

Pros and cons voiced on Gaming Issues

by Norma L. Simpson

The Gaming issues are very compelling. Economic growth, employment, political power, sovereignty are part of the issues. That is one reason that I have listened to the issues in Warm Springs and in a dozen other states. That's also the reason why it's helpful to have outside sources of information to focus in depth on the Issues. The fall 1994 issue of *Western Wire* magazine provides some depth as well as breadth to include tourism in general as well as gaming.

I've been interested since 1966 when, while working for the University of Idaho Extension Service, I helped develop the Grand Targhee Ski Resort on the west side of the Teton Mountains. Because the local people would not get the training they needed to operate the facility, the resort lost money and soon was taken over by outside interests. People were brought into the community to do nearly every job. The community changed

drastically, and local businesses were displaced by outsiders and outside influence. What made it difficult to understand was that the community had the one of the highest levels of education in the state of Idaho.

It was sad to hear the local people talk about the change in their lives. While I haven't been back to the valley for the past 10 years, I have talked to numerous people who have stuck it out. In fact that is one of the reason it is important to think of the future.

I was in Arizona when the Navajo nation voted "NO" on the gaming issue. In July the Navajo Nation Council approved gaming on the reservation. But the Tribal President vetoed it saying "the Navajo people deserved the chance to decide. The Navajo people said no," according to *The Arizona Republic* newspaper editorial on Nov. 18, 1994.

If you wish to see the articles, in the newspaper and the *Western Wire Magazine*, you can see them outside my door in the

Education office.

About a week later, I saw a Sunday morning TV story about the opening of a new branch of the Smithsonian Museum on Manhattan Island, name for the original tribe in the sale of the island. A Connecticut tribe had contributed the largest donation ever given to the Smithsonian for the Manhattan Museum. The donation was \$10 million from the lucrative tribe with a casino operation.

The November 23 issue of the *Madras Pioneer* featured a front page article by Tony Ahern. It says the profit from a gaming facility would most like be used for general social improvements, like for education, senior or health needs and would not be distributed through per capita payments. The issue deserves discussion between supporters and opponents, so that everyone is prepared for the vote December 27.



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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

Using different spices can be a pleasant experience

by Norma L. Simpson

One fun activity, to teach 5th or 6th grade children about aromas and flavors, is to put a small sample of several spices on individual paper plates. You may find several kinds of spice or blends of spice in your cupboards. Allspice would be one. Cinnamon, cloves and nutmeg will be others. Black pepper would be another. If you have ginger snaps on hand, you may want to combine their understanding of ginger, with the cookies they love to eat. Curry, vanilla and sage are three others. Let the children explore the feel of the spices, the aromas and the where they come from. Adults at Warm Springs often

call me about spices, which tells me they are interested in learning to use new spices to add flavor as salt is dropped from their food preparation.

Part of what the children will be learning will be the geography of the world and how important the economy of other countries is related to our own economy.

You could combine this experience with this Word Search puzzle, SPICE SECRETS, which was prepared by Carrie Westcott, a Field Experience Student in Benton County. I made a few changes to add three other spices in our game.

SPICE SECRETS WORD SEARCH

This word search will help you identify some of the more commonly used spices. Circle the names of the 14 spices hidden in the box below.

Spices

Allspice; Cinnamon; Cloves; Curry; Ginger; Mace; Nutmeg; Black Pepper; Paprika; Cayenne Pepper; Saffron; Sage; Tumeric; Vanilla; Allspice;

If you want a map and more information about the places where the spices grow, let me know at 553-3238. Salli Blacketter and I will have a set to copy for you at the OSU/Warm Springs Extension Office.

