

Oregon State University **OSU**

Warm Springs Extension Office



4-H Program
Morning Rae Ferris



Agriculture and Natural Resources
Fara Brummer and John Brunoe

Family Community Health



Danita Macy
Arlene Boileau
Jeanette Henderson
Sara Smith
John Brunoe
Rosanna Sanders

Staff is available to answer your food safety/preservation questions

Contact Danita or Jeanette at 541-553-3238

Facts About 4-H - Understanding the Basics

Who Can Participate?

The Four H's

The four H's stand for **Head, Heart, Hands, and Health**, which represent the domains of youth development. Early symbols of the organization contained only three H's—for Head, Heart, and Hands. In 1911, club leaders from across the country met in Washington, D.C. and adopted a committee recommendation to add Hustle as a fourth H. O.B. Martin, who was directing club work in the South, is credited with suggesting that the four H's stand for Head, Heart, Hands, and Health.

4-H Emblem

The official 4-H emblem is a green four-leaf clover with the letter H on each leaf. Because of its historical importance, the 4-H emblem has a special status; it is federally protected under the U.S. Code (Section 18 USC 707) and belongs to Congress. Federal legislation regulates use of the 4-H name and emblem. In Oregon, permission to use the emblem must be granted by the OSU Extension Service.

4-H Colors

The 4-H colors are green and white. Green represents growth, life, and youth. White symbolizes purity and high ideals.

4-H Motto

The 4-H motto, "To make the best better," was proposed by Carrie Harrison, a botanist with the U.S. Bureau of Plant Industry, and adopted in 1927 along with the 4-H pledge.

4-H Pledge

The pledge tells what 4-H is all about: the four-fold development of youth. Delegates to the 1927 National 4-H Club Camp in Washington, D.C. adopted the pledge, and state club leaders voted for and adopted the pledge for universal use. The phrase "and my world" was added in 1973. The saying of the pledge has a prominent place at 4-H club meetings, achievement days, and other events.

"I Pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service, and my Health to better living, for my club, my community, my country, and my world."

Thank You Warm Springs!

The 4-H Yard Sale was a success. Together we've raised \$241.16.



- Morning Rae

Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer. Published July 1983. Revised January 2011.

Boileaus receive award for volunteer recognition in 4-H



Micky and Arlene Boileau received the Orin Patampa award for Volunteer Recognition in 4-H. This was presented at the 4-H Awards Recognition dinner at Madras on November 4th, 2011. Arlene Boileau has been a vital part of the OSU Extension 4-H Program for many years at Warm Springs.

Pumpkin Pie & Gifts from a Jar Class

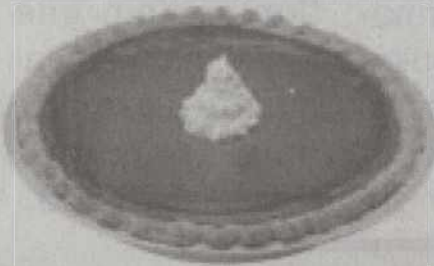
When: Tuesday, Nov 22, 2011

Session 1: 9am-12pm

Session 2: 1-4pm

Where: Education Bldg, 1st Floor Training Room

What: Learn how to make a Pumpkin pie and create gifts from a jar for the holidays



RSVP with Ashley @ 541-553-3238 to reserve your space for class

(Space is limited to 12 participants per session)

November is Peanut Butter Month!

Peanut butter is an easy healthy snack and November is the month to celebrate it! Peanut butter is high in protein and fiber. Protein helps keep our muscles strong and fiber helps keep our digestive system healthy.

Peanut Butter Logs

½ cup honey

½ cup peanut butter

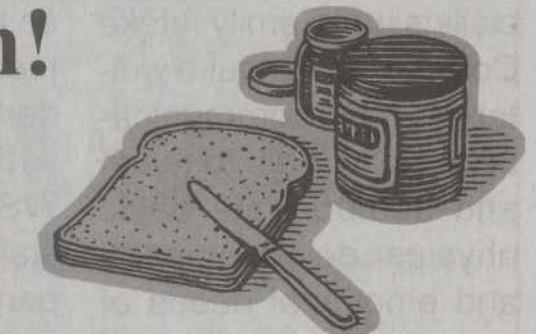
½-1 cup nonfat dried milk

½ cup crispy rice cereal

Mix all ingredients together in a medium sized bowl. Start with ½ cup dried milk and add more

as needed until the mixture is firm enough to form rolls. Wrap the rolls in wax paper or plastic wrap.

