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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 RedDog 4-H Program Assistant

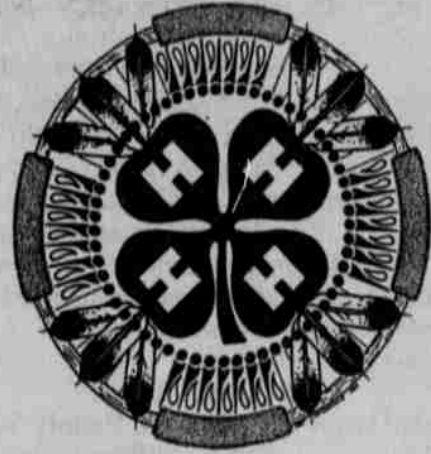
Hello, Warm Springs Youth, here are some events dates for you to check over and remember, you might want to attend. 4-H Summer Days at Oregon State University Dates: June 20-23, 2000. Tri-County 4-H Camp at Round Lake June 26th-June 30th, 2000 Horse/Home EC Idea Fair (including Horse Bowl) Saturday, February 12th High Hartmen Middle School in Redmond, Oregon.

The Good, Bad and Ugly Forms of Stress
Some people consider any form of stress negative, while others thrive on "pressure". Since pressure to some is stress to others the key is our ability to understand that stressful situation can be positive opportunities.

Good Stress, so-called "good stress" doesn't refer to a particular situation or event but how an individual reacts to it (getting a new job and being assigned a particularly challenging project are examples of good stress). If you experience good stress you tend to feel "Sharply Focused, Energized, Motivated, Aware of your options, challenged—as if the situation is not a threat but an opportunity.

Bad Stress. Bad Stress is often the incident or individual who produces the "last straw" in an already difficult day (A flat tire that makes you late for an important meeting is a good example, or when your boss walks in at 4 p.m. on Friday with a project that is due Monday Morning). With bad stress you tend to feel: tense, anxious, angry or depressed, like withdrawing or lashing out, frus-

trated—as if the situation is at least an imposition or worse, a major threat.
Ugly Stress. This is chronic, pervasive and often subtle form of bad stress. It is not when you



get a flat tire. It is when you feel taken advantage of over an extended period of time, uncertain about your future, or suffer financial difficulties. This ugly stress can be the most debilitating and causes: a lack of energy, chronic depression, health problems, low self-esteem.

The difference in how you react to these three forms of stress depends on how you perceive yourself and the situation.

Stress, Burnout and Pressure: What's the difference? Stress, burnout and pressure. Three ways of describing various forms of tension, anxiety and

a lot of sleepless nights. What's the difference in these three words? Is there a difference? Probably not if you compare the symptoms or negative feelings that can accompany all three. If there is a difference, it is primarily one of perception. Stress is perceived as: Weakness or vulnerability. The inability to handle pressure. Burnout is perceived as: mental or physical exhaustion from working too hard. Pressure is perceived as: being overwhelmed by multiple or conflicting responsibilities. There are three basic ways we can respond to stress: Resist, Avoid, Confront/ Adapt.

Taken from The Stress Management Handbook. National Press Publication A division of Rockhurst Continuing Education Center, INC. So take Care of You. SNICKERSNACK

Lil' Cooks be sure to wash your hands and have an older person with you when you make this. Have fun

INGREDIENTS:
4 cups toasted oat cereal.
1 can (6 1/2 ounces) salted peanuts. 1 cup golden raisins.
1/2 cup butter or margarine (1/2 stick)
1 package (6 ounces) semisweet chocolate chips.
1. Mix 4 cups cereal, the peanuts and 1 cup raisins in bowl.
2. Melt 1/2 cup butter in saucepan over low heat.
3. Pour the melted butter over the cereal mixture, using a fork to toss lightly until mixture is coated.
Sprinkle the chocolate chips over the mixture and toss again. Serve in bowls for nibbles or pack in plastic bags for snacks or for your lunch box.

Natural Resource notables

Ranchers & Sustainable Ranching
Mr. Nol Ward submitted the following letter to Rangelands magazine in June, 1999 - I think it gives an interesting view on ranching today.

Overgrazing has caused low financial returns from ranching and has had a negative effect on our country's soil, water, air, native plant and wildlife resources. This problem has been on-going ever since the formation of the range cattle industry in the 1860's. Since the New Deal days of the 1930's, various government subsidy programs have tried to reduce the adverse effects of overgrazing on ranching expenses and the environment. Few, if any, of these programs have been successful. In fact, most have caused more harm than good. Instead of encouraging ranchers to stock conservatively and practiced rotational grazing, past government subsidies (such as the now discontinued USDA Emergency Payments and Disaster Loans) have contributed to market oversupply, lower livestock prices, higher feed cost, and more rangeland deterioration. Instead of promoting sound range management practices, past government cost-share programs (such as the Great Plains Conservation Program) have encouraged ranchers to load up on fencing, watering points, brush control, seeding and other ranch improvements that, in many cases, were financially unjustified and unnecessary. A high percentage of past government cost-share efforts have resulted in ranchers overstocking their grazing lands in an attempt to recoup their cost-share investments. Thus, they have ended up being a waste of both the rancher and taxpayers money, and counter-productive to rangeland health.

