



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/wsexst>

The Clover Speaks

Arlene Boileau 4-H Agent
Minnie RedDog

To be a 4-H Leader What is the 4-H Leaders Job?

To help 4-H members learn specific project skills.

4-H members have fun with projects while "Learning by doing." Youth remember better if they actually experience something and have an opportunity for "hands-on learning." Learning takes place within the learner - it is not something done to the learner. We encourage skills that will be useful to the young person now and in the future.

We help each member develop good habits, Experiment with new ideas, and practice Problem-solving skills. By doing this, we help them become self-directed, productive, contributing members of society.

To teach members how to think, not what to think, we help develop creative thinking in young people. By giving them a chance to make decisions on their own They'll learn from their own choices.

To recognize and encourage each 4-H member so they feel noticed and important the most significant recognition that can be given to members is sincere praise, attention or Compliments- letting them know they are important and what they have done is worthwhile. This is what 4-H is all about - the personal development of the Girl and Boy.

Welcome to the world of 4-H.

The 4-H program at Warm Springs is in need of 4-H leaders. For the winter of 2001 Call 553-3238 and become a 4-H leader. You will be helping the youth of Warm Springs.

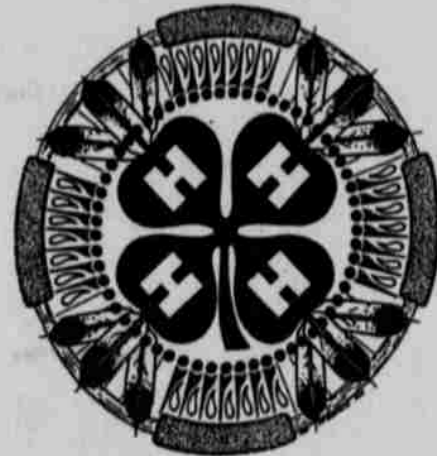
Strawberry-Pineapple Freeze: Remember Lil Chief to wash you hands and get an adult to help you in the kitchen. This is what you will need to get ready to make the following treat. Take out a bowl, fork, can opener, spoon, ice cube tray, foil, cup, and a knife.

First: Put drained strawberries in bowl. Mash with a fork. Open can of crushed pineapple; drain the juice into a cup. Stir

drained pineapple, yogurt, and sugar into berries.

Two: Line ice cube tray with foil, having foil extend 3 inches on each side. Pour in fruit mixture; fold the foil over fruit. Freeze till fruit is hard, about 3 hours.

Three: Lift dessert out by the foil from



tray; let stand a few minutes to soften. Cut dessert into six wedges. Cut pineapple rings in half; put on top of each wedge.

Plan to serve Strawberry-Pineapple Freeze with Macaroni and Cheese
The 4-H Program at Warm Springs is in need of 4-H Leaders for the winter of 2001

The Youth at Warm Springs are waiting for you and want to learn. So think about it

Dried Fruit and Nut Quick Energy Mix: Time to make this recipe 15 minutes: Tools you will need: cutting board, paring knife, medium bowl, wooden spoon, resolvable

Plastic sandwich bags: Ingredients: 1. Cup dried apples, 1 Cup dried apricots, 1 cup dried banana chips 1-Cup sunflower seeds, 1/2 Cup dry roasted peanuts, 1/2 Cup raisins.

Step 1 on the cutting board; use the paring knife to cut the apples into bite size pieces. Step 2. Cut the apricots into 1/4-inch strips.

Step 3. In the bowl, use the wooden spoon to mix together the apple pieces,

apricot strips, banana chips, sunflower seeds, peanuts and the raisins. Mix well.

Step 4 put the dried fruit mix into the resealable plastic bags. Eat now or later, enjoy.

Dried fruits are full of iron, In only 15 minutes you can make the Dried Fruit and Nut Energy Mix that you can pack in your lunchbox or put it in your backpack to eat later or after school. It will give you iron, energy wherever you go. Dried fruit has had at least half of its water content removed. This is why it is chewy to eat and very sweet. Enjoy

The Four-Fold Youth Development Model:

Head - utilizing scientific methods, Processing information, Understanding systems, Managing resources, Practicing creativity, Making decision, Solving problems, Visualizing information, Learning to learn, Reasoning, Thinking critically, Keeping records, Planning and Organizing, Achieving goals, Navigating in your environment, Working with numbers.

Heart- Communicating, Interacting socially, cooperating, Sharing, Resolving conflicts, Valuing social justice, Valuing diversity, Building relationships, Caring for others, Being empathetic.

Hands- Mastering technology, learning through community service, Volunteering, Being a responsible citizen, Working in a team, Exercising leadership, Completing a project/task, Motivating yourself.

Health- Being responsible, Developing self-esteem, Managing yourself, Practicing integrity and character, Developing a sense of purpose, Developing a positive view of the future, Utilizing resistance skills, Being resilient, Managing stress, Making healthy lifestyles choices, Preventing personal injury, Expressing emotions positively, Preventing disease.

