



Arlene Boileau
4-H & Youth

Bob Pawelek
Livestock

Clint Jacks
Staff Chair, Madras

(541) 553-3238

Bernadette Handley
Home Economics

Zack delNero
Natural Resources

Minnie RedDog
4-H Assistant

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.

Internet address: <http://www.orst.edu/dept/wsex>

The Clover Speaks

By **Arlene Boileau, Minnie Tulalakus**
The Warm Springs 4-H Program and the Warm Springs Wellness Center want to "Thank" the Jefferson County Fair grounds for donating all the hay for the Scarecrow Contest at the Great Pumpkin Party held Wednesday Oct 18, from 6-8 PM.

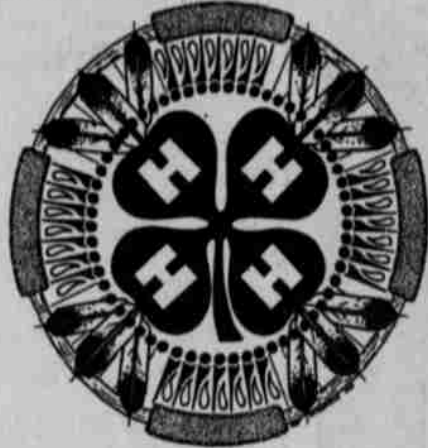
How to start a 4-H Club: 1. Contact the Warm Springs 4-H staff, Arlene Boileau or Minnie Tulalakus. 2. Sit down for an initial discussion about your club or project idea (all ideas are good). 3. Complete required paperwork and training. This can be done before or concurrently with the start of your club. Requirements include filling out the following forms: * personal interview form. * Volunteer services application. * Official 4-H registration form. * Introductory to 4-H leader training (this will consist of viewing two videos and attending training session) 4. Set out your club plan. Keep in mind the four- (4) basic steps of the 4-H Club Program. * Educational Transfer. * Skill Development. * Proficiency. * Competition. This is a start when you decide to become a 4-H Leader. So step forward and become a 4-H Leader.

Home Alone Cooking

This is for youth at home after school and fixing a snack.

Well Little Cooks here is our recipe,

for this week. Remember little Cooks to have someone older in the kitchen with you, this is for your safety, also wash your hands before you start. Baked Potatoes in the Microwave. You will need the following utensils before you start: fork, potholder so you don't burn yourself when you take the potatoes out of the microwave



{the potatoes will be very hot, so be real careful}. You will also need the following ingredients: potatoes. After you cook the potatoes you will need the following ingredients to put on the potatoes to eat. Salt, butter, sour cream, and a glass of juice (this is to drink not put on the potato). To microwave the potato do the following: Wash

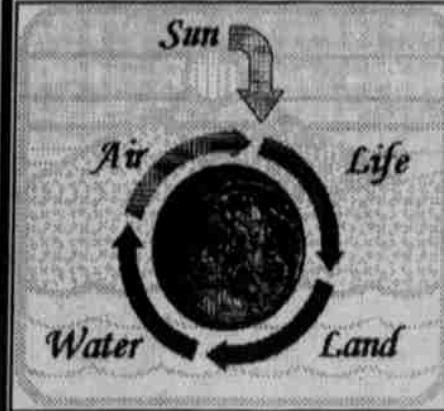
and scrub the potato real good, use the fork to poke several holes in the potato so that some of the steam can escape as they cook. When cooking several potatoes, it helps to have them all the same size. So they will finish cooking at the same time, also place the thick end of the potato toward the center of the floor of the microwave arrange them like the spokes of a wheel at least an inch apart. Turn the potatoes over and reposition halfway through the cooking time so they will cook evenly. Set the time for one potato at 3-5 minutes, for several potatoes set the time at 8-10. When the potatoes are finished cooking check with the fork to see if they are done, if they are not done set the time for 3-5 minutes more. When they are done enjoy eating your snack with a glass of juice. Source of information: (Its not just for cooking anymore what can I do with my microwave.) by Ruth Spear.

Of time. Source of information is Oregon State University Extension Services SP 50-534.

The 4-H program here in Warm Springs is in need of 4-H leaders, are you ready to share your talents with the youth of Warm Springs, if you are ready please call Arlene or Minnie at 553-3238 or come on into the Education Building and talk with us.

