

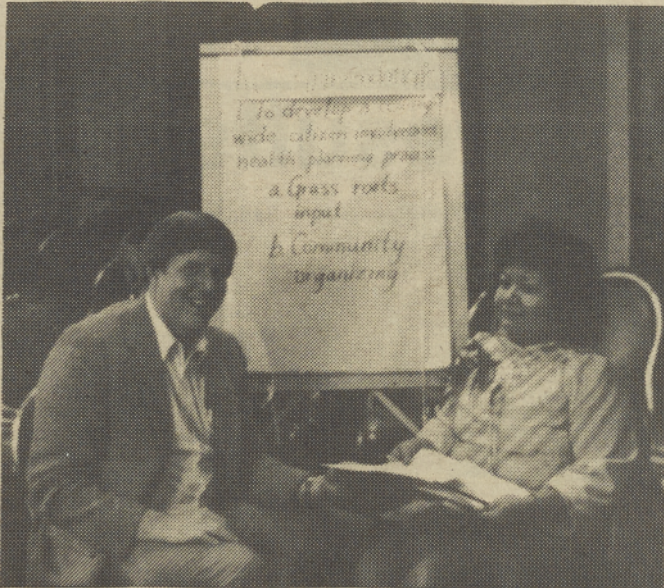
# Locals complete training

Three women from the Warm Springs Indian Reservation have graduated from a training program offered by the OSU Extension Family Community Leadership Program. The most recent graduate, Pat Smith, completed the Public Policy Leadership Training and the second regional FCL Training Institute in Portland, February 11. She joins Carol Muniz, FCL volunteer, and Pennie Albrandt, extension staff, who graduated from a seminar training on the state level last September.

The women were selected in part because their background fits with the object of the FCL Program to increase the participation of women and minorities in developing public policy.

"The goal of the training is to help women and other family members become more effective in dealing with local issues," said Greg Tillson, State Coordinator of the project in Oregon.

Participants at the conference attended general and small group sessions in this working conference which lasted nearly a full week. Under the theme "The Family in Changing Economic Times" with special focus on health care, the participants were teamed in six action groups to learn and practice basic skills



Pat Smith, right, talks with Greg Tillson during training in Portland.

for citizen involvement.

Lectures, exercises, and community visits to health care agencies were built into a conference curriculum which assigned the solving of a community problem as a group task.

A health service planning problem presented in a case study format gave participants the context for practicing research and group skills.

"It was good practice," said Pat Smith, "for the real-world involvement of concerned

citizens who want to influence community decisions, learning how to identify the key issue in a public problem, practicing consensus decision-making, and preparing presentations for public hearings."

At Warm Springs, this training will be used to identify and meet the needs of a community wide-based consumer education program. These three women will be active in contacting volunteer members to serve on a community advisory board for this need.

## Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

## Leaders recognized at annual banquet

Ten Warm Springs 4-H leaders were joined by Extension staff and guests at the recent 4-H Leaders Banquet at Kah-Nee-Ta Lodge. The banquet, sponsored by the Warm Springs Extension Service, was to honor 4-H volunteers for hours and work put into working with youth through the 4-H program.

All 4-H leaders present at the banquet received recognition certificates (those unable to attend will receive theirs in the mail). In addition, leaders completing one, five, ten, fifteen, (etc.) years of 4-H leadership were awarded clover pins. Five leaders received bronze pins for one year of service. Linton Winishut, Reggie Winishut, Beatrice Winishut, Gene Harvey and Renita Harvey. Nine other 4-H leaders were unable to attend the banquet but will also receive first year pins. These include Mary Ann Meanus, Bernice Mitchell, Prunice Williams, Chesley Yahtin, Sr., Verbena Greene, Hilda Culpus, Millie Colwash, Lucinda

Green, and Sondra Miller. Jeff Sanders, Rocking' 4-H Livestock Club leaders, received the Pearl Cover Award (gold pin with a pearl center) for 15 years as a 4-H club leader.

Barbara Sawyer, Oregon State University Extension Specialist, was the evening's keynote speaker. Drawing from her own past experience as a 4-H member, Barb shared some examples of how 4-H can help youth learn skills that benefit them later in life. She compared the 4-H club to a family. One of many characteristics common to strong families is that they have an elder who is respected and looked to for advice and leadership. In the 4-H club, the leader has a similar role. Members look to the 4-H leader for help with projects, guidance for planning club activities and advice.

