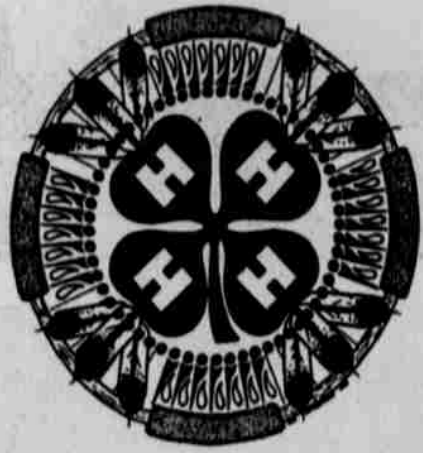


# The Clover Speaks



by Arlene & CR

Hello Again from the OSU Extension Office! From the temporary 4-H Aide that is...

It's already July and I haven't even seen Pocahontas yet! Someone should come up with a 4-H Club that reviews all new movies, that way I would be able to tell if I was really missing something (think about that you guys who like watching movies). Seems like I was just at the Tygh Valley All Indian Rodeo, and now it's already past the 4th of July! Man, how time flies when you're having fun! This is only my second news release as the 4-H Program Aide, unfortunately it will be my last, as they are hiring a permanent Program Aide as we speak (write?). So let me say that this experience has been fun for me. Working with nice people really helps too.

OK, down to business. There have been 7-8 4-H Clubs active during this sunny month of June.

**\*4-H Search & Rescue with Keith Baker.** This group has been busy over most of the month of May and part of June looking for a missing person lost in a river near Lapwai, Idaho on the Nez Perce Reservation. Some of the people participating in the search, either full or part of the time were: Keith Baker, Matthew Vaeth, Larry Switzer, Victor Switzer, Andy James, and Donnie Winishut. I don't mean to leave anyone's name out, but if I have, sorry. Now that they are back and at home, the club will continue to meet and have trainings for their members, 1x week. Check with Keith for definite dates and times. As far as the future, there is a tentative plan to return to Yakama, WA to continue on the Sampson Search. No dates or time known at this point.

**\*Warm Springs 4-H Livestock Club with Angie Orchard and Laura Fuentes.**

This brand new club has been busy this past month fattening up their pigs and doing a little training on them for the upcoming Jefferson County Fair. Current membership stands at 2 kids, 1 volunteer. Lydell and Jesse Suppah, and helper Laura Fuentes. The pig club, as they were formerly known, have been learning as they go with their pig projects. They've been learning about training them for the show ring, about weigh-ins,

and making weight, diet, what to feed and what not to, about how much time and effort goes into raising pigs and getting them ready for show. Lots of work, but very fun and rewarding after everything is said and done! That's the word we get from dedicated volunteer Laura Fuentes! The club will be checking out Crook County Fair to observe the pig show there, and to basically get an idea of what's done and what's expected of them. Our own OSU Extension's Bob Pawelek has been giving the club assistance as they need it. Good job Bob. The club says, "See you at the Jefferson County Fair."

**\*Garden Club with Sue Matters.** These green thumbs have been busily tending their gardens through the month of June. The meetings have been sporadic and very informal, with not only regular 4-H kids, but ECE kids as well partaking in the gardening activities. The meetings have been at the ECE garden spot, with the one and only gardener, Sue Matters presiding. In talking to Sue, she stated that they had numerous types of plants and vegetation growing in their garden. Strawberries, raspberries, potatoes, tomatoes, onions, to name a few. She said some of their little sprouts were caught in the frost and didn't survive. They had an open house in their little garden at ECE on June 30, 1995, and displayed some of their home grown strawberries. Rumor has it that the Garden Club may have some entries in the Jefferson County Fair. Isn't that exciting? We wish these little strawberry and potato growers the best of luck in their fair ventures!

**\*Livewire Productions with Carol Wewa.** Livewire Productions 4-H Club will not officially meet until August 9, 1995 at the Vern Jackson Home with charismatic Carol Wewa facilitating. The crew did several appearances since May, one at the Youth Conference, and two at the Museum. The cast was very excited about their accomplishments and are raring to do another performance. Carol stated they are looking for more writers, and people who like to work with props, background scenery, etc. Here's a few volunteer names: Carol Wewa, Leroy Bobb, Rosie Tom, Anita Davis, Roselyn Sampson, Mike Villalobos, Harry and Lorraine Hintsala, and Evelyn Uyeji. For anyone interested, or if you just want to check it out, call Carol and she will gladly explain what they do, and what volunteering entails.

**\*Cultural Club with Violetta Vaeth.** The club hasn't been active this past month. This club would like to be active, if interest from community members would only improve. Anyone interested please contact Violetta at the Commodities Bldg, or if you can't get hold of her, just call OSU Extension and we can get you in contact with her. It's that easy.

