



(541) 553-3238

Arlene Boileau
4-H & Youth

Bob Pawelek
Livestock

Clint Jacks
Staff Chair, Madras

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>

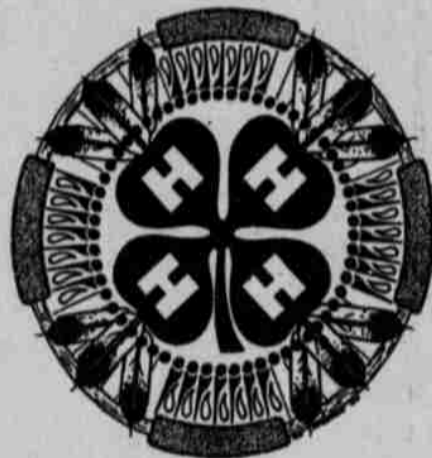
The Clover Speaks

Welcome to the World of 4-H. Who works in the 4-H World?

Here in Warm Springs? Arlene Boileau, 4-H Agent & Minnie Tulalalus In Oregon 4-H is a part of the Oregon State University Extension Service. Each county has an Extension Office. Which administers the 4-H program. 4-H is an experiential Youth Education Program for boys and girls in kindergarten through 12th grade. For youth in grades K - 4th grade. The program is designed to meet the developmental characteristics of young children. It emphasizes cooperative learning and excludes competitive events. Youth in grades 4-12 usually belong to 4-H clubs or groups and select projects or activities from the larger numbers available to them and may choose to enter fairs or other competition.

We are searching for 4-H Leaders to lead 4-H Clubs. In the following areas: beadwork, sewing, cooking, livestock radio, computer, Indian dancing whatever your skills is, Your 4-H Club can be for three months or six weeks, there is no time limit on your 4-H Club "It is better to build a child than to mend an adult." This is the main objective of the 4-H program. In 4-H, volunteer leaders encourage youth to gain knowledge and learn practical life skills, and to apply both in their project area. Members learn to work together as a team and develop a sense of fair play. 4-H members learn decision - making skills, thought project work, judging contest and other 4-H activities. As 4-H members mature, they have an opportunity to learn and practice leadership skills within their own club, at county activities, and during state events. They also begin to develop an appreciation and understanding of their community through individual or club service projects. Members improve their communication skills through working together and interaction in the club, presentation, and 4-H recordkeeping. They also develop

positive attitudes about themselves and others, learn basic health and safety practices have educational and vocational experiences, and learn how to set and achieve realistic goals for themselves through individual time management all of this doesn't happen at once, but develops gradually as members continue their involvement in 4-H with the guidance of their 4-H leader



Gingerbread Dough
Makes two dozen cookies
5 cups all purpose flour
2 teaspoons ground cinnamon
2 teaspoons ground ginger

2 teaspoons ground cloves
1/4 teaspoon salt
1 cup vegetable shortening
3/4 cup granulated sugar
1 cup light molasses 1 egg
Before you start: Wash your hands thoroughly with hot, soapy water
Preheat oven to 350 degrees. In a large bowl, combine flour, cinnamon, ginger, cloves, and salt. Set aside In another large bowl, use an electric mixer to beat shortening and sugar until light and fluffy. Beat in molasses and egg. Stir in flour mixture to make stiff dough.

Roll out dough to 1/8 inch thick. Cut out cookies to desired shape and transfer to ungreased baking sheet. With a toothpick, press a hole in the top center of each cookie. Make it large enough for a ribbon to pass through. So you can use the cookies to decorate the Christmas tree if you want to or you can eat them with a hole in the center, or

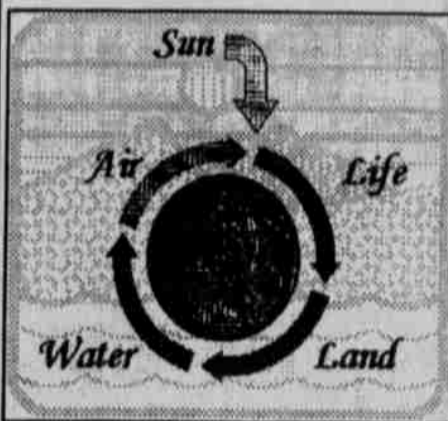
You can cut out gingerbread man, look at the picture and use your imagination

