



**Arlene Boileau** 4-H & Youth  
**Bob Pawelek** Livestock  
**Clint Jacks** Staff Chair, Madras  
**Deanie Johnson** Secretary  
**Bernadette Handley** Home Economics  
**Zack delNero** Natural Resources  
**Minnie RedDog** 4-H Assistant

Internet Address: <http://www.orst.edu/dept/wsxt>

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 **Arlene Boileau** 4-H Agent & **Minnie Red Dog** 4-H Program Assistant

4-H Cooking Extraganza Meeting's are at the Community Wellness Center in Carol Allisons room every Wednesday from 3:30 PM to 6:00 p.m.

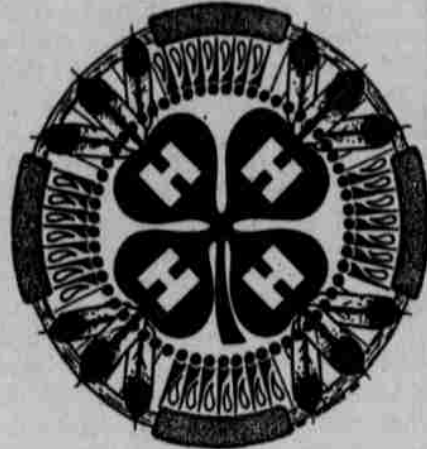
**What kind of 4-H Leaders is the 4-H program looking for?**

4-H Leaders who are willing to share their skills and time with the youth of Warm Springs. And what kind of 4-H Clubs? Beginning Bead work; Intermediate Beadwork; Basket making; Livestock horse's, cattle, rabbits, etc.; All kinds of sewing; Cooking with young 4-H'ers

**Why Become Involved In 4-H Clubs?**

The following list of figures based on national statistics for all American youth indicates one more or reason for youth and adults to become involved in 4-H Activities: Every 1 second a public school student is suspended; Every 9 seconds a high school student drops out; Every 10 seconds a child is reported abused or neglected; Every 15 seconds a child is arrested; Every 1 minute a baby is born to a teen mother; Every 5 minutes a child is arrested for a violent crime; Every 18 minutes a baby dies; Every 2 hours a child is a homicide victim; Every 4 hours a child commits suicide (Taken from the Jefferson County Newsletter).

**New 4-H Leader Information**  
 Minnie Red Dog will be attending New 4-H Leader Training at Jefferson County



Extension Office in Madras. Once Minnie receives all this training she will then develop New 4-H Leader Training for Warm Springs.

**Drying and Roasting Seeds**

Now is the time of the year to start thinking about those pumpkin seeds. Wash the pumpkinseeds carefully to remove the clinging fiber.

When seeds are dry, mix thoroughly 2

cups of unwashed dry seeds 1-tablespoon melted butter, and 1-teaspoon salt. Place in a shallow baking pan and roast 1 hour at 250 degrees; or 30 minutes at 275 degrees; or 10-15 minutes at 300 degrees F. Be sure to stir seeds frequently as they roast. Place seeds in a plastic bag and store. If they are to be kept a long time, put them in the refrigerator or freezer. The seeds will become rancid if stored at room temperature for long periods of time. As stated by Deborah Byrne, Extension Family and Community Development Agent

**Yogurt Milkshake**

Mix in the blender 1 (6-8 oz of yogurt) plus 1 can (concentrate orange juice) plus (2 bananas) plus 2-3 cups of (ice cubes). Blend until smooth; enjoy this milkshake with the seeds you just roasted

Warm Springs 4-H'ers Mark those Calendars for Junior Leader Retreat January 14<sup>th</sup>-17<sup>th</sup> at the Deschutes County Fair Grounds, lodging at the Super 8 Motel. Watch for more information.

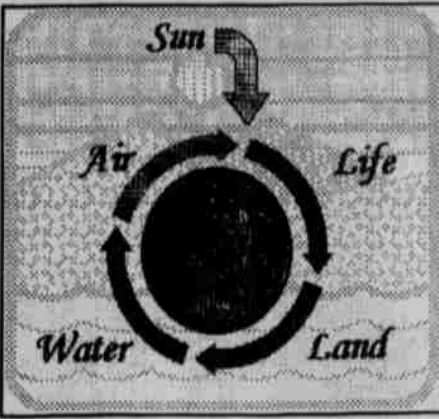
**Leadership Forum 2000**

This April 28-29, 2000 this 4-H Leaders' Forum will be held at The Dalles, OR. This is a great opportunity to get to know other 4-H leaders' from around the state and boost your leadership skills. As soon as we receive more information about this Forum we will get it out to you. So start planning now.

