



Lego Robotics

What does “Robotics” mean? It means building robots that kids program on a computer to perform tasks. Kids make Lego robots out of Lego pieces and program the robots to push and move things, travel across a room, and other tasks on their own. It’s a blast!

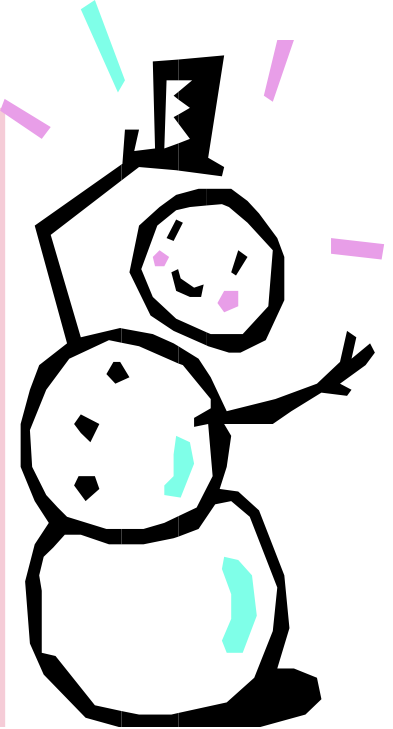
This fall, the 4-H Robotics program was held in conjunction with the Early Childhood Education afterschool program and kids prepared to compete in a tournament in Bend in

early December. Congratulations to 3rd grader Jake Frank who participated in the tournament and got his photo in the Bend Bulletin!

This winter, we will continue with Robotics on Wednesdays afterschool. If your son or daughter in grades from ages 8-14 are interested in learning Robotics, please contact the 4-H Office to sign up. 553-3238. The program is free, but participants must be 4-H members.

High Desert Leadership Retreat

The 2009 4-H High Desert Leadership Retreat is a three-day camp in Redmond for 4-Hers in grades 7-12 over the long weekend in January (Jan. 16-19). It’s for youth who are interested in learning in a fun atmosphere with other 4-Hers from Central Oregon. There will be workshops on improvisational theatre and many other enrichment topics you don’t get to experience in school. For more information, contact Shawn Morford at 553-3238.



The Staff at Oregon State University Extension wish you the very best in 2009!

“Know your State Government” - a three-day event in Salem - Grades 8-12

“Many Warm Springs community members have taken advantage of the excellent program in Salem called “Know Your Government” over the years. This year’s event is scheduled for March 5 – 7, 2009 for grades 8-12. This is a three-day program in Salem to give youth exposure to how the state government works. Since

this is the year that the Oregon Legislature is “in session,” participants have a great opportunity to meet legislators, observe legislative meetings and hearings, as well as learn debate and interview skills. The agenda is jam-packed with fun and learning.

The registration fee has remained the same (\$140) for the past several

years and scholarships are available. Registration forms and scholarship forms are due to the Warm Springs 4-H Office no later than February 18. See the attached information.

Be sure to periodically check with the 4-H Office or KWSO to find out what’s going on at 4-H. Classes and events get scheduled that are not in this newsletter.

4-H Geoteam trip to Celilo Falls

The 4-H Geoteam is a new 4-H club for Warm Springs youth in grades 6-12 interested in learning computerized mapping skills using Geographic Information Systems (GIS). This is a fun, rewarding activity that teaches good job skills that kids can use later in the job market. There is still plenty of room in the program, so call to sign up now! It's FREE.

The 4-H Geoteam meets after-school every other Tuesday

from 4:30 to 6 p.m. A healthy afterschool snack will be served.

January 6 and 20

February 3 and 17

March 3 and 17

A reward for the students who participate actively this winter will be taking a field trip to ride the Army Corps of Engineers boat across Celilo Falls and map the falls using sonar during spring vacation. This field trip will be available to the nine students who

complete the most hours with the Geoteam between January and March. This is a very unique opportunity for Warm Springs students.

Geoteam members will be preparing to make a public exhibition to teach others how to use GIS and to show and tell what they have learned. The event will be held sometime this spring in Warm Springs.

For more information, contact Shawn Morford at 553-3238.



HOW TO RAISE A CHILD THAT IS SELF-MOTIVATED, GENEROUS, AND IN LOVE WITH LIFE- FOUR SIMPLE HINTS

There are many factors that influence how a young person behaves and feels about themselves. Research on youth development (including research by Native American scholars) tells us four important things that adults influence. If adults can find different ways to send kids **four simple messages—over and over and over throughout their young lives- starting when they are born**, it will go a long way to develop a young person who believes in themselves and gives to their community. Here are the simple messages:

- 1) -*"You belong."* (spirit of belonging)
- 2) -*"You are capable at being successful at doing things."* (spirit of mastery)
- 3) -*"You are capable at make good decisions. You are not helpless."* (spirit of independence)
- 4) -*"You are capable of caring about and giving to other people."* (spirit of generosity)

Young people need to hear you say these things to them over and over in different ways, and they need to see your behavior that backs up what you say. If your words and your treatment of them aren't sending the same message, then kids will lose faith in your words. They must see that *they matter*, that you believe in their abilities, and they must see you model generous behavior. Young people depend on feedback from adults to tell them how they are—because they haven't developed a self-identity yet, you are a mirror for your child that they absolutely need.