Then you take a pinch of dough the size of a dime and roll it with your fingers and press it on the face of the gingerbread man for his eyes do the same thing for his nose, for his lips roll the dough with your hands so the dough becomes long in your hands and then press it on his face for the lips into a half circle for his lips, look at the picture

Or you can use M&M's to decorate the face with the different colors for eyes lips and nose. Bake gingerbread 12 to 15 minutes or until firm golden brown. Cool cookies on a wire rack. Taken in-part, From "Country Living Country Christmas

Natural Resources Notables

Things to keep in mind for Fall and Winter



the rain soaks the roads or they get snowed in. Sure, the rounds are heavier now, but at least I don't worry about burning the north end down. Diffuse and Spotted knapweeds are spreading ail over the range and forest lands. Right now, these tall, "tumbleweed-like" plants are dry and brown - and you can see them in almost every driveway and along almost every road in Warm Springs. The problem is, if you drive over one, or the wind blows it under your truck, it attaches itself there and gets dragged out into other areas.

There's lots of reasons to be heading out to the forest lands nowadays - make sure you keep a few important things in mind when you go. The Warm Springs Reservation is some beautiful country, you can help keep it that way for future generations, just by taking a few simple steps.

Noxious weeds - I've talked about 'em before and I'm gonna keep talking about 'em. The more these weeds spread - the less cattle, elk, deer, salmon, and roots we will have. Simple, weeds take over native plants and deteriorate the landscape - leaving little or nothing for wildlife and livestock to eat. So, what can you do about it?

First, learn the weeds. Stop by the OSU Extension office and pick up a free copy of the Warm Springs Noxious Weeds Field Guide. It is easy to read and has lots of pictures (my kind of book). Next, do your best to prevent the spread of noxious weeds. The number one way for weeds to spread around here is on vehicles and roadways.

I am one of those guys still rushing around to cut firewood before

This is a real problem if you are heading out for wood or hunting, because you could drag it into uninfested areas. Each plant has up to 25,000 seeds on it. In Montana elk range, where spotted knapweed took over, researchers saw a 90% reduction in elk habitat - just about nothing but goats will eat it.

So, before you head out - check your rig for "hitchhikers" and clean them off. Clear your driveway of these big patches of weeds. Probably the only thing you can do with them now is rake them into a pile and burn them. Next spring, give us a call at OSUES for some advice on spring and early summer control. You could do some spraying now to help control - but you have to clear out that tall dead stuff first, so the spray can get to rosettes on the ground.

One last thing, if you see folks out there trespassing or wasting animals (trophies, leaving meat, etc.) - report them to Fish and Game or WSPD. If you want a healthy land and plenty of game for you and your descendants in the future, it is up to you to protect that future.

Home Sweet Home

By Bernadette Handley,
Family & Community Development Agent



As the holidays approach, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? Should I buy a frozen turkey or a fresh one? How do I store my turkey?

A few simple steps will not only ease your holiday fears, but will ensure a delicious and a safe meal for you, your family, and your friends. The following information may help you prepare your meal and help you countdown to the holiday.

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy?

There is no appreciable difference between a fresh or frozen bird. It is just a personal preference. If you choose to buy a frozen bird you may do so at any time, but make sure you have adequate storage space in your freezer. If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. Do not buy a prestuffed fresh turkey.

WHAT SIZE TURKEY TO PURCHASE ?

Whole bird - 1 pound per person
Boneless breast of turkey - 1/2 pound per person
Breast of turkey - 3/4 pound per person

Prestuffed frozen turkey - 1 1/4 pounds per person (keep frozen until ready to cook)

THAWING - Place frozen bird in original wrapper in the refrigerator (40° F). Allow approximately 24 hours per 5 pounds of turkey. After thawing, keep turkey refrigerated for only 1-2 days, or use this chart to help you countdown to the holiday.

Size of Turkey	Thawing Time in the Refrigerator
8 to 12 pounds	1 to 2 days
12 to 16 pounds	2 to 3 days
16 to 20 pounds	3 to 4 days
20 to 24 pounds	4 to 5 days

If you forget to thaw the turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey. The following times are suggested for thawing turkey in water.

Size of Turkey	Hours to Defrost
8 to 12 pounds	4 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

Microwave thawing is safe if the turkey is not too large. Check the manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound, and the power level to use

for thawing. Cook immediately after thawing.