The inability of past programs to effectively address the root cause of overgrazing (which is too

many livestock on ranches) has caused me to form the following conclusion - it's long overdue for



government to abandon the ineffective agricultural subsidy programs of the past and choose instead to implement programs that take a steady, voluntary, information-oriented approach toward lessening the effects of overgrazing on ranching enterprises and the environment. Such an approach will require the formulation of agricultural policy based on scientifically proven rangeland management practices coupled with education. If this can be done, I see hope for the future of both ranchers and the environment. Otherwise, the only thing I see is the continual gradual demise of the U.S. range cattle industry and our country's soil, water, air, native range plant and wildlife resources. I believe that if overgrazing and its devastating effects on ranching enterprises and the environment is allowed to continue it will adversely impact the well being of our nation.



HOME SWEET HOME

By Bernadette Handley, Family & Community Development Agent



Calling All Women: February Is Heart Health Month!

If you are a woman who has high blood cholesterol, too much body fat, high blood pressure and you smoke, you may have a greater chance of getting heart disease. Does this mean you are doomed to develop heart disease? No! Risk factors like the ones described above can increase your chances of getting a heart attack or stroke. Some risk factors are within your control, others are not.

According to the American Heart Association, there are some "uncontrollable" risk factors. If someone in your family has had heart disease, particularly before age 50, you are at greater risk of getting heart disease. Risk of heart disease is also higher if the onset of diabetes occurs before age 40 and must be controlled with insulin. Age, sex and race also affect your chances of developing heart disease.

There isn't much you can do about your family

history or your age. But you can stop smoking and improve your diet. About 25 percent of women have the following "controllable" diet-related risk factors: high blood cholesterol, too much body fat and high blood pressure. By making the following changes, you can be healthier and feel better.

First, eat a heart-healthy diet. This includes eating whole grains that contain complex carbohydrates and fiber. A heart-healthy diet also means choosing a diet with plenty of vegetables, fruits and beans. These changes will result in a diet that is low in fat and saturated fat—another heart-healthy change you can make, according to Ellen Schuster, OSU Extension nutrition and foods specialist.

Of course, this doesn't mean you must become a vegetarian. It just means you should base your diet on breads, cereals, rice and pasta along with fruits and vegetables. Lean meat and low fat dairy products are also part of a healthy and varied diet. What else can you do? If you are not at a healthy

weight, consider increasing your activity level so you accumulate 30 minutes of exercise most days of the week. Regular physical activity helps improve blood pressure, weight and cholesterol. An added bonus of getting more physical activity—it helps keep stress under control!

If you have high blood pressure, another risk factor for heart disease, you can improve your diet. Many of the recommended changes mentioned above will also help you control high blood pressure. These changes include choosing plenty of vegetables, fruits, beans and whole grains; following a low fat diet; maintaining a healthy weight or losing weight if you need to; and being physically active!

In addition, reducing the amount of sodium or salt in your diet can help. Choose less processed foods such as fast foods, processed meat like ham, and soups, which can be high in sodium. Some of these foods have low sodium counterparts. So, this February give yourself a Valentine's Day gift—the gift of heart health!

OSU Extension Service
 Winter Lecture series
 presents
 Jennifer Welkel
 OSU Dept. of Forestry
 "Snags & their management"
 Thursday 10 Feb
 2000
 11:45 am - 1:15 pm
 Fire Management
 Training Room

Satellite Events

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

- 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. Limit: 10

STOCKMAN'S ROUNDUP: Feeding old colts



by Bob Pawelek OSU Livestock Agent

Question:
How much hay could a 1000 lb. aged, broken mouth cow eat that is pretty poor condition, body condition score 3? Cow weighs 1000 lbs. at start of feeding period and gains 1 lb. per day. Long hay,

and chopped hay? How much of the long hay would be lost, wasted if fed on the ground?

Long hay is not going to cut it for this cow. She probably is a swing bag, one eyed, late calving, Ace Ried looking prize as well.

I have pasted some comments collected from several of our esteemed colleagues that support my views. The question is not how much long hay would be lost or wasted if fed on the ground, rather how much would be wasted trying to keep this old smooth mouth cow around for another calf without chopping or feeding a nutrient dense ration to compensate for her lack of teeth. To get a 1 lb. gain a nutrient dense ration will have to be fed that has very little or no long hay included. Smooth mouth cows can not masticate (breakdown) the long hay.

According to Dr. Dan Drake, Yreka, California farm advisor, "A major reason these old cows decline in production is due to their reduced ability to breakdown feed stuffs. Of course this is primarily due to the loss of the mechanical tools, the teeth. The digestive system of the ruminant is dependent on small particle sizes for proper digestion. Because the particle size of the feed stuffs consumed by these old cows is increased, passage rate is slowed, thus consumption is reduced. Nutrient requirements of these old cows have not increased, rather her consumption and feed efficiency have both decreased. The combination of the two re-

quires that these cows be placed on a more nutrient dense ration with smaller particle size and softer feed. We need to do more of the feed breakdown for the cow," concludes Drake.

