

Around the world and at home....

Family life celebrated throughout the year

by Norma L. Simpson
In December 1993, 33 Oregon organizations started off a year of events to put the emphasis on the importance of FAMILIES. Governor Barbara Roberts and President Clinton signed proclamations honoring the activities of the United Nations International Year of the Family. Throughout the world organizations have spread the word in a variety of ways.

And this page in the Spilyay has featured at least one article a month about A FAMILY STRENGTH.

In another article in this issue, we feature the December A Family Strength:

Self-Giving. These articles were prepared by the Home Economists of Alabama and are part of the Oregon materials prepared and distributed to all Oregon Counties to use throughout the year. The book is full of many more items which we will use in 1995, because families are still important even though the International Year comes to a close.

This social organization, THE FAMILY, comes in many forms and if not available in the usual fashion, street groups will create the types of family units that we often call gangs. Members of the group need identity and care and instruction from members of the family to grow and survive. When members don't get what they need at home, they seek it in other places.

Here on the reservation, we see many children seeking identity, care, and instruction and protection from their grandparents, aunts and uncles as well as their parents. When they do not get this attention, they seek it from less favorable street families.

In October when Oregon State University sponsored an IFY celebration called Global Family: Challenges and Opportunities, I attended the event. Two programs were especially memorable for me. A journalist known throughout the world, Perdita Huston, as featured twice. Students filled the auditorium to hear her talk about major changes taking place now that will affect the world - people living a long time into their 90s and 100s.

Huston has interviewed thousands of women in many countries to tell about their lives. Sometime the interviews have led the women to reveal secrets of their lives that they never told to other people. While she protects their identity, she shares their secrets

and their reasons for living as they do today.

For Example, one woman said she regretted sending her daughter to school because she knew that it would drive a wedge between her and her daughter. She would no longer be like the mother. But when the mother heard on the radio during the International Year of Women, that women are encouraged to give their daughters a better chance in life through education, the woman vowed to give her daughter that chance even if the education drove a wedge between she and her daughter. That is challenge to the educated generation, to honor our mothers for this great sacrifice they have made for us.

Huston said we often do not pay attention to the rapid changes in life span that had been taking place in every nation in the world, even in Warm Springs. People are not only living longer, but the populations of the nations are growing faster than the new jobs and the food production.

Following the conference, Huston was scheduled to visit some Indian women in Northern California. I encouraged her to come to Warm Springs to learn about elder women here for the book she is presently working on. Her first book, published in 1975 is called Message from the Village followed by Third World Women Speak Out, published in 1979.

Huston's last book was on MOTHERHOOD BY CHOICE.

Huston also talked about the return to parenthood, some times after having neglected their own children. The two generations are trying to make peace with each other and to brighten the future for the youngest generation. After Huston's speech, I related the comments by a tribal woman here in Warm Springs. Her technique, as an in-law, is to move in with the family until the husband and wife get their act together and the family members are in harmony.

Another program during the OSU conference focussed on the health care of the migrant workers. A nurse who grew up as a migrant worker told about visiting every state by Idaho during her 21 years as a migrant worker. Her older siblings raised enough money to send her and her sister to nurses training. Carmen Ramirez explained what it had taken to get migrant health care in Oregon. She returned to her community to

open a migrant Salud Medical Center in Woodburn for the many people who had not other place for health care.

Remember that a large number of the migrant population is American Indian as well as the Hispanic, Black, Asian and Haitian migrants who help put food on our tables. These workers often do not have access to health care services close by, if at all. While she is a chicana as she prefers to be called, she provides service to any migrant worker and their families.

Ramirez and her coworker, Marsha Greer, were an inspiration to the participants at the OSU conference. She said they would come to Central Oregon to inspire people here to provide similar medical care to migrant workers if it is not available. Registered tribal members do not have health care problems like others who are not from recognized tribes. Let me know the Warm Spring community members who fall into that category.

LET'S MAKE OUR FAMILIES AND HOMES LOVELY PLACES TO BE!



Information provided by:
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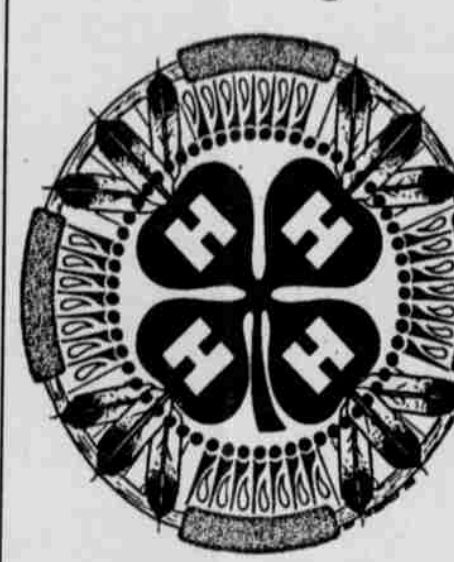
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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. 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

4-H encourages children to become productive adults



by Crystal & Arlene

4-H activities, events, and projects provide opportunity to practice citizenship as we know it in our democratic society today, according to Miss Dorothy Emerson, in 1965 Citizenship and leadership consultant to the national 4-H club foundation aptly states:

Citizenship is a way of life. It's learning to walk in another's moccasins—to imagine how you would feel right now if you were really the other person. It's starting your day with a smile and a prayer. It's being well-groomed and looking your best. It's constantly doing what you ought to do, like watching your speed and being on time and doing your share. It's "please" and "thank you", and a cheery "hello." It's learning to listen for deeper understanding. It's saying, "I'll be glad to" when there's a job to be done. It's the feeling within that acknowledges one Father, one world.