Natural Resources Notables

Get out there!



snowboarding is just about the most fun individual sport out there - and we live right in between the 2 best spots in Oregon - Mt Hood and Mt Bachelor. Just about an hour from Warm Springs, same as to go to Bend and sit in a movie theater. Even night-skiing is a blast - it is cheap (about half the price of a day) and the crowds are less. Also, the mountain is really beautiful at night, and when it is clear you can see the lights along the Columbia River in the distance.

Smith Rock to the south is one of the most popular rock-climbing spots in the country. Personally, I don't like heights and edges too much, so climbing is not for me - but my wife was into it when she took some classes at Bend. Windsurfing? When I lived in Hawai'i, people were jealous of Hood River - Maui and Hood River are two of the best windsurfing spots in the world. Just about 1 hour and 45 minutes north...more opportunities.

How about right here on the Warm Springs? 12 months out of the year you could be out scouting for game, berries, roots, or just hiking for the health of it. Nearly a million acres of beautiful forests, streams, range, and valleys. Sure, there are lots of places that it's not a good idea to cruise around in - but there are lots more that are just waiting for you and your kids to walk, run, or ride through. It is your land, get out and learn about it as much as you can - and pass that on to your children and your relatives.

So, back to the Outdoor Club - we're gonna start small, but that's just the start. Young people with something positive to do are much more likely to shy away from negative behaviors - they just need us to show them how.

Recently, I met with Frank "Footer" Smith to talk about starting a new youth club. We talked for a while and came up with a framework for a Warm Springs Outdoor Club. Why? I look around and see many of our kids here living more like "city-kids" than urban kids do. Video games, DVD, movies - these things are taking over. I believe that if we introduce youth and families to outdoor recreation and provide a group to get started with - we'll see the People turn more towards the outdoors instead of the indoors.

Non-Indians travel to Central Oregon from across the country because of all the great things to do here - fishing, rock-climbing, mountain biking, camping, hiking, windsurfing, swimming, kayaking, snowboarding, rafting, hunting, skiing, sledding, trail riding - a million things to do.

For me, part of getting out and doing things is learning about the natural resource systems. Just being out cutting wood, a person can learn a lot about the trees and the systems around them. We have the opportunity to learn about how our actions affect the health of the forest, the streams, and the fish and plants that people depend on to live. Next to surfing, I think that

Home Sweet Home

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



As the hunting season continues, the need to properly handle and prepare the game meat to prevent food borne illness continues. There are documented cases of people in Oregon becoming ill with E. coli O157:H7 after consuming deer jerky. In 1995, six people were confirmed as becoming infected by the bacteria after eating homemade venison jerky made from black-tailed deer killed the week before. Making jerky from or freezing, aging, canning the meat you bring back from the hunting trip can be safe as long as proper steps are taken to keep your game "food safe".

Keep the carcass clean. Clean your hunting knife often with clean water and a cloth to prevent contamination of the meat. Remove all foreign particles and loose hair. Remove blood-shot areas. Wipe out excess blood in gutted cavity with a paper towel or clean cloth and clean water. Use as little water as possible, because damp meat spoils faster than dry meat. Do not use grass or snow to wipe out the carcass, because this may contaminate the carcass.

Improper temperature is meat's worst enemy. The surface of the carcass may be contaminated with bacteria that can spoil the meat unless the growth is stopped by chilling.

Cool the animal quickly. Cool the carcass by propping the chest open with a clean stick and allowing air to circulate. Filling the cavity with bags of ice will also enhance cooling.

Keep the carcass cool during transport. Do not tie a deer carcass across the hood of the car or put it in the trunk when it is still warm. Be sure to keep the carcass cool. Keep the carcass out of direct sunlight and allow for adequate air circulation.

Make sure the internal temperature of the meat is cooled to 40 degrees F. or below within 24 hours. In cool weather (28 to 35 degrees Fahrenheit), wrap the carcass or quarters in a sheet and hang to chill in a ventilated shed. Do not allow the carcass to freeze. Freezing may toughen the meat.

If you choose to process your own game, don't cross-contaminate during processing.

Wash your knife, hands and cutting board often with warm soapy water.

