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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 & Minnie Tulalakus 4-H Program Assistant  
After school 4-H Meeting 's are at the Community Wellness Center in Carol Allison's room every Wednesday from 3:30 PM to 6:00 PM. Be sure and join us there.

What kind of 4-H Leaders is the 4-H program looking for?

4-H Leaders who are willing to share their skills and time to teach the youth of Warm Springs. What kinds of 4-H Clubs? Beginning Bead work Intermediate Beadwork Basket Making for young 4-H'ers Livestock horse's, cattle, rabbits, etc. All kinds of sewing for young 4-H'ers Cooking with young 4-H'ers Why Become Involved In 4-H Clubs?

The following list of figures based on national statistics for All-American Youth indicates one more or reasons for youth and adults to become involved in 4-H Activities.

Every 1 second A public school student is suspended.

Every 9 seconds A high school student drops out.

Every 10 seconds A child is reported abused or neglected.

Every 15 seconds A child is arrested

Every 1 minute A baby is born to a teen mother

Every 5 minutes A child is arrested for a violet crime.

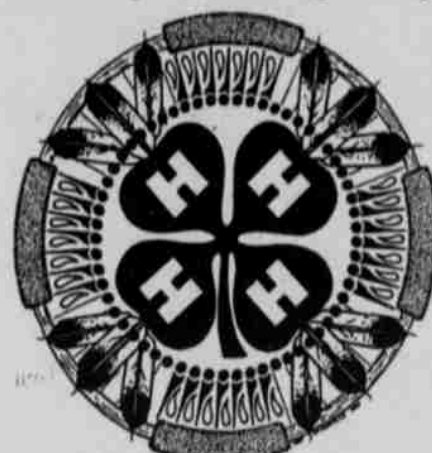
Every 18 minutes A baby dies.

Every 2 hours A child is a homicide victim.

Every 4 hours A child commits suicide. Taken from the Jefferson County Newsletter

### High Desert Leadership Retreat

A Leadership Conference. Where; Running Y Ranch Resort, Klamath Falls, Or. Date; January 12<sup>th</sup> January 15; Cost \$100.00, includes lodging, meals, recreation and supplies and making new friends and learning a lot, don't forget having a



great time. Who: Youth from Warm Springs, Jefferson, Deschutes, Klamath, and Lake, counties who are presently in the 7<sup>th</sup> through 12<sup>th</sup> grades. Seventh graders must meet additional requirements. How: 1. Pick up a registration, which includes and application and health statement from the Warm Springs, Extension Office located in the Education Building 2. Send it to HDLR, 1421 S Hwy, Redmond, Or 97756 by January 5, 2001.3. Seventh graders are required to submit two (2) letters of recommendation from non-related adults or teachers. 4. Enclose payment of \$100.00 or a deposit of \$25.00 to hold your registration until the January 10<sup>th</sup> deadline when the remainder

of the fee is due. 5. Make sure an adult completes and signs the transportation permission and the member's health statements Thanks.6. An enrollment packet containing a participant checklist and expectations will be mailed to participants upon receiving the Completed Registration.7. Hotel rooms will have two queen beds with four (4) participants staying in each room. 8. Participants should bring sleeping bags. **Drying and Roasting Seeds**

Wash the pumpkinseeds carefully to remove the clinging fiber. Dry the seeds before you start this process.

When seeds are dry, mix thoroughly 2 cups of dry seeds 1 1/2 tablespoons melted butter, and 1-teaspoon salt. Place in a shallow baking pan and roast 1 hour at 250 degrees; or 30 minutes at 275 degrees; or 10-15 minutes at 300 degrees F. Be sure to stir seeds frequently as they roast. Place seeds in a plastic bag and store. If they are to be kept a long time, put them in the refrigerator or freezer. The seeds will become rancid if stored at room temperature for long periods of time.

As stated by Deborah Byrne, Extension Family and Community Development Agent

### Yogurt Milkshake

Mix in the blender 1 (6-8 oz of yogurt) plus 1 can (concentrate orange juice) plus (2 bananas) plus 2 -3 cups of (ice cubes). Blend until smooth

Enjoy this milkshake with the seeds you just roasted.

## Natural Resources Notables

### Oregon Christmas trees already



Sure it's early, but the season is under way for one of Oregon's leading agricultural products - Christmas trees. Most of the state's 635 Christmas tree growers are now harvesting and shipping their trees with assistance from Oregon Department of Agriculture (ODA) inspectors. Gary McAninch, supervisor of ODA's Nursery and Christmas Tree Program says "It seems like it happens earlier every year."

ODA inspectors check out the trees bound for other states and countries to make sure they carry no unwanted pests or diseases. Phytosanitary certificates (sounds fancy anyway) signed by the inspector give the trees a clean bill of health and clear the way for shipment.

Oregon produces more Christmas trees than any other state, nearly nine million. Over a million of those are exported out of the country. Last year, ODA inspectors wrote 1,477 phytosanitary certificates for Christmas trees. From early November through the second week of December, these trees will ship to Japan, Hong Kong, Singapore, Guam, Mexico, Puerto Rico, and Costa Rica. This

year, for the first time, at least one shipment will go to Korea.

