

## How-to mini workshops to be offered October 29

People who like to learn new things have a treat in store. The Jefferson County Family and Community Educators Committee have planned twenty mini-workshops during the HOW TO'S workshop on October 29 at the Madras High School from 9:00 a.m.-3:15 p.m.

The mini-workshops cover Crafts, Foods, Holiday Specials, Home Improvement and Sewing and Fabrics. To be sure to get the mini-workshop that you want you should register in advance. There is a small fee for most classes, depending on the topics except

for the six topics which are free.

**Craft Mini-Workshops** include making a Large Father Christmas; Stenciling Techniques; and A look at Bead Work. **Foods Mini-Workshops** include Pasta Machine Magic; Microwave Jams, Jellies and Candy; and Tea and Holiday Breads.

**Holiday Specials Mini-workshops** include Holiday Makeup and Hair; Dried Flower Arranging for the Holidays; Holiday Quick Treats. **Home Improvement Mini-Workshops** include Updating Your Window Coverings; New Instant Clear Jell; Native

American Drums; Fear Factor - Your Surroundings; Wild Birds in Your Yard; and Chip Carving with Folk Art Painting.

**Sewing and Fabric Mini-Workshops** include Fabric Painting Shirts; Old Time Rug Hooking; and Three Dimensional Bow Tie Block Quilts.

BRING A BROWN BAG LUNCH AND JOIN THE OTHERS FOR

THE FEAR FACTOR - YOUR SURROUNDINGS

October 29  
Madras High School



Information provided by:  
OSU Extension  
at Warm Springs  
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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

## Imagination a great way to move beyond real world

by Norma L. Simpson

Remember the many times that you played "Pretend"? After you had seen a movie of pirates, you cut a patch for your eye and pretended that the rope in the tree was swinging from the yard arm of a big sailing ship. One of the laths from a construction site became your sword, you and your pirate mates battled the enemies for the treasure. What a treat it was!

When the youngsters at the community center put on hats from around the world, they too were pretending to be from some other place and time. Their imagination was going full steam ahead. That activity not only taught the children to use their imagination and to understand other cultures, it also helped

the children to think what it would be like to have a different society - filled with beauty or filled with poverty.

Using their imagination is a safe way to move outside their everyday world where anything is possible. It can be scary or a chance to scare someone else. Boys and girls should be encouraged to try on many roles.

But not every child is willing to take a chance. Some children think that others are laughing at them rather than laughing with them. Some older youth refused to join in the around the world venture, they did not want to even pretend to be from another culture.

Your memories of pretending probably will be different from mine because the "story

teller" that I knew as a young child was different from your story tellers. Story tellers on the reservation have been and are passing along serious cultural messages preserving the past. My story teller made a game of the session, that involved each of the children as one of the story tellers. When I moved into the neighborhood, I was awkward at first, because my imagination had not been stimulated as much as her children's imaginations. They had joined in the pretend storytelling for all of their life. But I soon learned from the joy on their faces and in their voices that pretend storytelling allowed them to experiment with many future roles.

I give the story telling mother much of the credit for my ability to see the consequences of bad activities and to see, in my mind, the wonders and excitement of the unknown. Children at Warm Springs have great imaginations and can be involved in making the pretend world that we think of as Halloween. Make-believe is an activity that goes on every day of their life. It brings out their creativity and valuable attitudes that become permanent life-skills.

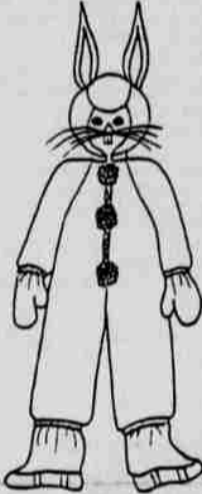
## Cut the costs of costumes

by Norma L. Simpson

Every year we hear how expensive the costumes are to buy. And some are so fragile that they last only one night. But it is possible to make costumes that cost you very little and which can go into your "Costume Trunk." If you are clever, you can make one costume last for several generations - or at least the pattern.

