FAMILY SUMMER CAMP—August 11—14

The traditional 4-H Culture Camp is taking a new shape this year. The camp this summer will be a camp for families, not just youth. It is still planned for Peter’s Pasture, but will be open to families to attend “Strengthening Families, Strengthening Culture”. The four day, three night camp will include classes and activities for all ages. Tentatively scheduled for August 11-14, the camp will focus on traditional, cultural activities such as huckleberry drying, and traditional arts such as beading, as well as language. The camp will be co-sponsored by 4-H and The Culture & Heritage Department. Families will be able to reserve a teepee or bring their own tents. There will be no camp counselors to supervise youth, so any youth participating will need to have adults in attendance. Staff will provide meals, classes and leadership for activities. Some activities will be designed for kids only, and most will be for all ages. The purpose is to provide a positive, fun event to strengthen family ties, communications and links to traditional culture.

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

YAK—Warm Springs YOUTH ADVISORY KOUNCIL!

What does YAK stand for? YAK means to talk, or chat. That’s what the new Warm Springs YAK (Youth Advisory Kouncil) is designed for.

WHAT: New Warm Springs Middle School YAK

WHY: To create a new group of youth to advise the organizations about the needs and interests of youth.

And, to give youth in Warm Springs a voice! Also, to have fun, learn leadership skills, go places, and help the community. Mostly to have fun!

WHEN: First activity is Wednesday, March 26, from 1—4 PM. Food, contests, door prizes and fun group activities! Spread the word! We’ll meet at least 2 times a month after that!

WHO: Any Middle Schooler who is tribal member.

Questions? Call the 4-H Office at 553-3238
4-H Summer Program Plans

The Warm Springs 4-H Program is beginning to outline plans for summer 2008. We are working jointly with Workforce Development to hire five high school students who will serve as summer youth program staff to plan and conduct programs for younger youth in the community. The summer staff will be recruiting and supporting community volunteers to teach classes, plan and lead activities. Positions will be advertised by mid-March, and applications will be due on April 16. Interviews for summer positions will be held on Saturday, April 26. The summer job will start June 23 and end on August 22. High school students who are interested in learning more about the positions can contact 4-H faculty member, Shawn Morford at 553-3238.

4-H Club news

4-H clubs are open to all middle school and high school students at no cost. The following 4-H clubs are currently enrolled and active in Warm Springs:

-Rockin' 4-H Club: This club is open to high school students with an interest in learning how to raise cattle. The club meets on no-school days and some weekends. Volunteer leaders Jason Smith and Leanna Blueback. For more information, contact Jason at 553.2001.

-Designing Cinderella: Open to middle school and high school students, this club involves designing and sewing formal wear. The club meets on Sundays at the Education Building from 1-4 p.m., and includes a light lunch. There is no cost to participate and all level of sewing experience is welcome. Contact volunteer leader Brenda Williams, 553-2563.

-4-H Social Dance Club: This club teaches and performs traditional social dances and singing and meets every Thursday afternoon at the Community Center at 3:30 to 5 p.m. Leaders Merle Kirk and Adeline Miller. For information, call Merle at 553-3290.

There is much room for new 4-H clubs to form! If you have an idea for a skill set that you are interested in teaching youth in Warm Springs, please contact our office. As an approved volunteer, you are volunteer employee of Oregon State University, and the university covers your tort/liability insurance. The process involves an application, reference checks, background check, and a one hour orientation session where you receive a notebook of information.

For more information on how you can start a 4-H club, or how to enroll your youth in an existing 4-H club, contact Bobbie Calica at the Warm Springs 4-H Program at 553-3238.
How can you help youth in Warm Springs?

Here’s one way: **Sign up to teach a class or lead an activity with 4-H.** We are recruiting and accepting applications for “resource volunteers.” This means that you are willing to be called upon as needed to help teach, lead, or assist with various 4-H activities of your choosing, and as your time allows. We will be planning more after school programs, community service projects, and in-school programs that rely on community members in the future. By completing this form, you are getting your name on our list of volunteers that we can call to see if you have time to help out. It doesn’t commit you, it only gives us your information to contact, and tells us your interest and availability. Both older youth (high school) and adults are welcome.