**\*The Chinooks Boys Basketball Team with Melvin Tewee** have been doing some playing this past month, a couple of tournaments in Washington and putting some practice time in at the community center gym. Since school let out, the kids don't get a chance to practice in the school gym. Melvin has had from 12 to 20 kids showing up for practices. They were planning on attending the State

Games of Oregon July 7-8-9, 1995 in Portland, Oregon. We hope the boys played well in the tournament.

**\*The Columbia River Bears Girls Basketball Team with Foster Kalama** have also been playing some ball this past month. They've played in 2 tournaments and been trying to get practice in whenever and where ever possible. They've had around 12 girls involved with the team. The Bears weren't sure if they would be attending the Oregon State Games or not, as they were conflicting with the softball all stars tourney.

**\*At this time the Rainbow Dancers group** is up in the air. Joe Tuckta has handed the reins over to Myra Shawaway and she has been attempting to contact the members of the troupe in hopes of keeping the club alive and dancing. Joe was having a difficult time getting people to show up for meetings and practices. At this time it isn't known what's going to happen with the group, but we will keep you posted.

**\*Raneva Dowty's Search and Rescue Cadet Program** has been active this past month. They've had a couple of meetings and had 2 calls as far as getting involved with searches. They've had about 6 kids actively involved with the program, and about 5 volunteers. Kids: Logan Hammand, Levi Dowty, Josh Richardson, Sabrina Miller, Cody Switzer and Jesse Esquiro. Volunteers: Raneva Dowty, Stoney Miller, Danny Martinez, Donnie Winishut, and Kevin Zimmerman.

**All the clubs need to be aware that the 4-h health registration forms must be completed and turned in for your clubs to be covered by our insurance, as far as club outings and activities.**

Also, for 4-h van use, all participating club members (that includes leaders and volunteers) must have a current 4-h health registration in for the club to utilize the van. There will be no exceptions!!

**\*\*\*\*\*ANOTHER** upcoming event is the Trout Lake Wilderness Camp happening on August 9-13, 1995. The day camps will happen on August 7-8, but the overnight campers will be there from the 9th through the 13th, with a traditional supper to close the campout.

OSU Extension will only be taking the first 40 kids signed up and paid. You must have completed the 2nd grade on up to the 8th grade to be able to attend this camp. To sign up, stop by the OSU Extension Office and pick up a registration packet. Please drop your completed registration forms back off at the Extension Office so your name can be added to the list. (Remember: First Come - First Served)

The deadline to pay is at the end of July. The cost is \$15.00 (the total cost was \$30, but the JOM committee generously agreed to pay 1/2 for each Tribal member camper attending.)

That's all for now folks! Until next time! See you down the 4-H trail somewhere.

C.R. Begay  
Temporary 4-H Program Aide



Information provided by:  
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OSU Extension Staff:

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..... Agriculture  
Clint Jacks ..... Staff Chair, Madras

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

## Apology given to the Sahaptin team

by Norma L. Simpson

In spite of my best intentions, I made a major error in the last Spilyay. I learned about it when Wilson Wewa Jr. stopped to talk about the article "Learning New Language Can Be Challenging." We were joking about the problems I had had with the accent marks and the blanks in the words which did not print the same on the Macintosh composing machine of Spilyay Tymo. "Pcs" means door; "Nisaiatayan" means Home Economics [skills of the home]; "Tupan" means science and other things and "Wapaatayau" means helper.

If you read the last article, you'll know that the "s" and "c" did not print like the letters but rather as an underline. While the Extension Office printer was able to reprint the IBM Multinational Characters, the Macintosh equipment could not.

After Wilson and I finished laughing about the problems, he said "What about the other problem? Did you know that you said the words were Wasco words rather than Sahaptin words?" I stopped laughing because I felt bad about the errors.

The other error was that I tried to finish the Spilyay Tymo story very late after work. A tribal woman stopped by my office to see

why I was still working. I asked her to pronounce the Sahaptin version of Extension Home Economics Agent. She said she was not very good at the language. When I asked her if it was Sahaptin, she said "No, it looks like Wasco to me." None of the elders was around when I finished the story and I took the woman's comment to be true.

The important point for me is that I have watched and listened to the women and men who gather in the Culture and Heritage room next to my office. I should have known, but I was not confident in myself. Mary Ann Meanus has been so dynamic about getting us all to learn the name of things in the Education Center. She has inspired me to learn more, but it takes study, not just casual dipping into the language.

