



News from the Beavers

September 2009

Do you have knowledge you would like to pass along to our people in the community?

Special Points of Interest:

- Sept. 21-Lego Robotics
- Sept. 23-After School Activity
- Sept. 24-Intertribal Dance Practice
- Sept. 29-"Fruit Loop" fieldtrip to Hood River
- Sept. 29-30-Conference on Youth Services
- Oct. 1-Range Restoration Workshop
- Oct. 7-"Fruit Loop" fieldtrip to Hood River
- Oct.8-New Club Leader Orientation
- Oct. 8-"Fruit Loop" fieldtrip to Hood River
- Oct. 9-"Sharing our Knowledge"



Many people in our community hold important knowledge that is never passed on to others. The Warm Springs Culture and Heritage Dept and Warm Springs 4-H are working to create opportunities for knowledge-keepers to share and teach their skills and knowledge with younger people and families in the community. One

Warm Springs 4-H is recruiting new 4-H club leaders for the 2009-2010 school year. If you have thought about wanting to teach skills to a group of youth during the school year and are willing to meet at least 6 times during the year with your

such opportunity this fall will be a new event for all ages called "Wilalaqwaishamatash Shukat - Sharing our Knowledge" on the first no-school day of the school year, October 9 starting at



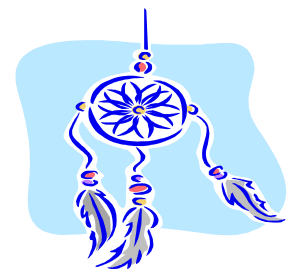
9:00AM—5:00PM, at the Community Center. Volunteers are needed to teach traditional and contempo-

4-H Club Leader Recruitment

club, this is your chance! Give us a call to discuss your idea! There are plenty of materials to support leaders in areas such as expressive arts, home economics, small animals, and horses.

There will be an orientation

rary skills such as storytelling, beading, weaving, hide tanning, drawing, drumming, singing, feather work, dancing, dentalium work, photography, basket making, poetry, etiquette, pet care, print making, rope braiding --and anything you can think of. If you would like to teach a skill, please contact Merle Kirk at 553-3238.



Check out our website for more information:

<http://extension.oregonstate.edu/warmsprings/>

H1N1 (“Swine Flu”) Virus Update

The National Center for Disease Control (CDC) has recommendations in preparation for the H1N1 virus’s fall expected upswing. This virus remained active all summer long and shows signs of surging this fall.

Who is at risk?Populations at the highest risk include: pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency medical services personnel with direct patient contact, children 6 months through 4 years of age and children 5 through 18 years of age who have chronic medical conditions (such as asthma). As the vaccine becomes more commonly available additional populations who should consider being vaccinated include: all health care workers, persons between the ages of 6 months and 24 years of age and people from ages 25 – 64 who are at a higher risk because of chronic health disorders or compromised immune systems.

What are the symptoms?

The symptoms of H1N1 flu are similar to the symptoms of the seasonal flu: fever, cough, sore throat, body aches, headache, chills and

fatigue. Some people have reported diarrhea and vomiting. Severe illness (pneumonia and respiratory failure) and deaths have been associated with this flu. Like seasonal flu, H1N1 may cause worsening of underlying chronic medical conditions. Fever and respiratory symptoms should be taken seriously.

Emergency warning signs that need urgent medical attention include: fast breathing or trouble breathing; bluish or gray skin color; not drinking enough fluids; severe or persistent vomiting; not waking up or not interacting; being so irritable that the child does not want to be held; flu-like symptoms improve but then return with fever and worse cough.

In adults, emergency warning signs that need urgent medical attention include: difficulty breathing or shortness of breath; pain or pressure in the chest or abdomen; sudden dizziness; confusion; severe or persistent vomiting; flu-like symptoms improve but then return with fever and worse cough.

What to do

Help stop the spread of the

virus by covering your nose



and mouth with a tissue when you cough or sneeze, then through the tissue in the trash after you use it or cough into your sleeve or shirt; wash your hands often with soap and water, especially after you cough or sneeze; avoid touching your eyes, nose or mouth (germs spread that way); stay home if you get sick (for a full 24 hours after your fever has naturally dropped – not due to the use of a fever reducing medication) and limit contact with others; find healthy ways to deal with stress and anxiety, and clean often touched surfaces often (such as keyboards and door knobs).Sources: <http://www.flu.gov/> and <http://www.cdc.gov/h1n1flu/>