These are positive learning tools to help you become a better person. So become a volunteer in being a 4-H leader to help promote positive learning tools to instill in the youth of Warm Springs. Happy Birthday Shayla Frank.

Natural Resources Notables

There's no place for weeds in Habitat Restoration



The Oregon Department of Agriculture (ODA) says "watch for weeds when you plant the seeds." The planting of desirable grasses and other vegetation is a key strategy in restoring habitat for salmon and other threatened or endangered species in Oregon. But it won't do any good if the mix is infested with weed seeds.

From the two-acre landowner that plants from a 20-pound bag of seed to an agency land manager responsible for thousands of acres and may use seed by the ton, using clean seed is critical to repairing the land. "We have some weeds out there right now and don't need any more from the planting of seeds," says Tim Butler, manager of ODA's Weed Control Program.

Yellow starthistle, knapweed, and white top are examples of the kinds of weeds that can turn a restoration project sour over time. "Habitat restoration projects are designed to get a desirable species to establish in a sensitive area," says Butler. "Grasses you are trying to establish have a fibrous root system that holds the soil together and prevents erosion. But if something undesirable like knapweed gets a hold, it can dominate the site with a tap-root system that doesn't hold the soil and increases salination in nearby streams."

Oregon's history - both past and present - offers examples of the unintended consequences of seed plantings that accidentally included weeds. In the late 1980's, to prevent erosion, the US Forest Service used aircraft to drop grass seed on thousands of acres after fires in Northeast Oregon. Unfortunately, the seed was contaminated with Yellow starthistle. The weed spread like a biological wildfire itself and became an expensive problem to deal with. In the past couple of years, contaminated wheatgrass seed originating from California but sold by a Central Oregon seed dealer introduced Yellow starthistle to several counties. As part of the construction of a new spillway at Ochoco reservoir, a five-acre site was seeded in 1997 with the tainted supply. When the site was monitored last summer, starthistle was

thriving. Workers had to hand pull hundreds of unwanted weeds. Officials say the damage caused by contaminated seed may be worse than if the site had not been seeded at all. The site will need to be monitored for many more years to control any starthistle plants that might pop up.

An ounce of prevention is worth a pound of weed-free seeds - or more. "It's better to spend the dollars up front - before planting," says Jim Cramer of the ODA's Commodity Inspection Division. ODA can and does provide regulatory oversight of seed dealers through sampling and testing of product as well as auditing of records. Some companies may end up facing a civil penalty for selling seed containing a prohibited noxious weed. But even the most reputable companies can find themselves in trouble with weed seeds if they don't intensively sample and test what they have. That's where the education role comes in for the ODA.

Purchasers of seed - especially those involved in habitat restoration projects - need to make sure sampling and testing has been done. That goes for the farmer or rancher as well as the big agencies responsible for large tracts of land. "Individual landowners probably can't afford additional sampling and testing of the seed," says Cramer. "But at a minimum, they can ask their supplier for the test reports and blending sheets. They should know the origin of their seed. Large agencies and municipalities have the potential of spreading noxious weeds in Oregon."

Another indicator of seed purity is the label. Like any product sold commercially, the label will tell the buyer what the package contains - or at least it is supposed to. Some weed seeds are not prohibited as part of a seed lot, and therefore may not even be listed on the label. Cramer advises seed buyers to never accept seed without a label as "the label must state the variety and kind of each component in the bag including the weed seed amount by weight as well as any noxious weed that might be in there. The origin, purity, and germination for each component must be on the label."

All this effort should be done before the planting of the seed. Once it is in the ground, any weed problems are much more costly in time, effort, and money. Also, Cramer advises the big seed buyers to "bank the good stuff." Once they find a seed lot that is clean and effective, make sure and stockpile enough of it to last - because every time they go out to buy seed, they will have to go through this whole process again.

Home Sweet Home

By Bernadette Handley,
Family & Community Development Agent



When it comes to making New Year's resolutions, "managing money" is right up there on almost everyone's list. For next year, what are your resolutions about money? Do you want to change the way you and your family spend money or save it? Do you want to get more control over your money?

The first thing is to set your goals (whether to save money or reduce your debts) and be clear about how and when to reach them. Set realistic objectives and then stick to your plan. If you want to get control over your credit cards, determine the items and amounts that are appropriate for you to charge, devise a system to track what you have charged, and develop strategies to limit your credit card use.

As you think about changing your money habits, remember you have spent years developing these habits. Time, effort, and commitment are necessary to change them. Change occurs one step at a time and one day at a time. Be patient with yourself. If your household has changed in any way this past year (marriage, birth, etc.) consider the impact of these changes. My financial picture changed significantly since my marriage in July. Yes... we now have two incomes BUT we have increased expenses, too.

Pay yourself first. Don't wait until the end of the pay period to see if there is any money left for saving. If possible, have savings automatically deducted from your paycheck.

