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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 Arlene Boileau 4-H Agent and Minnie Red Dog 4-H Program Assistant.

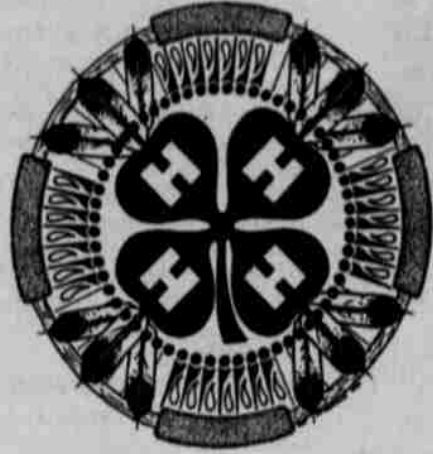
To All 7th-12th graders interested in leadership there is going to be a JR. "Leadership Retreat" at the Deschutes county fair grounds. The events to participate in are Developing Communication skills, self-defense, teamwork, Diversity, Sportsmanship, Leadership skills and much, much, much more. Dates of the events are January 14-17, 2000. Location: Deschutes County Fair and Exp. Center at Redmond fair grounds. Registration is a first come first serve for the first 80 applicants throughout the Tri-county area. Full cost to participate is \$80. Deadline December 29, 1999. \$25 will hold a spot until January 10, when the remainder of the fee is due. Contact Minnie Red Dog or Arlene Boileau in the Education building; pick up the registration at the Extension office or the Warm Springs Post Office.

This years 4-H Tri-county camp will be held at Round Lake, located half and hour from Sisters, OR. Grades 4-7, Dates of camp are June 26-30, 2000.

Cost: \$95 scholarships available.

OSU offers support to community members to lead a 4-H club. If you would like to be a 4-H leader and not sure what kind of clubs there

are here is a list:
 Communications and Expressive Arts: Public Speaking, Creative



Writing, Clowning, Dance, Drums, Music, Art Painting, Decorative Painting, Sculpting, Wood Carving, Ceramics, Cake Decorating, Rubber Stamping, Photography Graphic Arts. Leather Craft, Fiber Arts (quilting, embroidery, cross stitch): Consumer and Family Sciences; Child Care/Development, Baby sitting, Clothing and Textiles, Home Environmental Stewardship, Water Quality/Watershed Education, Angler Education, Geology. Weather, Marine Science, Energy, Forestry, Range Science/Native Plants, Wildlife, Outdoor Education/Recreation, Adventure/Challenge, Shooting

Sports, Archery, Fire Arms: Nutrition and Health; Foods and Nutrition, Food Preservation, Health, Safety, Tractor and Machinery Certification, Search and Rescue, Bicycle Safety, Auto Safety, and Traditional food gathering:

Personal Development and Leadership; Economics, Business and Marketing, Leadership Development, Junior Leadership, Team Leadership, 4-H Ambassador, Camp Counselor, Leisure Education, Hobbies and collections:

Plants and Animals; Crops, Gardening, Fruits and Vegetables, Flower Gardening, House Plants, Ornamental Horticulture, Beef, Poultry, Pigeons, Dairy, Cattle, Horse and Pony, Rabbits, Calves, Dogs, Guide Dogs, Cats, Small Animals, Sheep, Swine, Goats:

Science and Technology; Entomology, Bee Keeping, Veterinary Science, Aerospace, Rocketry, Computer, Electricity/Electronics, Wood Science, Tractors and Equipment, Small Engines:

Adventures! K-3; 4-H Adventures, Talking with T.J. and School Age Child-Care.

There are many clubs to choose from, with information available to assist and guide any new or returning 4-H leaders. If there are other interest in other topics and your not sure about how to get information

come on over to the office and inquire.

This Spilyay "little cooks" we are going to pre-prepare a new recipe. The recipe will be a "Salmon Casserole". Nothing could be easier and quicker to pre-prepare a good light lunch dish. You can also serve this dish with a salad, some hot bread and juice. In case you need help ask a Big Sister or Big Brother to say close.

Ingredients Needed: Canned Salmon-15 ounces, Drained, Dried Bread Crumbs- 1 cup, Sauce-butter or hard margarine-6 tablespoons, All purpose flour-6 tablespoons, salt 3/4 (three-fourth) teaspoon, pepper-1/4 (one-fourth) teaspoon, milk-3 cups and 1/3 (one-third) cup.

You will need: a table fork, 8 inch casserole dish, measuring cups, a medium sauce pan, measuring spoons, mixing spoons, table knife, oven mitts, and a hot pad.

1). Turn oven on to 350 F Remove skin and round bones from the canned salmon with the fork. Crumble 1/2 (one-half) of the canned salmon into the un-greased casserole dish. Sprinkle 1/2 (one-half) of the crumbs over the top of the canned salmon in the un-greased

casserole dish.

