Three-day workshop held at Kah-Nee-Ta Resort



The first week of March, 105 participants from all over Oregon joined in forces at Kah-Nee-Ta for a three day workshop. These people are committed to helping their communities to have more efficient and creative groups for community participation. A facilitator and a Recorder remain neutral in the meetings so people would make

important decisions for the community.

One extra bonus for them and for Warm Springs was for the participants to learn about Warm Springs. The workshop members were divided into groups that applied the new leadership skills to Warm Springs problems.

The FCL Trainees studied ways the ECE could strengthen it's Volunteer program and to increase educational materials relevant to Warm Springs children. The newcomers were impressed with the tribes commitment to education.

The Museum had two groups, one working with the educational group and a second one working to strengthen a volunteer committee and to set up back-up volunteers who would take over when funerals or other important events drew away the planned volunteers. Jeanne Thomas was the official Museum representative and Ramona Tanewasha was the FCL Trainee for both Museum groups.

The Grazing Group Committee grew to know the needs of the range riders, ride bosses and families who selected them. The FCL trainees recommended some communications training that would strengthen the communications link between the three groups. Chris Greene and Bob Pawelek, the FCL Trainee for the Soil/Water and Conservation Groups provided valuable insight to the role of the FCL program and the

needs of the grazing groups.

The Self/Sufficient Group consisted of 15 members who worked with Bob Jackson and Orthelia Miller at General Assistance facilities. The FCL trainees applied the Snow Card Technique to get many ideas about solving the desires of General Assistance participants. Norma Simpson was the FCL

Trainee for this group. The Hispanic Facilitation Group had more

than 15 FCL Trainees apply their new skills to the activities of the Hispanic Volunteer Committee in Jefferson County. Angie Carrasco, the Jefferson County seeks volunteers to work with translation and understanding of services available in the community. Their skit during the final presentation reflected the need for people to find help when a sick child needs a doctor. Angie's other hat in this case study activity was to be the FCL Trainee.

Finally, one group of FCL Trainees focused on the desire to establish a Library in Warm Springs. Myrna Courtney, John Hicks of COCC, and Fritz Miller and Shirley Sanders of the Education Committee provided the expert background to suggest long range plans for their dreams.

The Family and Community Leadership Trainees expressed appreciation getting acquainted with Warm Springs Staff and were impressed with developments on the reservation.

EXTENSION SERVICE

Information provided by: **OSU Extension** at Warm Springs 1110 Wasco Street 553-3238.

OSU Extension Staff:

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Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

Having money problems?

The Last week of February, Bob Pawelek and I completed a series of three workshops about Managing Your Income. We were delighted to have 12 people to join us for the 2 hour sessions. We know others want to start another class. If you are interested, please call Salli at our office 553-3238 to express your interest. Tell us the day of the week that will be the most convenient for you. Then later we will set up the dates.

This is one of the worksheets that we used in the course.

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Clover speaks

We are getting ready for Tri-County 4H Camp Counselor Training in Warm Springs. This years training is going to be quite a learning experience for counselors.

We will be going to Camp Tamarack located near Sisters, Oregon. To be eligible for 4H Camp Counselor Training you need to have completed the 9th Grade by the time camp starts. You need to mail your application to the Deschutes County Extension Office by April 8, 1994. There is also a fee to help cover meals of \$20.00. Camp Counselor Training weekend is April 22-24th and you must attend this weekend to be considered for a counselor position at Crystal Springs 4H Tri-County Camp. The theme this year is Dinosaurs and the name of camp is 4H-A-

During May there will be additional training that will cover specific topics such as Leadership Skills, Homesickness, Conflict Management, Learning about yourself, Developmental Stages of Pre-adolescents. We hope to see you there.

Have any questions you need answered? Give us a call at 553-3238 or stop by OSU Extension Office you know who to ask for.

