



4-H Program
Morning Rae Ferris



4-H is back in Warm Springs

Hello, my name is Morning Rae Ferris. I have joined Oregon State University Extension to fill the 4-H Youth Development Faculty position in Warm Springs. Before joining the OSU faculty, I was part of the OSU Extension administrative team as the Office Coordinator, employed by the Confederated Tribes of Warm Springs.

So what is 4-H?

4-H is the largest out-of-school youth program in the United States. There are more than 6 million 4-H members nationwide, and thousands of young people participate in Oregon 4-H each year. Through 4-H, young people learn and grow in partnership with caring adults to develop the skills and confidence needed to become contributing, productive, self-directed members of society. Because 4-H uses an active, learn-by-doing approach, young people see how their actions make a difference in the lives of others and the world around them. 4-H is the only nationwide youth organization administered through land-grant universities.

In Oregon, 4-H is affiliated with Oregon State University. At the local level, OSU faculty members who live or work in the community they serve provide leadership and oversight of 4-H. These faculty members have extensive training in youth development principles and also are in touch with the needs of the community's young people. Volunteers who work with 4-H are invited to do so only after they undergo extensive background checks. They must also participate in training that includes topics such as club organization, risk man-

agement, and working with youth.

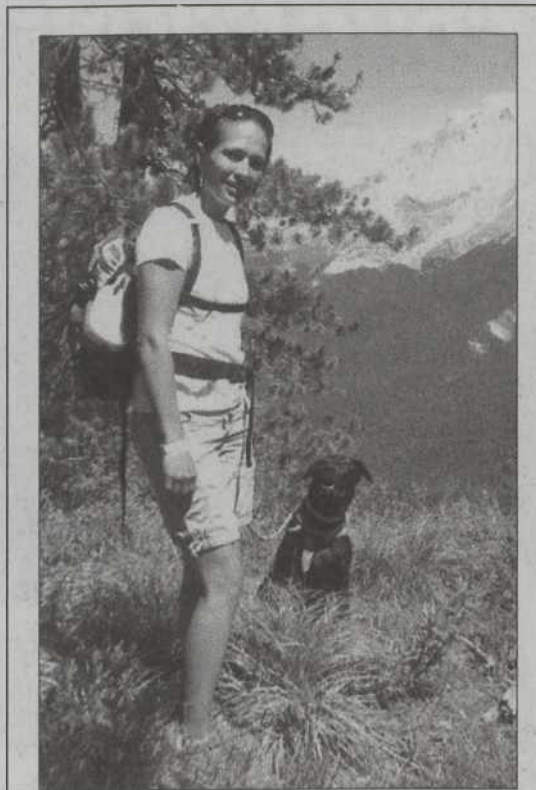
Beginning in October, OSU Extension will be reintroducing the 4-H program into Warm Springs Elementary P.E. and 5th grade cooking classes. Thanks to Danita Macy and the FCH (Family and Community Health) team, they have allowed 4-H to participate in the WSE programming. This time slot will be used to educate students about 4-H, what it means to become a 4-H member, the benefits to 4-H, activities and games, and future 4-H events.

I am very excited to be a part of the OSU Extension 4-H and to have the opportunity to share the 4-H programs with the community of Warm Springs. My goals for the first year are to become engaged with tribal programming and to bring more outdoor activities such as mountain biking, white water rafting, skiing, snowmobiling, fly fishing, hiking and much, much more!

My office is located on the second floor of the Education building. I will be available by phone at 541-553-3238 or by email: morning.ferris@oregonstate.edu.

Getting to know me

Yes, my first name is Morning or some people like to call me "Miixmaic'qi" and this works too! I am originally from the Wind River Indian Reservation in Wyoming. I am Northern Arapaho



Morning Ferris and her faithful dog Pria.

and Eastern Shoshone. I received my BA Degree in Art from Fort Lewis College in Durango, Colo. in 2004.

After graduation, I was employed by the Eastern Shoshone Boys and Girls Club in Wyoming until I was accepted into graduate school at the University of Oregon. In 2009, I graduated from the University of Oregon with a MA Degree in Arts Administration. Shortly after graduation, I accepted a position at OSU Extension in Warm Springs.

