

"MY 1ST ROPE" PROGRAM
 Thursday, June 14 @ 10am-2pm
 Education Building Training Room
 3rd-12th grade / Limit: 30
 SIGN UPS ONLY: 553.3238

*BASIC ROPING SKILLS
 *BRING A ROPE
 *FCH NUTRITION SESSION

OSU
 Oregon State University

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June is Dairy Month

Maintaining strong, healthy bones can be accomplished by getting the recommended amount of calcium daily, and by being physically active and maintaining a healthy body weight. Children and teens that are inactive and don't consume enough calcium, have increased risk of fracture. Reports from the Dairy Council show that women who consumed at least 3 servings of dairy foods per day were less likely to be obese than those who had low dairy intake. Adequate Intake or (AI) of calcium is **1,300 mg** a day for children ages 9-18 this is when the majority of bone mass is built. For women up to 50 and men up to age 71 AI for calcium is **1,000 mg**. After age 50 for women and age 71 for men, the calcium needed is increased to **1,200 mg**. per day to maintain bone mass which can help prevent bone diseases such as osteoporosis.

Eat Beans 1 Cup of Beans 155mg of calcium.

Canned Salmon (with bones) 3 Ounces of Canned Salmon has 180mg of calcium and is an excellent source of Omega-3

fatty acids.

Calcium fortified Foods A lot of foods have added CALCIUM to them such as Soy milk, Rice milk, Hemp milk, Almond milk etc. Get your Starbucks or other coffee drinks with SOY MILK alternative. Just one glass of calcium fortified orange juice has 300mg of calcium that's the same as a glass of milk.

Eat your Veggies The dark greens and leafy ones like Spinach, Kale, and Broccoli 100mg of calcium per serving.

Nuts Almond nuts contain 100mg calcium and are a great source of protein as well.

For recipes that contain excellent sources of calcium for strong bones go to Foodhero.org and look through site for ideas.

Skillet Mac and Cheese

- Ingredients
- 2 cups water
 - 1 1/2 cups uncooked macaroni
 - 1 teaspoon butter or margarine
 - 2 tablespoons flour
 - 1/4 teaspoon salt

- 1/4 teaspoon mustard
- 1 1/4 cups non-fat milk
- 1 1/4 cups (5 ounces) grated cheddar cheese

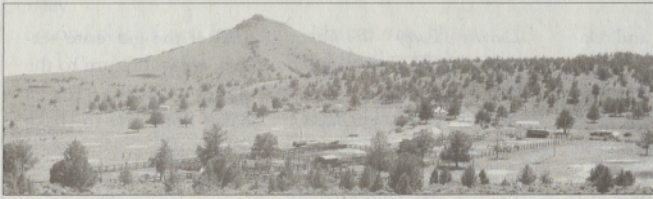
Directions

1. In a non-stick skillet or pan bring the 2 cups of water to a boil.
2. Add the macaroni and butter. Stir a few times to prevent sticking.
3. Cover the pan and reduce heat to low. Simmer for 5 minutes.
4. Meanwhile, mix flour, salt and mustard in a small bowl. Stir in 1/4 cup of milk until there are no lumps, and add remaining milk. Set aside.
5. Take the lid off the skillet and cook macaroni until most of the water is gone.
6. Add the milk mixture and the cheese and mix well.
7. Cook and stir until all the cheese melts and the sauce is bubbly and thick.
8. Refrigerate leftovers within 2-3 hours.

Notes-Add your favorite vegetable in step 4 to add variety and increase nutrition. Try onions, celery, carrots, zucchini or others.

Range Field Day

"A Systems Approach to Solving Rangeland Management Issues"



Tuesday, June 26, 2012

Northern Great Basin Experimental Range near Riley, OR

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| <p>7:30-9:00am Registration, Coffee, and Continental Breakfast</p> <p>9:00-10:00am What we have been working on for our stakeholders. Updates from EOARC in Burns and Union and OSU in Corvallis and La Grande</p> <p>10:00-10:15 am Morning Break and travel to field sites</p> <p>10:15-12:15 Participants in 3 groups will rotate through the morning presentations</p> <p>Carousel of Knowledge #1 Juniper Management Field site Kirk Davies & Jon Bates</p> <p>Carousel of Knowledge #2 Invasive Annual Grass Management Field site. Roger Sheley & Tony Svejcar</p> <p>Carousel of Knowledge #3 Revegetation</p> | <p>Field site. Chad Boyd, Jeremy James & Matt Madsen</p> <p>12:15-1:30pm Lunch at Conference Center</p> <p>1:30-3:00 pm: Participants will choose between 2 options</p> <p>Option 1: Prioritizing Management of Invasive Annual Grasses using ecologically-based invasive plant management (EBIPM) – A mini-workshop Brenda Smith, Roger Sheley, Jeremy James. Option 2: Poster Session – Discuss the latest with scientists who are conducting the research. Scientists will be available to answer questions</p> <p>3:30-4:00 pm Everyone back to headquarters –Discussion of research needs and emerging issues</p> <p>4:00 pm End of Field Day</p> |
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For more information or to register, contact Petrina White 541-573-8900 Petrina.white@oregonstate.edu



Upcomming Classes

Where: Warm Springs Extension office
 June 19th - Summer Smoothies
 June 26th - Freezer Jam
 All youth summer classes have to have a permission slip which can be picked up at the education building.
 July 3, 10,17,24,31, Summer day camps- art, cooking, gardening, 10-1 Sign up for one or all
 July 12 Kitchen Science - learn fun stuff, make a volcano cake erupt, make Jello glow and more
 Lunch will be provided for these upcoming classes.
 As class space is limited reserve your place by calling us at 541-553-3238

Jefferson County Fair July 25th -28th

Kids, join us for our Tuesday Day Camp and enter your **ART** or **BAKED GOODS** into the FAIR!! It's easy and a chance to WIN PRIZES!