In the Warm Springs Extension Office we have one book called *Easy Halloween Costumes for Children* that has ideas for 60 costumes including last-minute costumes to children 3 to 12 years old. A copy of the book will be kept in Simnasho with Mrs. Margaret Suppah.

Here is a sample of one costume that can be used one year as a white bunny, then as a grey mouse, then as brown bat and finally as a black cat. All you need to do is to make a different hat, then make-up the eyes and whiskers to fit each type of animal.



Bunny has white costume and accessories; huge pom-poms for buttons and tail (page 48). Cut two long front teeth from white plastic or wax container (leave the teeth attached along upper edge) and affix them over upper lip with rolled-up bandage. Draw black nose tip. Make white whiskers from pipe cleaners, raffine or stiff thread; tie a few strands together in the middle, and affix the whiskers under nose with rolled-up self-adhesive, stretchy bandage.



Mouse has gray costume and accessories, large round ears with black or pink fronts, and stuffed long tail. Draw black circles around eyes and black nose tip. Black or gray whiskers.



Cat's costume and accessories are made from black fabric; long stuffed tail. Use makeup to draw slanted eyes and black nose tip. Black whiskers (see bunny).



Brown, lined hood with ears, and drawstring ribknit neckband from pattern W-1. Brown sweatsuit from pattern C (or use any brown pants and top).

Wings (pattern T-2) with armstraps are made from black poster board.

Draw black circles around eyes and spread brown makeup on face.

Appliqué or glue a scary black bat on a tote bag.

## Low acidity of Asian pears requires careful canning

by Norma L. Simpson

Among the new things that I learned this week is the delicious taste of Asian Pears. This fruit that looks like an apple with a scaly surface has a delightful pear-like flavor, but the crispness of an apple. There are a number of varieties of Asian Pears that are grown in Oregon. Research on the pears was carried out at the OSU Southern Oregon Experiment Station by researcher George Frasier, Janice Gregg, Jackson County Extension Home Economist and Mary Jo Kay, Jackson County Master Food Preserver.

The most important thing about canning the Asian Pear is the level of acidity of the pear.

Most of the time we say that fruits have a high level of acid. But that is not true of all Asian Pears. In order to make them safe to can in a water bath, we must "acidify" the contents with bottled lemon juice. It takes 1 tablespoon of bottled lemon juice to one pint safe and 2 tablespoons of bottled lemon juice for a quart jar to make them safe for the water bath process. The reason for the acid is to prevent the growth of botulism bacteria inside the jar.

Wash the fruit well then peel and perhaps slice them before you process the pears. It seemed to me that the Asian Pears we ate last week tended to turn dark soon after they were

peeled. For this reason we recommend to cut the peeled fruit into water containing either anti-darkening product or ascorbic acid powder (1 teaspoon of crushed vitamin C tablets per gallon of water. Drain the solution just before using either hot or raw pack.

Heat fruit in either hot water or light syrup of 1 1/2 cups sugar in 5 1/4 cups water. Pack hot fruit into sterile jars and cover with boiling solution, leaving 1/2 inch head space. Add 1 tablespoon bottled lemon juice per pint jar or 2 tablespoons per quart jar. With a plastic knife or blunt knife, remove the air bubbles from the jar. Wipe jar rims and adjust canning lids. Remember: Do not twist the ring too tightly or the lids can buckle.

Put raw fruit treated with ascorbic acid or anti-darkening product into the jars. Add 1 Tablespoon bottled lemon juice per pint jar or 2 tablespoons lemon juice per quart jar. Pour boiling water or sugar over the fruit, leaving the 1/2 inch head space. Remove the air bubbles with a plastic knife or spatula. Wipe jar rims and adjust the lid and ring. Generally speaking the raw pack floats more in the jar when the fruit has been processed. Air around the fruit goes to the top of the bottle when the raw fruit pack cools.

Process the asian pears for 30 minutes in a boiling water canner for the Warm Springs elevations for both pint and quart jars. Start

facility at the Wellness Center. This will not be preparation of complete menu, but rather how to prepare quick, easy nutritious dishes. I might add that the dishes will be delicious and inexpensive.

