



Strengthening Families and Culture Camp-- family camp

Were you at camp last summer? Then you know what a wonderful time it is to spend summer days and nights at Peter's Pasture. This year's summer "Culture Camp" sponsored by the Warm Springs Culture and Heritage Department and 4-H is July 13-17 at Peter's Pasture, which is a beautiful forested area on the Reservation. The camp will be held as a family camp again this year, which means that youth and families register and attend together. The camp will again involve classes, campfires, swimming, sweats, and traditional cultural learning in an informal setting. Elders and other cultural instructors will be there to teach language.

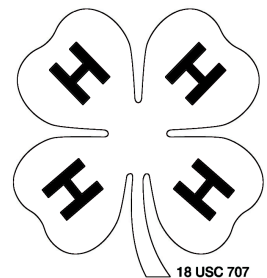
Watch for registration forms to be available starting in May. The cost of registration is not yet determined, but we are aiming to keep the costs very low for families, depending on our success with fund raising. There are many community organizations that are contributing to the camp this year, so we know that this camp will be excellent this year. Sign up early, because there will be a limit to the number of people who can attend.

Culture and Heritage and 4-H are considering making the camp facilities available between July 17 and 23 if there are other community organizations that work with families wishing to use the facilities for other camps. Costs to the community organization would be reasonable. Contact Shawn Morford at 553-3238 or Myra Johnson for more information and to propose your idea.

4-H welcomes Merle Kirk!

OSU Extension welcomes Merle Kirk as the new 4-H Program Assistant/Culture and Heritage Staff. In a position shared by 4-H and the Culture and Heritage Department, Merle will be in charge of organizing and coordinating youth programming with an emphasis in teaching culture and heritage. Already a half-time language teacher, Merle is adding to her responsibilities and will conduct youth programs, work with 4-H volunteers, assist with leadership in the Strengthening Families and Culture Camp this summer, and many other roles in the community.

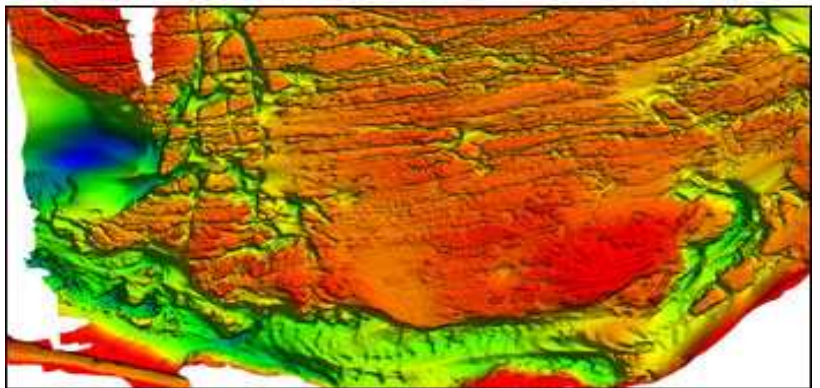
Merle comes with an excellent background in program management and program development, including working as a childcare provider at the Warm Springs Early Childhood Education Center (2000-2005) and Gift shop clerk at the Warm Springs museum, and as youth activities coordinator at Recreation. She has been a volunteer 4-H leader with the Wasco Dancers, and has taught 4-H beading classes. We feel very lucky to have Merle in this shared position with her energy, experience, and ideas.



4-H Geoteam

The 4-H Geoteam, an afterschool club for middle and high school students, has been meeting every Tuesday afternoon to learn Geographic Information Systems (computerized mapping) and conduct projects for the Utilities Department. With the help of the Natural Resources GIS Office and Trisha Stradley and 4-H volunteer, the students learned how to use hand-held GPS (Global Positioning Systems) receivers and have begun collecting information on the local manhole covers for the sewer system in Warm Springs. They will map the manhole covers for the Utilities Department as a service project.

The Geoteam recently went to Portland and received a ride on the U.S. Army Corps of Engineers boat on the Columbia River that has the sonar equipment that recently mapped Celilo Falls. The students learned how the sonar is used to make 3-D images of the falls as it exists now on the floor of the flooded Columbia River.



Welcome Bryan Lund! Bryan will be joining our team as a Master Gardener. He will be completing master gardener training and will be working toward certification by doing gardening programs in the community! One of the programs will be plant clinics, and he will be available to answer your gardening questions throughout the summer! Stay tuned!



Get ready to garden for good health

Tough economic times have hit Oregon families hard, and many households are trimming spending. None of us can afford to sacrifice food quality to save money, however. Consider planting vegetables and/or fruit to help supplement your food supply. A small investment of your time and energy can stretch food dollars and help your family meet [USDA Dietary Guidelines](#) for fruit and vegetable consumption.



Benefits of adequate fruit and vegetable consumption include reduced risk of heart disease and diabetes and a better chance of achieving a healthy weight (when combined with an active lifestyle and low-fat diet). Fruits and veggies are colorful, easy to prepare, and taste great, too.

