



Summer activities:

- June 30-Tie Dye
- July 1-Garden Club AND Cooking Club
- July 8-Garden Club AND Cooking Club
- July 13-17— Strengthening Families & Culture Camp
- July 15-Garden Club AND Cooking Club
- July 22—Garden Club AND Cooking Club
- July 24-Culture Activities
- July 29-Garden Club AND Cooking Club
- July 31-Culture Activities
- Aug. 4-Visit to the Hancock Field Station
- Aug. 5-Garden Club AND Cooking Club
- Aug. 11-Trip to the Windmill Farm
- Aug. 14-Culture Activities

In September we will schedule an *IDEA FAIR* so watch for the date!

Top Ten Things KIDS CAN DO in Economic Tough Times

4-H Youth Development 330-01/June 2009

1. Plant or help take care of a food garden. If there isn't an area of ground, use a container or look for a community garden spot. If your family doesn't need all the produce, donate it to a food bank or give it to a neighbor.
2. Help with preparing food at home. Snacks or meals prepared at home are generally cheaper than food bought in a restaurant or even convenience foods. Learn to cook some foods; help with setting the table or cleaning up afterward.
3. Reduce the money needed for clothes. Take good care of your clothes by hanging or folding them. If they are still clean wear them more than once before washing. Learn to sew enough to make simple repairs. Think hard about whether you really need something new. Keep track of the clothes you have.
4. Be a team player at home. Think before you complain or ask for something that really isn't a necessity. Give lots of hugs and encouragement.
5. Do your best in school. It makes you and your family feel really good. Good grades can reduce car insurance costs if you drive and increase your chances for scholarships when you are ready for college.
6. Be a "Green Monitor" for your family by turning off unnecessary lights, the television or computer when not in use. Don't leave water running or dripping from a faucet. Open and close the refrigerator quickly so the cold doesn't escape. Close the outside doors to keep the house temperature comfortable. Help recycle whatever your family uses.
7. Find ways that don't cost much money to entertain yourself. Use the library to borrow books, games, videos and music rather than buy them. Learn a new talent that's fun for you yet might help others. Teach your talents to someone.
8. Help reduce travel expenses by suggesting carpool with friends going to the same place. Ride a bike or walk if possible. Make a list of all your errands or appointments and do them together rather than making separate trips.
9. Volunteer!! Look around your community to see who could use your help. Organize some kid activities to keep kids safe and happy. Help at day camps or special events. Help sort food packages at the food bank.
10. Make friends with some older adults to keep both your spirits up. They might be grandparents or just neighbors. Ask them if they have been through tough times before. Write a story about what they tell you.

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Camp registration is now open!

Strengthening Families and Culture Camp Registration

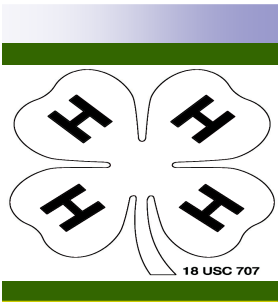
Registration is now open for this summer's Strengthening Families and Culture Camp, July 13-17 at Peter's Pasture. Cost is \$20 for adults and \$15 for youth. Some scholarships are available. Registration forms are available in the OSU Extension Office in the Education Build-

ing. The camp is for all ages. All youth must be accompanied by responsible family members (there are no camp counselors). The camp is designed for the entire family to learn the culture and experience a relaxed wilderness experience. The camp will feature a

traditional salmon bake, evening and morning sweats, traditional singing and drumming, and classes to teach traditions. Teepees and tents are available on loan on a first-come-first-served basis.



4-H Summer Program



The Warm Springs 4-H Program is sponsoring many activities for youth this summer. All participants must be enrolled 4-H members—enrollment is free but takes a minute

to fill out health information, contact information. Signatures are needed from both the youth and a parent/guardian. If your youth enrolled last summer, you only

need to call or come in to the office and check to ensure that all the information is still correct, and they will be considered "re-enrolled" for 2009-10.

Volunteers needed



The Warm Springs 4-H Program is seeking community volunteers to help with the 4-H program this fall. Volunteers can be high school students or adults who want to help in different ways such as teaching

an afterschool class, chaperoning a field trip, or starting a new 4-H club. If you have skills and knowledge to share, please contact Merle Kirk at 553-3238.

4-H Summer Conference at OSU

Congratulations to 4-H members Dylan Miller and Minnie Vance who have been chosen for scholarships to attend this year's 4-H Summer Conference on the OSU campus, June 24-27. This annual four-day camp is a

chance for 4-H members from across the state to gather at OSU, experience dormitory life, and get exposed to the university. They attend daily classes on topics such as rock climbing and photography.



