

Clover Speaks

Rainbow Dancers

If you and your children are interested in learning how to dance and the old dance's, you are more than welcome to come and sign up for the club.

The Rainbow dancers have been meeting once a month. If you need to have a question

Financial skills workshops set for May 2, 9, 16

Now that you have your tax refund, perhaps you know there is not much help you pay the bills you already have. Now is the time to join the next three workshops on "Managing Your Income" which will be held May 2, 9, and 16. Workshops start at 5:30 and finish at 7 in the Training room on the first floor of the Education Center on Wasco Street. This a repeat of courses given earlier in the year, offered again by popular demand.

To register for the series, call Salli Blacketeer, secretary of the OSU/Warm Springs Extension Service at 553-3238. There is no charge, and we need to know how many people will attend so that we have enough worksheets and space for everyone interested.

An advance series of workshops will be scheduled for September. You can learn ways to take control of your money, rather than your money controlling you.

answered feel free to call the office at 553-3238/3239. Or better yet, stop by the office at the education building. Crystal, Carol and Arlene will be more than glad to answer your questions. Verbena Greene is the teacher for the Rainbow Dancers and is doing very teaching. The club all loves Verbena for being the kind and understanding lady that she is.

Clubs:
If you are interested in starting a club, the doors are open for anybody to start a club. It don't matter what kind of club you want to start. Just come in and we will be more than glad to get you started. There always can be more than one kind of a club. If you want to start another bead club, you're more than welcome to. If you want to start a sewing club, you can.

So call and let us know if you want to start a club. If you have any questions we will be more than glad to answer them.

Basketball Clubs:
Just Say No To Drugs by Foster Kalama and Melvin Tewee. The Chiloquin Eagles won the Boy's division and The Lady Vols from Simnasho won the Girl's division. Foster's Bears took second in the girls and Melvin's Chinooks took second in the boys.

At the Chiloquin tournament both teams placed second also.

The 4-H basketball clubs have been doing very well in their games. Keep up the super work. Foster Kalama, Melvin Tewee, Janice

Gunchows and all the rest of the volunteers, thank you for keeping the youth interested in sports and other activities.

How Outdoor Camp Benefits Youth

Camp season is fast approaching and the Warm Springs Youth will be able to attend high quality overnight camp. This year the 4-H camp will be June 19-23 and is located at Crystal Springs in Prineville, OR. This 4-H camp offers Warm Springs Youth two ways to enjoy camping.

Overnight camper:
complete the 4th grade by the time camp starts. As a resident overnight camper you will stay in cabins from June 19-23 with a group of 7-8 campers and a counselor. Your child will participate in fun games and great learning experiences. Your child will learn about the world around them and more importantly, they will learn about themselves.

According to the American Camping Association, there are 8 benefits to camp. Here is a list: enhance social skills, build character, build self-reliance, enhance self-esteem, educate the whole person, teach responsibility.



Information provided by:
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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. 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

New guidelines set for poverty level

It makes your heart sink when you hear about the numbers of people living below the poverty line. If you're older, you think about depression days, or your first pay check, or stories from your grandparents lean years, gleaming wool from the barbed wire to use to make socks for winter. Most families survived by part-time jobs, or producing their own food, or working for very low wages just to keep from going hungry.

Today many families with two wage

earners working full-time are still below the poverty line, just trying to keep together and to be strong supportive families. Others are not even that lucky, with no jobs yet they try to keep together and to be strong families. They deserve our support and encouragement.

In February 10, 1994 new poverty guidelines were published in the Federal Register for all states except Alaska, Hawaii and the District of Columbia.

SIZE OF FAMILY UNIT	POVERTY GUIDELINES
1	\$ 7,360
2	9,840
3	12,320
4	14,800
5	17,280
6	19,760
7	22,240
8	24,720

For family units with more than 8 members, add \$2,480 for each additional member. That's the same increase applies to smaller family sizes as you can see in the figures.

Be aware of propane warning odor

By Norma L. Simpson

If you use propane gas for heating or cooking, be sure you and your family know how to tell if it is leaking. A handy pamphlet came in the mail from the Northern Energy Inc that services my house. I set it aside, until I heard the news that it was a Mock Quake Drill, and I recalled the terrible fires that followed the California quake.

So, from the bottom of the mail, I dug "Propane Users Safety Guide." It's a small bright red, white and black pamphlet, and it stinks. Stinks that is if you take the time to scratch it with your fingernail. Have everyone scratch it once, so they will not forget the smell that may save their lives...The Warning Odor.