2009 Conference on Youth Services



OSU

Extension 4-H is organizing an upcoming gathering for people working in or interested in youth services in Warm Springs on September 29th at Kah-Nee-Ta and 30th at the Agency Longhouse. This is a two-day conference to:

- Explore how to increase coordination among youth organizations in Warm Springs
- Share information on our missions and activities- what are we all doing?
- Learn about the latest models for Positive Youth Development in Indian Country
- Watch a Warm Springs youth-created video and hear directly from youth
- Identify training needs so we can work together to get training here in Warm Springs

With the budget outlook for 2010, it seems that the time is right to get our heads together to look for ways to partner up with others here in Warm Springs. This is what this conference is all about. There will be small group break-out sessions as well as presenters.

4-H LEGO ROBOTICS

Warm Springs 4-H will be forming a FLL (First Lego League) Robotics Club this fall to help youth have fun learning math, science and technology through the use of LEGO robot kits. The club, led by 4-H volunteer Lonnie James, will participate in a FLL competition in Bend in early December. This year's competition is titled 'Smart Move' and involves kids solving transportation issues using their robots. During activities to prepare for the competition, club members will learn how to apply math, science and technology to problems that we face

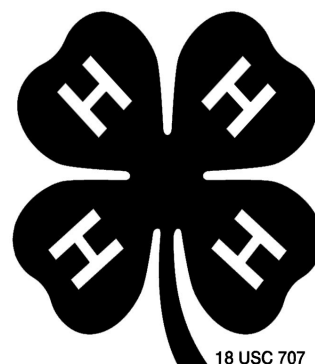
on a daily basis. By activating the youth's curiosity about robotics (which are often thought of as toys), they learn about math, science and technology and how they apply to daily life.

FLL instills the values of teamwork, friendly competition to better oneself, sharing to work better together, the spirit of discovery, that having fun can help us learn, and that the development of grace in competition is worthy.

The club will not have age restrictions, other

than being less than 19 at year end, but those who are involved in the FLL competition should be from 9-14 years old. Those younger may still come and join the competition if interest and capability is strong. We are looking for assistant coaches and helpers who are interested in robotics and helping this club meet its goals.

For more information, contact Lonnie James through the 4-H Office at 553-3238.



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4-H After School Activities

Get set for the new school year!! Here are some ideas for activities you can participate in:

Wednesdays are set for after school programs starting on September 23. The activities will vary.

Thursdays - Dance practice 3:30-5pm Education Building basement. The dance practices will start on September 24. This fun class is open for any one that would like to learn or to practice dancing. (pow-wow, social, etc.)

Call Merle at 553-3238 for more information!

Garden Talk

Bryan Lund, Master Gardener in Training, Warm Springs

POLLINATION

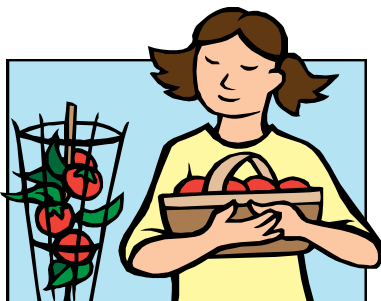
Pollination works in many ways: wind or insects, bees, birds or other animals. Pollination is the transferring of pollen from anther to stigma in a plant which causes a chemical reaction leading to fertilization in plants.



Some plants need to cross pollinate with other varieties which is called (self unfruitful). Others can self pollinate (self fruitful). Also some plants have separate male and female flowers such as cucurbits (squash, melons, cucumbers, cantaloupes, pumpkins) corn, and tomatoes.

As the weather gets cooler pollinators are not as active, and flowers develop much slower than in warmer weather. It is important to encourage pollinators in your garden. Beware of gardening practices in the warmer times of day that may scare pollinators away.

Harvesting Tips



Keep picking your fruit now and before the frost sets in because if fruit and vegetables develop mature seeds, the rest of plant is done reproductively for the year, and will stop producing vegetables.





