

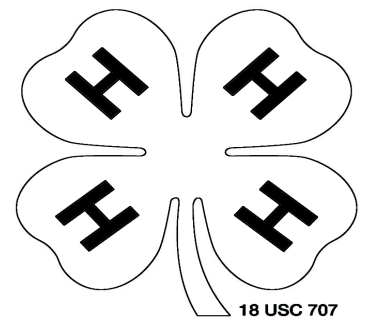
Newsletter articles

1) 4-H Summer Program

The Warm Springs 4-H Summer Program will include two youth who are being hired through the Summer Youth Program in partnership with Workforce Development to design and lead summer activities for younger youth and recruit adult volunteers to teach and lead activities. After a week of training and planning during the week of June 23, the summer staff will conduct programs on Tuesdays and Thursdays from July 3 through July 30 as well as work at the Strengthening Families and Culture Camp, August 11-14.

Programs that will include field trips, Lego Robotics, crafts, and science education will be held from 9 a.m. to 3 p.m. on Tuesdays and from 9 a.m. to noon on Thursdays beginning July 8 and ending July 29.

Valene Tias and Kamianna Luyan have been hired as the summer 4-H staff members. We are excited about having these two very capable people working for us this summer.



One of the tasks of the summer staff will be to plan and conduct a 4-H summer sign up Open House scheduled for July 1 from 10- 3 p.m. at the Education Building to announce the summer schedule with specific activities. Warm Springs youth in grades 4-12 who are interested in participating in any 4-H activity this summer (except family camp) will be required to sign up for 4-H. Enrollment in 4-H is free, but parents/guardians must sign and must complete a health form. The summer staff will also plan activities for kids during the Strengthening Families and Culture Camp August 11-14 at Peter's Pasture, as well as classes and activities using community volunteers who will be recruited to teach various cultural, educational, and just-for-fun topics.

The students hired should have a summer schedule completed and ready for distribution by the July 1st Open House.

4-H is now actively recruiting adult and older teens to volunteer to teach short classes and demonstrations over the summer—If you have a skill you want to share, let us know. There's very little paperwork for becoming a 4-H resource volunteer, and the choice is up to you about what you want to teach, lead or show and tell. The summer 4-H staff will provide the advertising for your class/event, help gather materials if needed, and will supervise kids during the class so you can focus on teaching. Please call Bobbie Calica or Shawn Morford at 553-3238 to sign up as a volunteer and give us your activity idea.

4-H NEWS

Warm Springs youth who want to participate in 4-H activities can come on July 1 and sign up for various classes and activities that will be offered (bring a parent/guardian to sign the forms too). To participate in any 4-H activity this summer, Warm Springs youth will need to sign up to be a 4-H member... it's not hard, but parent/guardian signatures are required for insurance purposes.

We are looking forward to a great summer! Come and join us!

2) Strengthening Families and Culture Camp- August 11-14, 2008

This summer, 4-H is joining with Culture and Heritage to host a family camp at Peter's Pasture. This year's camp will be for all family members, and will feature cultural activities for all ages. Youth must be accompanied by adults in a family group to attend. There will be no camp counselors- each youth will be supervised by their family members. Registration forms and more details will be available by July 1 from Culture and Heritage or the OSU Extension Office. Costs per person will be kept to a minimum and the exact amount will depend on the success of fund raising between now and July 1. For more information or to put your name on a list to receive a registration form, contact Myra Johnson at 553-3290 or Shawn Morford at 553-3238.

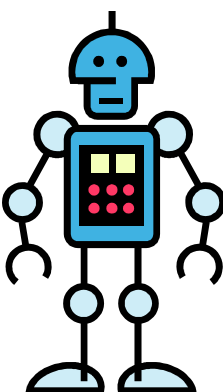
Homestay host families needed for OSU students in September

The OSU Extension Office is seeking families who are willing to host OSU college students in their homes during a three-day study/community service trip to Warm Springs in mid-September. Approximately 17 graduate students will be in the community and will need housing for three nights on Thursday, September 11, Friday September 12, departing on Sunday, September 14. The families will need to provide beds and linens for two students plus breakfast for three mornings, and be willing to visit and help them learn about the community. Transportation will be provided for the students, and the families are not required to entertain the students. A stipend of approximately \$150 will be paid to the families for each pair of students hosted for three nights. Approximately 8 families are needed. For more information, please contact the OSU Extension Office at 553-3238.



LEGO ROBOTICS?

You may have heard of it, well, now it's here! This is a new program that is being offered to youth. Lego robotics will give youth an opportunity to discover mathematics, science, engineering and technology in a fun hands-on way. They will learn more about computer programming, mechanical design as well as teamwork and other skills. Teams of youth will build, program and test their robots.



