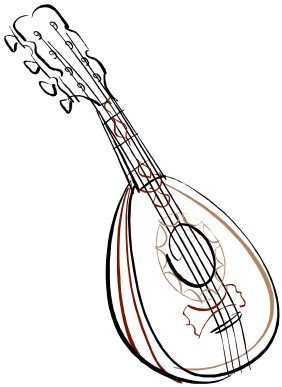


# News from the Beavers

January  
2010

Oregon State UNIVERSITY **OSU** Extension Service

## 4-H Old Time Music club in Madras



4-H in Madras is sponsoring a new 4-H club for youth and families in old time acoustic (not electric) music such as fiddle, guitar, banjo, and mandolins led by Shawn Morford. The club, called the “Jefferson County 4-H Family Hoedown Music Makers,” meets at the Library Annex in Madras twice a month on Monday evenings beginning at 6:30 p.m. The cost to join is \$30.00 for the year (good until next September). Beginners of all ages are welcome. Come even if you don’t

have an instrument, but bring one if you have one. We will teach the instrument (if we know how to play your instrument!) and will teach the members how to play together as an old time music band. We will play fiddle tunes (hoedowns), including reels, waltzes, and jigs. We hope to perform at the Jefferson County Fair this summer! For more information, contact Shawn Morford at 553-3238.



## 4-H Lego Robotics

On December 5, 2009, a 4-H Lego Robotics Team, Rockin’ Robots, from Warm Springs led by 4-H leader Lonnie James and parent volunteer/teacher Angie David competed in the First Lego League competition in Bend. The students were Chad Thurby and Elisse David. Jake Frank also joined a 4-H Lego Robotics Team from Madras who took home a trophy at the

competition.

The 4-Hers met weekly throughout the fall to prepare for the competition. The students were asked to build and program robots using computers to perform tasks such as lifting small rings and moving objects using their robots. The 4-Hers also gave a presentation and participated in a team exercise.

Thank you so much to Lonnie and Angie for their commitment to the team, and congratulations to the team members for their participation. For more information on the Rockin’ Robots 4-H club, contact Lonnie James at 553-3148.



## Saying Goodbye to Emilee

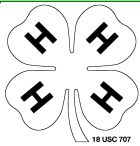


In late January, we are wishing Emilee Hugie, our Extension nutrition educator, good luck as she leaves her position and takes a volunteer opportunity. Emilee has worked for OSU since 2000, and has served the Warm Springs community since 2004. Over the five years she has worked

here, she and the staff have served over 30,000 youth contacts in Warm Springs! She will be remembered for her fruit field trips, her 5<sup>th</sup> grade cooking classes, her pie making and canning classes and the many other nutrition education events. Best wishes,

Emilee, and be sure to write!

On January 19 we will be having a potluck dinner in the Education Building starting at 5:30 to honor Emilee for the work she's done in our community. For more information, contact Minnie at 553-3238.



## 4-H Wednesdays

This year we will start the 4-H Wednesday's every other week.

January 13—Crystal Snowflakes

January 27-Legend/Craft

February 10 --Make your own Valentine's

February 24—Legend/craft

We are looking for any interested RESOURCE VOLUNTEERS! What is a resource volunteer? This person is a one time instructor that teaches a skill to youth or community (no club type commitments). We are also look-

ing for native dance instructors! Please call Merle for more information, or help to get started. She can be reached at 553-1520.

Ichishkin

Winter Lesson

WINTER—Anm (u nm)

SNOW –Pu'ii' (Poo wee)

LET'S PLAY IN THE SNOW! - auna thlQiwisha puuiina (ow na thlQiwisha poo-w'ee na)

