to discover that he or she can have a lot of fun—and get "high"—without drugs.

Clearly articulate your own attitudes about substance abuse. At the same time, examine your own use of substances and what kind of model you are presenting to them. Let your teen know that if he or she uses drugs, you'll take away some valued privileges, such as use of the family car.

Set a good example by limiting your own use of alcohol and medications. If you take medicine for a medical problem, you need to explain that to your teen child. If you drink at home, keep it at moderate levels and make it clear to your youngster that you're not using alcohol as a way to cope with your problems. Also, never drink under unsafe conditions (such as while driving) and don't make light of excessive alcohol consumption (e.g.,

if your teenager becomes intoxicated.)

If your adolescent is of driving age, insist that he or she never drink and drive, no matter how little alcohol has been consumed. Even one drink can disrupt driving ability. Some parents institute a "free-call-home" policy; if a teenager has been drinking, he or she can call home for a ride without fear of consequences that night. Parents can discuss the incident the following day.

Give the facts about the dangers of drugs. Although it's their decision, you should make sure they know in advance the dangers of even experimenting with a mind-altering drug. Yes, it may seem to provide a temporary escape from the stresses of adolescence, but in the process it will interfere with the necessary "growing pains" that everyone must experience in becoming a mature and responsible adult. And by causing everything from social withdrawal to decreased motivation, drugs can make the growing-up process even more difficult.

Make sure your teenager knows not only the physical risks of using drugs but also the legal consequences of getting caught taking them. Talk with your teen frequently about subjects relevant to an adolescent's life, including drugs and how they play a role in peer acceptance. Teach your teen how to make independent judgments, no matter what friends or peers are doing or saying. And let him or her know how you feel about drugs.

Indian Education office seeks coordinator

Coordinator, Office of Indian Education, Oregon State University. Coordinates students services, program and community liaison & recruitment and retention for American Indians/Alaskan Natives. BA and community experience required. Advanced degrees, counseling experience, and experience

in higher education desirable. Full time with competitive salary and benefits package. For application information call 541-737-9030, email Rose.Lacey@orst.edu, or see http://osu.orst.edu/Dept/indianed.

OSU is an AA/EEO employer and has a policy of being responsive to dual-career needs.

Soil Survey Workshop

Oregon State University Extension will be offering a workshop on Wednesday, Dec. 15, 1999 from 9 to 11:30 AM in the Forestry Conference Room. The workshop will focus on the newly published NRCS Soil Survey of the Warm Springs Indian Reservation, Oregon.

Dr. Herb Huddleston (Oregon State University) and Jerry Macdonald (NRCS Soil Survey Project Leader) will make a brief presentation on the survey and how it was produced. The workshop activity is designed for use of the survey - participants will work through a few exercises so that they are familiar with how to utilize the material.

Throughout the workshop, there will be opportunities for any and all questions pertaining to the document, its use, and the methods used in its production.

Yeah, refreshments will be provided.

Agenda: Forestry Conference Room

9:00 AM Brief overview of the survey and how it was produced*Dr. Herb Huddleston, Jerry Macdonald
 9:30 AM Workshop exercise
 10:00 AM Break
 10:15 AM Workshop exercise
 11:00 AM Open discussion / technical questions & answers
 *availability and formats of digital data

*local support resources
 Please call the OSU Extension office (553-3238) to register for the Soil Survey Workshop by the end of November so I can get an idea for food & materials.

Master Food Preservers

Do you need an answer your food preservation questions? Call the Certified Master Food Preservers and Extension educators in Lane County on the OSU Extension Service Food Preservation Hotline. The hotline will be available from

July 15 - October 15. Phone calls may be directed to 1-800-354-7319 between the hours of 9 AM - 4 PM Monday-Friday (except holidays).