**RANGE RESTORATION : WEED
CONTROL AND MANAGEMENT**

THURSDAY OCTOBER 1ST. 2009

9 A.M.—2 P.M.

Family Resource Center



*JOIN US AS WE DISCUSS WEED CONTROL AND MANAGEMENT WITH A FOCUS
ON TWO INVASIVE RANGELAND SPECIES: MEDUSAHEAD AND VENTENATA.*

*AFTER LUNCH, WE WILL TRAVEL TO SIDWALTER TO VIEW THE EFFECTS OF
LAST YEAR'S SPRAY TRIALS AND SEEDING EFFORTS (BY CENTRAL OREGON AG.
RESEARCH CENTER) ON A SERIES OF PRIOR WEED INFESTED PLOTS*

9 A.M. MEDUSAHEAD—PHENOLOGY AND MANAGEMENT

9:45 A.M. VENTENATA—PHENOLOGY AND MANAGEMENT

10:45 A.M WEED MANAGEMENT/RANGE RESTORATION PRINCIPLES

LUNCH PROVIDED

12:30 P.M. CARPOOL TO SIDWALTER WEED PLOT SITES



PRECONDITIONING CALVES BEFORE SALE SHOWS A BETTER PRICE AT THE MARKETPLACE



As livestock producers begin thinking about selling their fall calves, here is some information on preconditioning that may help in getting a better value for your animals, and understanding what the beef industry is desiring in their purchase of calves. It is never too late to plan or implement a preconditioning program for your calves.

To start with, what exactly does preconditioning your calves mean? Generally speaking, it is a custom program for your ranch that involves preparing calves for sale by boosting their immune system (through vaccinations and by reducing stress), and by providing them with adequate nutrition to increase sale weights. Buyers are looking for calves that are less likely to get sick at the feedlot, and are going to readily accept bunk feeding. Past research has shown that if calves are held at home for 45 days after weaning and then sold, their tendency to get ill and/or die is reduced at the feedlot.

Weaning itself is an extremely stressful event in a calf's life. Loading a bawling calf from its mother's side, taking it to auction, and then having it shipped from there can bring on illness. An ill or sick calf is costly or worthless to a buyer who may avoid purchasing calves from that site again. Retaining a calf after weaning it from its mother's side can reduce stress and allow that calf to get familiar with a completely independent diet, whether the calf is fed from a bunk type situation or turned out on a site to graze.

However, preconditioning does not have to involve retaining calves after weaning; it can simply mean adding an additional vaccination program to your ranch. Adding a vaccination system to your program can further enhance value. The VAC (Value Added Calf) programs that are advertised through Superior Livestock and other auction sites have protocols that are associated with them. These programs involve the use of a modified live vaccination (MLV) before, during, and after weaning, depending on the program that is chosen (See Table 1). The MLV is in addition to the usual 7 or 8-way vaccination which is a killed preparation. These programs can be in combination with a post wean period before sale time, which serves to increase the immunity of the calf. Unvaccinated calves can become a liability to a buyer. Even if the calf has never shown signs of sickness before, it can quickly catch a virus or bacteria from the co-mingling that occurs on trucks and at the feedlot. MLVs if used correctly can enhance a calf's immunity towards respiratory and other diseases that can occur during shipping or at the feedlot.

The bottom line question is "Does this pay?" Retaining your calves, vaccinating with killed and MLV vaccinations, and providing extra feed for your retained calves if you choose to retain them all cost you time and money. To help you decide, consider the following:

Range/Ag/Natural Resources

A recent study by Michael King (MS) as reported in Drovers cattle magazine demonstrates the value of preconditioned calves throughout the United States. The study reports: The VAC45 premium equates to \$45.10 more per head for a 550-pound calf, while 550-pound VAC34 calves would be worth \$19.63 per head more than non-weaned, non-viral vaccinated calves. As a comparison, the same 550-pound calf that is age and source verified would earn \$11.77 per head premium and one that is owner certified natural would only earn a \$4.62 per head premium. In other words, even if a sold calf is 100% natural, it is going to be worth less than one that is vaccinated with a killed and MLV vaccination. On a side note, certified natural has nothing to do with a calf being vaccinated. In fact, most natural beef programs require vaccinations (both killed and MLV) for their animals.

When considering a preconditioning program for your ranch, a pencil and paper are helpful in figuring out your input costs versus the potential financial gains at the end. The following table is taken from the publication “PreConditioning Beef Calves” by Mathis, Loest, and Carter, at New Mexico State University Extension, 2008. It explains the protocols for the familiar VAC programs utilized within the beef industry.

Table . Value Added Calf (VAC) Vaccination Program Guidelines^a

Program	2–4 months old b “Branding”	4–6 weeks b Pre-weaning	Weaning	2–3 weeks Post-weaning
VAC-PreWean	MLV Respiratory ^c Clostridial 7-way		Ship	
VAC-PreWean Plus (Superior Live-stock’s VAC-34)		MLV Respiratory Clostridial 7-way	Ship	
VAC-45d <i>Pre-Weaning Op-tion</i>	Initial vaccination given at branding <i>or</i> pre-weaning	MLV Respiratory Clostridial 7-way	MLV Respiratory Clostridial 7-way	
VAC-45d <i>Weaning Option</i>			MLV Respiratory Clostridial 7-way	MLV Respiratory Clostridial 7-way

^a Complete description of VAC Guidelines is available at http://animalscience.tamu.edu/ansc/publications/rrpubs/vac_vaccine.pdf

^b A bovine veterinarian should be consulted for guidance on the use of MLV vaccines in nursing calves.