Chill rolls for 30 minutes in refrigerator. Slice to serve. Refrigerate leftovers within 2 hours. This recipe is a good source of protein and calcium



Easy Snacks with Peanut Butter

- Spread some on celery sticks and top with raisins
- Top a whole grain cracker with peanut butter
- Have some peanut butter on toast with a glass of low-fat milk

This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. SNAP puts healthy food within reach - call Oregon Safe Net at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. USDA is an equal opportunity provider and employer. © 2011 Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer.

Wild strawberry plants can cover a lot of ground

By Judy Scott, 541-737-1386, judy.scott@oregonstate.edu
Source: Linda McMahan, 503-434-8910, linda.mcmahan@oregonstate.edu 10-21-11

CORVALLIS, Ore. – If you're looking for a groundcover that is native to Oregon and doesn't require much water, three native wild strawberries are available. You might be able to look no further than your own property to find them.

"If you are lucky enough to have wild strawberries on your property, you can transplant them to where you need them," said Linda McMahan, Oregon State University Extension horticulturist. "Make sure to water them after transplanting."

All three are host plants for native butterflies, and the berries provide food for wildlife.

"Perhaps the best known is the beach or coast strawberry, *Fragaria chiloensis*," McMahan said. This rapid spreader is native to coastal regions of the Pacific Northwest and Chile. The leaves are dark green and shiny, and the above-ground runners (stolons) are red and help spread the plant.

The coast strawberry performs well in full sun and works well to cover a large area. It's readily available commercially or from native plants growers. Since it is such a good spreader, it may need to be cut back from hardscapes such as sidewalks. On softer paths, foot traffic often will keep it in check. The berries are

edible, but not really palatable.

"Another sun-loving strawberry is the Virginia wild strawberry, *Fragaria virginiana*," McMahan said. "At least one of the sub-species is native to the Willamette Valley, although the species itself is native to most of the U.S. To find the best locally adapted kinds, purchase plants from a native plant nursery or from another documented source."

Not quite as vigorous or aggressive as the coast strawberry, the Virginia wild strawberry has lighter green leaves and its berries are edible and tasty, but small.

The third native is the woodland strawberry, *Fragaria vesca*. As the common name suggests, woodland strawberry does well in the shade. The leaves are larger and bluer than the other species. It likes conditions that are slightly moister and does not grow as aggressively. However, it has larger flowers and tasty fruits. Several subspecies may be purchased locally. "For those interested in other varieties, a nice one with variegated green and white leaves sometimes is available," McMahan said.

Note to editors: A photo of *Fragaria chiloensis* is available for use with this story. <http://www.flickr.com/photos/oregonstateuniversity/6263911931/>
About Garden News from OSU Extension Service: The Extension Service Gardening web page, <http://extension.oregonstate.edu/community/gardening>, links to a broad spectrum of information on Oregon gardening, such as tips, monthly calendars, how-to publications, audio programs, the Master Gardener program and "Northwest Gardeners e-News."



Oregon State University



Beef Cattle Sciences

2011 Beef Industry Tour

New Concepts and Sustainable Approaches on Reproductive Management and Genetics of Beef Cattle

Agenda

- | | |
|----------------|---|
| 4:00 – 4:30 pm | Basic Concepts on Cattle Reproduction and Genetic Management
Cory Parsons – Oregon State University, Baker County Extension |
| 4:30 – 5:00 pm | Nutritional Strategies to Enhance Reproduction in Beef Females
David Bohnert – Oregon State University, EOARC - Burns |
| 5:00 – 5:30 pm | Temperament and its Effects on Production and Reproduction in Beef Cattle
Reinaldo Cooke – Oregon State University, EOARC - Burns |
| 5:30 – 6:00 pm | Break - Refreshments Provided |
| 6:00 – 6:45 pm | Implementing Reproductive Technologies into Beef Cattle Operations
Tom Geary – USDA Agricultural Research Service, Miles City, MT |
| 6:45 – 7:30 pm | Improving EPD Accuracy by Combining EPD Info with DNA Test Results
Alison Van Eenennaam – University of California, Animal Sciences – Davis |

Schedule and Location

Wednesday, December 7th 2011

COCC Crook County Open Campus
510 SE Lynn Blvd - Prineville, OR

No registration fee, but pre-registration is highly recommended

The Beef Industry Tour is being partially funded by the Western SARE.

For more information and pre-registration, please visit the Beef Cattle Sciences Website <http://beefcattle.ans.oregonstate.edu>, or Tim Deboodt at (541) 447-6228, tim.deboodt@oregonstate.edu.