Rainbow Dancers March 18, 1994-Indian Nite Out in honoring the senior citizens. Rainbow dancers will be participating in the dancing. We are hoping to see a lot of the community at the agency Longhouse. If you are interested in learning the old dances you can stop by the OSU Extension Office and pick up a health form. You would be working with a lot of caring group and Verbena Greene. If you have any questions please give us a call at 553-3238/3239. We would be more than glad to answer you questions. It is not too late to sign up for the rainbow dancers.

4H Leaders Needed If you would like to start a 4H club, you are more than welcome to. Our office can give you information on how to organize a you can! Or a cooking club. Any kind of club can be started, and there can be more than one club of the same kind. We have ample information in the 4H office on different types of clubs that would interest you. You are welcome to stop by and look at the information we have. A club can meet anywhere, your home, or the 4H Center or any place that will allow you to hold meetings. So now is the time to take that step.

Become involved in your community, help

Warm Springs youth be all that they can be! Be a part of the solution. 4H Resource library

The 4H program has put together a group of books and videos for 4H Leaders and for the community to use. Listed below are the titles. Here is a great chance to gain information given at seminars around the country right here in Warm Springs! You do

not have to travel anywhere to get it. However, you really have to want to learn and you will need to set aside time to watch the video or listen to the tape or read the book. Just think of the advantage you to be able to check out the material and use it at

home or in your car! Anywhere you go.

Our most recent addition to the 4H Resource Library is from Rockhurst College of Continuing Education and the materials are wonderful!

Please feel free to come and explore the 4H Resource Library. Our office hours are 8:00 a.m. to 5:00 p.m. If you need to come after 5:00 p.m. please feel free to give us a call at 553-3238 and ask for Carol Stevens she will be glad to meet you after 5:00 p.m. Here is a list of current titles

Assertiveness-The right choice, this includes audiocassettes covering such subjects as Assertive Communication with Co-Workers, Assertively Confronting Aggressive People, Resolving Conflict Through Assertiveness, & What is Assertiveness? This four tape series includes a workbook too.

Life Planning—Find honest answers to critical questions about your health, wealth, love and success to improve your life. Find answers to important life questions concerning your Career, Companionship, &

How to Manage Projects, Priorities & Deadlines-The Art of Getting it Done-This set includes eight audiocassettes and workbook to help you get the full benefit of

The Stress Management Handbook-A practical guide to reducing stress in every aspect of your life! This handbook will help you recognize the warning signals of stressinduced burnout. Discover effective relaxation techniques and minimize needless worry and anxiety.

Change: Coping with Tomorrow Today—Techniques for success in the "21 Century." An action plan to prepare you for tomorrow today. Five steps to conquer

Listen Up: Hear What's Really Being Said-Understand the whole message not just the words. Reduce conflict and increase understanding. Make others want to listen to

How to Manage Your Boss-Get your boss to see you as a star performer. Earn raises and promotions without asking and reduce stress and enjoy your job more.

Volunteer Recruiting & Retention—A

reat resource covering Strategic Planning, Program Planning, Recruiting, Training, Motivation and much more.

The Great Trainer's Guide-This guide will help you train (almost) anyone to do (almost) anything.

Training Techniques in Brief-This guide to teaching methods for the Non-Professional.

The Effective Management of Volunteer Programs—A practical guide to share the basic philosophy about people and how to treat them in a way that encourages growth and self-renewal in individuals and organizations.

Survival Skills for Managers-A basic guide to what you needed to know that no one

Building the Short-Term Volunteer Program-A guide to Episodic Volunteering.

How to Take Care of You... So You Can Take Care of Others-A survival guide for Volunteers and Human Service Workers.

You Can Make a Difference-Helping

others and yourself through volunteering.

The Volunteer's Survival Manual—The only practical guide to giving your time and money

We have Videos on 4H that you can check out. The series is called "Letters to New Leaders." These tapes can be helpful to leaders that have been with the program for more than a year too. There is always something more you can learn and share with your club/project members. There are some opportunities in video six for leaders you may not have seen before, so feel free to come by and check them out.