^c MLV Respiratory = Modified Live Virus vaccine for IBR, PI3, BRSV, BVD; a combination vaccine may be acceptable.

^d Calves are not shipped until ≥ 45 days post-weaning

For more information on VAC protocols, please contact us here at Extension. For more specifics on modified live vaccinations, please contact your local veterinarian who can also help you design a vaccination program for your calves.

Family and Community Health Notes

Fruit Loop Fieldtrips

OSU Extension will be hosting a couple of fieldtrips to the Hood River “Fruit Loop” to a produce stand to pick fresh fruit. It will be an all day fieldtrip returning mid-afternoon. The following day will be a canning day at the Extension office for those interested.

September 29 — Pear Picking Fieldtrip
October 7 and 8 — Apple Picking Fieldtrip

If you are interested in going on one or both trips please call Emilee at 553-3535 to sign up or come to the Extension Office. Space is limited and is filling fast!!!

What's up with water?

*Did you know that water makes up about 70 percent of the human body?
Water plays a vital role in physical health:*



- Water is an important part of regulating body temperature: it helps cool you down when you need it most. When your body heats up, water in the surrounding tissues absorbs the heat, which is released through perspiration (sweating).
- Water helps dissolve chemical compounds in the body, and many chemical reactions occur in the water in our body. Water is also a vehicle for moving waste products and toxins from the body.
- Water helps lubricate the eyes, mouth, and nose and the knees and other joints.

Most people can meet their daily hydration needs by letting thirst be their guide, according to the Institute of Medicine. However, it is important to note that the thirst signal is not always reliable. Infants, the elderly, and those who are ill may need to be offered water often.

Not getting enough water leads to progressively uncomfortable sensations: loss of appetite, slowed movement, crankiness and fatigue, nausea, headaches, increased heartbeat, dizziness, and difficulty speaking. Dehydration can be fatal.

Drink water when you feel thirsty.

Drink more when you are more active and when the weather is warmer. To help fit fluids in:

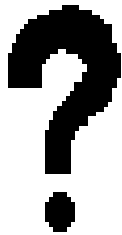


- Keep water available and in sight at work and home.
- Eat plenty of fruits and vegetables throughout the day.
- Watch alcohol and beverages with high amounts of caffeine, such as coffee and some energy drinks—they can contribute to dehydration.

Reference: Institute of Medicine, Food and Nutrition Board, Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate <http://www.iom.edu/?id=18495&redirect=0>.

Source: Anne Hoisington, OSU Extension Food and Nutrition, Senior Instructor Anne.Hoisington@oregonstate.edu

Family and Community Health Notes



Got Canning Questions?

Call Emilee at the Extension office 553-3535

OR

Call the Food Safety/Preservation Hotline

1-800-354-7319 (only through October 15th)

Spotlight Recipe
...Try it out!

Bread Pudding in the Microwave

This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.

Ingredients

- 1/2 cup packed brown sugar
- 3 slices buttered, cubed whole grain bread
- 1/2 cup raisins
- 3 eggs, slightly beaten
- 1 1/4 cups low-fat milk
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 teaspoon vanilla

Directions

1. Combine brown sugar, cubed bread, and raisins in a one quart microwave safe dish.
2. In a microwave safe bowl or measuring cup blend together the eggs, milk, cinnamon, salt, and vanilla.
3. Heat on high for 2-3 minutes until hot, but not boiling.
4. Pour over bread mixtures and lightly blend together.
5. Microwave uncovered at 50% power for 5-8 minutes, or until edges are firm and the center is almost set.
6. Let rest for 10 minutes before serving.
7. Refrigerate leftovers within 2-3 hours.

Tip: Serve with low-fat vanilla or lemon yogurt.

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

Nutrition Facts

Serving Size 1/2 cup (65g)
Servings Per Container 12

Amount Per Serving

Calories 110 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 120mg 5%

Total Carbohydrate 18g 6%

Dietary Fiber 1g 4%

Sugars 15g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 6% • Iron 4%

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

		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