

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.

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.

Trainees 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.

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.



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

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The above individuals are devoted to extending research-based information from 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.

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.

Where does your money go?

Table with 3 columns: Monthly Amount, Out of Town Entertainment, Barter, Household Expenses, Personal Expenses, Savings and Insurance, Transportation, Home Business Expenses, Ranch Business Expenses, Medical, Personalized Expenses.

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."

Stockman's Roundup: Countin' Blessings



Bob Pawelek OSU Extension Agent Livestock and Range

Every so often in this column I get tired up about something like stray dogs chasing calves around or animals rights activists who won't eat a steak but will dem sure wear leather shoes.

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.

Plant & Soil notes: Try some chard

Swiss chard, also known as chard, is a close relative of the beet. Unlike most beets however, chard is grown for it's tasty, vitamin-rich greens rather than it's roots.

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.

Clearjel for Sale 1 pound bags—\$2.00

Here at home, the south slopes are greening 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.

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.