Name ________________________________________

Street Address ________________________________________

Mailing Address ________________________________________

Home or message phone _____________________________________

Cell phone (if any) ______________________________________

Email address (if any) ___________________________________________

Previous 4-H involvement and approx. dates
___________________________________________________________________________________________________

Name of person to contact in case of emergency and phone number:

What hobbies, skills, or special interests do you have that you want to share with youth in Warm Springs?

Are you interested in teaching one or more 1- hour after school classes or leading an after school activity for Warm Springs youth? (we provide the facility, supervision, and insurance)—

Yes  or   No

If yes, what would be a title of the event/class? ____________________________

Are you interesting in serving on a 4-H committee to help plan 4-H programs for youth here?

Yes, please contact me       Maybe later       No

Please read the following before signing:
- I willing to learn and accept the philosophy of the 4-H Program  
- I affirm that the information given in this application is complete and correct. - I understand that completion of this form does not imply that I am covered by tort liability insurance of OSU, but is used for information and contacting purposes only

SIGNATURE _______________________________  Date ___________________
March is National Nutrition Month!

Take a step toward healthier eating during National Nutrition Month®. It’s a matter of balance, says Carolyn Raab, Extension Foods and Nutrition Specialist at Oregon State University. Go to http://mypyramid.gov to personalize a guide to good eating based on your gender, age, and level of physical activity. You’ll learn what and how much you need to eat to have a healthy, well-balanced diet. Grains, vegetables, fruits, milk, meat, and beans should be on your plate every day.

No single meal or food makes a diet healthy. Your total diet is the most important focus for healthy eating. Get the most out of your calories by choosing a variety of foods that fit your caloric needs. To maintain your weight, choose portion sizes that are right for you and balance out your food intake with physical activity throughout the day.

Rather than thinking about “good” and “bad” foods, look for “nutrient rich” foods. Fruits and vegetables are good choices. For relatively few calories, they provide vitamins, minerals, fiber, and other compounds needed for good health.

Many people don’t eat enough fruits and vegetables. Think about new ways to add them to your diet. To save preparation time, buy bagged fresh lettuce or cabbage, pre-cut carrots, or frozen stir-fry vegetables. Toss chopped steamed vegetables with your favorite pasta or put them on top of pizza. Try pinto, kidney, black, or navy beans in salads, soups, burritos, and chili. Mix with rice or pasta, too.

Enjoy whole fresh fruit as a convenient on-the-go snack. You could also carry small containers of canned applesauce or other fruit. Dried fruit such as raisins or apricots is another option.

If you’re a parent or grandparent, be aware that you’re a model for young children in your family. Good eating should be a family affair. Kids tend to have a better diet when they share meals with their parents. Use this opportunity to encourage them to eat fruits, vegetables, and dairy foods.

For healthy eating ideas, great recipes and other resources on eating well for less, check out the OSU Extension Healthy Recipe website at http://www.healthyrecipes.oregonstate.edu
A love of learning is one of the greatest gifts a parent can give a child. Long before a child has any idea about the alphabet, parents can prepare children to read. The first step is to build a loving relationship with your infant.

As your child grows, try these simple tips to encourage reading.

- Be a good role model by reading more yourself!
- Use labels and signs around the home to promote word recognition.
- Point out familiar words around home and the community for your child to recognize.
- Take at least 10 minutes a day to read aloud as a family. Let each person choose stories.
- Keep a variety of reading materials in your home.
- Keep a book in your child’s car seat.
- Encourage your preschooler to tell you a story in a familiar book. This develops imagination and memory.
- Teach your child rhymes and songs.
- Write a family story about shared experiences. Don’t forget to add family photographs, or you can draw pictures to go along with the story.

Source: Adapted from OSU News Tips, February/March 2007

Managing Between Jobs

There are times in everyone’s life when they are between jobs. For example, due to recent events in the community many families may be in this situation. Planning ahead and making smart choices can help your family better able to deal with the situations and decisions you may face.