SPICES

S P I J K H I O E R K F T I E C
P K L E R T F C I O S E U K W I U
A C K E I A O P E K L R C A A O R
G I N G E R K E R U M Y T R P O R
E N K O E R T Y H E A K E G D L Y
L N E W O P A K R E T P L H G I E
K A K H K H D I H J P D F A E Y G
E M F B L A C K P E P P E R O T A
S O I R T L W O P K E L N M S M S
G N N J O L K E E C I P S L L A V
E L E V L J N H L G R P D C M C A
M L E J C N F O K O A I L C B E N
T S N B E K V K R P A P R I K A I
U D K Y K E N O R F F A S H E R L
N K A S A F F U I O N E R L P O L
L C Y O S E I A R L P A W R I K A

Help provided for first time turkey preparers

by Norma L. Simpson

First: You need to decide the size of turkey you need to serve for the dinner. Usually we think you need to have 1/4 lb per adult person eating the turkey meat or half that much for small children. Also you need to decide if you will serve cold turkey after the main meal. If money is no object, and you like turkey, buy a large bird. The amount of bones in a large bird are not much heavier than a small bird. If you have a large cooking pan, space in the oven, and a place to thaw the bird in a refrigerated area.

Second: If you did not plan in advance, and you do not have time to thaw the bird, you should reserve a turkey that has not been frozen and pick it up the last day before the holiday. Then the cold box at the meat market will store it for you at the proper temperature, leaving you room in your refrigerator for other things that need to be cold. You may need to pay in advance to be sure that the market is not stuck with a fresh bird that you forgot.

If you buy a frozen bird, you will need to buy it ahead of time, looking for the frozen birds with both wings if you want to have a fancy presentation and carve the turkey at the table. Some birds are damaged in the slaughtering process, and may come with only one wing. If you plan to cut the meat from the bird before you serve it, the wing is not important.

Third: Plan to thaw the bird in the refrigerator for 2-3 days prior to cooking. If you have a large cooler that the bird will fit in, with the lid closed, you can add ice to the bird as it thaws on the outside, to keep bacteria from growing. **Do Not Thaw the Turkey on the kitchen counter - too much bacteria will grow when the bird is not refrigerated or kept below 40-42°F.** Remove the neck that is stuffed in the large cavity, and giblets, the liver, gizzard and heart in the paper bag in the small cavity at the front of the bird. Also remove large chunks of fat that is inside the small neck cavity and the large intestine cavity.

Wash them gently and put the giblets and perhaps the neck in a pan to cook for the stuffing. My favor piece of the turkey is the neck for you won't find turkey neck in my stuffing. The neck is cooked along with the turkey.

Cut the instructions from the plastic wrapper that covered the frozen bird. Discard the wrapper, and wash the instructions in soapy water. If you understand the nature of bacteria you will understand why so much stress is placed on proper thawing, washing, baking and storage of leftovers. **Your Family's Health Is In Your Hands!**

Salmonella is one of the major bacteria that lives on poultry. When turkeys are slaughtered in a commercial plant, the turkeys are

kept very cold as they are plucked, cleaned and packaged. When Channel 2 TV of Portland went out to show that the turkey's were unhealthy because of *salmonella*, they were surprised that 4 of the 5 birds did not have *salmonella* problems. However, the birds did have other bacteria that could make you sick. Frequently I refer to Edward Alcamo's textbook *Fundamentals of Microbiology* for information about germs and food-borne illnesses. Another bacteria that infects poultry is *Clymadia psittaci*, which causes *Psittacosis*. *Psittacosis* resembles influenza or primary walking pneumonia. Fever is accompanied by headaches, dry cough, and scattered patches of lung infection. The *psittaci* bacteria are related to the diseases of turkeys, pigeons, chickens, seagulls, parrots, parakeets and canaries. These imported tropical birds are quarantined for 30 days under US Law before allowed in the country.

Fourth: In 1993 Oregon State University Extension service began to alter the recommendations for preparation of the turkey. They recommend gently washing out the cavities of the bird with **emphasis on gently washing**. If you splash a lot of water around the kitchen, you could spread bacteria to all parts of the kitchen where other foods and dishes are exposed. After all the blood and water have been drained, quickly blot or pat the interior and the exterior of the bird with paper towels and promptly throw the damp papers into the garbage. Don't put the towels on the counter so the towels will be spreading the bacteria. **Promptly put the clean and dried turkey onto the cooking rack in the pan.** Preheat the oven at 325°F.

Remove the plastic of wire gadgets that hold the legs together. My last turkey was difficult to carve with the plastic controlling the legs. Salt the bird lightly on the inside, and if the bird is not a self-basting turkey, use one tablespoon of vegetable oil on keep the skin from drying out too much during roasting. Fold wings toward the back of the bird or they will open up as they cook making the turkey hard to handle. Tie the legs together with string or cord, so the legs will fit into the pan.