In short, 4-H leaders are special people. The sun would still come up in the morning without them, but these caring people help make the world of thousands of youngsters a little brighter.

## 4-H camp in June

Camping is just one of the many learning opportunities offered through the 4-H program. One camp program that is being jointly sponsored by the Jefferson and Deschutes County Extension 4-H programs is Round Lake 4-H Camp.

If you are in the 4th, 5th or 6th grade (or have children who are) now is the time to register for camp. 4-H membership is not required to get in on the camping program! Brochures and registration forms will soon be sent to 4-H members of camp age. Extras will be available in the extension office for anyone who needs one.

An exciting program is being planned with emphasis on outdoor living, nature study, sports and crafts. The dates for camp are June 20-24 and the cost to Warm Springs youth is only \$25.00 since the Warm Springs 4-H leaders association is contributing \$20.00 per

camper towards the total cost of \$45.00. The registration fee covers one way transportation to camp. Parents and families are invited to a potluck supper and campfire program on Friday evening, the final night of camp.

Since that Friday is the first evening of Pi-Ume-Sha, we realize that a few Warm Springs youngsters may need to leave camp early to get back. If necessary the Extension van can go up a little early to bring those children back. Please indicate on your registration form if that would be helpful.

If any Warm Springs youth really wants to attend camp, but is unable to go to Round Lake, there is limited space in some other counties' camp programs at the Oregon 4-H Center near Salem. Some include 7th and/or 8th graders. Dates and costs vary. For more information contact Doris or Lee at the Warm Springs Extension office.



## Parents must let go before children can grow

### Family Lifelines —



Most parents want to raise their children to become independent, self-sufficient adults. The problems with accomplishing this job is letting go enough to allow children to experiment and make independent decisions.

"There are several reasons for parental reluctance to let go," says Marcelle Straatman, Oregon State University Extension human development specialist. "Being in charge of our children's lives become so habitual that we can't switch our small child treatment habits to fit adolescent needs."

Another trouble spot is that some parents get most of their satisfaction from their children's dependence. It makes them feel needed and loved. They haven't figured out how to give up their children's dependence for other sources of satisfaction. Other parents are honestly afraid to grant their children independence

even if they admit they can't tag along as their child's life-guard.

"As much as parents would like to believe they can save children from mistakes and heartaches, the truth is that most learning about life is learned in the 'school of hard knocks.'"

"We'd like to think our children can benefit from what we have learned, but we forget that much of our wisdom stems from experience," says Straatman. One factor at work here is that most adolescents cannot imagine that parents were once their age, and had similar needs and desires.

Because their judgement is not always sound, parents do need to help adolescents avoid disaster. For example, adolescents must be discouraged from engaging in behavior that may result in life-long negative consequences such as a criminal activity, drug addiction or immature parenthood.

"These types of behavior are much more damaging than parental unwillingness to allow them as choices," Straatman says.

Parents who encourage their children to make small decisions and accept children's choices early on are laying the

ground work for later positive independence. There will be mistakes but avoid saying, "I told you so." Constructive learning develops if we say, "What have we learned from this?"

"Children and adolescents need our support especially when they make mistakes," Straatman notes. "Giving such support builds stronger relationships and independence rather than creating hostility."

"The adolescent struggle for independence makes demands on parents," she adds. "Some of them are real while others are tests of our endurance. We have to distinguish between them."

As much as they may scream for "yes" answers, giving in produces unhappy, insecure youngsters who feel their parents don't care. The overall effect is the opposite of what we think we're achieving.

Leaving home is a developmental task for youth. If they leave under happy circumstances without feelings of guilt or hostility, parents have performed their job well.

Letting go is a developmental task for parents. It's easier for children when we lovingly let them go knowing they'll make mistakes and earn their own wisdom.

## Lumber book available

Quality Control in Lumber Manufacturing is a new book authored by Terence D. Brown, Extension Forest Products Specialist at Oregon State University. The book contains chapters written by the author and industry personnel who are applying successful quality control methods.

Topics include quality control in the woods; evaluating machine centers and operators, as well as train operators, quality control in

drying, surfacing and storage operations plus many examples about these and other topics. Questions about the book and obtaining a copy should be

addressed to Terence D. Brown, School of Forestry, Oregon State University, Corvallis, Oregon, 97331 or calling 754-2145.

A two-day workshop on quality control will be offered September 21-23, 1983 at Oregon State University in Corvallis. Limit for the course is 50 participants.