OSU Extension has a FREE 5 part publication: Managing Between Jobs to help individuals and families develop and implement a personal plan to deal with their situation. If you would like a copy of this publication they are available at the OSU Extension office (in the Education Building) 1110 Wasco Street, Warm Springs, OR. The publication is also available at http://extension.oregonstate.edu/catalog

The 5 handouts include the following topics:

* Setting Spending Priorities
* Strategies for Spending Less
* Deciding Which Bills to Pay First
* Talking with Creditors
* Keeping a Roof Overhead
WHO'S YOUR DADDY?

BULL AND STALLION SELECTION IN YOUR HERDS

A CRITICAL FACTOR IN SUCCESS

Selecting an appropriate sire for your livestock – whether cattle or horses is one of the most important management decisions for a livestock owner. Since a bull sires 25 or more calves in each calf crop, he has much more influence on the genetic makeup of the herd than does the individual cow. Similarly with horses, the stallion in a herd is responsible for the majority of foals and their genetic makeup will be repeatedly influenced by that one individual. In cattle, ninety percent of the genetic improvement in a cattle herd is due to the last three bulls that were used. In horses, a properly chosen stallion will produce foals that are of better quality compared to one that is inbred or has undesirable traits and is left out in the herd to reproduce.

In choosing a bull, it is important to have him tested for trichomoniasis, an infection transmitted by bulls that can cause reproductive loss in your herd. It is also important to have him semen tested. In choosing a stallion, it is important to make sure he is in good health and Coggins tested before bringing him on to your place.

Production Goals in Cattle

Establish production goals before choosing traits for sire selection. For instance, if grass is ample, you might increase your calf weaning weights by selecting for increased milking ability in your replacement heifers. If grass is short and in demand and will not support higher milk production, you could increase weaning weights by selecting for weaning weight directly. If you plan to winter calves, then run them on pasture before selling, you might stress yearling weights in bull selection.

Expected Progeny Differences (EPD) in Cattle

EPD’s are estimates of how a bull’s progeny or offspring will perform when they are compared with progeny of the average bull within that breed. They are reported as pounds above or below a zero base. For example, a weaning weight EPD of + 27.5 means that a bull is expected to sire calves that are on the average 27.5 pounds heavier at weaning than the base line of that breed. Common EPD’s reported for a bull are: BW (birth weight), YW (yearling weight) WW (weaning weight) Milk (the expected milk production of a bull’s progeny measured in increased pounds of weaning weight due to extra milk production of his daughters). Many EPD’s are also beginning to calculate values for carcass traits such as intramuscular fat and ribeye area.

A commonly used phrase recently has been the term “calving ease” bulls. These are bulls with a low BW EPD, and generally have the potential to produce lighter weight calves that are less likely to cause calving difficulties in the first calf heifer, 2 year old cow, or even the older cow who might have a narrow pelvis or be from a breed that is genetically smaller than the bull that is being used. In utilizing actual birth weights, a producer should keep in mind that many factors cause actual birth weight figures to vary. For example, the birth weight of a calf out of a first-calf heifer will be less than from a mature cow, yet genetically they may be the same in terms of causing calving difficulty. In addition, bull calves born in the fall of the year will be lighter than bull calves born in the spring. Yet, on the average, a bull that has a birth weight of 110 pounds is going to be a more difficult calving bull than one that has a birth weight of 75 pounds.