Cover the pan with aluminum foil. Immediately begin to roast the turkey at 325°F. If cooked at high temperatures, the turkey will be dry and over-cooked on the outside but bloody inside. Read the label on the turkey for length of cooking time for the size of the bird that you purchased. Usually you consider 20 minutes per pound.

Fifth: Once the turkey is in the oven, wipe the cutting boards, knives, plates, pans and counter or table used in the preparation of the turkey with hot soapy water, rinse with clear water. Wipe with a cloth dipped in 1 Tablespoon bleach to on gallon of water and

grant has been used to purchase collection equipment for recyclable materials. Tribal offices will be getting containers for used white paper and there will be a central collection site set up at the old Roads Dept. facility above Shitike Creek for community members to recycle paper, metal and glass.

Your patience will soon pay off and Warm Springs will be doing good things for the earth with our community recycling program.

These precautions may seem strange and different from what you mothers and grandmothers did in the past. But the strong dedication of sanitation in food preparation used in the Longhouses is the type precaution we should take at home.

SIXTH: Most scientists recommend to cook the turkey without stuffing inside the bird. The stuffing is good food for the bacteria inside the cavities but not good for people to eat. If the cavity is empty the turkey will cook faster and heat kills the bacteria inside the bird.

Now that the counter, cutting board and table are clean and there is no bacteria to contaminate the stuffing, you can prepare the stuffing. Clean the celery and slice it crosswise and put it in a large bowl. Remove the skins on the onions, then slice and dice the onions. Slicing or dice the onions and celery make them easier to serve and take less time to cook. If you are going to use the giblets in the dressing, you need to boil them in water for about 30 minutes before you cool and dice them. You can cook the celery with the giblets if you like, but I refer them crunchier celery and onion not boiled. My stuffing recipe calls for: 6 cups of bread cubes preferably toasted. That is about a loaf of bread slices. To cut down on the fat in the dressing, I no longer butter the bread when it's toasted. There is plenty of fatty foods at holiday meals, and butter or margarine are ways we can cut without ruining the flavor. 1 large onion, diced; 6 stalks of celery, sliced on an angle; 1 small can mushroom bits (optional); 1 tablespoon poultry seasoning; 1 teaspoon salt. Mix them together in the large bowl until about 2 hours before the turkey will be done 185°F. Lift the diced giblets from the water/broth used to boiling them then moisten with the water/broth. Add just enough water/broth to moisten the bread cubes.

Make two aluminum foil pouches for the dressing. Immediately after mixing the water broth and diced giblets, fill the pouches and put them in the oven with the turkey.

Test the doneness of the roasted turkey by cutting the string on the legs, and pulling the legs away from the body. If bloody juice comes out, the turkey is not cooked enough. Put the bird back into the oven without the foil.

Once you have served the turkey, put unused portions into the refrigerator as soon as possible. If you leave it on the counter, bacteria that was not killed in the roasting process will begin to grow. Save the bones in the freezer for terrific turkey bone soup later when people want another taste of the holidays.

The Clover Speaks

by Crystal & Arlene

The Holidays are here and the OSU Extension Staff here at Warm Springs wish each and every one of you a genuinely joyful and blissful before and after Christmas time with all your **FAMILIES** and **FRIENDS**.

4-H'ers check with your 4-H Leader about your club meetings during the month of December.

4-H Record Keeping WHY KEEP RECORDS?

The purpose of record keeping is a way of enhancing the 4-H member to develop the skill of record keeping. **Philosophy of 4-H Record Keeping** should reflect the 4-H members projects and life skills development, the skills, attitudes and habits that 4-H members

acquire in keeping the records are more important than the completed recorded itself. Records are necessary throughout life and the skill and attitude developed in keeping records during the 4-H experience will assist in the total personal growth of the 4-H member.

Definition: A record book is a written picture of the 4-H members experience with a project. Continuing through the 4-H Program from Junior and Intermediate to Senior member, this will give the 4-H'er a reason of starting and completing a project and seeing a visual trail of how and why they are in 4-H.

Should you have any question about record keeping please call Arlene or Salli at 553-3238