This makes one a citizen of the Universe.

PARENT VISION CAKE RECIPE

- Each parent puts in
- 1 cup of your Values & Beliefs
 - 1 Cup wisdom
 - 1/2 Pinch of "your" Experiences
 - Blend In
 - 1 Pinch of your Perspective
 - 1 oz. of Understanding
 - Sprinkle on
 - 1 Dash of Dreams and a slight amount of Discussion
 - Mix together Gently
 - Bake in the Warmth of Sensitivity & Acceptance
 - Take out when the when the feel is firm...
 - Let cook.
 - Source unknown
 - These are some of the assurances we can start to give our children.

Telephone companies rate war: Consumers left in confusing middle

by Norma L. Simpson
TV, radio and newspaper ads continue to blast us with the glories of the long distance telephone companies. They are all so confusing, it's hopeless that you wonder which one to believe.

An article in the November/December issue of CONSUMER DIGEST, may answer a lot of questions for you. Alan Rosenthal is the author of the article but the facts and figures are prepared by the Telecommunications Research & Action Center (TRAC) in Washington, D.C.. It's a non-profit, independent organization that follows the fluctuation in phone rates.

The BIG THREE - ATT, MCI and Sprint capture some 87 percent of the long distance market for a hefty \$61 billion of our dollars. But there are nearly 400 other companies

that provide long-distance service.

The secret of getting the lowest price is finding the "Long Distance Plan" that fits your needs. Each of the BIG THREE offer at least a dozen different plans because people and businesses have different calling patterns.

Remember that just about everyone will save money by selecting a calling plan instead of a basic rate. You've seen the ad that says the difference between our costs and our competitors is one "Cents." Well this chart gives you the idea for calls between these large cities. Well the ad is true, but only for the standard rates.

LEARN YOUR CALLING PATTERN
Before you choose you Long Distance Plan, you need to know you calling pattern.

The Average Use is based on 25% of LD calls being made during the daytime and 45% in the evening, with 30% during night/weekend hours.

Heavy Night/Weekend Use is based on 5% calls made during the daytime, 25% during the evening and 70% during night weekend hours.

The BIG THREE offer three types of calling plans - those that provide discounts based on the amount of your total bill, those that charge less for calls made at certain times of day or days of the week; and those that provide discount calls made to certain customers or locations.

OOPS I wanted to make this simple but it's hard to do even with the article.

The Consumer Federation of American telephone specialist suggests that you make an informed decision by looking closely at what you family's habits are. Assemble your phone bills for three or four typical months and analyze your habits. Over an extended period, look at what numbers you call, what times and days you make calls, how many minutes the calls are, the one or two numbers you call most frequently, whether or not you make international calls. Stillman says, "Then ask for detailed, written descriptions of all the plans offered by the

phone companies so you can see which matches your pattern."

One caution when switching, is to learn of any fees charged to make the switch.

Another recommendation is to keep track of the rate hikes as they appear in you telephone bill. TRAC's long distance specialist noted "...under one calling scenario, we just evaluated, calling costs increased almost 10 percent since we last ran the numbers in November 1993."

One sad note to the article is that even if you go to all the trouble, it is only for now. New laws soon many allow the seven

regional Bell companies to enter the long distance market. And Cable companies and other firms may join the fray. Rosenthal concludes that "Soon there will be even more combatants vying for your long-distance dollar, and the end result should be lower costs for you." We hope that is the case. If you would like a copy of the article "Telephone Wars: Who Offers the Best Long-Distance Rates?" give us a call, and we'll send you the article from the CONSUMER DIGEST. If you have lots of expensive calls, it may save you a bundle by trying to reduce that side of your budget.

We, at
OSU Extension,
wish everyone a
joyous family
holiday.
Happy
Thanksgiving!

Turkey bone soup hits the spot with holiday leftovers

by Norma L. Simpson
By the time you read this article, you will have polished off most of the turkey and boiled all the rest of the meat off the bones for home-made noodles. It's one of the many memories of growing-up that still pleases me so much. If you are now reading this in December, it is a reminder that another round of turkey is scheduled for December 25.

So when the time comes around, and you have another carcass of bones, plan to make a pot of Turkey Bone Soup. You might want to make a batch of fresh pasta noodles of either whole wheat or regular white flour. Be sure to keep the carcass very cold in the refrigerator or freezer until you boil the bones. Scrape the bones to remove all the meat that is hard to cut off. When the bones have been boiled for 30 minutes, remove the bones and skin for the dogs. Then freeze the soup and chunks of meat until you are ready to make the noodles.