2). Sauce: melt the butter or margarine in the saucepan over medium heat. Mix in the flour, salt and pepper. Stir in the milk until it comes to a boil. Stir continually so it does not go lumpy. Stirring works better to avoid lumps in the sauce. Pour 1/3 (one-third) of the sauce over the crumb's and canned salmon in the pan. Crumble the second 1/2 (one-half) of the canned salmon over the top of the sauce and canned salmon already in the pan, followed by the second 1/2 (one-half) of the crumbs. Pour the remaining sauce on top of everything. Use the knife to poke hole in the layers of crumb's, canned salmon, and sauce, so the sauce can reach all the way to the bottom. Bake, uncovered, on the center rack for about 30 minutes. Use the oven mitts to remove the casserole dish to the hot pad. "Remember that the casserole dish is going to be VERY HOT" so be careful.

HAPPY BIRTHDAY SHAYLA FRANK, Happy Birthday Shayla, happy birthday shayla!

To all the faithful supports of OSU Extension in Warm Springs have a Merry Christmas and rejuvenation New Year.

Natural Resource notables

Zach del Nero, Natural Resources Agent

On the Trail of David Douglas The following contains excerpts from Peter Fish's article Western Wanderings in Sunset magazine.



sion, continuing on through treacherous conditions and worsening health problems, including steady deterioration of his eyesight. The people of the First Nations have known these plants for all time, and Douglas was the first European to introduce them to the outside world. Among these many plants are: California poppy, 5 species of monkey flower, 18 species of lupine, Sitka spruce, sugar pine, Western yellow pine, Monterey pine, and of course Pseudotsuga menziesii - the Douglas fir.

Douglas traveled to Hawai'i in 1833 to continue his botanical explorations, but his stay formed a tragic coda to his distinguished travels. In July, 1834 he was pushing inland from Kohala point on the island of Hawai'i, planning to walk the 100 miles to Hilo. On July 12, he had breakfast at the lodge of Ned Gurney, and Australian ex-con of dubious reputation. Gurney warned Douglas of the bullock pits - camouflaged rock walled pits where Gurney trapped wild bulls - along the trail. Before noon two of his men found Douglas' torn body in one of the pits, with a bull standing beside him.

Given Douglas' poor eyesight, the easiest supposition is that he stepped where he shouldn't have. But over the years, competing theories have sprouted. It's been suggested that Gurney killed Douglas for the money that he carried. Or that he was killed after having an affair with Gurney's wife. One biographer suggests that Douglas succumbed to a cosmic despair: that his life and work had ceased to have meaning, and so he threw himself down.

Whatever the case, all that remains now is a stone monument near the site at Kaluakauka ("the doctor's pit"), and so honors both Douglas' scholarship and the means of his demise.

The Mana Road, on the island of Hawai'i starts off smooth but soon turns rough. From Waimea it leads east through Parker Ranch lands, the long slope of Mauna Kea a shadow to the south. This is a Hawai'i you don't expect: cattle country of an amplitude that recalls Montana except for the fleeting glimpses of ocean and the heavy tropical air. Then pastures give way to koa trees, the pavement to clay slick and red.

This is author Peter Fish's account of his tour with Waimea resident Terry Nevin, searching for the place where, more than 160 years ago, a man named David Douglas sought knowledge and found death.

Early in the 19th century, the Royal Horticultural Society sent Scottish born David Douglas to the Pacific Northwest to investigate plant life. Douglas arrived at the mouth of the Columbia River in April, 1825. During the next two years, he traveled the Columbia, Snake, and Okanagan Rivers: almost 4,000 miles noting, comparing, and gathering and preparing specimens for further study. Douglas seemed to be highly dedicated to his profes-

HOME SWEET HOME



By Bernadette Handley, Family & Community Development Agent

Y2000 is just around the corner and is a wonderful time for reflection of special moments, to affirm who we are and what we value. Our family - immediate or extended, at home or at work - is part of our daily life and supports what we believe and us. Although we may love the people in our life and appreciate all that they do, we may disagree with them from time to time. How about a resolution to work out our differences in a healthy manner? The following tips may help guide you on a journey of open communication into the new millennium:

Avoid hard line decisions

Many people take a hard line position, which makes it difficult to reach an agreement. When this occurs, one person must win and the other person must lose. Dealing with your interests and the family member's interests is the basis for negotiating a satisfactory agreement.

Separate the people from the problem

People sometimes confuse the problem with the personal relationship. When people become mad on a personal level, it is very difficult to reach any kind of solution—even though they would benefit from a good solution. Using your relationship as a lever will tend to damage ongoing commitment from the other party. When a people problem develops, it should be dealt with directly, independently, not as part of the decision that needs to be negotiated.

Understand how the other person feels

Try to understand the framework in which the other person is operating. If you were in that situation, what would your viewpoint be about the problem? You have certain ideas, feelings, or fears about an issue. Others do not necessarily have the same frame of reference as you. It is helpful to discuss their per-

ceptions as well as yours and to understand their viewpoint.