Family Community Health



Danita Macy
Arlene Boileau
Jeanette Henderson
Sara Smith
John Brunoe

September is National Breakfast month

As our students return to school, we think about all the things that they will need to get a great head start on the new school year.

We make sure that they have school supplies, clothing, lunch boxes and many other things to get going. Another important item to make the list is a healthy breakfast.

Any breakfast is better than no breakfast at all. But many breakfast foods are high in calories, sugar and fat. They also don't contain the vitamins a growing body and brain needs. Some kids skip breakfast because they sleep too late or because they think it's a way to stay thin. The opposite is true. Someone who skips breakfast tends to eat more calories throughout the day. If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before:

Breakfast Ideas for busy families

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- whole-grain toast, bagel, or English muffin with cheese
- yogurt with fruit or nuts
- fruit smoothie,
- cottage cheese (try fruit and nuts with a little jam)
- sliced fruit and cream cheese sandwich
- any kind of sandwich — grilled cheese, peanut butter and jelly
- Leftovers
- single servings of whole-grain, low-sugar cereal
- whole-grain muffin
- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal

Kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy brain!

Breakfast Huckleberry Smoothie

- 1 ½ cups huckleberries
 - ½ banana
 - ½ cup pineapple or orange juice
 - 2 tablespoon honey
 - 3 cups milk 5 ice cubes
- Add all ingredients in blender and blend for 1 minute until smooth



Culture Enrichment Camp 2011

Well "4-H Camp at Peters Pasture" is over. The campers had lots of fun and learned about their culture and about themselves.

The campers had fun doing skits, singing camp songs at the campfire while making smores, swimming in cold water, taking sweats, becoming aware of their culture, but most of all making new friends and lots of good memories of camp.

There are so many folks to thank. I will start by thanking the following departments and people for their devoted support to this endeavor for our Warm Springs youth and families. Big thanks to all the staff at KWSO for all their PSA's at the last minute, Spilyay for all the good words and coverage of 4-H Camp. To Natural Resources for building the fence and removing the part of the tree blocking the girls sweat into the creek. Warm Springs Utilities for all the hard work at Peters Pastures in the building and cement pad. Culture and Heritage staff for teaching and Val Switzler for her financial support. Caroline Cruz

for all her financial and staff support. The Diabetes team and C.H.E.T. for traveling to 4-H camp to teach classes. To the entire teaching staff that traveled to 4-H camp to teach the Campers. To Tiger and his crew for all the help they gave so generously, and to Lana Leonard and her students for their help. To Identity Zone and Howie

Arnette for the sponsorship of the camp t-shirts and to all our funding business for their support. I want to thank the parents/guardians of the 4-H campers, for trusting all the 4-H Camp Staff with your children.

To all the 4-H Camp Staff and OSU Staff: Fara, J.T., John, Sara, Morning, Danita, Rosanna, Merle and Ashley.

You are to be commended for all your energy, time, effort, and commitment for a job well done.

Take care and enjoy the rest of

your summer and smile too (please forgive me if I forgot to mention you).

Thank you, **Arlene Boileau**, 4-H Camp Coordinator



Campers canning blueberry jam

Agriculture and Natural Resources

Fara Brummer and John Brunoe

Food safety starts in the garden

By Judy Scott
judy.scott@oregonstate.edu.

CORVALLIS – An outbreak of E. coli O157:H7 in fresh strawberries sickened at least 10 people in Oregon in July and reminds us that food safety starts in the garden.

Sam Angima, a soils specialist, and Carolyn Raab, a foods and nutrition specialist - both with the Oregon State University Extension Service – offer these words of caution.

Fruits and vegetables can be carriers of pathogens that cause foodborne illnesses such as E. coli O157:H7 and salmonella especially if untreated animal manure has been used in or is near the garden, Raab said. If animals have access to the garden, that could be a source of manure.

"The risk associated with gar-

den produce is small, but it's there," she said. Foodborne illness outbreaks have been linked with many foods, including raw fruits and vegetables and unpasteurized apple cider. What does this mean for gardeners?

Use particular care if and when you use animal manure in the garden. To avoid potential food safety risks, Angima and Raab recommend the following:

Use recommended food preparation techniques with garden produce. Always wash produce in clean water before eating it. Use a vegetable brush to remove visible soil. Peeling may also help reduce risk.