It says "Take Immediate Action if you smell gas in your house, camper, RV, workplace or around any gas equipment like your propane camping stove canisters. 1. Put out all smoking materials and open flames. 2. DO NOT: operated electric switches, light matches, use your telephone. 3. Get everyone out of the building, vehicle, trailer or area IMMEDIATELY. 4. Close all gas tank or cylinder supply valves (see the drawing). 5. Use your neighbor's phone to call a trained LP-Gas service person, do not re-enter the building, vehicle, trailer or area. Do not turn the gas again, even though you do not continue to smell the gas. 6. Let the service person or firefighters check for escaped gas. 7. Let the service people repair the leak, then check and relight all your gas appliances.

4H A FAMILY AFFAIR



Involve your entire family in 4-H projects!

Working with commodity foods

by Norma L. Simpson

Recently John Brown and James Moran asked me to work with them in activities to promote the use of the Warm Springs Commodity Foods Program. John and I have set up a schedule of 6 programs during the year to demonstrate use of commodities that people don't know how to use or avoid for some reason or another.

APRIL 29 DEMONSTRATION ON BEANS

9 a.m. to 12 and 1:30 to 4 p.m.

Our first demonstration at the Commodity Foods Center will be on April 29 will be ways to prepare dried baby Lima beans, black-eyed peas and vegetarian beans. Some people avoid the dried beans because of unpleasant side effects of eating them. But when they explain how they cook the dried beans, we know that there are better ways to make them soft and less gassy.

NEW CHANGES IN ELIGIBILITY FOR COMMODITY FOODS

James Moran of the Warm Springs Commodity Center asked me to help them publicize the new changes in eligibility for commodity foods which were announced in late February. The staff there are now ready

to serpotential clients who fit three eligibility requirements:

1) People who live within the reservation and qualify for commodity foods regardless of race, color, national origin, age, sex, handicaps or religion. You do not need to be an Indian to qualify.

2) All Indians with 15 miles of the reservation who qualify for commodity foods, regardless of tribal affiliation. 3) Parent of foster or adopted Indian Children.

This is "GOODFOODNEWS". You will see "GOODFOODNEWS" posters throughout the reservation and the larger community which shows the amount of food for one person. That poster shows the 40 items of food which equals about 75 pounds of food.

For a family of four, that means 160 items or 300 pounds of food, value about \$500.

You and your family do not need to be hungry. So call the Warm Springs Commodity Foods for an application. John and James tell me that the forms are less complicated than many forms you will need to receive other types of assistance. But you will need proof of your income, pay stubs and wards of social security benefits.

Don't forget that trees and shrubs need fertilizer, too

Trees and shrubs are frequently forgotten when it is time to fertilize yard plants in the spring. A yearly application of fertilizer will help to keep your woody plants healthy and fruit trees bearing well. Fertilizing these plants in early springs when new growth appears will produce the best results.

Most woody plants begin the new year's growth with elements stored from the year before. A spring application of fertilizer gives an additional boost to this new growth and improves the health of the plant throughout the growing season.

Opinions vary on the amount of fertilizer needed by trees but there is a general rule for larger trees. Measure the diameter of the tree at four feet above the ground. Apply about one pound of actual nitrogen for every ten inches of diameter. Use a complete fertilizer to insure that the plant also gets sufficient phosphorus and potassium. Apply fertilizer to small trees (diameter less than about six inches) at half this rate.

Apply the fertilizer in a circle along the drip line of the tree or shrub. That is where running off of the crown of the plant hits the ground. It is also where many of the plant's active roots are and where the fertilizer will do the most good. If the fertilizer is placed on the surface of the ground much of it will wash away and be wasted. That is why it is better

to place the fertilizer into the soil. Holes can be made along the drip line a foot or more deep with a stake and the fertilizer placed into the holes. Slices can also be made with a shovel in the soil along the drip line and fertilizer place inside. After applying fertilizer

it should always be watered in thoroughly. Fertilizer spikes and pellets can also be used to provide the nutrients that plants and shrubs need. These products are available through local nurseries and garden supply stores.

How do you rate in time management?

Use this quiz to identify ways to improve effectiveness at home or at work: Effectiveness may be improved by cutting down on the number of "YES" responses. Reference: "Manage More by Doing Less" — Raymond Leon

Circle One

- yes no 1. Start a job before thinking it through?
- yes no 2. Leave jobs before completion?
- yes no 3. Schedule less important work before more important (and possibly more unattractive) work?
- yes no 4. Oversupervise employees (family members)?
- yes no 5. Undersupervise with consequent crises?
- yes no 6. Spend too much time on problems brought to you by co-workers?
- yes no 7. Do things that can be delegated to others?
- yes no 8. Do things that can be delegated to modern machines?
- yes no 9. Do unproductive things from sheer habit?
- yes no 10. Keep too many, too complicated, or overlapping files?
- yes no 11. Pursue projects you probably can't achieve?
- yes no 12. Fail to anticipate crises?
- yes no 13. Handle too wide a variety of duties?
- yes no 14. Shrink from unfamiliar duties?
- yes no 15. Fail to build barriers against interruptions?
- yes no 16. Allow meetings and discussions to wander?
- yes no 17. Conduct unnecessary meetings, visits, and phone calls?
- yes no 18. Chase trivial data after the main facts are in?
- yes no 19. Socialize at great length between tasks?
- yes no 20. Read unimportant documents/reports during most productive time.

