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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.

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

The Clover Speaks

By
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**The holidays are here and please
take care of YOU!
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.

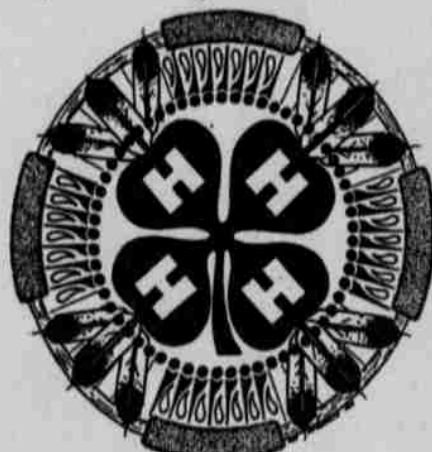
Bad Stress. Bad Stress is often the incident or individual who produces the "last straw" in an already difficult day. (A flat tire that makes you late for an important meeting is a good example, or when your boss walks in at 4 p.m. on Friday with a project that is due Monday Morning.) With bad stress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

nerability. 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.

If you would like to be a 4-H leader and not sure what kind of clubs there are here is a list:

Communications and Expressive Arts: Public speaking, creative Writing, Clowning, Dance, Drams, Music, Art Painting, Decorative Painting Sculpting, Wood Carving, Ceramics, Cake Decorating, Rubber Stamping, Photography Graphic Arts, Leather craft, Fiber Arts (quilting, Embroidery, Cross Stitch);

Consumer and Family Sciences; Child Care/Development, Baby sitting, Clothing and Textiles, Home Environment, Parenting and Family life, Knitting, Crocheting, Environmental Stewardship, Water Quality/Watershed Education, Angler Education, Geology, Weather, Marine Science, Energy, forestry, Range science/Native Plants, Wildlife, Outdoor Education/Recreation, Adventure/Challenge, shooting Sports, Archery, Fire, Arms;

Nutrition and Health; Foods and Nutrition, Food Preservation, Health, Safety, Tractor and Machinery Certification, Search and Rescue, Bicycle Safety, Auto Safety, and traditional food gathering;

Personal Development and Leadership; Economics, Business and Marketing, Leadership Development, Junior Leadership, Team Leadership, 4-H Ambassador, Camp Counselor Leisure edu-

cation, Hobbies and collections:

Plants and Animals; Crops, Gardening, Fruits and Vegetables, Flower Gardening, House Plants, Ornamental Horticulture, Beef Poultry, Pigeons, Dairy Cattle, Horse and Pony, Rabbits, Calves, Dogs Guide Dogs, Cats, small Animals, sheep, swine, Goats;

Science and Technology; entomology, Bee Keeping, Veterinary Science, Aerospace, Rocketry, Computer, Electricity/Electronics, Wood science, Tractors and Equipment, small Engines;

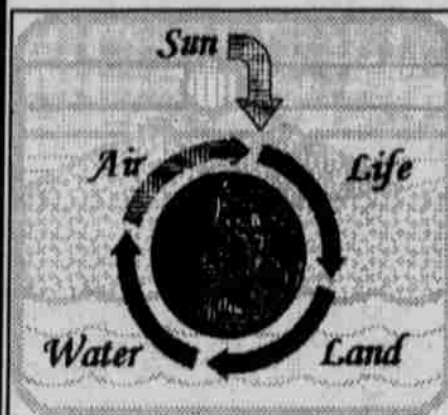
Adventures/K-3; 4-H Adventures, Talking with T.J., and School Age Child-Care.

There is many clubs to choose from, with information available to assist and guide any new or returning 4-H leaders. If there are other interest in other topics and your not sure about how to get information come on over to the office and inquire.

Some WinterTime Fun: Ice Cream in a Can. We make this at the Warm Springs 4-H Culture Camp. First these are the things you will need to get started 1. Three-pound coffee can and a 1.1 pound coffee can. 1.big roll of masking tape 1.bag of crushed ice 1.bag of rock salt. Have bowls and spoons ready. And napkins of course. **NOW** Get the ingredients together. Before you start wash your hands with warm water and soap, thank you. **Put all of the following ingredients in the small coffee can.** 1 Cup of whipping cream 1 Cup of milk: 1/2 cup of sugar For flavoring you can add 3/4 teaspoon of vanilla or 1 cup of frozen strawberries or 2 bananas or 1/4 cup of chocolate syrup Mix really well.

