

Oregon State University **OSU**

Warm Springs Extension Office
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4-H International Summer Camp

By: Morning Rae Ferris

This year the Warm Springs 4-H Program focused on sending 15 youth from grades 6-8 to the 4-H International Summer Camp. The camp was held at the Oregon 4-H Conference & Education Center in Salem.

A total of approximately 150 youth attended the camp from Salem, Wilsonville, Woodburn, Portland, Boardman, Ontario, and Warm Springs.

The focus of the camp was to engage youth to explore postsecondary education, career exploration, meeting professionals from various community colleges and universities, develop leadership skills, and participate in fun physical activities like archery, volleyball, basketball, soccer, and swimming.

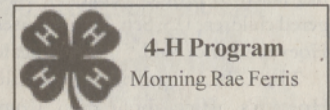
The majority of the workshops focused on technology (Lego Robotics, GPS, and video), environmental science (wind power) and natural resources (forestry,

fisheries, wildlife, and agriculture). Other activities include general math and science skills, history, health professions, preparing for and attending college. Many of the students even had the opportunity to take the CPR class and become certified.

The Warm Springs 4-H program would like to thank the parents for allowing their youth to be a part of the 2012 4-H International Summer Camp. A ginormous thank you to all the youth who attended

the summer camp and a special thank you to the chaperones.

Lastly, I would like to thank the youth again for their efforts during the summer camp. They listened, they participated, they did what they were asked to do, and they were respectful. I am very proud of them. Thank you again!



ArtBration

In collaboration with Carol Sahme (Warm Springs Recreation), Justine Lowry (COCC Instructor), Danita Macy & Sara Rogers (OSU Extension FCH), a day was organized to celebrate art. Various types of artistic media were explored including marbelizing, pastel, watercolor spray, and origami.

Marbleizing- A method that produces patterns similar marble. The patterns are a result of color floating on water; it is then carefully transferred to paper or fabric.

Soft Pastel- A medium in the form of a stick which is similar to chalk. The pigment can be used to blend and smudge colors together resulting in bright hues. Hairspray or fixative can be used to prevent smearing and protection of the drawing.

Watercolor Spray- To create this effect, watercolor is enclosed in a water bottle and sprayed onto paper. Stencils can be helpful to create designs and a white crayon can be used to write words. Once the watercolor is sprayed onto the paper, it will saturate the paper revealing various designs and words.



Fall grazing – feast or famine?

Fara Ann Brummer

Many folks think that the fall is a great time to graze our livestock. After all, this is the time of year when we experience “fall greenup,” that is, our perennial grasses are producing some new growth and our annual grasses may even germinate and provide a small “flush” of new green growth.

The cooler temperatures of our days now and the shorter daylight periods provide the signals for our grasses to start greening up again after the “summer slump” period that they go through. For our livestock, this is the time of year when we look to put on some more pounds and a fat layer before they go into the more demanding winter months.

However, this is also the time of year when perennial grasses are storing up energy for their “battery” system. Our perennial grasses are the ones we generally want to encourage because they contain more plant matter than the annual grasses. More plant matter translates into better feed for our livestock and wildlife on the range. The stronger the root system which is the battery of the plant, the more growth you will have next year on your perennial grasses.

At a pasture management class that I recently attended, Steve Fransen, Associate Professor at Washington State University, explained that grasses in the fall are busy producing new roots to har-

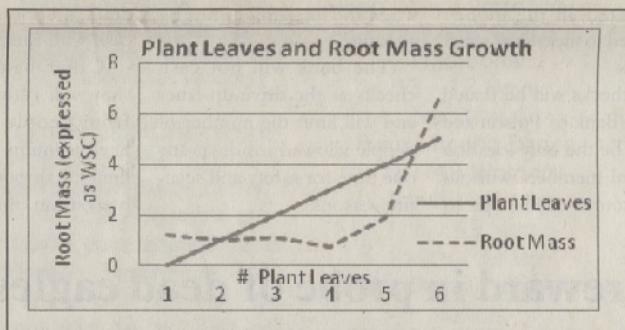
ness the reserves that will take them through the winter months and more importantly, will allow them to grow and flourish next spring.

Steve describes the fall as the most important time for grasses to regenerate, because it is the “bank account” for next spring’s growth. From now until December 21, perennial grasses are busy producing new root tissue.