**Natural Resource notables**

Forage to make taste buds tingle  
 Just as chefs in a fine restaurant want to create meals to delight your taste buds, ARS scientists are busy searching the secrets of how to tempt ruminant animals like cattle, sheep, and goats. Knowing more about the cues that govern cattle's diet choices can mean

noon over hay cut in the morning.  
 Mayland says it is apparent that the animals prefer the afternoon hay because of the easily digestible starches and sugars. "Our study," Mayland points out, "was likely the first to show up to a 50% difference in forage preferences based on time of day the hay was cut."  
 Follow-up experiments with alfalfa hay showed the same trend. "The bottom line," notes Dwight Fisher, "is that farmers may get better performance from their livestock if the feed them hay harvested in the afternoon."



Other experiments looked at different chemical and physical characteristics of forages. For one study, scientists analyzed some 50 different chemical given off from freshly harvested samples of 8 different kinds of tall fescue grass and nearly 100 chemicals from tall fescue hay. ARS researchers found that cattle preferred fescues with high levels of a volatile (easily vaporized) natural chemical known as 6-methyl-5-hepten-2-one (just doesn't sound very natural does it?). Cattle did not like fescues with high amounts of two other volatiles, (Z)-3-hexenyl propionate and acetic acid (they don't sound too good to me either). Studies on two other classes of chemicals in these fescues - amino acids and nonvolatile organic acids - showed no link to forage choices.

healthier animals that make better weight gains and bigger profits for ranchers. The research can also help plant breeders avoid the mistake of developing a new forage that grows fast and has high yields - but the animals don't like it.

ARS soil scientist Henry F. Mayland at Kimberly, Idaho, is coordinating a series of ARS and university studies designed to reveal "just what it is about certain forages that makes animals keep coming back for more."

Probably the best known of these tests are the ones Mayland did with ARS colleagues Dwight S. Fisher at Watkinsville, Georgia, and Joseph C. Burns at Raleigh, North Carolina. These tests showed that cattle, sheep, and goats preferred hay harvested in the after-

Other experiments are probing the effects of various chemicals, including the minerals calcium, magnesium, and potassium, along with physical characteristics such as plant height or the amount of energy and animal has to use to tear off a mouthful of grass. This information was recently released by Marcia Wood and Jill Lee, for the USDA Agricultural Research Service (ARS).

**HOME SWEET HOME**

By **Bernadette Handley**, Family & Community Development Agent



"Strong Roots build Strong Branches" is the theme for National Family Week-November 21 - 27, 1999. The purpose of National Family Week is to recognize the role of families - however diverse- and their contribution to a strong society. It is designed to encourage and support a healthy family life and family values. The importance of strong families and the impact they have on the quality of life in communities and the nation are becoming more obvious every day. The home sets up a pattern that spills over into all other aspects of our society.

Mutual Appreciation-Strong families appreciate the uniqueness and contributions of each family member—expressing feelings of appreciation in words and actions. Family members tell each other they are special. In the hurry of daily responsibilities, we often forget the importance of letting people know how much they are appreciated. It's so easy to take each other for granted, especially in families.

Think of what you can do to express appreciation for each member of your family. A special note or letter is one approach. A "date" with your son, daughter, or spouse also sends, in a special way, the message that you care. A gift "selected to match" a loved one is another way to say "You're special." Remember, "It's not the biggest things with all their pomp and show, it's the little special things you do that help people grow."

Quality Time -Strong families spend a lot of positive time together in work and play and enjoy being together. Activity overload is a major family challenge of our day. There are so many things to do and so little time to do them all. Special time with the family or family members doesn't come easily. You must take the time or you can end up with only leftover time—a time you are tired, irritable, cranky, or exhausted. You need to schedule time for your family when you are fresh and have something positive to share. The ability to enjoy your family, with humor and playfulness, comes more easily to some than to others. In our hectic paces of living, it is so easy to put things off and to say that one of these days we will do it. And it never happens. One of these days often means none of these days. If you want to build a stronger family

unit, you must take some quality time when you have the energy, the inner peace, and the patience to give your best. You need to incorporate into busy schedules special times to share fun, special, and uplifting kinds of activities.