Congratulations:

to Sara Smith having finished her Master Food Preserver training. We now have 3 Master food Preservers in Warm Springs. Please feel free to call our office when any food related issues that our Master Food Preservers will be happy to answer.

Warm Springs Elementary School Natural Resource Day; Big Thanks

The 2nd WSE Natural Resource Day was held at the Museum at Warm Springs on Friday, May 25, 2012.

Despite a few sprinkles in the early morning, the day turned out to be great.

Sessions included: Art (Salmon Run), Pelt Kit, Salmon and Bugs, Birds of Pray, Web of Life, Tree

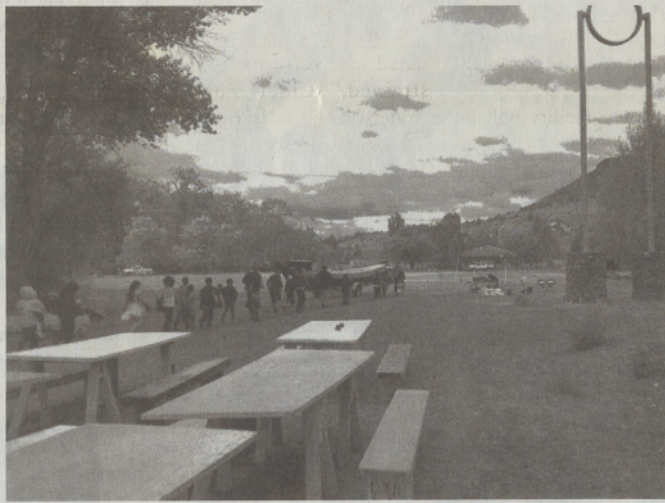
ID & Tools of Trade, Fire Prevention and Wild land Operations.

The following individuals and departments deserve a **BIG THANK YOU** for their support and participation in the 2012 WSE 2nd Grade Natural Resource Day at the Museum at Warm Springs.

- Dawn Smith
- Lisa Dubisar

- Virgil Windyboy
- Sara Kollen
- Arlene Bolieau
- Delton Tribble
- Taralee Suppah
- Sara Rogers
- Jared Moses
- Susan Ahern
- Ashley Aguilar
- Evaristo Antunez
- Allen Reigner
- Talya Holliday
- WS Fire & Safety
- Danita Macy
- Theron Johnson
- WS Utilities
- Mary Yanalcanlin
- Andy Stacona
- Museum at WS
- Clay Penhollow
- Brianna Stacona
- 509-J Bus Drivers
- Tony Holliday
- Angela Sanders
- 509-J Cooks
- 509-J Parents

**Sorry, if anyone is forgotten. Thanks to all!



Second graders walk to attend one of the eight sessions offered

4-H International Summer Camps

The 4-H program from Oregon State University is inviting **YOUTH** to the International Summer Camps for 2012! Who? Boys and Girls who have finished 3rd-12th grade by June of 2012.

Where? 4-H Conference and Education Center, 5390 4-H Road NW Salem, Oregon 97304.

When? Different dates. Depending on the ages as school grade of students:

- Grades 3rd-5th: August 6-8th. Cost: \$75 per student.
- Grades 6th-8th: August 11-15th. Cost: \$100 per student.
- Grades 9th-12th: July 5-9 Cost: \$100 per student.

Scholarships: \$50 & \$25 scholarships available for those unable to pay the total cost.

For more Information: <http://extension.oregonstate.edu/latinoprogram/summer-camp>

Contacts: Faby, Yesenia, Jesus, Reina, Ester at: latino.outreach@oregonstate.edu or Mario A. Magaña at: Mario.Magana@oregonstate.edu or by Telephone at: 541-737-0925

What are the camps all about? To motivate students to finish high school and pursue a college education and become successful

adults; prepare students for college and teach them the importance of education; learn the options available to pay college; explore different careers opportunities related to science, engineering1 technology, natural resources1 the environment, agriculture, forestry, etc. and to participate in physical activities such as archery, soccer, basketball1 volleyball 1 swimming1 and canoeing. Act Soon! Scholarships and Space is Limited! With 4-H You Can Go Far and Discover New Horizons!

Culture Camp on hold, Lego Robotics, Celebration of Art & other activities set

By: Morning Rae Ferris, Instructor-4-H Youth Development
 This year the Strengthening Families Culture & Enrichment Camp at Peter's Pasture will not be held. The 4-H program is in its rebuilding year; establishing new partnerships, discovering new program materials and adding

new program delivery. In replace of the culture camp, a weeklong Lego Robotics camp and the Celebration of Art will be held in August. The Lego Robotics camp will be held August 13th-16th, 10am-3pm at the Education Building Training Room. This program is held for grades 5th-8th

and includes instruction on building and programming LEGO™ vehicles such as: Drag Racing, Hill Climbers and Sumobot. If your child likes building things, they'll love this camp. The Celebration of Art date and times are yet to be determined.