These are not easy things when sometimes we adults were not shown and told these things when we were young. But even if we were not told these things ourselves, we can tell and show our kids these things.

You can cut out these four state-

ments with scissors and tape them to your refrigerator for your kids to see. Explain to them why you are putting these on the refrigerator. Tell them you think they ROCK. **Show** them how much you think they ROCK. Even when their behavior is unacceptable, still tell them you think they ROCK, even if you think their behavior was not appropriate. Separate the child from the bad behavior in your mind. Kids with good self esteem have an underlying belief that they belong and that the people around them believe in them. It's that simple.

Tell your kids TODAY how proud you are of them. Be specific when you praise them... tell them exactly what they did that you were proud of. If they learn to believe in their heart that you believe in them, this is one of the most important ingredients in raising a self-motivated, generous, and in-love-with-life child.

Youth Advisory Kouncil (YAK) schedule

The Warm Springs Youth Advisory Kouncil (YAK) is open to any Warm Springs youth in grades 6-12. It will meet in January to June every other Tuesday of each month from 6-7:30 p.m.

The purpose of the YAK is to teach leadership skills and provide input and advise on youth needs in the commu-

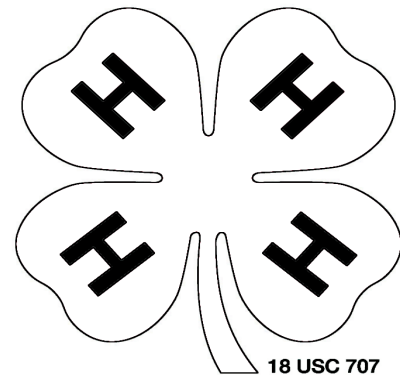
nity. It is a fun, interactive group!

Meetings will be: 6-7:30 p.m. An evening healthy snack will be served.

January 6 and 20

February 3 and 17

March 3 and 17



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WANT TO GROW YOUR OWN VEGETABLES NEXT YEAR?

EAT HEALTHIER AND HAVE FUN GARDENING?

HAVE YOUR OWN GARDEN PLOT AT THE COMMUNITY GARDEN?

NOW IS THE TIME TO START PLANNING YOUR VEGETABLE GARDEN FOR NEXT YEAR!

JOIN US FOR A WINTER SERIES ON GARDENING

TOPICS:

- **COMPOSTING**
- **SEEDBED PREP**
- **WATERING**
- **FERTILIZING**
- **PRUNING**
- **BENEFICIAL INSECTS RAISED BEDS**
- **SOIL TYPES... AND MORE...**

FOR MORE INFORMATION: CONTACT THE EXTENSION OFFICE AT (541) 553-3238



STARTING ON SATURDAY JANUARY 10th
Through SATURDAY
JANUARY 31st

PIGEON FEVER IN HORSES VISITS CENTRAL OREGON

This summer was a particularly bad time for pigeon fever in central Oregon. Although pigeon fever is at a low right now (it is spread by flies and most active during fly season), it is worthwhile learning about it now before the next fly season. The following information is taken from an article by Dr. Clell Bagley (Utah State University Extension veterinarian), and is a good overview of pigeon fever. For more information as well as treatment advice, please contact your local veterinarian.

A bacterial organism, *Corynebacterium pseudotuberculosis*, causes Pigeon Fever. It causes massive swelling of the pectoral muscles, at the front of the brisket, making the protruding muscles look like the breast of a pigeon. The disease has no other connection to pigeons. It has been a problem in California for many years, with at least some cases reported each year and large scale outbreaks other years. It usually occurs only in horses and cattle, although it could cause lesions

in other animals or humans through contamination from the abscess discharge.

