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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

The Clover Speaks
 By: Arlene Boileau, & Minnie Tualakus

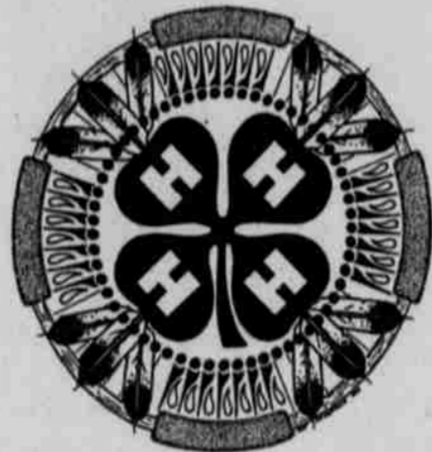
To let the community know, Deanie is leaving Warm Springs OSU Extension. Deanie has been with us for four years and has learned and grown. We are sorry to see her move on but we know Deanie will enjoy her new job. She will be missed and we wish her the very best of life. We hope you enjoy your new job with the VOCS program Deanie. We want to thank Mayanne for all her assistance in the office this summer and we wish her a great school year, Thank You Mayanne.

In our previous article, we thanked many people for volunteering at the Warm Springs 4-H Culture Enrichment Camp At Peters Pasture; there were some people that were left out. Now that this year's 4-H camp is over we have remembered many more people who have contributed to the success of the previous camps. Hilda Culpus and Effie Culpus have been coming to 4-H camp to be the elders. These two gifted Elders gave direction and attention to children when they acted out at camp. Les and Relda Peratrovich for being the cooks in the early years of this 4-H camp, Thanks.

Another 4-H camp season has come and gone, and the children have grown enormously. There were many departments, community members and non-community members that have put time, effort and energy into the true meaning of Volunteering once again. In no particular order here is the list of volunteers;

Mikki for your unconditional support, guidance, love and muscles. McDonalds in Madras donated the juice and container to mix the juice for two weeks. Ware house crew for delivering all the paper goods to the 4-H campsite. Utilities for delivering the tables to campsite. Mark Jackson & Bodie Shaw, from Forestry for watering the dust road and the 4-H campsite. BIA Roads, Allie David and crew for grading the bumpy road. Raymond Tusumpt all around 4-H camp supporter. The Warm Springs Police

Department for the use of the two-way radio (C.O.P.S program Stoney Miller), and the police offic-



ers for checking of the 4-H campers on a daily bases. Natural Resources Bear Tracks Simtustus, for delivering the salmon to the 4-H campsite. Soil and Water Richard Craig, for testing the spring water and creek and paying for the testing. Warm Springs Market (Bobby and Maria) for all your support (not matter what.) Buford and grandchildren, for your humor, support & guidance. Marcela and Don Hall, (thanks for visiting your sister) for your muscles and your vehicles. Relda R. Peratrovich for you support, help, and love at 4-H camp. Fire Management for your daily assistance of the sweathouse fires. Neda Wesley for stepping forward in all areas where help was needed, and being a wonderful role model for the children. All the 4-H camp staff who helped at 4-H camp, each and every one of you have contributed to the campers, and did a tremendous job; Mayanne Aguilar, Clifton Brunoe & Christine Brunoe and family, Debby Boese, Mary Smith, (and Larry for bringing the camper to the 4-H Camp site). Bill Jones, Chris New, Jack Scruggs, Ruby Scruggs, Roberta Kirk, Ken Smith, Heidi Katchia, Leann Samsel, Marleen Thibodeaux, Erika Balbier, Linda Bagley, Elisse Bagley, Willie Bagley, Brad & Jim from EMT department, Delia Walsey, Douglas Jackson, Bob New, Larson Kalama, Alveda Charley, Brandon Bruno, Irene Boise, & Brandon Brunoe. ECE

for net working with the 4-H program to bring ECE Children to the 4-H camp for one day. Warm Springs Community Wellness Center for net working with the 4-H program in bring the Boys/Girls Club to 4-H camp, Austin Greene thank you for bring Carol Allison up for the day. Bernadette Hoyer for coming to the 4-H campsite to take these two groups on the short hikes. Community Health Education Team (C.H.E.T.), Anson Begay and Judy Charley for come up to teach our children about tobacco us, and the cool gifts again. Diabetes team for teaching our children to eat healthy and to take care of their bodies. Vehicle Pool for the use of the two-ton truck. Sue Fisher for donating the trailer to haul the water to the 4-H Camp site, Thank you so much Sue. The Work Experience Development Department (WEDD) Crew for the help of putting up and taking down the campsite, wood cutting for sweat houses; Renee Sohappy, Lil Bull Suppah, (sorry you were hurt hope you are better.) William (Ink) Culpus, Tammy Robinson, Nathan Williams, Adele Waheneka, Jimmy Wesley JR, thanks for making us laugh (we really needed that.) Roderick Wesley, Eric Williams, Leni Miller, Macia Soliz for approving her crew to come out and work with us, and for supporting the 4-H camp. Myra Shawaway for taking the time to observe and experience the campers and the 4-H camp, Thank You Myra.

