

Learning can be fun!

Volunteer help recognized, appreciated

The OSU Extension staff wishes to thank the following people for their contributions.

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OTS, Recreation department, Wellness, Housing, JOM committee, Fire and Safety, Utilities, KWSO and KWSI.

Police department, IHS, Group

Home, Natural Resources, Printing, Vehicle Pool, Forestry, Cascade East Veterinary clinic.

Central Oregon Livestock Auction, Range/Irrigation/Agriculture committee, Fish and Wildlife committee, Range and agriculture office, Land Operations, Housing department, Enterprise department, Tribal Council, Spilyay, Bear Springs Ranger Station and, Madras Extension office.

A special welcome to Deanna Lamebear who will be working with the OSU Extension staff here at Warm Springs. She is employed through the JTPA program.

Staff learns CPR

To ensure the safety of our client Arlene Boileau, Eraina Palmer, Joni David, Mollie Marsh and Clay Penhollow were trained in first aid and CPR. These skills are especially important when working with children at camp and on trips.

Mollie Marsh has developed a Risk Management Plan (what to do in case of an accident) for the 1. 4-H Center 2. While traveling 3. 4-H Camp. The plan gives step by

step guidelines and appropriate phone numbers.

Mollie has also developed Standing Medical Orders (what first aid can be performed in case of an accident).

Both the Risk Management Plan and the Standing Medical Orders have been reviewed and approved by Dr. Nakamura, IHS and Dean Seyler, Fire and Safety.



The Warm Springs Extension staff consists of (seated) Arlene Boileau, Mollie Marsh, (standing, left to right) Joni David, Deanna Lamebear, Clay Penhollow and Eraina Palmer.

Extension offers wide range of information

OSU Extension helps individuals and families cope with everyday stresses and strains of life. We provide information on family budgeting, intergenerational communications, coping with caregiving, stress management, building personal self-esteem, riding your home of insects, nutrition, layettes, inexpensive curtains and much more. As you can see Oregon State University Extension Home Economics has a lot of information besides cooking and sewing for you and your family.

We teach workshops, answer call in questions, provide information in the Spilyay Tymoo, and have books, magazines and videos on consumer issues, families, health, parenting and gardening.

Examples of 1987 workshops offered to the Warm Springs community include: Pulling Your Potential Together, Know Your Valuable Papers (co-taught by Madeline Queaphama, Margaret Buckland, Antoinette Pamperine, Olivia Kirk, Jerry Sampson, Mollie Marsh, Managing Your Credit, Coping with caregiving, Insects In the Home, Quilting, after school sewing, after school crafts and cooking, nutrition. All workshops were open to any interested individual.

Many workshops were also offered at the request of various depart-

ments for their specific audiences (women's work program, housing,

kindergarten, latchkey, Miss Warm Springs program.

Agriculture topic of workshops

For Warm Springs, Agriculture can often be a melting pot of topics. The Oregon State University Extension office provides information and learning opportunities about livestock production, range management, crop production, home horticulture, farm planning and agriculture economics. Other areas of concern include Natural Resources, Forestry and Community Development. The OSU Extension Service has specialists and contacts with many areas and can provide these resources through our local office. Stop by some time and see our collection of books, magazines and video tapes. Maybe there is something for you. The office is located at 2126 Warm Springs Street in the Old Administration Building.

In 1987 we provided the following workshops to the Warm Springs community: Heifer Selection and Management, Winter Brood Cow Nutrition, Calving Management and care, auction yard questions and answers, breeding and bull selection, herd health and vaccinations, Lawn Establishment and care, grazing management as a tool for range improvement, bull buying fieldtrip,

trout creek riparian area tour, cow productivity and artificial insemination, range field days, designated skidtrail course and the mid-columbia beef cattle conference.



The 4-H Challenge Camp held last summer included a strenuous climb to the top of Ollalie Butte. The hike, no matter how tiring, was well worth the effort. Hikers were rewarded with a beautiful view of Mt. Jefferson.



Keith Baker assisted Kim Ami while she repelled into a ravine. Baker is co-leader of the 4-H Outdoor Survival Club.

4-H helps build families

The goal of 4-H is to help build family unity. Along with this goal we hope to build family unity. Along with this goal we hope to build leadership skills, feeling good about ones self and build lifetime skills.

In teaching through 4-H clubs, we recruit leaders from the community to teach a skill or craft. (Or just offer good ideas).

This year is the largest club listing we've had. Out of 16 clubs there

are 21 leaders all offering to work with our youths. silver making, beadwork, leather, Shawling making, career development, quilting, art and craft, and outdoor/rifle are all new to us this year.

The club's who have a good track record for repeating each year are: Cultural and Heritage renamed Sup-pe-qawt Wes we syte, boys cooking, crochet/knitting, grooming and rabbit.

Puzzle defines 4-H activities

Today's 4-H program is for all youth—rural and urban—from all racial, cultural, economic and social backgrounds. It reaches girls and boys in a variety of ways; as members organized 4-H clubs; as participants in special interest groups, as enrollees in short-term projects. It reaches them through television, camping and educational methods and in programs planned to meet specific needs of youth and the communities where they live.

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Solution on page 8

4-Hers participate in activities

1987 opened up a lot of new ideas and opportunities to 4-H. Thanks to KWSO, 4-Her's and other youths from Warm Springs learned how to do a radio ad. A pretend shopping trip taught the 4-Her's to shop wisely. A modeling trip showed our girls what it takes to look and

feel good about ones self.

For older youth we offered: Summer Week, Camp Counselor Training and Know Your State Government.

These are just a few things that were offered to our youths in Warm Springs in the year 1987.

Highlights of 1987