Place the lid on the small coffee can and tape the lid shut with the masking tape. (Be sure the tape is around the lid and the coffee can, the tape must be placed around the small coffee can more than once, and across the top) Put the little coffee can in the big coffee can and pack the crushed ice between the two cans. **Second: Pour 1/4 cup of rock salt over the ice in the 3-lb coffee can.** Put the lid on the coffee can and tape it shut real well, once more the tape must be placed around and around the can. Now for the fun part, put the can on the floor and start Rolling the coffee can back and forth between all of you about 30 minutes, it has to be 30 minutes or it won't be Ice Cream now for the best part of all. **Open the can very carefully (remove the tape) NOW** serve the ice cream in the bowls best of all enjoy.

Natural Resources Notables Signs of the times



more and more problems as we are constantly entangled in the problems of the Middle East and other oil-producing regions - all to maintain our oil supply. We must pressure our leadership to find alternative sources of clean energy, and we must become more responsible ourselves in the use of fossil fuels.

The U.S. accounts for 4% of the world's population, yet produces nearly 25% of the world's total greenhouse gas emissions. In its December 2000 publication *The Sierran*, the Sierra Club states: "According to the Union of Concerned Scientists, the #1 planetary enemy in the typical family is the four-wheeled thing with a horn parked in the driveway. Household transportation is responsible for a whopping 28-51% of greenhouse gases and air pollution and 23% of toxic water pollution. Noting else that individuals do causes as much environmental damage as driving..."

Lately, the news has been pretty well dominated by the presidential election controversy in Florida. It has overshadowed a lot of significant events in the world, drawing attention away from some pretty alarming trends. For one, did you know that Iraq attempted to put a \$.50 per barrel charge on its oil? The UN sanctions against Iraq are very clear on the export of oil - Iraq can only use that money to buy food & medicine for its people. Saddam Hussein tried to put the "surcharge" on his nation's oil so that he could start generating some extra income again for his "pet projects." Iraq, in protest to the UN, cut its oil exports for a while. Iraq supplies 5% of the world's crude oil supply - not a super big deal, but enough to drive prices up on the London stock exchange. Crude oil prices on the US exchange actually fell, following promises by the other oil producing countries to make up for Iraq's cut.

Big deal? Who cares? So what? We are so dependent upon oil that it is one of our nation's top national security problems. We are looking at

According to the Surfrider Foundation, a non-profit group out of Southern California, sea levels are rising and threatening Pacific islands and coastlines worldwide, and increased sea-surface temperatures are contributing to massive die-offs in the Coral reefs of the Indian Ocean and elsewhere - all due to global warming. If you have access to a computer and the internet, you can read more at www.planetark.com and lots of links and information off the Oregon State University homepage too.



Home Sweet Home

By Bernadette Handley,
Family & Community Development Agent



As the holiday season winds down (or up), it offers us a time to reflect on our choices, on our lifestyles and on our actions. Every where you look, advertising is guiding us to buy/lease/rent the biggest, the best or the boldest. IS that what the holiday season is about? Is that what LIFE is about?

This holiday season, how about achieving balance in your life? How about giving the gift of living simply to yourself and those around you. Focus your journey, your path on the "simple" route. Let go of nonessentials so that you can joyfully embrace what is most important to you. What BETTER time to determine what is most important than NOW during the holiday season that is based on "love and the spirit of giving"?

The Universal Shopping List was created from Dr. Cecile Andrew's book *In the Circle of Simplicity*. When you are shopping for an item, before you buy, ask yourself:

-Do I really need this? Is there anything else that I can use instead?

-Will this item bring enjoyment and beauty into my life? Will it benefit others?

-Will this item help me to engage in life more fully?

-Is it overpackaged? How long will it last?

-If it breaks, can it be fixed? How will I dispose of it?

-What is its environmental cost? Is it made of recyclable material?

-Could I borrow, rent or buy it used?

-Is it worth the time I worked to pay for it?

When you are shopping, pay particular attention to the "time eaters" Modern technology with all its benefits can dominate your life. Email, cell phones, pagers, video games require time, money and energy. Is it all worth it? Do you really need a satellite dish that

will give you a choice of over 200 channels? At the end of your precious time on this Earth, will you look back on thousand upon thousands of hours spent passively watching TV as a truly wise use of your time? Try limiting your TV / video watching to seven or fewer hours a week. Based on the American television habits, you'll gain at least 700 hours of free time each year.