Stockman's Roundup: Feeding for daytime calving



Bob Pawelek
OSU Extension Agent
Livestock and Range

Since calving season is the most labor-intensive time for cow-calf producers, it often involves long days and sleepless nights. University studies and observations by ranchers have shown that changing the time of feeding can increase the percent of calves born during daylight hours.

There are several advantages to calving during the day:

- Easier to observe the herd.
- Assist with calving.
- Fewer cows struggling through the night to calve on their own.
- Fewer calves lost.
- Newborn calves get sunshine to warm them.
- Possibility of hypothermia is reduced.

The drawback to getting more daylight calves is you will probably be feeding hay in the dark. The research also shows it has not entirely eliminated nighttime calving. Producers will still need to observe cows during the late night and early morning hours.

Gus Konefal, a purebred breeder from Manitoba, Canada; Iowa State University, and a three-year study at the Livestock and Range Research Station (LARRS) at Miles City, Montana, all manipulated feeding time and gaged the effect of calving time. The table contains their findings.

Wooden or plastic... Which is the better cutting board?

"Which is better, wood or plastic cutting boards?" Nearly 300 callers have asked the USDA Meat and Poultry Hotline this question since the preliminary results of a new University of Wisconsin study were released last spring.

Research conducted by Dr. Dean Cliver and an associate seems to show that "in some as-yet-unknown way, wooden cutting boards kill bacteria that survive well on plastic boards."

The researchers purposely contaminated wood and plastic boards with bacteria. Held overnight at room temperature, bacteria increased greatly on the plastic cutting boards but none were found the next day on the wooden boards.

Until this research is published, reviewed by other researchers and fully substantiated, however, the USDA will continue to recommend consumers use boards made from nonporous materials such as plastic or glass for cutting meat and poultry.

If you want to use a wooden board for cutting meat and poultry, use it exclusively for those products.

Further, no matter which type of cutting boards you have or plan to purchase, keeping them clean is the key to food safety.

All cutting boards should be washed with hot, soapy water after each use. Let the board air dry or pat it with fresh paper towels.

Non-porous and solid wooden boards can be washed in an automatic dishwasher. This method should not be used for laminated wood, which may split.

Once a week, sanitize all cutting boards. To sanitize, add 2 teaspoons chlorine bleach to a quart of water. Flood the board's surface with the solution and let it stand a few minutes. Rinse the board in clear water and air dry or pat it with fresh paper towels.

Replace plastic boards that become excessively cut or grooved.

Reprinted from Food News 1993 supplement.

Check expenses before buying

Still Buying That New Car?

If the new car or van is still on your wish list, you might like to look through the Consumer Reports Annual Auto Issue for 1994 cars. Quick as a wink, you are able to see the vehicle that grabs your fancy, and see the ones that are recommended. The photos show you the models, but the print tell why the cars were recommended or were rejected. Information is based on Updated Prices, Predicted Reliability using Frequency-of-Repair Data collected by Consumers Report and Owner Satisfaction.

Consumers Union Received 486,000 Responses From Owners

The April 1994 issue shows the rating on nearly 200 vehicles. The less than 2% of the vehicles with ratings with Red bullseye had trouble spots. Black Dots mean that nearly 15% of the cars or vans had trouble spots.

Cost of Operating cars and vans
You might check the cost of operating different types of cars or vans. Full-sized cars cost about 38 cents a mile to operate compared to 45 cents for a full-size van. A full-sized pickup cost about 35 cents to operate compared to 30 cents for a compact pick-up. Costs include fuel, tires, insurance, maintenance, finance charges and depreciation.

Calving Time Time of Feeding	# of calvings	Percent in daylight	Percent at night
Gus Konefal			
11 a.m.-noon & 9-10 p.m.	44	80	20
8-9 a.m. & 3-4 p.m.	39	38	62
Iowa State University			
Before Noon	695	49.8	50.2
5-10 P.M.	1,331	85.1	14.9
LARRS - Miles City			
7-9 a.m.	334	66.9	33.3
5-6 p.m.	347	78.1	22.8

Vehicle Type	Cost
Full-sized van	45 cents/mile \$90.00
Full-sized car	38 cents/mile 76.00
Full-sized pickup	35 cents/mile 70.00
Compact pickup	30 cents/mile 60.00
Intermediate car	35 cents/mile 70.00
Subcompact car	29 cents/mile 58.00