If there is any person not listed here we apologize. All these people have contributed one way or another to make 4-H camp successful this year for our children. Many spent their vacation hours to be at 4-H camp, you all know who you are and you are applauded for your extraordinary time. The children have grown and learned many different things for the two weeks. Our thanks goes out to each of you, who have helped make a difference and create happy memories for our children of Warm Springs. THANK YOU!!!

Lost and found items from 4-H Camp are in the OSU Extension Office for 2 (Two) weeks.

Natural Resource Notables

What Can WE do?

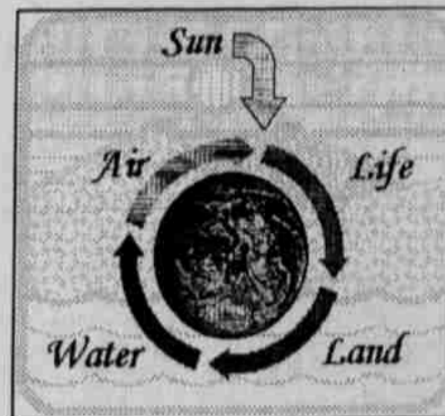
The U.S. Government reports that global warming will produce widespread changes in the U.S. climate in future decades. Drought-like conditions will hit every region of the country, sea levels will rise, and urban populations will suffer under extreme temperatures. Environmental groups, research groups, and others have given us tons of material to watch, listen, or read about the many different possible causes and effects of global warming. So, what can WE do about it?

First off, WHY? That answer should have been taught to you as soon as you could understand it - as a child. I've heard it put many different ways, here is a common one: "We don't own this world, we borrow it from our children." I don't know about ownership or whatever, but I do know that I wish for my children, grandchildren, nieces, nephews, and complete strangers to grow up in a world as beautiful as I have known - or better.

Our ancestors (and mine come from both sides of the ocean) suffered through disease, oppression, war, drought, starvation, and a host of other problems. At the same time, they worked to find solutions: we have vaccines against many diseases, we haven't had a World War in over 50 years (thank you Veterans), we have seen many advances in education and civil rights. We have also seen major advances in environmental protection over the past 30 years. It is time that our leaders are made to understand that we need a healthy earth so that we may survive well.

We need clean air, water, and soil. We need clean sources of energy,

recycling programs, and we need to change the focus away from the



short-term money goal to a long-term goal of environmental sustainability.

As a young man, I grew up in the shadow of the threat of nuclear war and environmental pollution - just like our kids are today. Many of the problems we have with youth crime, alcohol, and drug abuse stems from the fact that our youth don't have much hope for the future. It is spelled out for us every evening on the evening news - the world appears to be doomed to pollution and greed.

However, there is hope - we can work to make things better for our future generations. Find ways to conserve energy in your own home - Reduce, Reuse, and Recycle. Be aware of what you can do to be a part of the solution - not the problem. Now, don't go overboard and quit taking showers or anything, just be sensible about it - and teach your children and relatives.

If you have questions or ideas - contact us at the OSU Extension office.

HOME SWEET HOME



By Bernadette Handley, Family & Community Development Agent

No matter how short summer seemed, it is over and the new school year is here. Along with it, come adjustments for every parent and child. Time adjustments, sleep adjustments, eating adjustments...just to name a few. In addition to the "expected" adjustments in our home this year, we have another one to add to the list. This fall my stepdaughter is entering a new grade AND a new school.

Getting her ready for school took extra care and time this summer. We allowed for time to visit the school and to have discussions with her about the changes and how she felt about them. And, that was the easy part! The hard part will be offering support and encouragement as she transitions through learning at school and at play, making friends and getting to know new rules and styles of teaching. How will we, as parents, know if our children are adjusting well? How will we know if s/he is troubled by the events of the day or by a certain action at school?

We need to listen. Really listen and let our child. Just as their bodies

are growing, so are their communication skills. What they are feeling or trying to say is not always what they say. The questions we ask might be more difficult for them to answer than we think. Sometimes, adults have to translate the message they give us.

"How was your day?" seems like an easy question to us. But how does a 6 year-old summarize his good or bad events of the day into a few words? He had a wonderful day but he had to go stand in the corner at the end of the day. How do you think he will "remember" his day? He might stammer "I hate school" because that is all his vocabulary allows him to say. What he wants to say is "I did not talk in class but teacher thought I had. I do not like being punished for something I did not do and I do not think it is fair." It is up to us as the parents to interpret the language and the emotion.

Observing your child's body language helps in this process. Watch how their movements, gestures, actions, or facial expressions change when they are talking. Throwing

something down on the floor can mean 'frustration' rather than 'anger'. Hunkering down in the car seat may signal that s/he is upset or hurt.

But what does really listening mean? It is not driving down the road and nodding without hearing while you think about what to fix for dinner. It is about turning the radio down, maintaining eye contact and giving responses as they share the events of their day. It is not filling in the blanks when they stop talking momentarily. It is allowing them the time to reflect on what they want to say and how they want to say it.