Lots of people have asked me how to cook, how to spice foods and how to can and freeze food for the future. If there is something special that you would like to learn to make at home, tell us what you have in mind.

Mark it on your calendar for OCT. 27, 5:50-7:00 pm. See you there!

the timing when the water in the canner is a rolling boil.

## Pride, loyalty vital

One way of strengthening your family's bond is to recognize the importance of family pride and loyalty. These values promote family stability and enable you to celebrate each other's successes.

Pride in your family's heritage encourages you to seek out your roots and explore your attachment to the generations before you. This pride also includes humility, the feeling that comes when you realize that you are part of something greater than yourself.

Suggested Family Activities For October:  
1) Make and display a family tree. 2) Do an oral history of your family: Interview older relatives and tape record what they say. Interview topics might include memories of school chores, work, travel, courtship, marriage, children and grandchildren. 3) Write your family history. Let each family member contribute something, include stories from oral history. 4) Attend programs, sports events, or other activities that involve family members. Cheer for each other. 5) Celebrate birthdays, anniversaries and promotions. 6) Write a note of encouragement to a family member who may be under stress.

## Methanol in washer fluid is poisonous

by Norma L. Simpson

When you fill the windshield washer of your car with solution that you buy at the discount markets, check the label to see if they contain METHANOL. Methanol is one of the petroleum products which is poisonous if ingested. I know you say, "Who would like to drink it?" Well the first suggestions is little kids waiting in the car or van while you are in the grocery store.

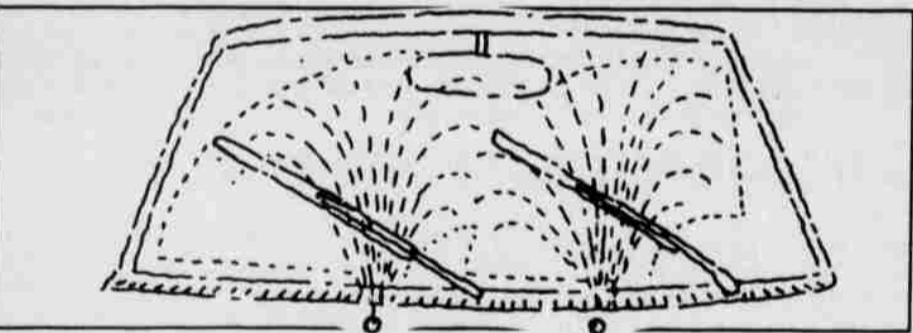
When I filled my windshield washer, it tucked in behind the seat of the van, until I needed to fill it the next time. I had no idea that it was harmful until I read The Hazardless Home Handbook. It says to avoid using solution that contains methanol. Use in a well-ventilated area. Avoid skin contact by wearing nitrile gloves. Store unused cleaner in a secure place. That means with a lock.

There are three suggestions for disposal of hazardous solutions. If it contains methanol,

do not put it in the city sewer system. If they do not contain methanol, flush small amount down an inside drain (preferably a toilet) with lots of water.

THE HAZARDLESS HOME HANDBOOK also contains a remedy for winter months ahead.

When leaving your vehicle outside overnight, mix 3 parts of vinegar to 1 part water and coat the windows with this solution. The vinegar and water combination will keep windshields ice and frost free. Let's give it a try...but not too soon.



## Nail polish harmful to unborn

by Norma L. Simpson

Would you believe, there is one more no-no for young pregnant women. While fingernail polish may make you look lovely, it also has chemicals that can damage your unborn child as well as yourself. Polish and removers are highly toxic.

I recall hearing about toxic nail polish in 1985 when I visited the Garbage Research project at the University of Arizona in Tucson. The researcher said it was one of the most poisonous chemicals that go into our landfill. The unused polish in the bottles, usually are broken, and eventually the polish breaks down in the "garbage stew" that we throw away. Other chemicals in the dump mix with it. Gradually the stew seeps down into the underground water that we or our grandchildren will want to drink.