How do grasses do this? The more above ground leaf matter that there is, the more energy from the sun the grasses can capture, and

Fall grazing, therefore, needs to be limited to more areas where annual grasses thrive. However, these plants do not contain the amount of forage that livestock need to get ready for winter. We need to think about supplementally feeding hay on these annual grass systems at this time of year to both maintain livestock productivity as well as allow our perennial grasses to prepare for next year.

The chart below shows how the number of perennial grass leaves (in this case, orchard grass) influences root mass development. No-



the more it can translate to root tissue. The bottom 3 inches of the plant are the most important as they contain many of the energy reserves. If we graze too hard and too close to the ground, we are weakening and eventually killing off that plant. It may take a few years, but eventually that desirable perennial plant will drop out of the system.

How the plant root mass starts to thrive after the plant grows five leaves! Below that amount, the root mass does not grow as well. It is important for us as grass and livestock managers to start thinking about “increasing our fall bank account” in terms of leaf plant matter and root growth so we can have better perennial grasses next year and into the future.

Forage analysis for agricultural producers now available

Our Beef Extension Forage Evaluation program provides a much needed service to beef producers – timely forage analysis and nutritional recommendation. Forage includes hay for your cattle and horses.

The Beef Extension Forage Evaluation program consists of receiving forage samples for nutritional evaluation, and providing a customized nutritional recommendation based on forage quality and animal requirements.

Information about the Beef Extension Forage Evaluation program can be found at the Beef Cattle Sciences website (<http://beefcattle.ans.oregonstate.edu/index.htm>).

There will be no service charge for Warm Springs. Please contact me to set up a time to come out and test your forage for you

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Agriculture and Natural Resources
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4-H Thanks!

The following individuals, departments, and companies deserve a **BIG THANK YOU** for their support, participation and donations!

Carol Sahme
Justine Lowry
Erickson's
Thriftway-Madras Store
Taralee Suppah
Michael Holyan
Danita Macy
Sara Rogers

Up Coming Events:

Fruit Loop Tour September 20th

Canning Tomatoes Lunch & Learn September 25th 12:00-1:00

Helpful tips as new school year begins

It's that time of year again, as students are starting the fall school term.

Some kids are excited about the new school year and some are not so excited. Some kids may feel nervous or even a little scared on the first day of school because of all the new things they encounter: new teachers, new friends, new schedules and perhaps even a new school. Soon these fears pass and a great school year begins.

Parents too are making changes to schedules, and this can create some chaos in the morning before heading out the door to catch the school bus.

Below is a list to hopefully make these transitions easier, as well as simple recipes, for before and after school snacks.

- Lay out all school clothes the night before
- If taking a sack lunch place all dry items in the night before
- Help kids prep their backpacks

for school

- Make a folder just for signed papers to return to the teachers
- Give kids a house key if needed
- Make bedtime the same time every night during the school week. This will establish a good bedtime pattern
- Set time aside every night to read to your child for at least 15-20 minutes
- Send healthy snacks to school w kids(they need brain food)
- Know the school rules and who to contact in the event of an emergency

Breakfast Pumpkin Cookies

Yes!! You can have cookies for breakfast, when they're healthy.

Ingredients

- 1 3D 4 cups cooked, pureed pumpkin (15 ounce can)
- 1 1D 2 cups brown sugar

2 eggs

- 1D 2 cup vegetable oil
- 1 1D 2 cups flour
- 1 1D 4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1D 2 teaspoon salt
- 1D 4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts or hazelnuts, chopped(optional)

Directions

1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonful on greased cookie sheet, 1 inch apart.
6. Gently flatten each cookie (use a spoon or palm of your hand).
7. Bake 10-12 minutes until

golden brown.

Afterschool Snack G.O.R.P.(good ole raisins and peanuts)

Ingredients

- Ziplock bag
- ¼ cup any kind of nut Nuts (we used almonds)
- ¼ cup any kind Dried fruit
- ½ cup any kind Whole-grain cereal like cheerios or kix

Instructions

Into a ziplock bag, dump nuts, dried fruit, and whole-grain cereal.

Family Community Health



Danita Macy
Arlene Boileau
Sara Smith
Rosanna Sanders