*IT IS SNOWING!*

*Itwananasha*

*(I twan nuna sha)*



# 6th Annual Cattleman's Workshop

## *Opportunities in a Changing Beef Industry*

**FREE!**  
**No Pre-Registration Required.**  
**Lunch Included.**

**Saturday, January 23rd 2010**

*Blue Mountain Conference Center  
404 12<sup>th</sup> Street, La Grande, OR*

- 9:00 - 9:15    **Workshop Introductions & Overview.**  
Dr. Tom Field, Executive Director of Producer Education, National Cattlemen's Beef Association, Denver, CO
- 9:15 – 9:45    **Challenges and Opportunities for the Beef Cattle Industry.**  
Forrest Roberts, Chief Executive Officer, National Cattleman's Beef Association, Denver, CO
- 9:45—10:30    **Beef in a World Market—Meeting the Challenges**  
Phil Seng, President and Chief Executive Officer, US Meat Export Federation, Denver, CO
- 10:30 – 10:45    **Break** (*provided by sponsors*)
- 10:45 – 12:00    **Opportunities for the Beef Industry in the New Political Environment**  
Collin Woodall, Executive Director of Legislative Affairs, National Cattlemen's Beef Association, Washington DC
- 12:00 – 1:30    **Lunch** (*provided by sponsors*)
- 1:30 – 3:00    **Cow/Calf Strategies for Uncertain Times – Thinking Outside the Gate**  
Dr. Bernie Rollin, Distinguished Professor, University of Bioethics, Colorado State University, Fort Collins, CO
- 3:00 – 3:15    **Break** (*provided by sponsors*)
- 3:15 – 4:15    **What Does it Take to Stay in the Game?**  
Dr. Dave Daley, Professor of Agriculture, California State University, Chico, CA
- 4:15 – 5:00    **Panel Discussion & Wrap-up.**  
Dr. Tom Field, Executive Director of Producer Education, National Cattlemen's Beef Association, Denver, CO

## PACIFIC NORTHWEST YOUNG CATTLEMEN'S CONFERENCE

**JANUARY 22-23, 2010**

Mark your calendars now for the Pacific Northwest Young Cattlemen's Conference (PNW YCC) to be held January 22-23, 2010! The Oregon, Washington and Idaho Cattlemen's associations have created an outstanding opportunity for young cattlemen to tour premier beef industry facilities and hear from nationally renowned speakers. Patterned after the National Cattlemen's Beef Association (NCBA) Young Cattlemen's Conference (YCC), the PNW YCC will provide the opportunity for more young people to participate and without having to travel too far from home. The tour portion of the event will begin in Pasco, Washington and end in Baker City, Oregon, featuring several types of facilities from packing plants to purebred operations. For the conference portion, the group will attend the 6<sup>th</sup> Annual Cattlemen's Workshop in La Grande, OR. The Cattlemen's Workshop has quickly become known for bringing in renowned speakers from all aspects of the cattle industry that normally producers would have to travel to national association meetings to hear.

All those "young at heart" are invited to participate, so there are no age limitations. We hope the conference will be a great opportunity for younger members that are back on a family ranch or are considering starting their own operation as well as members who might still be in college who are considering going back to a ranch or looking for a job within the cattle industry. For all young cattlemen, the PNW YCC is a chance to look at the cattle business from many different perspectives and hear from true movers and shakers that are helping to direct the future of our industry.

Below is the agenda for the tour and conference:

Friday, January 22, 2010:

- 9:00 a.m.: Depart Red Lion Inn, Pasco, WA
- 9:30 a.m.: Tour of Tyson Processing Plant
- 11:30 a.m.: Tour of Simplot Feedlot and lunch (*sponsored by Simplot*)
- 1:00 p.m.: Depart for Baker City on tour bus
- 1:00-3:30 p.m.: Presentations on the tour bus from Certified Angus Beef, Washington Cattlemen & Cattle Feeders, and videos from the Oregon, Washington, and Idaho cattle industries.
- 3:30-5:00 p.m.: Tour of Thomas Angus Ranch and Harrell Hereford Ranch
- 6:00-9:00 p.m.: Dinner at Sunridge Best Western in Baker City, OR.  
Keynote Speaker: Forrest Roberts, CEO NCBA, plus a panel discussion with Cattlemen's Workshop speakers.

Saturday, January 23, 2010:

- 7:30 a.m.: Depart for Cattlemen's Workshop in LaGrande on tour bus
- 9:00 a.m.-5:00 p.m.: 6<sup>th</sup> Annual Cattlemen's Workshop, including presentations by Phil Seng (U.S. Meat Export Federation), Forrest Roberts & Collin Woodall (NCBA), Dr. Bernie Rollin (Colorado State University), and Dr. Dave Daley (Chico State University).
- 5:00 p.m.: Depart for Red Lion Inn in Pasco, WA
- 7:30 p.m.: Arrive at the Red Lion Inn and conclude conference

PLEASE COME SEE ME (FARA BRUMMER) AT OSU EXTENSION, WARM SPRINGS FOR A REGISTRATION FORM.