Effective Communication -"The greatest gift I can receive from anyone is to be seen by them, to be heard by them, to be understood by them, and to be touched by them." This quote by Virginia Satir expresses the keys to good communications in families. How wonderful it is to have someone see your side of things and to really understand how you feel. However, if we're not careful the needs and pressures of the moment often block this type of understanding. Families that are strong have developed an ability to look beyond each others' faults and to see their needs. Family members don't do this every time, but they consistently put forth an effort to hear what the person is saying and feeling.

Strong families have quarrels and don't always agree, but they have the confidence to get things out into the open and to talk about them. Solutions that consider each person's needs are discussed and, hopefully, implemented. Providing opportunities for all family members to share their concerns is important. A good practice is a family council, scheduled regularly, where individual and family concerns are shared with an open discussion of issues and possible solutions.

Touch is an important aspect of communications in families. A hug or squeeze, an embrace, a touch of the hand can communicate in many ways when words seem empty. The next time things get tense and everyone is trying to speak simultaneously, pause for a moment. Try to put yourself in the other person's place and hear what is being said and try to experience what the other is feeling. Realization that someone understands and cares eases a lot of tension and goes a long way in building strong families.

Commitment is a positive quality that constantly appears in strong families. They share the kinds of experiences that make the family more attractive than other groups. Strong families are committed to helping and promoting the happiness of each other. Commitment also comes from an active

involvement in setting family goals. Each person has a chance to share what he/she thinks is important. This kind of involvement brings with it a commitment to see that the goals are met.

Teenagers are more willing to go along with a family vacation if they have some say on where and what is planned. This holds true in other areas. You need to take the time to make an effort to get input from each member of the family involved in a planned trip. When you do this, you are saying "You are important and what you have to say counts." This process takes time and some flexibility but the benefits are worth the efforts. Commitment is a vital factor in developing a sense of unity among family members.

Religious Orientation  
 Strong families share a high degree of religious orientation. In addition to attending church as a family, they often pray together and read the Bible and other inspirational books. They share a set of common values. In their daily activities, they apply the Golden Rule, "Do unto others as you would have them do unto you." They share the belief that there is a Supreme Being that is a guiding force.

Families that have developed these five characteristics discussed are better able to meet the challenges of today. The unity they have developed makes it possible for them to draw upon the resources of each other as they are needed. They become a strength to one another.

-Adapted from Developing Family Strength, Norine Barnes, Information Sheet 1362

**Satellite Events**

OSU Extension hosts a series of educational satellites developed by the U.S. Department of Education.

- Smart from the Start-January 18
- Powerful Middle Schools-February 15
- Nurturing Readers-March 21
- Multiplying Excellence-April 18
- Connecting with Youth-May 16
- Learning Everywhere-June 20

Programs will be offered in the 1st floor classroom of the Education Building from 5PM-6 PM. Contact OSU Extension @ 553-3238 if you are interested in attending.

**STOCKMAN'S ROUNDUP: Tobiano and Overo demystified**



by **Bob Pawelek**  
 OSU Livestock Agent

In my last column, we talked about how color influences horse breeds. Today we revisit some interesting history and other quirky stuff.

**Paint Horse**

The American Paint Horse Association is devoted strictly to the stock type horse, representing a combination of breeding, conformation and color. In 1965, this association combined with the American Quarter Horse Association, thus may be registered as both APHA and AQHA.

Coat colors are white plus any other color, but the coloring must be a

recognizable paint. No discrimination is made against glass, blue, or light colored eyes. Animals may be disqualified for registration unless they have natural white markings above the knee or hock, except on the face; if they have Appaloosa coloring or breeding; if they are adult horses under 14 hands high; or if they are five-gaited horses.

**Palomino**

Palomino horses were first introduced from Spain in 1519, having long been bred for color and used exclusively as the distinctive mounts of nobility and military officials. When California was still a Mexican possession, the golden horse was being bred there for racing. The Palomino Horse Breeders of America was organized in 1941.