Fertilizing Your Summer Garden

Plants are complete biochemical factories requiring only raw materials — sunshine, air, water, and nutrients. To meet the nutrient needs of a plant, you should try to keep a balance of nutrients in the soil. A soil test that measures N, P, K, organic matter, and pH in soil from a 0- to 12-inch depth provides important information about available plant nutrients in your garden soil. Soil tests need not be run every year. One test should give you the baseline data you need to correct nutrient imbalances. Follow-up tests may be needed every 3 to 5 years to monitor your fertilization practices. Then, you can purchase a “complete” fertilizer, one containing Nitrogen (N), Phosphorus (P), Potassium (K), and Sulfur (S). P and K remain in the root zone until plants use them. N, on the other hand, can be harmful if applied in excess as it can burn plants and encourage weak, fast plant growth. Because N is depleted by growing plants and precipitation, you may need to add it every year in moderate amounts. The type of fertilizer you choose —organic or commercial inorganic —is strictly a matter of personal preference. Both organic and inorganic fertilizers have distinct

advantages and disadvantages. Cost of the product or material and ease of handling are two considerations.

A wide variety of plant and animal organic materials is available. Organic gardeners may wish to use the most economical materials and ones readily available from local sources.

Organic materials such as manures and composts are highly desirable for gardens. They supply necessary plant nutrients and improve soil structure, tilth, aeration, and water-holding capacity. They do not change soil texture, however. For clay soils, use long-fibered materials such as straw. For sands, consider a material with more humus such as peat or rotted sawdust.

Nutrients derived from decaying organic materials have the same chemical composition as nutrients from inorganic commercial fertilizers. However, the nutrients in organic materials may not be immediately available to plants because soil microbes must first break them down (decompose them). The nutrients become available over a period of time, sometimes over more than

one growing season. Unlike commercial inorganic fertilizers, organic materials offer a valuable source of humus to improve soils. Organic materials vary widely in their nutrient contents. Because their nutrient contents often are low, it can take large amounts of material to supply the needed nutrients.

Research has shown that plants produced with commercial inorganic fertilizers are identical in appearance, taste, and food value to plants produced with organic materials and are as safe. Commercial inorganic fertilizers are easy to apply because you need only a relatively small amount. Also, because commercial fertilizers have a guaranteed content analysis, you can

measure exact amounts of a nutrient. The many different commercial fertilizers come in a variety of formulations for convenience of handling, and they are readily available. Follow package directions for rates of application.

Adapted from: Fertilizing Gardens, Current Information Series 922, University of Idaho Extension

Hay Testing – Make it part of your Livestock Feeding Plan for 2009



Feeding hay is part of almost every livestock operation here on the reservation. A lot of time and money goes into selecting this important part of your livestock management. Fortunately, hay prices have come down substantially from last year, so cattle and horse owners can afford to breathe a little easier this year. No matter what the price of hay is though, testing it before buying is a small investment compared to the information you receive as a buyer. Even if you grow your own hay, testing it before selling can help you market it better, and set your price accordingly. In other words, testing your hay is a good bang for your buck!

Many times hay can just be evaluated by smell, touch, and sight. A nice green color and rich smell can be tempting. A soft feel to the hay is desirable. However, this is not the entire picture of the quality of the hay that you may be getting ready to purchase. The true quality of the hay is measured by its nutritional value which must be determined by testing.

Hay testing for baled hay is accomplished by taking a

random sample in a stack. If there are several different kinds of hay (such as bluegrass, orchardgrass, alfalfa) in a barn, each type should be tested separately. Also, if there is hay from different fields or areas, each of those stacks should be tested separately as well.

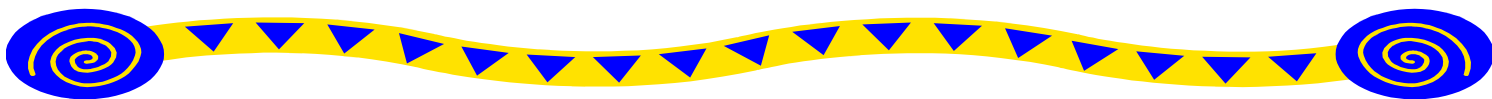
A sample is easily obtained by using a metal probe attached to an electric or cordless drill. This hay probe is placed at the end of a square small bale, at the top, middle, and bottom of larger bales, and the side of round bales. Then, a sample is drilled out, and placed in a brown paper bag. It is recommended that at least twenty to twenty five bales from a stack be tested. After getting the entire sample in the field, the hay can be bagged in a gallon sized plastic bag and sent to a laboratory for analysis.