Aging meat is the practice of holding carcasses or cuts of meat at temperatures of 34 to 37 F for 10 to 14 days to allow the enzymes in the meat to break down some of the complex proteins in the carcass. Aged meat is often more tender and flavorful. Aging is not recommended for carcasses with little or no fat covering. They may dry out during aging.

Leave the hide on and maintain the proper temperature when aging a carcass. If you do not have the proper cooler space, spoilage or dehydration may result. Aging the carcass two to three days is sufficient. If you intend to grind the meat into sausage, aging is unnecessary.

For immediate use, store the meat in the refrigerator and use within 2 or 3 days. Keep raw meat and cooked meat separate to prevent cross-contamination.

Freeze game properly. Prevent "freezer burn" by using the right packaging materials. Divide meat into meal-size quantities. Use moisture/vapor-proof wrap such as heavily waxed freezer wrap, laminated freezer wrap, heavy-duty aluminum foil or freezer-weight polyethylene bags. Press air out of the packages prior to sealing. Label packages with contents and date. Avoid overloading the freezer. Freeze only the amount that will become solidly frozen within 24 hours. Game will keep 9 to 12 months in the freezer if properly wrapped.

Do not can meat unless you have a pressure canner.

Low acid foods, such as meat and most mixtures of foods, should never be canned using the water-bath method.

Pressure and adequate time are necessary to produce safe canned meat.

Thaw frozen meat in the refrigerator or microwave oven. Cook game meats thoroughly. Foods thawed in the microwave oven should be cooked immediately. Refrigerator-thawed meat should be used within one to two days. Game meats should be cooked to at least 160 F or until gray inside to reduce risk of

foodborne illness.

Big game animals usually exercise more than domestic animals, so game meats may be drier and less tender. Moist heat methods such as braising (simmering in a small amount of liquid in a covered pot) may result in a better product. Chops and steaks may be pan fried or broiled.

The distinctive flavor of game meats is mainly due to the fat they contain. To reduce the "gamey" flavor, trim the fat from the fat. You may wish to add other sources of fat to maintain the juiciness of the meat. Spices or marinades may be used to mask the gamey flavor. Meat should always be marinated in the refrigerator.

For more information on how to safely handle your game meats, contact OSU Extension @ 553-3238. - Adapted from: **A Pocket Guide to Care and Handling of deer from Field to Table**(North Dakota State University, NCR 525).

Creep feeding range calves

By **Bob Pawelek**

Creep feeding of beef calves usually is reserved for certain market/management situations such as high calf prices and low feed grain prices. Both these conditions exist today. Granted, creep feeding under range conditions may be difficult if not impossible. However, under many situations, creep feeding can be accomplished with out to much effort and may offer a big economic advantage. Before laughing at me, read on and consider my view point as food for thought!

BACKGROUND

A large amount of research has been done to compare the growth rates of calves offered creep feed free choice with those of non-creep fed calves. The conventional

creep ration has been a grain mix with a crude protein content of 14-16% (Dry matter basis). Researchers have reported average weaning weight increases of 15 to 80 lbs per creep fed calf.

These differences are related to the quantity and quality of other feeds available to the calf (pasture, milk, cow ration). The results have also shown large differences in the conversion ratio of creep feed to additional gain (weight gain over that shown by non creep fed calves). Feed conversion (lbs. creep feed:lbs. additional calf gain) may range from 5:1 for calves on poor pasture to 17:1 for calves on excellent pasture.

It appears that when pasture quality is good and cows are milking well, the calves substitute creep feed for available milk and

pasture. This results in a small increase in rate of gain and relatively poor feed conversion. With poor pasture and low milk production by cows, creep feed is efficiently converted to additional gain. In this situation, the efficient observed conversion and larger increase in rate of gain indicates that the creep feed is supplying additional nutrients which would not otherwise be available. This situation would be typical of many Oregon range land pastures during late summer and fall, particularly this year.

In most average pasture situations it is expected that spring born calves will convert a free choice grain creep feed to additional gain at a rate of 8-10 lbs. of feed per 1 lb calf gain. Do the math. \$150 per ton creep feed equates to \$0.60 to \$0.75 per pound gains. Did you catch calf prices on the last superior and Western Video sale? They are in the \$1.10 range for 450 to 500 weight calves. \$1.10/lb calf prices minus \$0.75 / Lb. gain creep prices equals \$0.35 / Lb. profit.