The association of nail polish with

pregnancy was brought back to my mind when I read THE HAZARDLESS HOME HANDBOOK by the Oregon Dept. of Environmental Quality. Here are the items in nail polish: Acetone, benzene, ethyl acetate, formaldehyde resin, phenol, toluene, tricetyl phosphate, xylene.

The potential hazards are: Flammable, Highly toxic. Vapors easily inhaled. Irritant to skin and mucous membranes.

You can minimize exposure to vapors by turning on the bathroom exhaust fan or opening a window when using polish or remover. Also you can leave the room after they have been applied. Keep bottles capped when not in use and store away from children.

Warm Springs will soon be separating garbage, and that will be a good time to get in the habit of separating hazardous waste products for a special collection.

## Ideas shared

by Norma L. Simpson

In September, I attended the National Public Policy Conference in Boise, ID. This organization works to bring opposing views together to reach decisions that even opponents can accept.

One of the impressive speakers during the four day event, was the former head of the Environmental Protection Agency who now works for the Institute for Alternative Agriculture. What made her presentation impressive, was her willingness to share ideas with this audience things she things agricultural can do to help environmentalists to see the production role of agriculture in the Western States.

When she had been introduced to the audience, the applause was lukewarm to say the least. But when she finished the speech, the applause was long and hardy. No one had felt tongue lashed by her speech, and her tone of voice conveyed the desire to reach solutions to very touched topics. She had served her cause and extended efforts to help opponents to get together to solve the problems.

One anti-governmental elected official calmly explained the reasons for his feelings and gave one example of the problems related to wild horses. Several speakers talked about serving well diverse cultural groups in rural communities without force of outside governmental agencies. Other participants asked for suggestions for seeing both sides of the issue of Gaming on Indian Reservations.



## Volunteers needed for '95 Camp

by Crystal & Arlene

Looking for volunteers to serve on a planning committee for the 1995 4-H Wilderness Enrichment Camp, to attend at least 4 planning session Meeting dates will be October 13 and November 17, 1994 both meetings in Crystals office, time 9 - 12 pm

Warm Springs 4-H Recognition Afternoon to be held on Saturday October 29 1994 please plan to attend. Refreshments will be served pizza and a soda and a CAKE. Last notice for lost camp stuff will be donated to education garage sale stuff For a listing of 4-H Clubs please call 553 - 3238

We are very pleased to have the following 4-H Leaders back this year I would like to thank each one of the for all the time, energy and creative they gave to the Warm Springs YOUTH. They are: Foster Kalama and Family, Melvin A Tewe and Family, Myra Shawaway, Keith Baker & Jeffery Sanders Jr, Bob Pawelek, New 4-H Leaders Carol Wewa & Anita Davis Sue Matters, Janice Gunshows, Jackie Kalama, Violetta Vaeth. RAINBOW DANCERS

We will be having a meeting October 5, 1994 at 5pm in the Training room on the first floor of the education building. During this meeting we will be going over fund

raising and the Alaska trip. At this time we will be setting dates and time for the camp. If you are interested in starting a drum group, please feel free to stop by and let us know. We also need to fill out new registration forms. For the 4-h clubs we do have the packets ready for the year of 1994-1995. Please stop by the office and pick up your packets. We do need registration form renewed for this year.

## Test hay for nitrate levels

OSU Extension Forage Specialist Mylen Bohle has some advise for livestock producers that are feeding cereal hay. A considerable amount of acreage was planted to cereal hay in Central Oregon this year. Oats are the worst of the cereals for accumulating nitrates. Barley is usually half the problem that oats are. Wheat, triticale are usually not a problem, but they can accumulate nitrates as well. Weeds like lambsquarter and redroot pigweed are also major nitrate accumulators.

Any plant stress condition such as drought or frost can cause nitrates to accumulate in

cereal hay. This summer's hot weather and potential watering problems may have stressed many hay grower's plants. If there is any question about the quality of your hay a nitrate test is highly advised. For the cost of about \$20 a livestock producer will know the safety of feeding the cereal hay. This is a very small investment when you compare it to the possible loss of animals due to nitrate poisoning.

If you have any questions about taking a hay sample, getting it analyzed or test results please contact Warm Springs Extension Office (553-3238).