Our program has recently got 8 Lego mind storm educational robot kits. And we are planning on having more Lego robotic sessions in the community. We have held 4 sessions in the community, and the youth loved it. If there is enough youth interested, we can start a first Lego robotic league and junior Lego robotic teams. And then the teams will have the opportunity to enter into local and state fairs as well as tournaments. But right now we are just working on getting the word out there to all the youth that might be interested. So keep an eye out for information on our next Lego robotic session.

Pinkeye in Beef Cattle

Pinkeye, also known as infectious bovine keratoconjunctivitis (IBK), is one of the most common diseases of beef cattle. It is a highly contagious disease, causing inflammation of the cornea (the clear outer layer) and conjunctiva (the pink membrane lining the eyelids) of the eye. The incidence of pinkeye increases in spring, peaks in the summer, and decreases in the fall. Pinkeye results in mild to severe disease and, in approximately 2 percent of the cases, will cause blindness. Pinkeye is of major economic significance to producers, as an estimated 150 million dollars is lost yearly to pinkeye. Animals blind in both eyes are also at risk of death through accident or starvation if they are unable to locate the feed and water sources.

The primary infectious agent for pinkeye is the bacterium *Moraxella bovis*. This bacterium is found in the eyes of many recovered and apparently normal cattle.

Eye irritation is necessary for the development of the disease. Face flies, which look like large houseflies, feed round the eyes and nostrils of cattle, causing a mechanical irritation to the eye and spreading the disease from one animal to another. The bacteria can survive on the flies for up to four days, so many animals may be infected by one fly. Other sources of eye irritation are tall weeds and grasses rubbing the eyes as cattle walk and graze, and feed and dust when cattle eat from overhead feed bunks or the center of round bales. Dust on windy days, and exposure to excessive UV sunlight also increase the chances of disease development. Breeds which lack pigment on their eyelids (Herefords, Hereford crosses, Charolais, and some Holsteins) are more susceptible to pinkeye because of their increased sensitivity to sunlight and a decreased immune response in the eye. This is also the reason they are more susceptible to “cancer eye.” Crosses where the dam was the Hereford showed a slightly higher incidence of pinkeye than when the sire was a Hereford. Calves are more likely to develop the disease than adult cattle, as adult cattle appear to develop protective antibodies on the surface of the eye. Bull calves have a higher incidence of disease than heifer calves. As with many diseases, the disease outcomes can be influenced by nutritional imbalances, such as deficiencies of protein, energy, vitamins (especially vitamin A if the forage is lower quality), and minerals (especially copper and selenium).

In the first stage, cattle have excessive tearing and increased sensitivity to light. They will blink frequently and there is redness along the eyelids. Cattle will often seek shade, which will decrease their grazing time. Pain associated with pinkeye also decreases their feed intake. Stage I will progress to a small ulcer in the center of the cornea which appears as a small white spot. The cornea develops a slightly cloudy grey appearance due to inflammation. In the last stage, the ulcer extends completely through the cornea, and the iris may protrude through the ulcer. This eye will be partially or completely blind. The eye may go on to completely rupture, and will develop a shrunken appearance or enlarge if glaucoma (increased eye pressure) is present. This eye will be permanently blind. Early treatment of cattle with pinkeye is important, not only for a successful outcome of the individual animal affected, but also to stop the shedding of the bacteria to decrease the risk of transmission to other cattle. Check with your local veterinarian on treatment. Never use any powder or spray containing nitrofuracin, as its use in cattle has been illegal since May 2002.

Management practices that reduce the risk factors associated with pinkeye are the most effective tools in decreasing the incidence of disease. A moderate to heavy fly infestation is when there are 10 to 20 flies per animal during the middle of the day. Fly tags, insecticide pour-ons, back rubbers, dust bags, and knock-down sprays are helpful in reducing the number of adult face flies on the animal. Fly traps can also be helpful in reducing the number of flies. Feed additives are available that target the maggots that are laid in the manure. Encouraging dung beetles, which break down the manure pat, will also decrease egg survival. It is also extremely important to follow the safety precautions recommended by the manufacturer as these insecticides can be toxic to people if handled improperly. Appropriate grazing, along with clipping pastures will prevent seed-head development, reducing the irritation to the eyes of cattle, as well as reducing the resting areas for the flies. Shaded areas need to be available to decrease the UV exposure and, in Herefords, breeding for pigmented eyelids has been successful, as this is a heritable trait. A good management program, including an appropriate vaccination program (especially IBR and BVD), good quality nutrition, and minerals available at all times will improve the overall condition of the cattle and decrease the incidence of this disease.