Once cases begin to occur in a local area, others can be expected in horses located near-by, although not all horses or all groups of horses are affected in a given location. A major factor involved in transmission during the current outbreak is probably the horn fly. Prevention efforts should include repellents that help keep horn flies from landing on and biting horses, especially along the underside of the horse in the brisket and belly area. This may not prevent all cases, but it currently appears to be the best preventive available. Some insect repellents are not insecticides since the chemical action is to repel, not kill. However, other products may cause lethal effects if the concentration is high enough and insects are unable to move away rapidly. The vast majority of insecticide use on horses is in the form of fly repellents or a combined repellent and insecticide. Many products are also labeled for use against ticks, lice and other

equine ectoparasites. Horse owners expect on-animal pesticides to repel flies. Usually house and biting fly populations around horses are high enough that killed flies are quickly replaced. So, the apparent efficacy is nil with products that just kill flies. Though the pectoral area is most commonly affected, there may be swelling of the sheath, udder or groin area or even on the head or rump area. Many of the swollen areas will eventually form abscesses. It is common to find lesions on the underside of the horse just a few inches behind the front legs. There may be multiple abscesses in the same muscle area. It is recommended that you consult your veterinarian about treatment.

Source: Pigeon Fever in Utah Horses
Clell V Bagley, D.V.M., Extension Veterinarian
Dennis Hinkamp, M.S., Extension Communications—Utah State University



LEARNING HOW TO BEHAVE

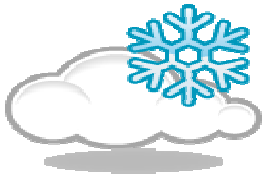
Just this last October, I had a great opportunity to attend the BEHAVE conference in Park City, Utah. BEHAVE stands for Behavioral Education for Human, Animal, Vegetation and Ecosystem Management. This program has been developed by Dr. Fred Provenza from the Department of Wildland Resources at Utah State University. It combines animal science, range science, wildlife science, and conservation studies all into one approach— a very holistic systems and practical way of looking at things.

The conference is a once a year event. This year, many of Fred's graduate students presented. There was information on a variety of topics including getting rid of saltbrush (a nasty shrub in Australia) with sheep, cattle herding in Africa, using cattle to control weeds in Hawaii, understanding bison social groups, and using cattle and sheep to graze undesirable plants and increase the productivity of forage. Much of the BEHAVE program focuses on understanding animal behavior to alter forage preferences, in other words to have a win-win situation by using animals to improve your forage, and using your forage wisely to improve your animals.

The conference was well attended and presented. I brought much of the information home with me, and shared it at our last workshop: "[Range Restoration 101](#)". The BEHAVE project has put together a series of videos and video clips which are really interesting to watch. They also have a regular newsletter that with updated information.

— For more information on BEHAVE, visit their website at: www.behave.net, contact our Extension office at Warm Springs, or locate it on our Warm Springs Extension website at:

http://extension.warmsprings.edu/warm_springs/



HELP—I'M OUT OF HAY!

Does that sound familiar? Many livestock operators are stressed in today's cattle cycle, with the price of feed, fuel, and fertilizers upside down. Instead of looking at the glass half empty, consider this a cycle of opportunity to make your operation more efficient and to clean house. Here are some options to consider in this market cycle:

Utilizing the range as winter pasture Some of you are already using this option by supplementing with a natural protein source lick tub. CAUTION: Make sure that you have enough standing forage out there to provide your cattle with the rough fiber that they need. They cannot survive on the protein tub alone. The dried plant matter is essential for keeping their rumen healthy. Without enough fiber, they can get ammonia toxicity and die. Also, many tubs are labeled for calves 600 pounds and larger. Make sure you read the label if you are putting the protein supplement out there with smaller calves.

Consider, taking out mid or large sized bales of alfalfa and supplementing.

This is still the cheapest and most economical way to meet your cow's nutritional needs in this season. Utilizing winter pasture can cut down on the amount of alfalfa you feed, but remember **A COW NEEDS AT LEAST 8% PROTEIN TO KEEP HER RUMEN FUNCTIONING EFFECTIVELY**—Skimping = compromise = loss either now or down the road.

Another option is to graze some of the shrubs like sagebrush that have low toxic levels right now. In order to make this one work, you will still have to supplement your cow with feed, but again you can lower the amount you are feeding because she will be getting some of her nutrition from the sagebrush. This is not a strategy that you want to try in her last trimester (after the 6th. month of her pregnancy) or while she has a calf on her. Those are the times when nutrition needs to be high so that you can have a healthy calf with lots of potential growth on the ground!

Culling and building quality Although culling is a dirty word for some of you, this is a great time to **aggressively cull** (downsize) and just keep your quality animals. It is also a great time to **purchase** quality animals

(replacement heifers, cows, and bulls) for a lot less than two years ago because it is a buyer's market. As you may all know, the cattle market is becoming more selective on what they purchase. The bar is being raised on the standard. We see a lot of discounts because buyers are becoming choosier. Quality pays, and it will never go out of style.

Becoming part of a cattle cooperative This is a great time to shake hands with that ornery neighbor across the fence and think about marketing your calves together. Cooperatives are becoming more popular because the marketability of a larger load of calves is a lot higher than just a few animals. There are some existing local cooperatives that can talk with you and give you an idea of how they function.