The idea came to me after attending the "HOW TO" demonstration day at the Madras High School on October 29. John Beal, the Jefferson County Home Economics Agent, had a classfull of eager students. We made

whole wheat noodles, spinach noodles, and herb noodles and angel hair thin spaghetti.

A couple of old-timers were surprised that John did not let the noodles dry after dough had been kneaded, rolled, and cut. Our mothers and grandmothers had taught us to cut them by hand, then flour them and allow them to dry before cooking. Well with the pasta machine, we had trouble with only one batch; the spinach noodles were stubborn.

Once we added more flour to the dough, the spinach noodles were dazzling as they cooked bright green, and tempting without drying. I can hardly wait to use them with the turkey bone soup, which to me always looked a bit dull, but with terrific flavor. If you think that turkey bone soup is flat, try a dash or two of tabasco sauce.

If you plan to roll the dough by hand, remember to let the dough rest for about 20 minutes after kneading the dough for 10 minutes by hand or 2-3 minutes with the Food processor. Moisture in the dough will absorb after the gluten of the flour has developed. Gluten is the protein part of the flour which makes it possible for flour to be made into bread or noodles. It takes both time and elbow grease to develop the Gluten. But the pasta machine or food processor can do part of the work for you. Properly kneaded dough will have a slight shine to it, even with the chunks of spinach or whole wheat in it.

On Thursday nights from 5:30 to 7:00 pm

in January, the Wellness Center Kitchen will be filled with aroma of delicious soups. My date to teach Quick and Easy Healthy Soups is January 19 when we make turkey bone soup and some of the noodles that you've read about in this article. These cooking classes are designed to be hands on, so come and get you hands into the dough with us.

Safe medicines?

Many cold remedies carry warnings for people who have high blood pressure. The products that contain a combination of drugs and are labeled as "plus" or "with decongestant" can cause problems. Decongestants in cold medicines decrease the size of enlarged blood vessels in nasal passages. But they also affect blood vessels in the rest of the body and increase blood pressure.

For most people, the increase isn't significant. Yet some people, especially those who already have high blood pressure, can get exaggerated responses or dangerously high blood pressures.

Try an antihistamine or decongestant nasal spray. Use the sprays no longer than two or three days. Ask a pharmacist or doctor which over-the-counter medicines can be taken safely.

Forage Kochia could improve rangeland

by Timothy Wojtusik
People raising livestock in this country are always looking for a way to improve the forage quality of range land where they are running animals. It makes sense: better forage, healthier animals with better weight gains, higher profits. A possible help for our range land could be Forage Kochia.

First of all, we have to make the distinction between Forage Kochia and the weed Kochia. Kochia the weed is an annual plant that can grow to be over four feet tall and is commonly found along road sides, in fields, etc. It is a real headache to farmers. This plant is originally from Asia and it's scientific name is *Kochia scoparia*.

Forage Kochia (*Kochia prostrata*) is also originally from Asia and is a relative of the weed Kochia but it is a very different plant. Unlike the weed type, Forage Kochia is a perennial plant, which means it lives for many years. It can grow two to three feet high and the base of the plant is woody, much like a small sage or rabbit brush plant.

Today Forage Kochia grows in many

range areas of Europe, Asia and North Africa. According to published reports it is a quality forage plant for sheep, goats, horses, cattle and camels. This plant also has the ability to grow well in basic soils, like we have here in the High Desert, and, because of it's elaborate root system, it is able to survive with very little precipitation. In addition, it has been observed to compete well with invasive annuals like cheatgrass without adversely affecting the density of established perennials. Forage Kochia has been reported to have good palatability for livestock and big game and maintains a respectable protein content year round.

Forage Kochia is a promising range plant for this area with many potential benefits. I am actively compiling information on this plant and I'm glad to make copies of what I have for any interested people. Some of our cheatgrass infested range has a long way to go to reach its full potential of forage production and Forage Kochia may be one tool to help us get there.

Stockman's Roundup: OSU to publish newsletter



STOCKMAN'S ROUNDUP: New Newsletter for W.S. Producers

Readers of this column will soon be receiving a brand new monthly newsletter tailored strictly to the livestock producer at Warm Springs.

Courtesy of OSU Extension, the first issue of Warm Springs Stockman will arrive in your

mailbox around the middle of December. Embracing many facets of livestock production on the reservation, the newsletter will include research-based information from Oregon State University disseminated to the stockman in an easy-to-read fashion.

Not only for beef producers, Warm Springs Stockman will be devoted to equine enthusiasts as well.

For cattlemen, current market prices and projections will be a regular feature. For the

horseman (and horsewoman) we will discuss management, training, feeds and rations. Fact sheets will reveal convenient methods of feeding, veterinary skills, and recordkeeping.

Rodeo news and a bit of cowboy humor will also be added to keep it readable. If you'd like to be on our mailing list (and you don't have to own any livestock at all) feel free to contact the Extension office at 553-3238 or fill out the subscription blank found below.

**Warm Springs Stockman
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