MY OFFICE IS NOW AT THE FAMILY RESOURCE CENTER, ROOM #109

PHONE NUMBER: (541) 553-3238. E-MAIL: [fara.brummer@oregonstate.edu](mailto:fara.brummer@oregonstate.edu)



## WINTER FEEDING FOR SUCCESS WORKSHOP TEACHES BEEF AND HAY ECONOMICS AT WARM SPRINGS

Fara Ann Brummer—OSU Extension, Agriculture

On December 15th at the Agency Longhouse, 16 workshop participants listened as presenters Dr. Reinaldo Cooke and Mylen Bohle talked about cattle and hay. As one attendee put it “I didn’t realize all the science behind being a cow-calf producer!”. While that is a true statement, the science is always refining itself, getting better and more informative, so even if you have been a beef producer your whole life, there is always something more to learn to hopefully grow and make your operation more cost-effective.

Economics of Wintering Cattle Dr. Cooke, our Beef Extension Specialist from Burns, talked about the nutritional needs of wintering cattle, assuming a spring-calving herd. He showed how range forage tends to be highest in nutritional concentration in the spring, lessening as the year progresses. While this is true of a perennial grass system, a range system dominated by annuals such as weedy medusahead and ventenata will not produce as high of a grass quality for calving females as perennial grasses and even cheatgrass. Therefore, it is important to know what your cattle are grazing on, said Dr. Cooke. He also discussed the importance of BCS (Body Condition Score) for cattle calving and also for rebreeding. Dr. Cooke shared research data that showed that cows at a BCS of 4 (relatively thin) compared with cows with a BCS of 6 (in good flesh). 99% of the BCS 6 cows weaned a calf, compared to only 88% of the BCS 4 cows. So what? The bottom line in dollars was that the net return of a BCS 6 cow was \$448, \$72 more than the \$376 for a thinner BCS 4 cow. It is worth putting in the quality and quantity of feed to maintain that heavier cow! Dr. Cooke also showed information on rebreeding. A cow herd with a BCS of 4 or less (thin cows) had a 66.8% - 79% pregnancy rate compared with a heavier herd of BCS 5 and greater that had an 86.1% - 91% pregnancy rate. Again, economically, the heavy cows won out in this study, with the thinner cows losing \$75 to \$147 per cow when calf prices are \$100 / hundredweight. The old saying “you cannot starve the profits out of your cow” proves true.

Supplementation Dr. Cooke also discussed winter supplementation of cattle. If supplementation is required, it is worth doing a cost analysis of the different types of supplementation. Usually, protein is required for wintering females that are calving in spring. Alfalfa, in this case, is still the cheapest form of supplementation per ton, although it does require more delivery labor compared to a protein block or tub. However, as Dr. Cooke mentioned, alfalfa delivery may be done on a six day interval, reducing labor costs.

Hay Quality Not all hays are created equal! Mylen Bohle, our Hay and Crop Specialist from Prineville, began his presentation with a breakdown of basic attributes of hay, which are fiber, crude protein, and minerals. He discussed digestibility of hay which is influenced by stage of maturity, or how developed forage is in the field when it is cut. Digestibility, as well as energy and protein, decrease as forages mature. Stem size and length increase relative to leaf area, and reduce the quality of the hay. Mylen then opened several bales of hay of different qualities and examined them. He discussed how laboratory testing



WINTER FEEDING FOR SUCCESS WORKSHOP... *Continued from previous page.....*

of hay is important but it will not tell you about other attributes of the hay such as smell or presence of weeds, dirt, or even barbed wire, that can be revealed from a visual exam.

Mylen also discussed smell, leafiness, seed head presence, dirt and mold presence. Participants were given Hay Quality Sensory Evaluation Forms that rated bale qualities on a point system for a total score. Participants viewed a variety of hays from wheat hay to fourth cutting alfalfa!

Nitrate Content of Hay Nitrate toxicity of hay was also discussed. Mylen suggested testing all grain based hays, even those that had not been fertilized, because nitrate accumulation in forage can spike with changes in weather, irrigation, or other environmental factors. The test only costs \$17, and it is well worth it, as high nitrates in hay can kill cattle.

Endophyte Toxicity Endophytes in certain hays such as tall fescue and perennial ryegrass can cause poor performance in cattle, and in severe cases can lead to foot gangrene.

Hay Testing Extension Educator, Fara Brummer, briefly talked about hay testing. She showed a hay probe and discussed the proper way to test hay which is to take a number of samples per field or cutting. Current guidelines suggest 20 samples from different bales for every 200 ton of hay produced off of a field. This random type sampling insures that the varieties within the field and the cutting equipment are accounted for. Fara also offered to come out and test hay for interested producers, but she mentioned that the cost for the test would be the producer's responsibility. She also encouraged buyers to ask sellers for current hay test results if they had tested.