Glenn Nader, Yuba County, California farm advisor, agrees with Drake but also feels that many of these old cows have lost some of the villi in the lining of the digestive tract which adds to the lowered feed efficiency and digestion.

Nader feels that these old cows need to be pampered if they are kept for the last calf. "They can no longer produce with the same feed and under the same conditions as the main cow herd."

Ken Conley, manager of the University of Nevada Research and Demonstration Ranch near Austin, suggests only "short terming" the sound cows.

"I learned the hard way," states Conley. "These old cows have to be structurally correct and able to travel. They also have to have a mammary system that is still functional, no bottle teats or blown out bags. Also avoid those cows that are extremely thin. I cannot bring the flesh back on these extremely thin cows."

All of the experts agreed with Conley, only gamble on the sound cows. Give these sound old cows one year's notice of employment termination. Issue the pink slips immediately to the cows that have already turned the corner. They are a poor risk.

Mineral supplementation for beef cattle

In Oregon and Northeastern Nevada the topic is so complex and interactive that I do not know how we would begin to address it in a newspaper column. I have an excellent paper titled "Mineral Nutrition for Beef Cattle on the Warm Springs Reservation" that I would share with anyone who sends me their snail mail address. This is an excellent publication that talks about each macro and micro mineral in laymen's terms. It is applicable to all western states. Some general comments however.

In addition to the minerals in short supply, Phosphorous is deficient in almost all western states. The standard supplement in Oregon is one high in phosphorous, with the correct ratio to calcium. Most products also contain selenium, copper and a shot gun approach to the other micro and trace minerals. Expensive stuff but well worth the money. Minerals in general terms are essential for almost all

metabolic, reproductive, growth and immune systems of the bovine, at all stages of production and age of the animal. Adequate mineral in the correct ratios have been shown to reduce calf scours, increase breed back, improve weight gains yada, yada, yada.

I happen to agree with an aggressive mineral program for Oregon and Nevada Range operations. I personally feel that a Calcium, phosphorous micro and trace mineral package developed for your specific area is basic management and basic nutrition. If you are not going to do anything else, supplement minerals. I am sure there are those that disagree however, I base my opinion on research and personal observations of many Warm Springs and Oregon operations over time.

No amount of mineral supplementation will make up for hollow belly and poor management however. Mineral supplementation compliments a total management program.

Heart-to-Heart

Happy Valentine's Day across the miles From the Boise's

To my loving husband Easton, Thanks for all the support you've given me throughout the years. Not trying to change me but encouraging me. I thank God & praise Him for all He has done for us. You've been an inspiration and example to me. I love you more today than I ever did. Your wife Tina

The all of our families: Kalamas, Sintes, Aguilars, Squallas, Dancos, (all the other extended families) Happy Valentines Day The Aguilars

To our mommy Deb, Happy Valentines Shanel, Colleen, Perry III

The Sunnyside Boise (H) Family, Happy Valentines Day The Aguilars

Happy Valentines to the best Mom & Dad Tina & Easton With lots of love, Shanel Martina Kalamas-Aguilar

To Dork Happy V-D

To Sidney, I luff you, from your one and only. May your spiritual guidance bring you back for prayer. You Know Who...

Across the miles to our family in Marysville WA, Happy Valentines Day from your kids in WSO

To our Daddy Perry, Happy Valentines We love you & get well! Shanel, Colleen & Perry III

To my best friends Pebbles, Myrna, Raina, Selena, Byrdie, Valerie, Roses are Red Violets are Blue I thank God for giving me Friends (sisters) such as you. Tina A.

To Raynele (Willie) & kids, Bridget (En) & family, Paula (Dan) & kids, Kelli (Clem) & puppy, Lori (Jessie) & family, Eydie (Ray) & family, Lucy (Lee) & auntie Iris household, auntie Etta, Auntie Teddy, Auntie Dosh, Becky Hunt-Lucei (David) & kids, Linda (Jack) & family, Tammy & family, Oval Bar Ranch, Dorina (Joey) & family, Mouse (Justin) & family, Larson (Pat) & family, Ross & family, Foster (J'Dean) & family, Mitot (Lawanda), Roland (Verleen) & family, Melvin & family, Bruce (Johnni), Warren & family, Angelina, Patricia, Judith & family Happy Valentines Day!! Lotsa love & prayers, Tina, Easton, Shanel, Colleen, Perry III

To our kids: Aaron Remus Perry Jr., Reagan, Shanel, Martina, Colleen, Marissa, Perry III, Joseph, Angel, Anthony, Shelon. We love you all Happy Valentines & Mom Tina & Easton

To Lil' Doe, Baby Doe, Dances w/it Doe, & boys Happy Valentines Day The Aguilars/Kalamas

To Papa We love you Happy Valentines your loving heads Nel, Pumpkin & Peanut

To Lenora Happy Valentines Day your co-worker