If you have ideas, questions, comments, or just want to visit about the information in this article, please drop by the Extension office or e-mail me at:



fara.brummer@oregonstate.edu

HAPPY HOLIDAYS !!!

It's no joke — humor and laughter bring significant health benefits

Our sense of humor gives us the ability to find delight, experience joy, and release tension. Laughter is the human's biological reaction to moments or occasions of humor. Additionally, laughter activates the chemistry of the will to live and increases our capacity to fight disease, which makes it an effective self-care tool.



Studies from around the world have shown that an atmosphere of humor results in better patient care, less anesthesia time, less operating time, and shorter hospital stays. The following are some of the benefits of laughter that research has identified.

Blood pressure – People who laugh heartily, and regularly, have a lower standing blood pressure than does the average person. When people have a good laugh, initially the blood pressure increases, but then it decreases to levels below normal.

Immune system – Laughter strengthens the immune system by increasing infection-fighting antibodies.

Pain reduction – Laughter allows a person momentarily to “forget” about pains such as those associated with aches, arthritis, etc.

Brain function – Laughter stimulates both sides of the brain to enhance learning. It eases muscle tension and psychological stress, which keeps the brain alert and allows people to retain more information.

Respiration – Frequent belly laughter empties your lungs of more air than they are taking in, a cleansing effect similar to deep breathing.

This deep breathing sends more oxygen-enriched blood and nutrients throughout the body.

How you can expand your sense of humor

- Look for the everyday humor. Start looking for the absurd and silly activities that go on around you each day.
- Observe infants and young children to learn how to find delight and amusement in the most ordinary things.
- Increase your exposure to comedies, comic sitcoms, joke books, comedy clubs, etc.
- People tend to laugh more when in groups. Surround yourself with others who laugh, because laughter is contagious.
- Take a 5- to 10-minute humor break each day. Read jokes, add to a humor notebook, and listen to funny tapes.
- Remind yourself to have fun.
- Spend time with those who help you see the bright side. Whenever possible, avoid negative people.
- Avoid conversations, news, entertainment, etc., that frightens, upsets, or distresses you or that makes you feel sad and unhappy.
- Be mindful of just “lightening up.”



Reference: Whipple, C. and S. Calvert. The Connection between Laughter, Humor, and Good Health (May, 2008). University of Kentucky Extension. Retrieved August 19, 2008 from <http://www.ca.uky.edu/HES/FCS/factshts/hsw-caw-807.pdf>

*Source
Denise Rennekamp, Extension associate, Oregon State University; denise.rennkamp@oregonstate.edu*

Breakfast is Important!

Breakfast eaters tend to have better diets than breakfast skippers. They eat more fiber and are more likely to get the nutrients that they need. Breakfast may positively benefit memory, academic performance, school attendance rates, and mood. Children who skip breakfast because of a lack of time could eat either at school or on the way there. Eating something is better than not eating anything at all.

Source: *What's In Your Cupboard, Sept. 07*

Why Get More Physical Activity?

- Strengthen your heart
- Strengthen your lungs
- Lower your blood pressure
- Lower your blood cholesterol
- Control your blood sugar
- Sleep better
- Reduce anxiety, stress
- Reduce depression
- Have more energy

Make a New Year's resolution to be more active everyday!



Hearty Homemade Chicken Noodle Soup

This recipe is a good source of Vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 3 cups water
- 4 1/2 cups low-sodium fat-free chicken broth
- 1 1/4 cups flour
- 2 eggs
- 3 tablespoons water
- 2 chicken breasts, cooked and chopped
- 2 cups mixed vegetables, fresh, canned, or frozen
- 1/4 teaspoon pepper

Directions:

1. In a large pot add water and chicken broth; bring to a rolling boil.
2. For noodles: Put flour in a medium bowl, make a well in center and add eggs. Mix well.
3. Add water 1 tablespoon at a time, until dough is stiff but easy to roll.
4. Put dough onto a floured surface and roll with a rolling pin until thickness is about 1/2-inch.
5. Cut into 1/4 to 1/2 inch strips, about 3-5 inches long. Let sit for 5-10 minutes.
6. Add egg noodles one at a time to water and chicken broth mixture.
7. Bring the soup back to a boil.
8. Add chicken, vegetables and pepper.
9. Boil for 12-15 minutes or until noodles are tender.
10. Serve warm.

10 servings, 1 cup each

Nutrition Facts

Serving Size 1 cup (232g)		Servings Per Container 10	
Amount Per Serving			
Calories 110	Calories from Fat 20		
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 55mg			18%
Sodium 270mg			11%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 9g			
Vitamin A 20%	• Vitamin C 10%		
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Source: *Emilee Hugie, OSU Extension, Warm Springs Indian Reservation. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>*