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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.



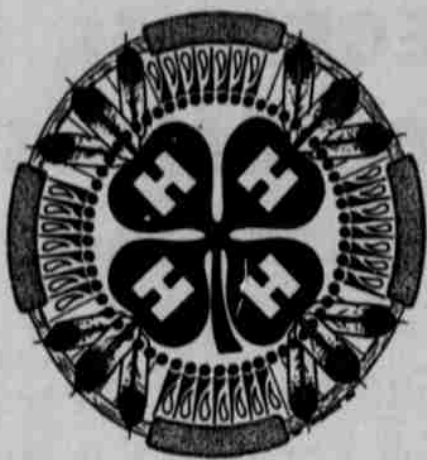
The Clover speaks

by Minnie Red Dog 4-H Program Assistant & Arlene Boileau 4-H Agent
Recognition to the Warm Springs 4-H Leaders for 1998 & 1999

As we approach the end of 1999 the Warm Springs 4-H Program would like to recognize the 4-H leaders. These people have spent time, energy, and shared their skills with the youth of Warm Springs. These volunteers are special folks and we want to thank them so very much for stepping forward and volunteering. They took time out of their busy schedule, attend 4-H leader training, and to prepare for each class with much care and diligence.

The 4-H Leaders are: Julie Johnson leader of the "Pow-Wow Fun Club" taught her 4-Hers how to Indian dance, create their own regalia, and then they traveled to Powwows; Nancy M. Seyler Leader, of "Keeping Them in Stitches", taught 4-Hers to start a quilt; Brigitte Whipple Leader of the "4-H Quilting Class" taught sewing techniques; Bernadette Handley (the Home Economics for Warm Springs) leading the "4-H Cooking Fun Food Class" taught how to cook fun foods and the "Early Childhood Education Concession Cooking Club" taught 4-Hers how to cook and earn money; Zach delNero (Natural Resource /Agriculture Agent) attending the field trip leading the "Hike at Smith Rock for the Early Childhood Education Children" taught 4-Hers how to be safe while hiking; RaNeve Dowty for helping Arlene with the "4-H Hol-

day Cookie Class" 4-Hers learned how to make and decorate cookies: I want to Thank Sue Ryan for rearranging the 4-H leader material. I really appreciate her efforts.



These are the volunteer's that have contributed to our youth of Warm Springs by leading a 4-H Club. I would like to send a BIG THANKS to all of these folks.

Update on the "4-H Cooking Extravaganza" session at the Community wellness Center the Little Chef's made peanut butter sandwich's they were divided into pairs and one of the Chefs were blindfolded and instructed the other how to

make the sandwich, this was a fun session. No 4-H Cooking class on Wednesday November 24. Have a happy Thanksgiving. A big thank you goes out to Snuffy from Deschutes Crossing for donating two big containers to the 4-H Cooking Class. Pastor Rick R. Ribeiro for the donation of 20LB's of flour for the cookies the 4-Hers will be baking the first two weeks in December. Parents come on down and help

Fiddle Diddles A no-bake cookie that always turns out. Chocolate-flavored and nutty.

Butter or hard margarine 1/2 cup.
Granulated sugar 2 cups.
Milk 1/2 cup.
Cocoa 6 tbsp.
Quick cooking rolled oats 3 cups (not instant).
Medium coconut 1/2 cup.
Chopped walnuts 1/2 cup.
Salt, just a pinch.
Vanilla flavoring 1 tsp.

You Will Need: A large saucepan, measuring cups, measuring spoons, a mixing spoon, a hot pad and wax paper on a cookie sheet.

A. Put the butter or margarine sugar and milk into the saucepan. Heat on medium heat, stirring often, until it comes to a boil. Remove the pan to the hot pad (use a potholder).

B. Add all of the remaining ingredients. Stir well. Drop by rounded teaspoonfuls onto the wax paper. Cool completely. Store in a container with a lid with wax paper between the layers. Makes about 40 cookies. Also enjoy your cookies

Natural Resource notables

Pesticide Use Reporting in Oregon
The following information was originally released in the ODA Pesticide Quarterly Fall 1999 issue.

On September 1st, HB 3602 was signed by the governor, setting in motion the construction of the most comprehensive pesticide use reporting system known in the

Developing a comprehensive, statewide pesticide reporting use system is to boldly go where no one has gone before. The plan calls for a scientific review group, utilizing expertise from Oregon State University and Oregon Health Sciences University, to work on identifying the type of information needed in the system and its usefulness. At the same time, a work group is to be appointed by the governor will also provide input on the program's specifics, interfacing with the scientific review. That group will consist of pesticide users and dealers, environmental and labor organizations, public health organizations, and public water suppliers.