It is not about reading the paper, looking over every 30 seconds and saying "uh huh". It is about putting the paper down and leaning over the couch to hear them, to see them. It is not about judging or directing what they say. It is about being patient and letting them sense your care and concern so they may share freely.

It is really quite simple. Listening is about respecting the feelings of your child, accepting their point of view and learning who they are and how they think. It is what parents do.

STOCKMAN'S ROUNDUP: Oat hay is good feed



by Bob Pawelek
 OSU Livestock Agent

I was recently asked about oat hay for wintering beef cows. Ben Bruce of the University of Nevada at Reno gave some sample rations using oat hay and alfalfa at various stages of production. Following is

more information on oat hay for beef cows.

In my opinion, a mix of alfalfa/grass or alfalfa/oat hay is a better ration for wintering beef cows than straight alfalfa or straight grass or straight oat hay. This is provided the ration meets the animal's nutrient requirements. I base my opinion on the following:

Oat and grass hays are higher in fiber (coarser) than alfalfa so they have a slower passage rate (mouth to anus) than alfalfa. Passage rate becomes important on cold days. Heat from the animal is stored in the rumen and discharged in the manure. Oat hays and grass hays are usually lower in nutritive quality than alfalfa. On the down side, consumption is reduced with slower passage rate and lower protein feeds.

Oats for Hay
 Oat hay makes a satisfactory hay crop if cut when stems and leaves

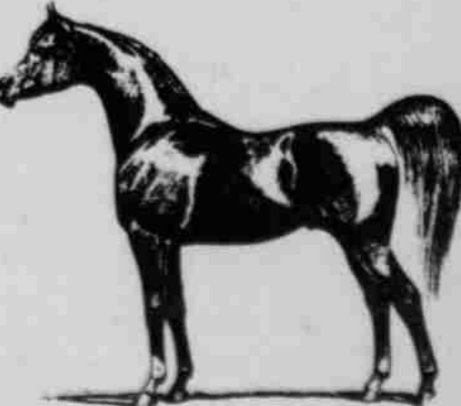
are still green. Oats make the most nutritious hay when cut in the soft dough stage because of the higher protein content. Considerable energy is stored in the kernels at maturity, but extreme shattering losses will occur if harvest is delayed until this stage of development.

Oats used for forage has a greater tendency than wheat or barley to accumulate potentially toxic levels of nitrate in plant forage under conditions of drought, hail damage, or other growth factors that cause cessation of normal growth patterns. Under such conditions, a laboratory diagnosis of oats forage for nitrates would give helpful information relative to its safety.

Straw
 Oat straw is a widely used by-product for wintering brood cows in the Midwest. Research trials conducted at the NDSU Dickinson Research Center indicate satisfactory

performance by mature gestating brood cows when oat straw comprised 50 percent of the ration. A recent North Dakota comparison indicated similar cow wintering performance between cows fed corn residue bales free choice or coarsely ground oat straw when both groups of cows received a half ration of good quality hay. Oat straw is slightly more digestible and more palatable than wheat or barley straw but less palatable and digestible than millet straw.

Maturity Effects on Forage
 Protein and energy digestibility decline rather dramatically while the fibrous fractions of the plant increase as the plant matures from late boot to mature seed stage. Once it has headed, oats matures more rapidly than other small grains and may quickly become more mature than desired for forage, resulting in head shattering and seed loss.



2000-2001 Better Kid Care Satellites
 Time: 4:15 PM - 5:45 PM
 Place: 1 - Floor Training Room, Education Building, 1110 Wasco Street, Warm Springs

September 21, 2000 - Working With Wood - Is Do
 able
 October 26, 2000 - Eating Times-the Ups and
 Downs
 November 28, 2000 - Hot Topics for Center Di-
 rectors - Personnel Issues
 (Center Directors and Supervisors Only - 2:30 AM -
 5:30 PM)
 December 7, 2000 - Biting and Sharing
 March 1, 2001 -
 Pets in Child Care
 April 5, 2001 - New Ways to
 Plan Activities
 May 3, 2001 - Let's Celebrate
 June 7,
 2001 - Exciting Backyard Science Activities

Welcome back to school all students, teachers and aides! Hope it will be a great year!

Mare's milk substitute

By Bob Pawelek

What is the home remedy for mares milk substitute, colostrum and growing milk?

The best product I have found is called Foal-Lac® Powder, a foal milk

replacer. Formulated especially for foals, this powder provides the critical nutrition for orphaned and early weaned foals. Instantized for easy mixing. Mix 1 cup of Foal-Lac® Powder with 3 cups of warm water to yield 1-1.2 pints milk replacer. Feeding schedule: 1 1/2 pints eight times per day for a 1-14 day old foal, 2 pints eight times per day for a 2-3 week old foal, 3 pints six times per day for a 3-5 week old foal, 3 pints four times per day for a 5-7 week old foal, and 3 pints two times per day for a 7-8 week old foal. Powder comes in a 25-lb.

From the Nasco Catalog now on line.