Because non-creep fed calves tend to catch up with their creep-fed mates post-weaning, the greatest return is realized only if calves are sold at weaning. Creep feeding usually is not economical if calf ownership is retained through back grounding, summer grazing and/or finishing. Creep fed calves tend to wean off better than non creep fed calves due to added energy and knowledge of what grain is at weaning.

Under severe drought conditions, or with first calf heifers, creep feeding can be used to sustain a minimal level of growth on heifer calves to ensure sufficient size to develop them as replacements for the next year.

Creep feeding must be carefully appraised in view of the economics of cost of gain, potential market, and the influence on sale price of calves. During drought conditions when cows are nursing calves, instead of creep feeding calves to maintain cow weight, early weaning calves may be the better way to go. Due to poor conversions of creep feed to gain, early weaning may be a more economical way to maintain body condition on the cow.

Most of the information in this article came from two NebGuide fact sheets G74-166 (Revised January 1991) "Creep Feeding Beef Calves", and G83-655-A "Management of Early Weaned Calves".

Stockman's Roundup: Badgers?



By **Bob Pawelek**
OSU Livestock Agent

Over the past few months I have had several conversations with folks relative to encounters with badgers. Several people have commented about the explosive population of badgers this year. No one seemed to know what term is used to describe a male or female badger or much else information about them so I researched it out. "Warning" you may learn more about badgers than you care to know by reading the following.

A male badger is called a boar, a female a sow and babies are termed cubs. There are many preservation groups and organizations with the goal of protecting the badger. Type badger into your favorite search engine and find the many home

pages dedicated to the protection and preservation of badgers. Apparently the general public does not share the Western ranchers dislike for badgers. Badgers are carriers of bovine tuberculosis and rabies. Badgers tear up agriculture lands and hay fields, make riding a horse a dangerous practice and never dig a hole in a fence line where you could actually use it.

Badgers are warm-blooded, fur-bearing animals, which bear live young and suckle them with milk. They have the teeth of carnivorous animals, but are adapted for an omnivorous diet, and for a digging (or fossorial) way of life. The closest relatives are the skunks, the otters, and the weasels, polecats, martens etc. More distantly related are the other carnivores, the bears, cats, dogs and so on. The American Badger, *Taxidea taxus* also known as the silver badger, no doubt because of the silvery grey fur of some specimens are the ones most frequently found in Oregon and the Western United States.

Although badgers look rather like small bears, there are various anatomical features which place them with the weasels in the Mustelidae. Those features include their possession of well developed musk glands which can produce secretions for use in defense (like skunks) or for marking pathways or territorial boundaries.

All of the badger species are basically nocturnal and are active mainly at night, spending the daylight hours hidden away in a burrow or sett. However, virtually all of the badgers have been seen out and about during the day at some time or other.

This solitary way of life is in fact the

norm for most of the badger. American badgers, are known to scent-mark features of their home ranges with secretions from their anal glands, but as yet nobody has demonstrated that they mark out territorial boundaries. Both American badgers and honey badgers have however been seen engaging in vicious fights with their own kind when one badger finds another on its own patch of ground.

All of the badger species put their digging skills to good use by excavating burrows or setts, for shelter from the elements and protection from enemies while they are resting or rearing their young. Most of them will also make use of burrows dug by other species, and some will sleep above ground, or even in trees!

Breeding occurs year round yet badgers are born primarily in the spring of the year. This is possible due to badgers, like many other mustelids and several other mammals, ability to exhibit delayed implantation. This is a delay between the fertilization of the eggs, and their implantation on the wall of the uterus or womb. Thus the badger could indeed mate at various times of the year, and give birth after a gestation period ranging from as little as 2 months to as much as a

year! The adults of most of the badger species have few natural enemies. Their cubs however are more vulnerable, and may be taken by larger carnivores. Occasionally,



adults may also be tackled by these predators, but most badgers are well able to defend themselves, with tooth, claw, and in some cases, smell!

If this was more than you wanted to know about badgers you should have turned the page several paragraphs back.