Korea has been closed to Oregon Christmas trees because of concerns about tree pests. Recently, ODA director Phil Ward visited Korea and paved the way for this new export market. Half or more of the 50 million people in Korea are potential consumers for fresh Oregon Christmas trees, as Christianity is a major religion there.

Oregon Christmas tree growers, for the most part, feel good about this season. Prices are up, as demand is up. The noble fir, which is in short supply, is the big seller. A six-foot noble fir is commanding as much as \$26. It appears growers will have no problem selling what they have, as opposed to 10 years ago when there was a real glut in the market.

I can remember when I was living in Hawai'i, people were always after Oregon Christmas trees - especially over on O'ahu in the city. It was cool to see all the "From Oregon!!" signs around the islands at Christmas time - as a matter of fact, maybe I better go back there just to make sure all those sign are still up...

Inspectors don't check every single tree, but randomly walk through a representative part of the field looking for pest and disease problems. Some of that inspection began as early as this summer. As Oregon's ninth largest agricultural commodity with a production value of over \$100 million, exports of Christmas trees are important to the state's economy.

## Home Sweet Home

By Bernadette Handley,  
Family & Community Development Agent

Holidays got you stressed? Does the thought of shopping or spending your money on gifts take all the joy out of the holidays? How about homemade gifts from your kitchen this year? They can be inexpensive and fun!

**Make-a-cake Mix** - Follow the recipe for your favorite cake or muffin. Layer each dry ingredient into a decorative jar. DO NOT ADD LIQUID items. Decorate and attach recipe. List the remaining ingredients that are needed and baking directions. Add a muffin tin and a pair of hot pads for the gift.

**Pop - o-corn- Add 2 teaspoons of margarine and flavorings (garlic powder or Parmesan cheese or cinnamon to 8 cups of airpopped popcorn. Wrap the popcorn in plastic wrap. Place in festive tins and decorate. OR make a variety of flavors and make a tin full of "sample" flavors.**

**Fruit** - A basket of fresh fruit is always a welcome gift during the holiday season. Good choices include oranges, apples, bananas, kiwi, grapes, grapefruit, pineapple or pears. Add a mini loaf of nutbread or flavored bagels, and a container of low-fat flavored cream cheese. Line your basket with a kitchen towel for

added color.

**Make your own "Meals-on-Wheels"** - For special friends or relatives who have trouble shopping, give them one of your favorite casseroles that can be frozen. Enclose coupons for every month that you will deliver a seasonal meal or take them out to dinner. Make sure the present is "opened" immediately and placed in the refrigerator or freezer.

**Make someone's salad special.** Let your imagination fly as you fill a new salad bowl with items such as low-fat salad dressing, low-fat mayonnaise, flavored vinegar, gelatin mixes and herbs. Tuck in several of your favorite recipes and wrap. Add a few vegetable seed packets so they can grow their own vegetables. **Give a healthful toast to the holidays.** In a festive basket, arrange a bottle of apple cider with a mulled-cider mix. Complete the basket with two mugs and a loaf of banana bread.

**Chase the chill away.** Homemade stock is the essence of good soup and contributes to stews, sauces and stir-fry. Fill your gift basket with canned or frozen chicken, pork, beef and vegetable stock. Add some recipes and a vegetable peeler to speed preparation. (Note: Stock may be

refrigerated up to three days or frozen for up to six months.)

**Spice up life!** - Combine several different herbs and spices to create unique mixes that complement different meats and salads. Use decorative bottles and attach a cookbook of the same theme (i.e. - if you make a selection of curry and sweet spices, attach to a favorite Indian cookbook).

**Man's best friend** - Make dog biscuits for your family and friends with pets. Wrap the bones with plaid ribbon and create a dog bone wreath.

**Bean soup makes a healthy treat.** Combine several varieties of dry beans and lentils—such as pinto, northern, fava, navy, black-eyed peas and soybeans—and repackage in decorative jars or tins.

**Herb vinegar** - All it takes is some garden-fresh herbs, clean glass jars and lids, vinegar and some containers. Mint, basil, tarragon, dill oregano and chives all are popular. Use about three to four sprigs of fresh herbs or three tablespoons dried herbs for each pint of vinegar. After maturing, pour the vinegar into decorative bottles.

For specific recipes or for more healthy holiday treats, contact the OSU Extension office @ 553-3238.

## Old, new showcased at Alternative Ag Conference

RUFUS - Farmers and ranchers from around the Pacific Northwest will gather in this rural town on the Columbia River on Tuesday, Nov. 28 to hear about new products, techniques, markets and ideas that could rev up farm earnings.

The event is the first "Alternatives in Agriculture - 100 Ways to Improve Farm Income" conference and exposition. It will focus on income-producing possibilities such as tapping into new markets, niche markets and alternative markets.