Unfortunately, many Americans do not consume adequate quantities from these food groups. Those with lower incomes consume even fewer fruits and vegetables than those with higher incomes. Substituting low-cost, nutrient-poor foods is a common, but detrimental, strategy for households experiencing food insecurity.

You don't need to have a large garden space or yard to reap the health and budget benefits of growing your own produce. Some vegetables and herbs may even be grown in containers. A number of [resources](#) are available through Oregon State University Extension Service that can help you plan, plant, harvest, and store home-grown edibles.



Growing your own food doesn't require extensive start-up costs. If you receive benefits through the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps/Oregon Trail card), you can use them to purchase seeds and plants that produce food. Purchase second-hand shovels, rakes, and other gardening tools for a fraction of the cost of new tools. [Composting](#) your kitchen waste cuts down on your garbage bill and results in free fertilizer to enrich your garden soil. Invite your neighbors to pitch in and share the bounty.

Children will enjoy growing and harvesting fruits and vegetables as well. Planning a garden includes steps that kids will enjoy: choosing what to grow, identifying where the sunlight is best, measuring the space, digging, and watching plants grow. Planting food helps children discover and appreciate a personal connection to the environment and their own health. And what fun that first harvest can be!

You can have fresh produce for pennies a serving, grown in your yard or in a container. Plant some now for good health!

Source: Anne Hoisington, Extension food and nutrition specialist and senior instructor; Anne.Hoisington@oregonstate.edu

A new resource from Oregon State University Extension Service:

Finding help in **Tough Times**

Managing the challenges of the 2009 recession

http://extension.oregonstate.edu/emergency/tough_time.php



Tips for Stretching Your Food Dollar

Grocery shopping can be a real challenge, especially if you are on a limited budget.

However, food is a flexible budget expense which can be reduced when money is tight. By planning ahead and managing your money wisely, you can still serve meals which are appetizing, easily prepared, and nutritious.

An excellent on-line resource for help on this is:

http://www.extension.org/pages/Stretching_Your_Food_Dollar



Smart Shopper Secrets

- ~ Write a weekly menu
- ~ Shop once a week (or less)
- ~ Make a shopping list
- ~ Don't shop hungry
- ~ Don't impulse buy
- ~ Shop alone when possible
- ~ Comparison shop
- ~ Check out unit pricing
- ~ Check out generic or "house" brands
- ~ Use coupons only when you need the item and the price is less than other brands
- ~ Avoid convenience foods

Cut food costs by reducing food waste

If you find yourself discarding food that is left over or of lower quality, you're increasing your food bill, says Carolyn Raab, OSU Extension foods and nutrition specialist. But by using these foods in creative ways, you can save money.

Try these suggestions:

- Heels of bread — Dice with a knife or grind in a blender. Then sauté in margarine for a casserole topping.
- Soft apples — Make apple crisp, or dice and cook to make applesauce.
- Overripe bananas — Mash and freeze for future nut bread.
- Leftover plain yogurt or sour cream — Add to a sauce for a casserole or pasta dish.
- Sour milk — Use in pancakes, biscuits, or cooked pudding.
- Bits of cheese — Freeze for later use in macaroni and cheese.

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



BODY CONDITION SCORING IN CATTLE – A TOOL FOR EVALUATING YOUR HERD

Body condition scoring is a way to take account of the energy storage in your cow herd. This can also be thought of as the bodily reserves of your cattle; in other words, how much stored energy does a particular animal have?

Body Condition Scoring can be done with cattle and horses, but for this article, we will only discuss cattle.

Why is stored energy important? It is vital for all major processes in a cow, but especially during the last trimester (when the body is getting ready for pregnancy), and during calving and breeding season when the cow is not only producing milk and nursing that calf, but also being bred back. The body has to be in good condition for all this to occur. If the cow is in poor shape ie: a Body Condition Score (BCS) of 4 or lower, one or more of these things are likely to be compromised. Difficulties in birthing calves, weak calves, lack of milk, lightweight calves at weaning (due to later calving dates), and delayed estrus for breed back are some of the noticeable indicators of this situation.

The Body Condition Score works on a scale of 1 – 9. 1 = severely emaciated, and 9 = obese. Either end of the spectrum is undesirable. A BCS of 5 – 6 is the desirable BCS for breeding beef cows.

Research has shown that successful estrus increases with higher body condition scores, as well as successful conception and pregnancy. A BCS of 5 at calving and breeding season is the standard for insuring reproductive success. For first calf heifers, a BCS of 6 is suggested.

The table below shows how to visually determine BCS for a cow or a herd. A full rumen or hay belly can be deceiving as the animal can appear to be in better condition than she really is. The indicators on the other parts of the body are important in assigning the right BCS for an animal.