Video 1 covers what is 4H? Video 2 is Starting a Club or Project, video 3 is Planning and Conducting Meetings, video 4 is Leadership Techniques, video 5 is Member Opportunities, and video 6 is Leadership Opportunities.

The itches you can't explain, helpful tips toward curing the itches

According to an editorial in the New England Journal of Medicine in April 1992, itching is an "orphan symptom, frustrating to patients and their physicians and sadly neglected by neurophysiologists and pharmacologists." The medical term for itching is not particularly appetizing: pruritus. The sensation is carried through the same nerve fibers that carry pain signals, and a persistent itch is certainly a first cousin of pain. Scratching usually alleviates it, apparently by stimulating other nerves that slow down the itch messages traveling along the pain nerves-it's rather like drowning out an unpleasant noise with a louder one.

Sometimes just talking about the subject or even reading about it can make a person itch. Emotional stress can sometimes make you itch — and itching also produces stress,

Bob Pawelek

OSU Extension Agent

Livestock and Range

about something like stray dogs chasing

calves around or animals rights activists who

won't eat a steak but will dern sure wear

leather shoes. It's not my intention to gripe;

even though it may come across that way at

Springs when you stop and think about it. Look at the folks in New York City, still

shoveling snow so they can walk to the bus

stop to catch a subway to get to a crowded

office building where they put in eight hours

We have it pretty good here at Warm

Every so often in this column I get riled up

becoming a circular process. The causes of some itches are obvious-insect bites, a sunburn or wound that's healing, or poison ivy. Irritating as it is, such itching generally goes away by itself in a few days. Then there's the itch of athlete's foot, as well as "jock itch" in the groin or genital area (women, by the way, also occasionally get jock itch). These are generally brought on by fungus infections, and can often be cleared up by anti fungal powders and creams. Good hygiene and avoiding tight clothing or chafing underwear can also help.

But what about the itch you can't explain, especially itching over a wide area? Where do you draw the line between just putting up with it, applying home remedies, and getting worried enough to see a doctor?

at a job they may not like, than catch the subway after dark with the added fear of

being mugged, either there or at the bus stop.

know where their family is. I would not want

to visit the Middle East right now, either.

Closer to home, in Mexico, the poor people

are so fed up, they're shooting each other. Even closer, in California, little kids are

rating how bad their tummies aches by the

up. we got through the winter without so

much as a few dustings of snow. The calves

are in much better shape than they were this

time last year, even though we're still losing

a few here and there. Hay is cheaper than it

was, too. It may go up within the next few

weeks, so if you are running low, it's time to

rainfall so far, but we still have a good chance

Yeah, we may be a little short on the

The essence of my message today is this

we all have things we want or need to

gripe about. That's okay and it's even healthy

up to a point. Yet our gripes and problems are much easier to fix than the difficulties other

Here at home, the south slopes are greening

There are folks in Sarajevo who don't

And they're still not home yet.

Richter Scale.

of getting wet.

folks are facing

If you itch all over

Stockman's Roundup: Countin' Blessings

Though few people may think of it, dry skin is the most common cause of itching, particularly the all-over itch or the itch that covers a wide area such as the back or legs. In winter, indoor heat and outdoor chill dry your skin. As you grow older, your skin produces less oil, which may aggravate the effects of winter weather, frequent bathing, especially with soap, robs the skin of oils. Wool or synthetic fabrics next to the skin can make a person itch, as can perspiration or frequent swimming. If you have this kind of dry itchy skin, you suffer from xerotic or asteatotic eczema — eczema being the general name for skin inflammation.

See if you can cure your itch by taking the

· Keep your baths and showers short, and use lukewarm (not hot) water. Cut back to two or three a week. Sponge bathe the rest of the time.

 Discontinue deodorant soaps if you use them. Choose milder soap and use as little of it as you can.

· If you take baths, add bath oil, cornstarch, or instant or colloidal oatmeal to the water. Pat yourself dry instead of rubbing.

· Apply a moisturizing oil or lotion, especially after a bath or shower. Avoid products that contain alcohol, which is drying.