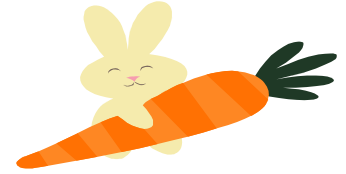
WHAT THE NEW FARM BILL WILL BRING.....

Every five years, Congress authorizes a Farm Bill that addresses various sectors of agriculture, nutrition, and natural resources in this country. The new Farm Bill is known as the Food, Conservation, and Energy Act of 2008. This bill will expand food security programs, protect natural resources, promote healthier foods and local food networks, and reform commodity and biofuel programs. Over 70% of the budget will be utilized on nutrition education and food assistance programs. Nutrition programs will be increased by \$10.361 billion, with vital assistance food bank programs increased by \$1.25 billion. One commentator declared “this is really more of a food bill than a farm bill”!. There will also be an emphasis on organic agriculture production , fruit and vegetable programs, and local food networks. Renewable energy will be promoted through an allocated \$1 billion to fund programs that will help the renewable energy industry invest in new technologies other than feed grains. There will also be a loan guarantee program to encourage production of energy producing crops.

On the farming end, the cap for producers’ adjusted gross income to qualify for program assistance has been reduced. That means that a producer that is grossing over \$500,000 a year will no longer meet the eligibility for commodity program benefits. Conservation spending will be increased by \$7.9 billion, with more funding for the Farm Protection Program, the Environmental Quality Incentives Program and the Conservation Stewardship Program. There will also be a new Open Fields Program created that will encourage public access to private land for hunting and fishing.



On the international side of things, \$60 million will be provided to purchase food Overseas for hunger relief. This is over and above the existing Food for Peace International Aid Program. In addition, the McGovern-Dole International Fund For Education and Child Nutrition Program for infant, child, and nutrition Programs in underdeveloped countries will be reauthorized. There will be an Additional \$84 million in funding for this fund.



HOUSEHOLD HAZARDOUS WASTE COLLECTION EVENT

SATURDAY JUNE 21ST.—9 A.M.—2 P.M.

SOUTH PARKING LOT—JEFFERSON COUNTY FIRE STATION—765 SE ADAMS DRIVE

Accepting:

Aerosol cans, brake fluid, degreasers, engine cleaners, motor oils, solvents, herbicides, pesticides, and many other items. **MERCURY THERMOMETER TRADE IN!**

Call for more information:

(541) 475-7274 or 475-4459

Range Restoration - Combating Medusahead Training

Madras and Warm Springs, Oregon

July 15 – 16, 2008

7 / 15—MADRAS FIRE HALL. 9:30—4:30. Topics will cover: ecology, prevention, control, and federal assistance programs



7 / 16—FIELD DAY. 8:00—2:30. Field sites will be north of Madras and on Warm Springs. Travel to several treatment plots, look at reseeding, and help design a plan for a medusahead infested site

Instructors :

Bob Gillaspay—NRCS State Grazing land Specialist

Roger Sheley (tentative) - Weed Specialist—Eastern Oregon Agricultural
Research Station, Burns

Marvin Butler—Superintendent, Central Oregon Agricultural
Research Center

FOR MORE INFORMATION: CONTACT SHAWN BIG KNIFE AT 553-2009 OR FARA AT 553-1520



Increasing Calf Value with Age and Source Verification

June 19th, 2008
O.C.A. Mid-Year Conference
Madras, Oregon at Inn at Cross Keys
6:30 a.m. – 11:00 a.m.
Complimentary Hot Breakfast!

This is an opportunity to become familiar with the process of age and source verification. Discuss the implications of this program for the cow/calf producer and how getting involved may lead to added premiums. Leading experts in the PNW outline the opportunities for producers: Washington Beef/AB Foods, Beef Northwest, Allflex USA and Sterling Solutions.

Pre-Registration \$10.00 (\$15.00 On Site)
Online www.orcattle.com or
Crook County Extension Service: (541)447-6228
498 SE Lynn Blvd, Prineville, OR 97754





Avoid Summertime Blues...

A 3-step plan to banish foodborne illness

Cases of consumer-caused foodborne illness rise along with the temperature in the summer months. Have a safe summer by:

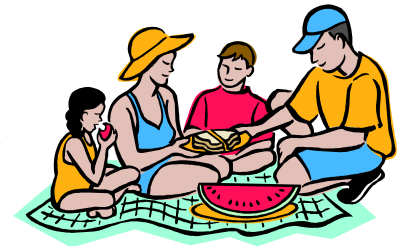
1. **Remembering good sanitation**
2. **Thoroughly cooking barbecued meat and poultry, and**
3. **Keeping food at the proper temperature and protected, especially outdoors, to prevent contamination and bacterial growth**

The incidence of reported foodborne illness hasn't declined significantly since 2004. Several outbreaks over the last year have been traced to foods such as raw beef products, raw spinach, peanut butter, frozen chicken pot pies, and cantaloupe. Although some of these outbreaks were out of consumers' control, others could have been prevented by cooking to kill the bacteria.