The morning ended well with a complimentary lunch, courtesy of the Tribal Range and Agriculture Department. People left with full stomachs, a few hay strands on their jackets, and a better appreciation of the economics of winter feeding for their cattle operations.



OSU Agronomist, Mylen Bohle, smells hay sample as part of the sensory evaluation of hay quality at the workshop



**Summer  
Agricultural Institute**

A graduate level course  
offered through  
Oregon State University.



Session #1, *Corvallis*  
June 20-25, 2010



Session #2,  
*Union/La Grande*  
July 11-16, 2010



Apply early!  
Space limited

**Debbie Crocker**  
SAI Project Coordinator  
Session #1  
dcrocker@99webstreet.com  
Cell: 541-740-5073

**Jana Lee Dick**  
Project Coordinator  
Session #2  
jana.dick@oregonstate.edu  
Cell: 541-786-51296

PO Box E  
Union, OR 97883

Ph: 541-562-5129 x22  
Fax: 541-562-5348



3415 Commercial St. SE  
Salem, OR 97302

2010 Summer Agriculture Institute (SAI)

**FACT SHEET**

Summer Agriculture Institute (SAI) is a **3-credit, week long, graduate level course** for K12 educators with little or no agricultural background, offered through Oregon State University.

The goal of SAI is to help educators use Agriculture as a context (or theme) for teaching the Academic Standards (science, math, social studies, English, etc.). Additionally, educators will receive hands on instruction and collateral materials to incorporate agriculture into their classroom curriculum. SAI provides a working environment for participants to experience current, factual, scientific information about agriculture.

**Key Topics:** Land and Water Usage Ag Marketing and Economics  
Ag Education Applications Hydroponics Food Safety  
Food Safety Commercial Farming

**Benefits:** Receive **3 graduate level credits from OSU** for a fraction of the cost; high quality, accredited collateral materials provided; first-hand experience interacting with agriculture through tours of processing plants, farms, nurseries and agribusiness operations; opportunities to meet and work with agriculturists; hotel accommodations, meals and networking opportunities.

**Requirements:** Onsite participation (5 nights and 6 days) for all SAI candidates; an overnight stay with a host farm family (1 of the 5 nights); \$500.00 registration fee payable to OAEF; develop a comprehensive lesson plan utilizing knowledge gained as a SAI participant.

**SAI History:** Inception in 1989; the program was adopted by OAEF in 1991; funding provided by private, commodity, organizational and agri-businesses; the project is a recognized 501 (c) (3) nonprofit organization.

**Contact Information:** For SAI Applications and/or SAI Presentation Requests, please contact project coordinators directly.

PDF Applications are available online:

[http://www.oregonfb.org/download/sai\\_app.pdf](http://www.oregonfb.org/download/sai_app.pdf)

**Spotlight Recipe**  
...Try it out!

## Asian Beef and Noodles

*This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.*

### Ingredients

- 3/4 pound lean **ground beef**
- 2 cups **water**
- 2 (3-ounce) packages Oriental flavor instant **ramen-style noodles**, broken into small pieces
- 1 (16-ounce) bag frozen **Asian-style vegetables**, or any other frozen vegetables
- 2 **green onions**, thinly sliced
- 1 tablespoon **fresh ginger** or 1/4 teaspoon ground ginger
- 2 cloves **garlic**, minced or 1/4 teaspoon garlic powder
- Salt** and **pepper** to taste

### Directions

1. In a large skillet over medium-high heat (350 degrees in an electric skillet) brown ground beef and cook until no longer pink. Drain fat.
2. Add 2 cups of water and one seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger and garlic and bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2-3 hours.

*Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, visit the OSU website at <http://www.healthyprecipes.oregonstate.edu>*

### Nutrition Facts

Serving Size 2/3 cup (139g)  
Servings Per Container 10

Amount Per Serving		Calories from Fat 40	
		% Daily Value*	
<b>Calories</b>	110		
<b>Total Fat</b>	4.5g	7%	
Saturated Fat	2g	10%	
Trans Fat	0g		
<b>Cholesterol</b>	20mg	7%	
<b>Sodium</b>	230mg	10%	
<b>Total Carbohydrate</b>	9g	3%	
Dietary Fiber	1g	4%	
Sugars	2g		
<b>Protein</b>	8g		
Vitamin A	8%	Vitamin C	30%
Calcium	2%	Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



### Why Get More Physical Activity?

Strengthen your heart  
Lower your blood pressure  
Control your blood sugar  
Reduce anxiety, stress

Strengthen your lungs  
Lower your blood cholesterol  
Sleep better  
Reduce depression

Have more energy

## Food labels tell key steps for food quality and safety

It's important to follow label instructions to keep refrigerated and frozen foods high quality and safe to eat, and to ensure they're cooked properly. However, labels often don't distinguish between voluntary guidelines—for best texture and flavor—and mandatory instructions for preventing foodborne illness.