How you feel is important

Emotions are legitimate in your discussion. However, do not react to emotions or outbursts as if they were a personal attack. It is necessary to notice not only her or his emotions but yours in understanding what is creating them. Deal with those feelings and, whenever possible, differentiate them from the problem.

Develop harmony

Obviously, it is important to develop understanding with individuals with whom you are trying to cooperate. Everyone is aware of symbolic gestures that facilitate this process - making people comfortable, for example, providing snacks, etc. These gestures build the relationship.

Listen and Share Your Feelings

In trying to differentiate the problem from the people, it is important that you listen and try to understand what is being said. When you talk, focus on being understood rather than making your point or getting across the bottom line. People are less defensive if you talk about yourself rather than them. People are more willing to share their feelings if you can be straightforward about yours.

Look for Compatible Interests

Behind everyone's positions are interests that are both compatible as well as conflicting. The idea of successful negotiation is to find those interests people have in common. Pay attention to their interest, ideas, and choices, and generate as many multiple interests as possible.

Ask why certain ideas are acceptable, why others are not, and how they fit into the underlying interests of all parties. Basic needs are economic well being, recognition, being well-liked, feeling secure, and being seen as a successful human being. Make sure, if pos-

sible, that these needs are being met in any process of negotiation.

Take Time to Make Decisions

Try not to make decisions immediately. They are often unsatisfactory when they are made before enough information has been generated. They usually end up as a simple answer to a complex situation.

Generate Several Options

Try to separate the solution from the discussion of the problem. There should always be a period of brainstorming to generate ideas before the decision is made. The broader the scope of the situation, the more options you generate.

There are options in the timing of an agreement, the scope of the agreement, the strength of the agreement, etc. For example, if a sum of money is to change hands, it might be mutually beneficial if it can be paid in two lump sums rather than all at once. Payment might even be made in ways other than money.

In setting out to reach an agreement, try to set up "rules" that will be mutually acceptable to all parties. Fairness is productive in maintaining relationships; fear and threats are obviously not. -edited from NewsTips, Nov/Dec99

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: Where are the 4H cows?



by Bob Pawelek OSU Livestock Agent

Stockman's Roundup: Where'd the 4-H cows go?

A few folks may be wondering why the 4-H pasture on Tenino Road is empty right now.

The answer is rather easy to understand when you consider the past 40 years. Permit me to explain.

When Tribal Council issued to

George Schneider the 4-H lease back in the 1960's, life here on the res was a lot simpler for everybody. TV was black & white. There was no such thing as boom boxes, or FM radio for that matter. Kids trusted adults. School and home were actually the place where kids learned about the world around them. Still, there were problems. Teenagers were worried about being drafted, and VietNam. Parents were worried about the kids who did get sent to VietNam. Marijuana may have been around, but alcohol was the main problem.

In 1999, life here on the res is considerably more difficult. TV is going high-definition. There is no such thing as an 8-trac anymore. Kids trust no one. School is a place to be avoided. Many kids don't know where home is. They learn about the world around them from this "rap" stuff they listen to on their boom boxes. Teenagers are considerably more anxious about their image and what they look like

in each others' eyes, rather than considering how good they really have it, or what they can do to make their world a better place. Pot is everywhere now, but so is crack, and I think that's worse. Alcohol remains a problem.

Permit me now to switch gears and do some real explaining.

For each of the past five years, the 4-H cow herd has enjoyed a calf crop of 100%. I fully expected the same this year. But something drastically different happened in late September of this year.

Varmints.

Four-legged, and two legged.

Stray dogs have always been an irritation to the livestock producers of Warm Springs. Back in 1994, the Range & Ag Department estimated a loss to Warm Springs stockmen of nearly \$60,000 in calves that fell prey to marauding packs of dogs. The losses have not been quite so bad since then. However, dogs remain a big problem.

At 4-H we calve in the fall. My

management decisions in switching to a fall calving schedule for the 4-H herd were based on a number of reasons. Among them were:

1. More help from 4-H families in the fall.
2. Fewer varmint problems.
3. Access to bulls when needed.

In mid-September 1999, the 4-H cowherd was about to embark on its annual calving season. I wasn't too worried about watching them very closely. The older cows knew where the hideouts were, and our heifers had the genetics to handle even the biggest calves (and they had horns, too, so I wasn't too awful worried about the dern stray dogs either). But by mid-October, the cowherd was decimated by a series of vicious attacks from stray dogs, but worse, from two-legged varmints - adolescent boys - have you ever seen adolescent boys getting their thrills from chasing and frightening baby calves to the point they drop

dead from fear and exhaustion in a tangle of barbed wire, screaming for their mom? Only two calves survived the ordeal.

It was not fair. Neither was it fair to the boys. Those same boys are here on the res. Somewhere.

They sure aren't 4-H'ers. They certainly don't realize how good they really have it. They probably just don't know where home is