Simplifying can be done at home by clearing away the clutter. How much clutter is there in your closet, storage shed, back porch, or garage? Isn't it amazing how much we can accumulate? Start small and work on one area at a time - a drawer, a shelf or a closet and reduce the clutter. If you haven't used something for a year and it has no sentimental value, is it really that necessary? Could someone else use it? "Have nothing in your home that you do not know to be useful and believe to be beautiful" - William Morris.

Now that the physical clutter is reduced, how about the emotional clutter? Old hurts and resentments that we are unwilling to let go of can get in the way of a healthy life. Release the negative feelings and move ahead. Us the power of prayer or meditation or seek counsel from an elder to guide you.

Surround yourself with beauty and pay more attention to what is around you everyday. Central Oregon is one of the most beautiful regions in this country. Have you taken a moment on your way home from work to catch a glimpse of snow-capped Mt. Jefferson? Or on the long drive to Portland to reflect on the splendor of Mt. Hood? Or to listen to the sounds of the water as it cascades over rocks on the DesChutes?

Take time to smell the roses (or sage or juniper) along the way. Enjoy the special moments as they happen. Live in the moment and express gratitude for all that

you have. Happy and Simple Holidays to you!

Stockman's Roundup: Deer and cows: Their grazing habits



By Bob Pawelek
OSU Livestock Agent

Providing a pragmatic system to efficiently utilize rangelands requires some insight into the animal's own point of view. Once ranchers and managers understand the common behaviors of ruminants, they can better deal with range management.

The ruminant animal has the capability of converting plant fiber (cellulose) to energy for body maintenance and growth. However, all animals do not utilize fiber with the same efficiency and use different tactics to obtain nutrients from a forage resource. First, all ruminants have basically the same needs and all employ the same basic approach to harvesting food from the landscape. **All animals have three basic needs, in order of importance:**

- * Water
- * Thermal regulation (keeping

- warm)
- * Food
- Ruminants also need:**
- * Time

Why time? Rumination is the mechanism by which cattle; sheep and deer process their food after harvesting it. Time is required for this process to occur, and to allow room in the rumen for the next meal. At some point in the grazing process, nightfall arrives and this limits grazing to localized areas. Ruminants have evolved as prey, and have organized social behaviors to strengthen their chances for survival. Therefore, nighttime grazing is restricted due to this social behavior. Animals have a need for complete rest, however cattle seldom sleep for longer than 30 minutes at a time, with rest occurring along with rumination.

Animals will select sites that will do their physiological needs the most good in the shortest amount of time. Research has been done on intake rates attained by animals, and is categorized by the amount of food that can be ingested per minute of grazing. This process is called, "profitability."

Whenever you drive past a herd of cattle, nine times out of ten you will see them all facing one direction. This is because their grazing pattern is directional. Animals will move in one general direction and alter their course only when they encounter plant communities of differing profitability.

Cattle travel less from water and will not traverse rough or steep terrain as well

as sheep or goats. However, none of these herbivores, whether they are cattle, mule deer, elk or goats, prefer the same forage resource. Therefore, stocking rate should also reflect proper balance of animal numbers and the supply of their preferred food groups.

Goats and deer both have small body sizes in relation to cattle and elk, lower dry matter requirements, and their prehensile lips and agility allows them to ravel more in a landscape in search of high quality food items.

You may notice the fact that I choose not to compare sheep with the other ruminants. Sheep are just strange critters. First of all, the moment they are born, they are looking for a reason to die. Secondly, their eating habits simply do not match up with what I am trying to present here. Their rumen volume is similar to cattle (for their size) but nutrient requirements are higher. Sheep tend to eat a lot of grass but will select high quality forbs at other times, but not simply because grass dries up. I've seen sheep turn up their noses at good young grass and head straight for skunk cabbage.

Landscapes having complex vegetation types offer the manager an opportunity to stock mixed animal populations and increase total animal production. Hatfield's High Desert Ranch uses goats to control young juniper. In the Mesquite - Blackbrush rangeland of South Texas, ranchers have increased their stocking by 25% through the addition of goats and setting aside sections of rangeland to be used as hunting leases.