Some of the common things that are reported on hay are: DM (dry matter, a measure of the moisture content of the sample), CP (crude protein), TDN (total dietary nutrients, a measure of the energy value of the hay), and ADF (acid detergent fiber, a fiber concentration of the hay). These basic dietary parameters

can assist you in balancing your hay ration. But, there are many other components that you can test for. One test that is important especially with certain types of hay is nitrate testing. Grain hays, and weeds like pigweeds and lambquarters in your hay bale can store excess nitrates. Even common hay like orchardgrass can contain excessive nitrates. High nitrates can kill cows because they convert to nitrites which rob oxygen from the red blood cells. Nitrate poisoning is more common than you may think, and easily preventable by having your hay tested.

Many times, a hay producer will already have hay analysis results to share with you if you just ask. A basic hay test will cost about \$40. The Extension office here at Warm Springs can come out and sample your hay for you. We can also provide more detailed information on hay testing for grass, alfalfa, mixed hay, grain hay, and forage balancing for your livestock diet. Please visit us with questions or contact us at: (541) 553-3238

Fara Brummer,
OSU Extension





CHECK IT OUT!!! Summer time is a great time to get outside with your family and do fun outdoor activities! Summer is also a good time for picnics and BBQs. Here is a recipe that is great on a hot day!

Turkey Salad Makes 7 servings (3/4 cup each)

This recipe offers substitutions for using less fat. Limit use of solid fats, such as butter, hard margarines, lard, and partially hydrogenated shortenings.

Ingredients

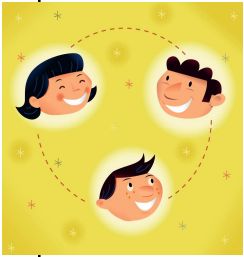
- 1 1/2 cups cooked turkey or smoked turkey, diced
- 1/2 cup walnuts, chopped
- 1/2 cup raisins or other dried fruit
- 3/4 cup celery, chopped
- 1/2 cup diced red or yellow onion
- 1/4 cup parsley, chopped, optional
- 1 large red apple, cored and chopped
- 1/3 cup low-fat mayonnaise
- 1 tablespoon vinegar (cider red or white)

Directions

1. Mix turkey, nuts, raisins, celery, onions, parsley and apple in a large bowl.
2. Add mayonnaise and vinegar; mix until thoroughly combined.
3. Toss meat mixture with dressing and chill.
4. Serve cold with lettuce and tomato wedges, or use as sandwich filling.
5. Refrigerate leftovers within 2-3 hours.

Source: Anne Hoisington, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

Nutrition Facts	
Serving Size 3/4 cup (100g)	
Servings Per Container 7	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 5g	
Vitamin A 6%	Vitamin C 8%
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	



Design a plan for building a stronger family

Building a strong family involves communicating effectively with one another, caring about the needs and feelings of others, solving problems that challenge family members, and balancing individual interests with time together. Here are a few ways to build family strengths:

- Teach preschoolers communication rules such as taking turns versus interrupting and making requests rather than demands.
- Plan family nights with special events (games, cooking, skits, favorite movie).
- Working together on projects around your home, including routine chores.
- Plan family outings to enjoy free time together.
- Read together.
- Create special family crafts or recipes for holidays.
- Work together to plan road trips to museums, concerts, rodeos, or fishing, hiking, or camping adventures.
- Set aside time for community service or assistance to neighbors in need.
- Take timeouts to reduce tensions and consider another's viewpoint rather than continuing to argue.

Reference: Silliman, B. *Family Rituals That Build Strength*. University of Wyoming Cooperative Extension Service, Apr. 2001.
Source: Denise Rennekamp, Extension associate, Oregon State University.

WHAT'S THE DIFFERENCE BETWEEN CLEANING AND DISINFECTING?

Cleaning and disinfecting are not the same thing. In most cases, cleaning with warm soap and water is just fine. Warm soap and water removes dirt and most of the germs. But sometimes that isn't enough. You need to disinfect areas where there are lots of germs and where they might spread to others.

It's important to disinfect surfaces and utensils that have touched raw meats because even though they may look clean, harmful germs may be present. Under the right conditions, some germs can live on surfaces for hours and even days. Disinfectants, including solutions of household bleach, can destroy harmful bacteria.

Basic Disinfectant

1 quart water

1 Tablespoon household bleach

Mix well and spray or wipe the surfaces to be disinfected.

Take a spray bottle of **basic disinfectant** on your next picnic or BBQ, use paper towels or clean cloths to clean all surfaces that come in contact with foods.

Source: *Food News You Can Use*, June 2005, Cecilia Haack





Extension Service
PO Box 430
Warm Springs, Oregon 97761

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

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minnie.yahtin@oregonstate.edu**

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