While the idea of making detailed information on pesticide use publicly available may alarm some, others see an opportunity to put some false assumptions and accusations to rest. As the U.S. Environmental Protection Agency continues its evaluation of pesticides as part of the Food Quality Protection Act (FQPA), the current lack of accurate and comprehensive data often leads to a "default assumption"—an overestimation of pesticide use by agriculture. Unless EPA has data to the contrary, it is presumed that a particular pesticide product is being used at the maximum rate, maximum timing, and on all acreage of the crop in the U.S.

Hopefully, Oregon's system will show what and how specific pesticides are actually being used—vital information for EPA to more accurately evaluate pesticide registrations.

There are also many concerns raised about agricultural use of pesticides causing harm to humans, endangered species or impacting water quality. Precise data of what is used, when, and where can either refute those allegations or help agriculture and other user groups address real problems.

Most agricultural producers already keep records on pesticide usage. The new system will require reporting those records. There will be confidentiality of the individual user, but the information must be in a form that can indicate what is being used in a given geographical area. Then there is the question of how to capture urban use, particularly that of homeowners. These are among the challenges to be met over the next several months as everyone's collective sleeves are rolled up.



United States. The carefully crafted Oregon legislation—a monument to compromise—sets up a that will hammer out details not addressed by other states' reporting programs.

HB 3602 requires the department to collect, summarize, retain and report information on pesticide use by all categories of users—from farmers to foresters to roadside maintenance crews to homeowners. The full program of pesticide use reporting in Oregon will not be implemented until January of 2002. Right now, there are still more questions than answers. What kind of pesticide use information is needed? What is the best way of collecting that information? How is information on homeowner pesticide use to be collected? Can it be done electronically? How often will reports be due? How accessible will this information be to the public? These are among the important details—the real guts of the program—that need to be ironed out well before 2002.

The shaping of the program resides within the Oregon Department of Agriculture and will be viewed with interest by supporters and skeptics alike, along with interested parties in other states. If Oregon, the trendsetter, does it and does it right, perhaps it will be a model for others.

HOME SWEET HOME

By Bernadette Handley, Family & Community Development Agent

Making the Holidays Less Stressful for Families

Keeping up with the joy and merry-making of the holidays can be stressful. Lack of sleep, financial worries, and high expectations and demands are some of the things that cause parents to feel stressed.

Many children are faced with changes in their familiar routines during the holidays. Children are likely to eat more sugar than usual and not get enough sleep and often get less attention from their parents, who are preoccupied with holiday activities. They may show signs of excess energy, act more needy or demanding, and have large mood swings. But careful planning and being aware of your children's needs can help make the holidays more enjoyable for the whole family. Here are a few tips:

Plan a sensible schedule. Choose to participate in events that you find rewarding and eliminate the things you do not enjoy. Include outdoor activities to reduce the stress of being cooped up inside. If certain parts of your holiday plans did not work out, pinpoint the source and decide how you will change it next year.

Try to maintain routines as much as possible. Let your children know ahead of time what the day will be like and what they can and cannot do. Be realistic about your

expectations. It's okay to lighten up a bit on discipline over the holidays. Take along your child's favorite foods, blanket, stuffed animal or books when your family goes out.

Make a list and check it twice. Not all of us shop for the holidays at the same time, but everyone could benefit from a shopping list to help focus attention on the shopping task. A list isn't to keep straight who has been naughty and nice, but to remind you to whom you are giving a gift, their sizes and preferences, and an estimate of the amount of money you want to spend. A list can also help you organize your holiday spending—not just gifts, but food, entertainment, cards and charitable contributions. And it may help you keep your holiday spending within reasonable limits.

Spread out the holiday season. Avoid a huge build-up and then a big crash when it's all over. Opening one gift a night throughout the holiday season enables children to have more time to use and appreciate everything they receive.

Simplify. Sometimes the simplest activities, such as sharing times together, bring the most enjoyment. Taking a walk together, reading a favorite book, singing carols at home or in the car, or playing a game together are all activities that children find rewarding, particularly if done with a

parent.

Light candles together as a holiday tradition. Candles are warm and help set the tone for families to slow down and linger together. Help your child light a candle at dinner each evening.

Build family traditions. Some families tell stories of past holidays or visit relatives. The task brings the family closer together through talking, laughing, and sharing.

Beware of family arguments. The holidays are not the time to resolve long-standing family issues. Avoid creating these stressful situations. Source: OSU News Tips Nov/Dec 1999

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: What makes 4-H Unique?



by Bob Pawelek
OSU Livestock Agent

I had a wonderful time, at Extension Annual Conference a few weeks ago, listening to and talking with Becky Johnson of the S.S. Johnson Foundation. She asked several challenging questions. One, however, proved most interesting. She asked about the uniqueness of the 4-H program. What is it about 4-H that is special? It is an interesting question and one we as Extension faculty, staff, volunteers and members should be prepared to answer.