Labels often instruct “Keep refrigerated” or “Keep frozen.” This temperature control inhibits growth of harmful bacteria. A “Do not refreeze” instruction can have both safety and quality considerations. For example, if a frozen vegetable is thawed at refrigerator temperature, it can be refrozen safely. The quality may not be as good, however.

Cooking instructions may affect product safety. If a frozen entrée contains some raw foods, manufacturers may specify a longer cooking time than for cooked food. The recent outbreak of Salmonellosis foodborne illness linked with pot pies may be an example of the importance of following cooking instructions on the label.

Labels usually give instructions for cooking frozen food in either a conventional or a microwave oven. Although the use of a specific temperature and cooking time in a conventional oven is standardized, varying power levels of microwaves make it difficult to standardize instructions. Unless the food manufacturer describes product-testing conditions on the label (such as “Cooking instructions are based on using a 1,100-watt microwave”), food preparers may not know whether those instructions are appropriate for their microwaves. Using lower power than assumed by the food manufacturer could result in undercooking the frozen food unless cooking time is increased. Undercooking could result in food borne illness.

Microwave oven instructions may specify letting a food sit for a short time after cooking. This step allows the temperature to equalize throughout the food. Because microwave-cooked food may have cold spots, this is an important part of the cooking procedure; don't cut it short.

Some food preparers may consider cooking instructions on labels to be suggestions that can be changed. It's important to follow directions to cook thoroughly so that the food is safe to eat.

**Source:** Carolyn Raab, Extension food and nutrition specialist, Oregon State University; raabc@oregonstate.edu

## Exercise your options as the weather changes

Cold and rainy weather may make you feel like hibernating, but you don't have to dampen your exercise plans when the weather chills. You can exercise indoors. Or, with appropriate dress and attention to safety, you can grin and bear the outdoors, too! Here are a few tips to keep you focused on your health and fitness goals during the winter.

### Outdoor exercise options

- Dress in layers and avoid cotton. Start with a thin layer of polypropylene, which draws moisture away from your body, and add an insulator to keep you warm. Fleece is a great insulator and many microfleece fabrics contain polypropylene. When conditions are wet or windy, add a waterproof or windproof outer layer. Always wear a hat and gloves or mittens.
- Sunscreen and saturate! Common mistakes when exercising outdoors in winter are insufficient water intake and inattention to the sun's harmful rays. Snow reflects the sun, so sunburn is possible even when you are cold. Cold air is drying and can increase the risk of dehydration, so drink plenty of fluid—even if you do not feel thirsty.
- Use common sense. If the temperature drops below zero or the wind chill is minus 20, stay indoors. Go for a walk in the mall, dance with your kids, or take a day off. Everyone deserves a break.

**Source:** Kathy Gunter, Extension physical activity and community health specialist, Oregon State University.



**Extension Service**  
**PO Box 430**  
**Warm Springs, Oregon 97761**

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Oregon State University Extension Staff at Warm Springs  
(541) 553-3238

Any ideas for topics or information you would  
like to read about? Contact us!

Shawn Morford—4/H Agent; Staff Chair  
Merle Kirk—4-H Program Assistant  
Minnie Yahtin—Secretary and All Around Assistant  
Fara Ann Brummer—Agriculture/Natural Resources  
Emilee Hugie—Family and Community Health (Home Economics)  
Arlene Boileau-OFNP Assistant  
Sherry Ayres— OFNP Assistant  
Danita Macy—OFNP Assistant

**WOULD YOU LIKE TO RECEIVE THIS NEWS-  
LETTER ELECTRONICALLY? IF SO, PLEASE  
GIVE MINNIE A CALL OR SEND HER AN E-  
MAIL AT [minnie.yahtin@oregonstate.edu](mailto:minnie.yahtin@oregonstate.edu)**

ALSO, IF YOU KNOW OF ANYONE ELSE THAT  
WOULD LIKE TO RECEIVE OUR NEWSLETTER,  
PLEASE LET MINNIE KNOW.

*Newsletter is edited and compiled by OSU Extension Staff*