Reference	1	2	3	4	5	6	7	8	9
Physically weak	Yes	No	No	No	No	No	No	No	No
**Muscle Atrophy	Yes	Yes	Slight	No	No	No	No	No	No
Outline of spine visible	Yes	Yes	Yes	Slight	No	No	No	No	No
Outline of ribs visible	All	All	All	3to5	1to2	0	0	0	0
Fat in brisket and flanks	No	No	No	No	No	Some	Full	Full	Extreme
Outline of hip and pin bones visible	Yes	Yes	Yes	Yes	Yes	Yes	Slight	No	No
Fat udder and patchy fat around tailhead	No	No	No	No	No	No	No	Slight	Yes
Backfat estimate, inches	0	0	.05	.11	.19	.29	.41	.54	.68

**Muscle atrophy means that the loin, rump and hindquarter muscles are concave, indicating loss of muscle

Source: *Cow-Calf Management Guide, 2006*

There is an average of 80 pounds between each BCS. For example, a cow with a BCS of 3 will need to gain approximately 160 lbs. to bring her up to a BCS of 5. Of course, this takes time. Excessive overfeeding is not economically sound. A well rounded diet based on the desired weight gain should be put together and delivered. Oftentimes, if the entire herd is at a low BCS at calving and breeding time, culling or thinning the herd may be in order, especially if range or pasture conditions for the year appear compromised.

A breakdown of costs associated with thin cows (BCS = 3), compared with heavier cows (BCS = 5) shows that the income per heavier cow is double that of the thin cow at weaning time. The phrase “it doesn’t pay to starve the profits out of your herd” is true once the math is done.

The following worksheet is helpful in personally applying BCS to your herd. For help with the worksheet or to discuss BCS any further, feel free to contact us here at Extension at 553-3238.



Worksheet 7.1

Application of Body Condition Scoring

1. What would you estimate your cows’ BCS to be at calving?

1 2 3 4 5 6 7 8 9

2. What would you estimate your cows’ BCS to be at weaning?

1 2 3 4 5 6 7 8 9

3. Approximately how many pounds on average (if needed) would each cow need to gain to reach “ideal” condition? _____ (1 BCS = 75 to 95 pounds)

4. When would be the best time to improve the BCS of underconditioned cows in your herd?

5. Assume the difference in postpartum interval between BCS 4 and BCS 5 cattle is about 10 days and your herd averages BCS 4. How many pounds might you add at weaning by having calves born 10 days earlier? Calves usually gain from 1.6 to 2.2 pounds per day.

Estimated gain (in pounds per day) _____ x 10 days = _____ pounds per head

x _____ number of calves sold at weaning = _____ pounds of lost opportunity at weaning

It is important to remember that weaning weight is only one area of lost performance for thin cows

Source: *OSU Beef Cattle Nutrition Workbook, 2004*

THE ANNUAL VACCINATION CLINIC FOR HORSES

WHEN: TUESDAY APRIL 28TH. 2009

WHERE: WARM SPRINGS RODEO GROUNDS

TIME: 10 A.M. – 12:30 P.M.

USDA APHIS VETERINARIAN WILL BE PRESENT ON SITE

AVAILABLE:

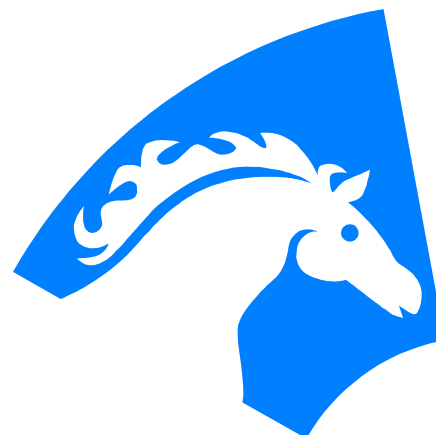
4-WAY (Eastern and Western Encephalomyelitis, Influenza, and Tetanus)	-	\$10
WEST NILE	-	\$15
LIQUID WORMER	-	\$5
COGGINS TESTING	-	\$10

First time horse (never been vaccinated): Suggested two doses three to six weeks apart

Horses that have been previously vaccinated: Suggested one dose annually

**PLEASE CALL AHEAD AND LET US KNOW HOW
MANY HORSES YOU ARE BRINGING AND WHAT
YOU NEED / HORSE**

Warm Springs Extension Office **553-3238**



WESTERN JUNIPER - EFFECTS ON A WATERSHED

THURSDAY APRIL 9TH.

11:30 A.M. - 2:00 P.M.

FAMILY RESOURCE CENTER , WARM SPRINGS

Just how much does western juniper impact moisture levels on a range site?
What is the effect of this tree on other plants in a system?
If removed, what can we expect in its place?



Please join us as Dr. Tim Deboodt (Crook County Extension) discusses this issue. Tim has been involved for years in a paired watershed study in Central Oregon, focusing on western juniper and its effects on Oregon's rangelands

LUNCH PROVIDED

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Extension Service