The day before the holiday, make sure you have all the ingredients you need to prepare your meal. Check to make sure you have all the equipment you will need, including a roasting pan large enough to hold your turkey and a meat thermometer. The turkey may be rinsed in cold water the night before and re-wrapped for roasting the next day if you wish. Wet and dry stuffing ingredients can be prepared ahead of time and refrigerated separately. Mix ingredients just before placing the stuffing inside the turkey cavity or into a casserole dish.

On the holiday, if you choose to stuff your turkey, stuff loosely - about 3/4 cup of stuffing per pound of turkey. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed turkey in oven immediately. You may also cook the stuffing outside the bird in a casserole.

Judging cooking time for your turkey will be easier if the following chart is used. The approximate times listed are for a fresh or thawed turkey in an oven at 325° F.

Unstuffed Turkey	Hours to Prepare
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours
20 to 24 pounds	4 1/2 to 5 hours
Stuffed Turkey	Hours to Prepare
8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 to 5 1/4 hours

Use a meat thermometer to check the internal temperature of the turkey. When the

temperature of the poultry (as measured in the thigh) has reached 180° F, there is usually no other site in the bird lower than the safe temperature of 160° F. Check the temperature in several locations, being sure to include the wing joint. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 160° F. The stuffing should reach 165° F, whether cooked inside the bird or in a separate dish. When turkey is removed from the oven, let it stand 20 minutes. Remove stuffing and carve turkey.

Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days; gravy within 1-2 days; or freeze these foods. Reheat thoroughly to a temperature of 165° F or until hot and steaming.

For additional food safety information about meat, poultry, or eggs, call OSU Extension @ 553-3238 or the toll-free USDA Meat and Poultry Hotline at 1 (800)

535-4555 (<http://www.fs.is.usda.gov>).



Rating a calf's immune system

By Bob Pawelek

If your cow's nutritional requirements and deficiencies are not up to snuff, the calf's immune system will be so incompetent that most vaccines will have little or no effect. The most important time, nutritionally, for the calf's immune system is the last trimester of fetal development. This last three month period of the cow's pregnancy can make or break the health responses of the calf for the first 15 months of its life.

Good indications of whether the calf's immune system is on line are:

- High incidence of calf scours.
- "Stupid" calves that don't know how to suck. (Just one or two are an indication of the whole herd.)
- Bent or crooked front legs at birth.
- Unthrifty calves that don't get

up and nurse within a short time.

- A high incidence of calf pneumonia.

All these signs of lack of immunity at calving and shortly thereafter will insure that pre-weaning will probably not help the calf in the feedlot.

Nutrients requiring special attention in our area are:

- Protein
- Energy
- Phosphorus
- Zinc
- Copper - (much more is required in the areas I've studied than is normally fed)

- Selenium
Post calving calf health can be enhanced by continuing supplemental amount of the above plus highly available calcium.

Stockman's Roundup:

Matching nutrition with winter



By Bob Pawelek
OSU Livestock Agent

Making commercial cow-calf production a profitable enterprise can be very difficult with the price of hay per ton vs. the

price of calves per pound.

Identifying the factors that influence profits in a commercial cow-calf program, there are really only four factors:

1. Weaning weights,
2. Percent of cows weaning calves,
3. Cost of maintaining the cow, and
4. Price of calves.

Obviously, there are many factors that go into each of these four points. Likewise, there is a tremendous amount of interrelationship between the four points in influencing the profit potential of a cow herd.

In attempting to reduce or keep costs of production to a minimum, it is extremely important that the producer evaluate the needs of his cow herd and the forage resources that he has available.

What factors need to be considered in determining needs of the cow herd?

First, understanding the nutritional requirements of the cow. These depend on whether the cow is lactating, the size of the cow, the amount of milk she produces and the stage of gestation she is in.

Second, by monitoring the effectiveness of your feeding program. Do you feed early or wait till the cows start losing weight? Cows that are thin before necessary feeding will have weaker (or no) calves, milk less, and have slower-gaining calves.

Third, a good management practice and one used by many cattle producers is to sort cattle by age. The nutritional requirements are different for young heifers as compared to mature cows. When animals are still growing, having adequate energy and protein present in the ration to maintain growth is important. In contrast, mature cows that enter into fall in good condition can lose quite a bit of weight during the winter with little adverse effect on productivity.

Keeping an eye on the weather is important. The critical winter temperature for cows is around 30 degrees Fahrenheit. For each one degree drop in F, there is a 1% increase in the energy required by an animal.

Happy Thanksgiving from the OSU Extension staff