"We are hoping this will foster new ideas and encourage folks to look at different ways of doing things, to enhance their traditional farming or ranching practices," said Brian Tuck, an OSU Extension agent in Wasco County and one of the event organizers.

For example, Tuck said, a representative from Mid-Columbia Producers, a local grain cooperative, will talk about how separating wheat into different classes can tap into lucrative international niche markets.

Representatives from Oregon Tilth, an organization that certifies and promotes organic production, will be on hand to explain how farmers can certify their crops as organic.

The Portland-based Food Alliance will offer information on how products can qualify for "eco-labeling."

A representative from Painted Hills Natural Beef will talk about natural beef production.

Among the speakers expected to attend are Rod Rominger, the deputy secretary of the U.S. Dept. of Agriculture; U.S. Rep. Greg Walden, R-Ore. of

Oregon's Second Congressional District; and Cappy Tosetti, a columnist for the regional Salem-based agricultural newspaper, *The Capitol Press*.

Other offerings scheduled for the conference are:

Alternative and added-value products from lamb and wool including production of old-fashioned wool to be used in crafts such as weaving, knitting and homespun

How to establish a "carbon sequestration bank," which means growing trees to absorb excess carbon in the atmosphere

How to transform a pest species - juniper - into a valuable commodity

Agricultural tourism opportunities for farm families Representatives from local and regional banks and other lenders will be on hand to discuss ways to finance start-up operations or expand existing ones.

The conference runs from 8:30 a.m. to 4 p.m. in the Rufus Community Center, a former elementary school building at 304 W. Second St. It costs \$15 per person or \$20 for two until Nov. 20, when the cost increases to \$20 per person and \$30 for two. The entry fee covers a barbecue lunch.

The conference is sponsored by The Lower John Day Partnership Program - the state economic development partnership between Wasco, Sherman, Gilliam and Wheeler counties - and The Confederated Tribes of Warm Springs.

For more information, call Brian Tuck at 541-296-5494. To register, call Lyn Craig at Wheeler County Economic Development at 541-763-2355

## Stockman's Roundup: What causes traffic?



By Bob Pawelek  
OSU Livestock Agent

I'm taking a break from talking about cows. Today you are abused with a non-scientific essay about traffic.

We've all be driving along, cruisin' in the middle lane of I-5 or 97 between Redmond and Bend (going the speed limit, of course), when lo and behold we proceed around a bend in the road to find a wall of red brake lights. The dreaded traffic jam. There's no doubt we've all found ourselves in this situation before.

You grip the steering wheel a little bit tighter, start rocking back and forth in the driver's seat and maybe even blurt aloud an expletive or two. You wonder what the heck is going on, and sometimes never find an answer because as mysteriously as it began, the traffic starts

to flow again.

Traffic can defy all reason and logic. What's really going on? Why can traffic be so inexplicable?

Let's start with the elements of the equation: The Road, The Drivers, The Environment. Now, I'm no scientist, engineer or mathematician but to have some fun let's just say that Traffic = X Drivers + Road + Environment.

This would suggest that traffic is impacted by the number of drivers you have on a road at any given time, as well as the circumstances of the road on which they are traveling. Hogwash? Well, maybe, because this simple equation doesn't factor in people's behaviors. But, at least we can begin to imagine all the variables of the environment that affect traffic flow - the sun, the weather, disabled vehicles, a state trooper in the breakdown lane, lane shifts, those potholes that seem to jump right in front of your tires, etc...

What do I think is the real cause of traffic? I'll tell you... It's time. And, I'll even tell you why. No one has enough of it. Everyone's in a rush. Thus, we all have become less likely to keep a space buffer between our car and the vehicles around us. In essence, we all go through life racing around byways and highways without ever taking time to stop and smell the roses.

Okay, maybe it's more than that. It's also technique. I don't think anyone on the road today knows how to merge, which can't be mentioned without cour-

tesy. I also think awareness must be a factor because we all have encountered that driver. That driver is most likely the one puttering along at a constant speed just as you're entering a highway. The one who has an entire lane open next to him but who won't slow down, speed up or change lanes to yield to you or any other car trying to merge onto the road for that matter. The other day I actually had that driver beep at me as I was trying to merge onto the highway from the on ramp! I just smiled and waved.

Another peeve: When we drop down the hill into Madras, let's all start using the right lane by Ahern's, so the truckers who are stuck between Safeway and Subway won't run out of diesel waiting for some clearance to get out onto the highway.

Unless we find an effective way to teach better driving techniques, raise awareness about the rules of the road, promote driver courtesy, and take our time to travel along life's path (Talk about a lifestyle change!) - I'd recommend learning to love the time spent in bumper to bumper traffic. I'm getting pretty good at throwing my hands up in the air in disbelief, but to some folks that's just their speed. And, that's the real lesson afterall.

If we adjust our pace of life and take the time to slow down, we might just be surprised at what we find along the way. Places, people and things we never even noticed before. So stop and look around. Survey the sites and drink in the beauty.