Interestingly, when palomino mares are bred to a palomino stallion, the foals are, on the average, 1/2 palomino, 1/4 sorrel, and 1/4 albino. Crossing sorrel offspring with albinos produces only palomino foals.

**Pinto Horse**

The word pinto refers to a spotted horse, having first arrived in America with the Spanish conquistadores. The Comanche especially prized the Pinto Horse.

The ideal Pinto has a 50-50 color pattern distribution. However, the patterns and markings are extremely varied. Horses with less than 50-50 per-

centage of markings will be accepted into the registry. But a Pinto must have noticeable markings on the body, not including the face and legs.

**Tobiano and Overo**

These are not breeds, but color patterns. Tobianos have color on the head, chest, flanks, and some in the tail. The legs are nearly always white, and the white markings extend over the back. The edges of the markings are usually fairly smooth and rounded.

The overo pattern is more rare than the tobiano, often having jagged or lacy-edged white markings, mostly on the midsection of the body and neck. The white rarely crosses the backline; legs are usually a color rather than white. There is more variation of pattern with overos than with tobianos.

**Pony of the Americas (POA)**

This is a great breed for kids who have outgrown their Shetlands, as mature animals grow to about 12 hands. They have appaloosa coloring, but may also be registered with pinto, albino or roan coloring.

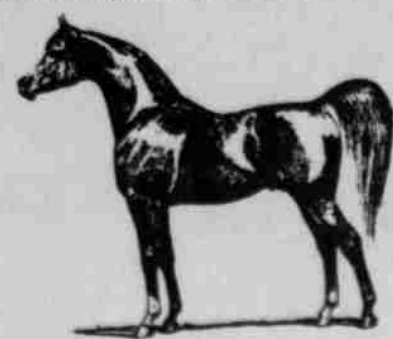
**Rangerbred**

In type, Rangerbreds (Colorado Rangers) are similar to Appaloosas. The registry, Colorado Ranger Horse Association, was founded in 1937. This animal was bred for range conditions. These horses have been around since the late 1870's and used by the U.S.

Army at the turn of the century.

If a few of these breeds are unfamiliar to you, it may be because there are some so obscure that not many of them are around. For instance, there are fewer than 700 Morocco Spotted Horses in North America. While researching this column, I attempted to contact the American Albino Association at Crabtree, Oregon, but no one there even remembers that outfit.

Sometimes people interpret written information about a breed as an official recognition of the breed. No one person or office has authority to approve that a strain of some type of horse is really a breed. Only the Tariff Act of 1930 provides a legal basis for recognizing a breed, since admission of purebred breeding stock into the United States is duty-free. Who knows if NAFTA will render new opportunities for new breeds, maybe even more colorful!



tional Park Service is facing a difficult management task in Yellowstone. Severe overgrazing by large ungulates, elk and bison, is changing the plant communities away from ones with a shrub component; erosion and stream downcutting is occurring. Political pressures throughout the nation make change difficult, and meanwhile this treasure diminishes. SRM has suggested that a Coordinated Resource Management process be initiated. While not without risk, CRM seems to us to be the best hope available for honestly evaluating Yellowstone. So far, little has happened. Apparently, the politics involving several states, a large agency, and myriad publics incur considerable inertia.

Forage Improvement Act: Representative Bob Smith, (R., OR) has introduced legislation to Congress. SRM will analyze the document and publish relevant points concerning it in the Trail Boss News. SRM will not endorse or reject the legislation, but rather provide an educational synopsis of it. The Public Affairs Committee and the Advisory Council have the responsibility for creating the draft.

Professional Stature and Image: It is my contention that SRM and the organizations/agencies involved in rangeland management need to carefully preserve the educational standards and experience parameters which make individuals competent and qualified as scientific managers of natural environments, cognizant practitioners of the human skills appropriate to societal values, and which provide a functional appreciation of economic reality and stability. If we allow non-range trained people to make rangeland management decisions, we are destined to witness an erosion of the profession - and, I believe, an erosion of the resource itself.

The Future: SRM has appropriate and timeless goals. The need for ecological sustainability, economic stability, and social acceptability has never been higher. A stance of life-long learning and professional competency is paramount if the demands of an ever increasing population are to be met. We have a daunting challenge in front of us. I commend you to the task of making our basic resources of air, land, water, an people the best managed they have been since human beings began their great experiment.