Some foods that have caused foodborne illness outbreaks through the years are even riskier today to eat. These include raw or undercooked foods of animal origin such as ground beef, raw milk (and cheese made from it), and eggs. Because bacteria grow in animals' intestinal tracts, there is always a possibility that the bacteria could end up on the food itself.

Preventive action is especially important when food is for people who are more susceptible to foodborne illness. That includes pregnant women, young children, older adults, and those with illnesses that weaken the immune system including HIV/AIDS and cancer.

1. Cleanliness is the first step to prevent spread of harmful bacteria. Wash hands frequently with soap and water when preparing food. Wash counters, cutting boards, and utensils that come into contact with raw meat and poultry. Don't let uncooked foods from animals (or juices from those foods) come into contact with cooked foods or with foods you'll eat raw, such as lettuce.
2. Thoroughly cook meat, poultry, fish, and eggs to kill bacteria. Cook ground meat until it's brown (160 degrees using a thermometer inserted sideways). Cook eggs until they're firm. If you buy raw milk, pasteurize it at home in a double boiler by heating to 165 degrees and holding at that temperature for 15 seconds. Read labels to be sure you're buying cheese made from pasteurized milk.
3. Keep perishable foods at safe temperatures to prevent growth of bacteria that may contaminate food after cooking. Keep hot foods hot (above 140 degrees) and cold foods cold (refrigerator temperature).



Reference: FoodNet, Centers for Disease Control and Prevention

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

For a fun summer time meal try out our

Sloppy Garden Joes recipe on the following page!!

Remember to follow the 3 steps to keep it safe for your family!

Sloppy Garden Joes (8 servings, 1 sandwich each)

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound ground turkey or chicken
- 1 - 8 ounce can tomato sauce
- 1 - 15 ounce can whole tomatoes, crushed
- 1 - 8 ounce can mushrooms or 1/2 pound fresh chopped
- 1/4 cup barbecue sauce
- 8 whole-wheat buns

1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

Source: Oregon State University Extension Service. 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 1 sandwich (256g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 540mg	23%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	24%
Sugars 8g	
Protein 20g	
Vitamin A 45%	Vitamin C 35%
Calcium 8%	Iron 15%

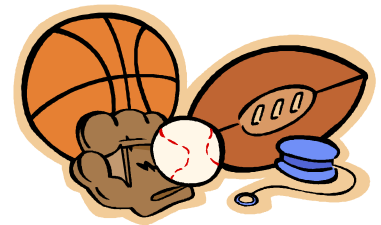
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

Keeping positive keeps kids involved in sports

Every year, too many spectators go out of control when children are involved in sports. The summer sports season is a good time to stop and remember what is important about these activities. Young athletes face pressure to win from their parents, coaches, and peers. But in reality, it is not possible for everyone to win every event. Young people need to learn the skills to cope with losing. When adults can stay positive, researchers say, youth enjoy sports more. Here are some ways to keep kids interested in sports or other programs:



Encourage them. Keeping children active keeps them healthy and helps them develop healthy habits to last a lifetime.

Be a good role model. Children learn by example, so show them how to practice good sportsmanship. Don't expect to win at everything. Show them how you handle losing (shaking hands and congratulating the winner, for example).

Keep it fun! Asking "Did you have fun?" versus "Did you win?" says a lot to a young person. Get their input about what sport to sign up for. Don't force them to play the sport you lettered in, or the sport you always wanted to play.

Teach personal responsibility. Young people can take personal responsibility for their actions if responsibility is modeled and expected. If a child made a bad play, so what? Don't point fingers or pass blame.

Get involved. Sports teams need adult volunteers as well as encouraging parents. Adults are essential for getting young people involved in programs outside school hours.

Youth sports are a wonderful way for children to have fun, develop skills, and establish a healthy lifestyle. However, if the experience is to be the best it can be for all participants, it is necessary for adults to learn what young people want and what is appropriate for them.



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

Shawn Morford—4/H Agent; Staff Chair
Minnie Yahtin—Secretary and All Around Assistant
Fara Ann Brummer—Agriculture/Natural Resources
Bobbie Calica—4-H Program Assistant
Emilee Hugie—Family and Community Development (Home Economics)
Arlene Boileau—FCD assistant
Sherry Ayres—FCD assistant
Danita Macy—FCD assistant (school cooking program)

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PLEASE GIVE MINNIE A CALL OR SEND
HER AN E-MAIL AT**

minnie.yahtin@oregonstate.edu

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

Newsletter is edited and compiled by OSU Extension Staff