Keep fruits and vegetables and other raw food separated from cooked food. Wash your hands thoroughly with soap after handling raw foods, as well as before preparing food and eating it. Always wash hands after using the toilet and after changing diapers.

People who are more prone to foodborne illness include young children, pregnant women, older adults and those with cancer, AIDS and other immune-compromising diseases. "If a family member is at risk, serve cooked or canned vegetables and fruits for an extra margin of safety," Raab said. "Heating kills bacteria and parasites."

In the vegetable garden, use of compost rather than manure is preferred. However, if you use any kind of manure, ensure that the edible portion of the crop does not touch the soil. Use straw or mulch to separate the crop from the soil.

"If you do choose to apply fresh or partially composted manure to the vegetable garden, apply it to a crop with a low pathogen-contamination risk, such as sweet corn," Angima said. Plant crops whose edible parts contact the soil such as carrots, potatoes, lettuce and melons in a section of the garden where manure is not applied.

"Backyard composting can be an effective way to kill pathogens in manure," Angima said. "But the composting process must be carefully managed. To be certain of pathogen kill, the pile must reach temperatures greater than 130 degrees. The pile must be turned often to ensure that the cooler material on the edges of the pile gets into the hotter center of the pile.

"You'll need about five turns during the hot composting phase to assure pathogen kill," he said. "After each turn, temperatures greater than 130 degrees for three days are needed to kill human pathogens.

(Sources: Carolyn Raab, and Sam Angima.)

Cow Camp Chatter

The Value of a Cow

By Ron Torell, Long-Standing Educator and Advocate of Agriculture

Eight hundred dollar calves, eleven hundred dollar yearlings, one thousand dollar market ready (cull) cows, two thousand dollar aged bulls. Pair these exceptional prices with the smallest U.S. brood cow factory since the 1950's and many of us are considering expanding our cow herds.

The unrestrained production costs that accompany today's excellent market, along with the price of retaining and developing replacement heifers, and the difficulties of finding and purchasing quality bred cows at an affordable price, are all major concerns. When buying cows, don't let the current optimistic market set the purchase price for your investment or you may get caught up in the *buy high, sell low* trap. Consider all the long-term variables that contribute to what you can afford to pay for a cow.

First and foremost when determining the value of a cow, compare her gross lifetime income potential against her accumulated expenses. Gross revenue for the brood cow is established by present and future calf values combined with cow salvage or market ready (cull) value. Disposal value is a one-

time income as opposed to calf sales which are yearly. Accurately estimating the salvage value of a cow along with accumulated calf sales eight to ten years out is difficult but necessary. It is important to include both in the up-front purchase price of a brood cow. Following this strategy will naturally place more value on a young cow purchase versus that of an older cow.

In estimating the accumulated expenses of a cow, include opportunity costs on the value of land, equipment and cattle. Take in to account labor, depreciation, taxes, overhead, and incidental costs such as extras for day help. Don't underestimate these expenses. Total annual cow costs vary extensively from ranch to ranch.

With winter feed being the leading cost associated with most cow/calf operations, make sure and value hay as a purchase on the open market rather than simply an out-of-pocket production and harvest cost. Knowing winter feed costs allows producers to evaluate a fall purchase of bred cows versus a spring purchase of pairs.

When considering the numerous long-term variables that influence the value of a cow, keep in mind the cow that genetically fits your ranch and

management protocol is obviously worth more to you than to someone with completely different resources. As an example, frame size and milking ability largely dictate the nutritional requirements of a cow. Buy the cow that matches your ranch's resources.

Another important variable to consider is the body condition of the cow at the time of purchase. A moderately fleshed cow versus a thin cow is worth more than just the added weight, provided the added weight is not there because she is a poor producer, bad mother, or performs inadequately reproductively. Fat reserves play a huge role in the future productivity of a cow with increased weaning percent and weight, faster return conception, boosted immune response to vaccines, and the ability to handle stress better.

When purchasing brood cows, cattlemen often overlook the bio-security issues associated with introducing reproductive and/or viral diseases to their existing herd. It is crucial to buy from reputable sources where the vaccination, management, and health history of the cattle is well-known.

Purchasing a neighbor's cattle which are already acclimated to the area and require no sales commission or transportation costs may fit this profile.

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