 Make sure all clothing that touches your skin is well rinsed when washed. Try switching to a detergent that contains no perfume. Discontinue fabric softeners, bleaches, and other laundry additives for a while to see if that helps. (You may be able to return to your regular washing routine

 Wear cotton instead of wool or synthetics. Permanent-press and wrinkle-resistant fabrics may have formaldehyde or other irritating chemicals in their finish. Wash new clothing and towels before using them.

. Try not to scratch. You may irritate the skin further

If you notice a rash or irritated skin

Rashes or irritations are usually localized, which may help you discover what the cause is. For example, if your face is itchy and irritated, suspect a cosmetic. If you hands are cracked and itchy, suspect some chemical you handle (dish detergent, for example). This form of eczema, also known as allergic contact dermatitis can take years to develop. Moreover, the reaction may not occur until several hours after you've come in contact with the allergen. Some people become allergic to nickel that subsequently touches the body produces intense itching and sometimes a rash.

Occasionally a previously tolerated medication turns into an allergen and causes itching. A less complicated form of contact dermatitis is caused by some irritant-art materials, nail polish, or other cosmetic. You may experience anything from just itching to red swollen skin, blisters, and inflammation that mimic poison ivy. If you can identify the substance that's causing the itch and can discontinue using it, you may not need medical help. Here are some home remedies that may ease itching from contact dermatitis:

 Try a cold compress and that old standby, calamine lotion.

 Over-the-counter cortisone ointments and creams may help if the allergy or irritation is mild. As a rule, you should use creams or ointments only on dry rashes. If a lesion is oozing, use lotion or liquids.

· Be wary of preparations ending in caine, such as benzocaine. These deaden the itching, which may feel good for the moment, but these products can cause secondary

allergic reactions.

· As with any persistent itch, try not to scratch. This is especially important if you already have a rash or irritated skin. If you tend to scratch yourself while sleeping, cut your fingernails short-or try sleeping in cotton gloves.

When to get medical advice

Whether your itch is localized or generalized, you should go for medical help if self-treatment doesn't bring relief within a week or so. Scaly, silvery patches on your scalp, elbows, knees, and hands may be a sign of psoriasis, a skin disorder of unknown cause. You'll need a doctor's advice for treating it. Unexplained generalized itching can be a symptom of any number of serious disorders, including liver disease, diabetes, and some forms of lymphatic cancer. So if you can't explain the itching and it won't quit, you should make sure it isn't a sign of underlying illness-though it's probably only skin deep. Though itching is an "orphan symptom," there's a range of treatments your doctor can try, from oral antihistamines to phototherapy.

Cleariel for Sale 1 pound bags-\$2.00

Plant & Soil notes: Try some chard

Swiss chard, also known as chard, is a eight inches tall, sidedress with a nitrogenclose relative of the beet. Unlike most beets however, chard is grown for it's tasty, vitamin-rich greens rather than it's roots. The large, green leaves have a texture similar to spinach and have edible, fleshy red or white stalks. It is cooked as a pot herb, similar to spinach or eaten raw in salads like

Chard seeds are best planted about 30 days before the last frost. Around Warm Springs that could be as early as the beginning or middle of April. Plant about 6 to 10 chard seeds per foot, about an inch deep in nitrogen rich soil. Plant in rows 18 to 24 inches apart. Thin chard plants to about 12 inches apart to grow to their mature size, two feet tall or more. Plants removed at thinning time can be used as salad greens. When plants get about rich fertilizer. Unless your family freezes or cans chard, four to eight plants may be enough for a family of four.

Chard can be harvested throughout the entire growing season, beginning when the leaves are seven to nine inches tall. Cut outer leaves first, about one inch from the soil surface, with a sharp knife. Be careful not to damage the inner stems and growing points.

Harvested chard can be stored unwashed in the refrigerator for a few days. For long term storage can or freeze chard. Chard can be eaten as a steamed vegetable, stir-fried and added to soups and casseroles.

For more information on gardening please ive me a call (553-3238) or stop by the Extension Office in the Education Center

All we need is the desire.