As our community grows, as the faces of our clientele change, and as our organization competes for a share of the minds and bodies of volunteers and members, I believe 4-H will need to look closely at its niche. What is our place within the county that makes us unique in the eyes of the community and worthy of support?

I asked a very simple question of my colleagues throughout the state. What makes 4-H Unique? The responses I received were reassuring, up-lifting and start to answer Mrs. Johnson's question.

Four-H brings with it a long and valued history. The fact we are the leader in youth development programs focusing on agricultural science, food and fibre provides substantial name recognition. Nearly a century of programming, to meet expanding clientele needs, has led young people, parents, and families to recognize 4-H as a safe place to be and learn. Success measured against standards and not peers focuses attention on life skills, not projects. Raising a blue ribbon 4-H'er with a red ribbon animal has long been a valued belief in Extension program-

ing. Without a doubt, 4-H receives its strength through the volunteer leadership. The leadership is supported by the only organization tying university based youth development research and education to the public. At the heart of all Land Grant Universities, like Oregon State, is the belief in extending current information about youth development to the public. 4-H is an educational institution, not a social service agency.

The sense of family is a theme that ran strongly throughout the responses. Not only does 4-H represent the largest volunteer base among organizations that support youth/adult partnerships, it provides the parent/family model necessary to empower families to do things together. Families have the opportunity to participate in the democratic, bottoms-up, youth programming. Four-H is not just a youth development program, it is a family development organization. When parents are not able to participate, there always seems to be a leader to fill in where needed. The fact that Four-H has the largest alumni of any organization, provides a significant resource to recruit volunteers to fill important roles. In 1997 alone, nearly 625,000 leaders worked directly or indirectly with over 6,000,000 youth.

The mission of 4-H is to assist in the development of self-directing and productive members of society through skills in citizenship, individual growth and work applied in real and meaningful ways. The fact each county tailors its programs in direct response to client needs translates to projects that are personalized, individualized, and internalized effecting positive changes in members, parents, and leaders. Four-H projects are holistic and teach to all the senses. The 4-H program is strong because project curriculum offers opportunities for members to apply school curriculum to real settings.

Extension's flexibility lends itself to partnerships with other agencies and schools. Unbiased curriculum is adaptable to local needs. Extension programs, in some counties, are filling the gaps left by financially strapped school districts. Although 4-H has its roots in the classroom, it is not just an after school program. Transportation and family financial issues put after school activities out of reach of many youth. The flexibility of the 4-H program to address the needs of the urban, suburban, and rural communities makes 4-H workable for the whole family. Low cost or no cost enrollment, and lack of uniform requirements opens 4-H to all youth regardless of socioeco-

omic status.

The preceding summary of my colleagues' responses is not a complete answer to Mrs. Johnson's question, but it is a start. A more complete answer lies in feedback from our leaders, members, parents, families, and community.

I am confident, if asked the same question, this group would answer on a more personal level. It is a question I will ask.

Without doubt, 4-H plays a significant role in assisting youth to become productive in society. A county judge once said he'd never seen a 4-H member before his bench...never had to deal out consequences to 4-H'ers. Cool.

Master Gardener classes to begin Feb. 1, 2000

The Central Oregon Master Gardener Program is entering its 18th consecutive year, serving Crook, Deschutes and Jefferson Counties. This Oregon State University Extension Service program has trained hundreds of volunteers in home horticulture and they in turn, have reached thousands of clients within Central Oregon. The program targets individuals interested in learning and sharing research-based gardening information. Currently, the program has over 100 active volunteers who find the program educational fun, and very rewarding. Master Gardener trainees receive 54 hours of intensive classroom and hands-on training. In return, trainees volunteer a total of 54 hours, sharing what they've learned with our community. Volunteer opportunities include answering garden questions, working in a community garden, giving presentation, and helping with a garden tour, etc.

Nine weeks of classes will begin February 1, 2000 and continue through April in Redmond. Some of the horticultural coursework taught includes: botany, pruning, insect id, weeds and turfgrass care. The cost for the program is \$150.00 at the time of application. Upon completion of the volunteer hours, \$90.00 will be refunded to the participant. Those unable to volunteer time back will forfeit their refund. Applications are available at the OSU Extension Office in your county or by calling 548-6088. The application deadline is January 7, 2000. For more information please call the OSU Extension Service in Redmond at 548-6088.

Workshop offered Dec. 15th

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.

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 pasteurized 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.