Save "extra income". If you receive income as a sum of extra money - a tax

refund, a bonus, overtime pay- save it.

Make payments to yourself. The next time you make the last payment on a debt, continue making the same payment to your savings account. You have learned to live without the cash. Save it for something special. When I finally paid off a school loan, I continued to deposit the same amount into my savings. In a few short months, I had a small balance that I used as a down payment for my next car.

Ignore your raise. If you get a pay raise, ignore it temporarily. Continue to live on your old salary for three or four months and save the additional income from the raise or increase your pre-tax contribution.

Have a "nothing week". Have a week when you spend only on necessities - don't go to the movie, don't rent any videos, don't go out to eat, don't buy beer. Save the money you did not spend. Even better...plan it with family or friends. See how creative you can be in finding inexpensive ways to entertain yourselves!

Collect change. When you pay the bill at the supermarket, video store or gas station put the change into a separate coin purse. When you get home, put it into a bottle of jar. When the jar is full, deposit the money into your savings account. This is also a great way to teach children how to save and count money!

Change your habits. Don't buy extras -chips or pop - at break or - lattes- on the way to work. Carry your lunch to work a few times a week and put the saving into a bottle or jar. I used to buy a latte on the

way to work until I began counting up the expense. I decided to purchase an inexpensive espresso machine with the money I WOULD have spent daily on a latte. The savings I experienced from making my own espressos at home have MORE than paid for the cost of the machine.

To start the new financial year:
- Review your financial goals. Re-visit your spending or savings plan to meet those goals.

- Prepare financial statements. A net worth statement is a picture of what you own and what you owe. It shows the fair market value of the things you own (assets) and what you owe to others (liabilities.) The difference between the value of assets and liabilities is net worth. An income and expense statement shows the amount of income received over the year and how it was spent.

- Organize your files. As tax forms, W-2s, 1099s, etc. arrive, put them in one place—a file folder, drawer, or shoe box—so they'll be readily available when you prepare your return.

Contact OSU Extension @ 553-3238 for materials and/or a schedule of upcoming classes on money management.

Stockman's Roundup: Dealing with the cold Management adjustments to cope with cold stress



By Bob Pawelek
OSU Livestock Agent

Management adjustments to cope with cold stress

The rumen is very large. The cow stores heat in the rumen. To help the cow overcome cold stress fill the rumen with fiber, energy and protein. This will generate heat and provide the necessary nutrients to cope with the cold. Reduce exposure to the elements by providing protec-

tion with willows, trees, man made wind breaks etc. Protection will allow the cow to keep her hair coat dry and reduce wind chill. A dry place to lay will help tremendously. Make sure water is available. Mild dehydration often accompanies cold stress. Break ice often and make water accessible.

Feed thin cows separate. Thin cows being those with a BCS < 5. Depending on chill factor and extent of the cold snap (for Central-Eastern Oregon feedstuffs), I would suggest feeding 3 to 5 pounds of grain, 50 % grass and 50 % alfalfa. The grain is going to add the needed energy. The alfalfa is a lower fiber feed than grass hay, higher in protein and energy. This will allow the cow to consume more pounds of ration. The grass hay is high in fiber, lower in protein and energy, yet adds capacity and slows the passage rate. The slower passage rate helps store body heat in the rumen and adds bulk for heat preservation. Thin cows have no body fat reserves to draw from so we have to provide energy in the ration. If we do not add energy we will pay the consequences this spring with reduced or delayed breed back.

For body condition 5 cows, feed all the hay they will eat, even to the point of wasting it. They can lay on the waste. Provide protection from the elements such as wil-

lows, trees, man made wind breaks etc. Protection will allow the cow to keep her hair coat dry and reduce the wind chill. A dry place to lay will help tremendously.

Feed your fat cows separate. These girls have body reserves to draw from. Feed all they want but not to the point of wasting feed. The money you save on these girls helps pay for the extra input on the thin cows.

Prevention is the best method of adjusting for cold stress. Prevention in the form of body condition preservation. This should start 12 months in advance. How can you prevent you ask? Smart weaning, strategic supplementation, knowing the biological cycle of the cow and add body condition when it is cheap to get on a cow (dry cow, mid trimester), saving fall feed, matching the cow to your ranch resources (frame and milk, fleshing ability), treating young, old and thin differently, these are all preventative measures.

Keep in mind you can winter a moderately fleshed to fat cow cheaper than a thin cow. A cow going into the winter thin is sure to come out of the winter thin. A cow entering the winter fleshed to fat is more likely to come out of the winter fleshed and breed back. Prevention, prevention, prevention! That is my suggestion for the day!

HAPPY HOLIDAYS

from the staff of

OREGON STATE UNIVERSITY
EXTENSION SERVICE

ARLENE, BERNADETTE,
BOB, MINNIE T, MINNIE Y, & ZACH