

4-H clubs offered in Warm Springs

Boy's Cooking—Arlene Graham and Millie Wilson

You will learn to:
Measure ingredients
Read a recipe
Make delicious and nutritious desserts
Collect your favorite recipes
Create your own personal gifts from the kitchen

Rifle—Steve Caddy and Keith Baker

You will learn to:
Clean and care for a rifle
Use a rifle safely
Shoot accurately
Receive a Hunter Safety Certificate
Long range goal includes: Shoot competitively at local and state meets

Outdoor Survival—Keith Baker and Steve Caddy

You will learn to:
Track
Use a map and compass
Identify edible and poisonous plants
Fire survival
Become certified in First Aid
Become certified in CPR
Rock climb
Participate in Team Challenge Courses
Go on a survival weekend

Crochet—Virginia Forseth and Mary Smith

You will learn to:
Hold the crochet needle and yarn
Select yarn
Read instructions
Make chain, single crochet and double crochet stitches
Crochet one project from beginning to end

Leather—Elliott Switzler

You will learn to:
Select good leather
Use leather tools properly
Make an original design
Paint leather
Design and complete a wallet or belt

Shawl Making—Laura Switzler

You will learn to:
Select fabric and fringe
Sew a shawl to fit you
Sew by hand and machine
Paint designs on a shawl
Sew a shawl from start to finish

Careers—Margie Earl

You will:
Explore different careers
Learn what interests and skills you have and which careers might best suit you
Learn which careers are going to be in demand when you graduate
Learn which classes to take in school
Learn what skills and training are needed for different careers

Silver Making—Harry and Pat Miller

You will:
Learn to select stones for jewelry
Learn to solder
Learn to make jewelry
Learn to design your jewelry
Make a jewelry piece from start to finish

Quilting—Eraina Palmer

You will:
Learn to choose colors and fabrics
Learn how to use a sewing machine
Learn to create your own design
Learn to make small gifts using the logcabin style
Sew pillows using quilting techniques

Sup-se-qawl Wes Wes yte—Beatrice Winishut, Reggie Winishut, Pat Smith and Delia Walsey

You will:
Learn about cultural regalia
Learn to make fry bread
Learn about cultural foods
Learn about cultural customs and traditions
Learn loom work
Complete several projects from start to finish
4-Hers will learn in short-term classes

Arts and Crafts—Carol Allison

You will:
Learn to draw (form, line, balance)
Learn to use color effectively
Learn to paint with acrylics
Complete several drawings and paintings

Grooming—Arlene Boileau

You will:
Learn about alcohol and drugs
Learn about body changes
Learn latest hair styles for boys and girls
Learn about public appearance, poise, posture, manners, fashions, inexpensive clothing options
Explore your self-image
Explore the relationship between nutrition, fitness and feeling good about yourself

Rabbit—Tommy Kalama

You will:
Learn to care and feed a rabbit
Learn to raise rabbits for profit or as pets
Learn your responsibility as an owner and caretaker
Learn the different breeds of rabbits

Beadwork—Caroline Tohet

You will:
Learn to use a needle correctly
Learn to design a pattern with beads
Learn to use color to enhance designs
Practice skills by making daisy chains and medallions
Complete one beaded project from start to finish

Rock'n 4-H

You will:
Learn to care, feed, water, vaccinate, etc. a cow and/or calf
Learn to grow alfalfa and bale hay
Learn your responsibility as an owner and a caretaker
Evaluate expenses, sale value, and profit or loss
Learn how nutrition affects the growth of cows and calves



OREGON STATE UNIVERSITY
**EXTENSION
SERVICE**

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The Warm Springs Extension Service provides equal access to all its activities and programs.

4-H helps build self-esteem

Helping youngsters feel good about themselves is one of 4-H's most important contributions. Here are some ideas to help you increase your 4-Her's sense of self-worth.

1. Have them list five positive (not negative) words describing themselves to a stranger.
2. Have them list three skills they do well.
3. Have them describe their best feature.
4. Have them list four personal traits they like about themselves. (i.e. honest, cooperative, kind, etc.)

All the answers should be a private matter UNLESS the 4-Her chooses to share them.

Some children will have a difficult time recognizing positive things about themselves. Encourage them to list positive attributes. You may need to suggest some positive traits the child possesses to help them get started.



Cross-country skiing trips are scheduled for December 23, 28, 29 and 30. To prepare for those trips down the slopes, plan to attend the cross-country skiing orientations November 19 and December 17 at the Community Center. Both sessions will begin at 7 p.m. The skiing trips and orientations are co-sponsored by OSU Extension and tribal Recreation.

4-H teaches life skills

4-H focuses on the growth and well-being of the whole child.

What on the surface might appear to be a basic "hands-on" project is actually far more involved. 4-H activities teach young people to identify needs, set goals and plan how to accomplish them. They learn through their experiences and by seeing the results of their efforts. They become effective group members.

These are all "life skills" we need to live a healthy, fulfilling and balanced life.

For the past 30 years, the philosophy and goals of the Warm Springs 4-H program have focused on enhancing the lives of all youths.

Today's young people need immediate gratification and entertainment. They have learned to simply turn it on or plug it in. They may try to cover up their fears by complaining. For many, the next step is numbing these fears with drugs and alcohol.

Today's youth must cope with issues adults didn't have to face as children or teenagers.

4-H helps young people feel good about themselves, feel comfortable asking questions, explore individual interests, belong to a group, learn a skill in a "fun" environment and have positive adult role models.

4-H helps young people develop skills needed to make positive decisions in today's complex world.

4-H PLEDGE

I pledge my Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living for my club,
my community, my country and my world.

4-H OPEN HOUSE

Friday, November 20
1 to 4 p.m.

Warm Springs Community Center

What can be learned in 4-H

Share everything.
Play fair.
Respect others' feelings and property.
Say you're sorry when you've hurt someone.
Put things back where you found them.
Wash your hands before you eat.
Warm cookies and milk are good for you.
Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work some everyday.
When you go out into the world watch out for traffic, hold hands and stick together.



The Culture and Heritage Club, or Sup-se-qawl Wes Wes yte, offers cultural activities for 4-Hers ages nine to 19.

4-H Awards Banquet

will be held

in December

Date & time

to be announced

4-H is for everyone 9-19! To register, contact the OSU Extension Office at 553-1161, Ext. 238.