Stallion Selection in Horses

In selecting a stallion for your herd or for your broodmare, consider the traits that you want to see in the resulting foal or foals. Is it color, or size? How about good bone, good legs, and a sound mind? Temperament of a horse is key in the ultimate sale of the resulting foals. Although things like temperament are inherited from either mare or stallion, choosing a stallion with a good mind is key to developing that trait in your herd. Many people want to breed for color. Color can be a quick sell, but in the long term, a reputation can be had for horses that are good in a particular event or competition or riding discipline. These things are all related to genetic potential, making a stallion a very important component within the herd.
The recent Weed Forum that was held at the Community Center brought a lot of weedy issues up for discussion. Thank you all for being there to participate! Thank you also to Natural Resources Range and Ag. and BIA for partnering with Extension on this event. Obviously, weeds are a huge concern for just about everyone – from livestock owners to homeowners. As much hands on identification and understanding as we can get with weeds helps us to battle these little devils. In this issue, we will discuss thistles. In general though, if you see an unwanted plant (weed) in an area, and it is of concern to you, please call Natural Resources 553-2001, Range and Ag. 553-2011 (Jason Smith), Utilities at 553-3246 (Brian Lund) or us here at Extension 553-3238. New areas of weeds are always important to track down and identify and attack. Your call and input can help stop the spread of weeds! Thank you

Problem Thistles of Oregon
These thistles are native to Europe and the Middle East. Some are not true thistles; for example, yellow starthistle is actually a knapweed. All of these plants however, share a spiny, thorny, invasive nature and long-lasting hard seed. Bull and Canada thistle have been established in Oregon for many years. It is important to know what thistle you are dealing with. Canada thistle, for example, is a perennial and it differs greatly from control of the similar-looking, but annual Italian thistle. Key characteristics to look for are flower color and size and time of bloom. Early detection and control of new infestations is essential to keep Oregon from being overrun by these and other noxious weeds. Here in Warm Springs, we can expect to see the following thistles: Yellow starthistle, Scotch thistle, Bull thistle, and Canada thistle.

Yellow Starthistle: As mentioned, yellow starthistle is really part of the knapweed family. It is an annual that germinates in fall, winter, or spring depending on moisture. The flowers are bright yellow in July – October with protruding spines. There are as many as 150,000 from a single plant! Horses grazing this plant can develop a disorder called chewing disease which is fatal to them.

Scotch Thistle: is a biennial, completing it’s life cycle in two years. It has numerous red to purple flowers with short spines which bloom mid-July through August. Cattle can graze this plant only in the rosette (first year) stage.

Bull Thistle: is a biennial. It has purple flowers often clustered at the end of branches July through September. It forms a spiny rosette the first year. The leaves are deeply lobed above, hairy above, and cottony below. Spiny wings are formed on the stem of the prickly leaf base.

Canada Thistle: is a creeping perennial. It has light purple to white flowers July through August. The smooth stems are up to 4 ft. tall and the leaves are edged with stiff, yellowish spines. It prefers deeper, richer soils than other thistles. Cattle can graze this plant in it’s seeding and early vegetative stages

Adapted from Extension Service EC 1288 (12/06)
Dr. Mark McFarland and OSU Extension invite you to dinner and an Educational Program:

Improving Herd Health Through Biosecurity

Listen to a nationally recognized speaker, Dr. Dale Grotelueschen, Managing Veterinarian for Pfizer Animal Health. And Dr. Julie Weikle, ODA Field Veterinarian. Discuss biosecurity as a method to reduce disease and learn about trichomoniasis in Oregon including prevention and control.

Date: March 31, 2008
Place: Inn At Cross Keys Station, Madras
Time: 5:30 pm

RSVP by March 18th via phone or email Barbie Riggs (OSU Extension, Crook County) at 541-447-6228/barbi.riggs@oregonstate.edu OR Fara Brummer (OSU Extension, Warm Springs) at 541-553-1520/fara.brummer@oregonstate.edu

Northwest Indian Youth Conference Co-coordinator
Located at the OSU Extension Office

Jaylyn Suppah will be here at Extension with us until June 10th working on the NW Indian Youth Conference as a co-coordinator. This event will be held here in Warm Springs during the last week of May. Jaylyn is working with a planning committee to organize the conference. She has been hired through Workforce Development, but she is sharing our space here at the Extension office. She has a passion for working with youth and helping them be all the best that they can be. She is also working to get a Young Leaders Initiative started for Warm Springs youth. Jaylyn can be reached at 553-3433.
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)

WOUOD YOU LIKE TO RECEIVE THIS NEWSLETTER ELECTRONICALLY? IF SO, 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