Be a beef ambassador

by Bob Pawelek
 The National Beef Ambassador Program Competition will be held at the Airport Hilton in Wichita, Kan., Nov. 4-6, 1999. State representatives, ages 15 to 19, come from across the nation to participate in the competition and learn to be better spokespersons for the beef industry. They will also attend a workshop that helps them handle the media and consumers when talking about the beef industry. ANCW would like to invite anyone interested in the program to come to Wichita. Contact Shelle Taylor (ANCW), staylor@beef.org or 303/850-3442.

STOCKMAN'S ROUNDUP: Supplemental feeding made easy



by Bob Pawelek
 OSU Livestock Agent

"THINK OF USING SUPPLEMENTAL FEED TO FURNISH THOSE NUTRIENTS WHICH ARE NOT PROVIDED BY FORAGE OR FEASIBLY ATTAINABLE FROM THE ANIMAL'S BODY STORES."

1. Feed salt and an 8-12% phosphorus supplement of similar calcium content, free choice year round, unless the mineral is included in a complete supplement.
 2. Inject or feed vitamin A if in doubt. More than 4 to 6 months without green

pasture or green pickings is cause for doubt.

3. Always feed enough protein to maintain a 6% plus protein ration for maintenance of rumen function and feed intake. Additional protein will be needed for some production situations. When in doubt about the amount and type of supplement to feed with low quality forage, feed a dry pregnant cow 0.4 lbs of actual supplemental crude protein or the equivalent of 1 lb of a 40% protein supplement, and a lactating cow 0.8 lb. of actual crude protein or the equivalent of 2 lbs of a 40% protein supplement.

4. Then use cow condition or fatness as a guide to additional feeding. Loss of weight or condition suggests more energy, and thus pounds of supplement, is needed. For example, feed 4 lbs of a 20% protein supplement instead of 2 lbs of a 40% supplement. The protein content can be decreased in proportion to the increased level of supplemental feeding.

Tips on supplemental feeding
COWS GRAZE SELECTIVELY IF GIVEN HALF A CHANCE. THE FORAGE THEY ACTUALLY CONSUME WILL BE SLIGHTLY MORE DIGESTIBLE AND CONTAIN MORE PROTEIN THAN THE AVERAGE OF ALL THE FORAGE IN THE PASTURE. IN

ORDER TO OBTAIN SATISFACTORY ANIMAL PERFORMANCE, SUPPLEMENTATION IS USUALLY REQUIRED, ESPECIALLY IF PASTURES ARE OVERSTOCKED.

1. Keep a good salt plus 8-12% phosphorus mineral, of similar calcium content, out for the cows year round. An exception might be where phosphorus is supplied by complete salt limited supplements.

2. Begin protein supplementation before cows lose a lot of weight and condition. A killing frost is a definite signal to start in the fall. Protein will also be very beneficial during drought periods when grass is dry and tough. It's cheaper to save condition in late summer and fall than it is to feed a poor cow back into shape during the winter.

3. Adequate protein is essential for normal feed or energy intake and digestion.

4. The energy in 1 to 2 lbs of a high energy supplement may slightly stimulate digestibility (1-3%) and intake (5-10%) of poor forages.

5. The best way to handle energy deficient situations is to manage to stay away from them. Improve your hay quality. Control calving seasons so quality forage is available when cows and calves need it most. Use fertilization and limited supplementation to be

sure cows are in good condition starting the winter. This will reduce the need for high levels of supplementation during the winter.

6. Where cows are getting too poor, feed the higher levels of supplement required to maintain proper condition or get ready to pay the price of reduced calf crops and weaning weights.

7. This substitution effect also exists where hay is used to supplement pastures.

8. Use 1 to 2 pounds of a high-protein, high energy supplement to clean up dead grass in the fall before it rots in mid-winter and then really haul the hay out to the cattle as the total feed. Don't tease tem with a third to half feed of hay, as it will depress pasture utilization. Remember that a pasture is also used up long before the last bite is gone.

9. Look ahead. Try to stay out of situations calling for high levels of supplementation. It's not profitable.

10. On the other hand, a little supplement (even a lot) at the right time can be a very profitable management tool.