"Talking Indian," which is what they say, is making such a valuable contribution to the preservation of the languages in Warm Springs. Their efforts will also make it easier for the children who come to school knowing only their family's Indian language. The team work on teaching materials, and translation of stories and legends about the animals, trees and places important to tribal culture. I hope they will forgive me for this confusion

## Colic, many types and causes is major cause of death in horses

By Bob Pawelek

Colic is a general term given for any abdominal pain. There are many types and causes of colic, as well as predisposing factors. Digestive colic, the true form of colic, can be caused by improper feeding and management practices. The intestine may become blocked, twisted, or gas may develop. The digestive system of the horse is very sensitive. Therefore, colic is a major cause of death in horses.

Improper feed, water, and management practices are big factors in causing colic. It may be induced by irregular feeding times, and bolting the feed. Lack of water can cause the horse to have a digestive upset caused by impaction; hot horses or horses deprived of water given excess water. Excess grain fed in large amounts, feeding moldy feed, improperly chewed feed due to bolting or poor teeth, overeating grain when hungry from being off feed, a diet of extremely coarse roughage or very fine roughage, consuming foreign objects or materials, and feeding on the ground are all causes of colic.

Pain is exhibited early by horses that splash water with their mouths. They may also curl the upper lip, refuse to eat, bite the flanks, look at their abdomen, and express anxiety of their face.

Moderate signs include: kicking at the belly, rolling, pawing, getting up and down frequently and overall restlessness. The horse may assume a "saw horse" posture with the legs stretched out as if to urinate, but without doing so. The pulse rate is increased and the temperature may be normal or raised. Sweating, abdominal distension, lack of defecation, small volumes of firm mucus covered feces, and anorexia are all signs of possible colic.

There are no shortcuts, tricks or sure fire tests to determine if surgery is needed. A thorough exam and clinical judgement is required. Conservative treatment is best if possible.

The exam and decision on treatment is based on the horse's history, clinical signs,

finding of physical examination, and evaluation of laboratory data.

**General treatment strategies**

- Prior to the arrival of the veterinarian:
- Do not allow horse to drink or eat.
- Prevent injury to the horse; walk if trying to roll, but if lying quietly allow it to continue to do so.
- If horse is quiet, leave it alone and observe.
- Pain medication should not be given prior to the vet's analysis and diagnosis.

Medical treatment could include the following:

- Nasogastric tube inserted to relieve gas.
- Sedation to allow examination.
- Analgesic for pain.
- Intravenous fluid.
- Water enema at site of impaction.
- Fecal softening agents such as Metamucil at 1-2 cups for 30 days.
- 10 to 12 liters of warm water via nasogastric tube every two hours.

Prevention  
Feed small portions frequently. This decreases the chances of gastric distention. Clean, fresh water should be readily available at all times, except to hot horses. Use quality feed—high forage, low concentrate. Make any feed changes gradually. Regular schedule of exercise. Regular dental care to allow for proper chewing. Regular worming schedule (once every three months or as advised by veterinarian). Keep foreign materials away from horses that could be ingested. Do not feed on ground where sand may be ingested. Make changes in routine gradually, such as trailering, showing, and other stressful situations. Range horses rarely colic.

Preventing colic is easier than treating colic, but it still requires careful feeding and management practices. Anyone caring for horses should be familiar with what is normal for their horses. Any changes in behavior should be carefully observed and reported to the veterinarian. Any changes in feeding and management should be made gradually to allow the horse to adapt.

## Class demonstrates cooking without fuel

by Norma L. Simpson

During the May Healthy Cooking Class, we had a good time tasting this recipe below which was cooked in a Hay Box Cooker. Then we learned to make this box and how to use it during hot summer days. If you are interested you could see the box that cooks without fuel in the OSU Extension Office. You can make this recipe in your crock pot or in the oven in about an hour. Terrific.

- Mexicali Rice Casserole
- 1 pound chicken breasts cut in strips
  - 1 tablespoon oil (for sautéing)
  - 1/4 teaspoon seasoning (salt optional)
  - 1/4 teaspoon pepper (with flavor)
  - 1 small onion, chopped fine
  - 1 small green pepper, chopped fine
  - 1 package taco seasoning
  - 1 can (120 ounce) corn, drained
  - 1 cup uncooked quick cooking brown rice\*
  - 1 1/2 cup water
  - 1/2 cup chicken broth
  - 6 slices no-fat American Cheese, diced
  - 1 medium green pepper sliced in rings
- \* use half quick cooking and half regular rice for a nutty texture and flavor  
Sauté the chicken breast strips in oil in the

pot until it is lightly browned. Add the saltless seasoning, flavored pepper, chopped onion and green pepper, taco seasoning, corn, and brown rice and heat while you add the tomato sauce, water and chicken broth. Bring to a boil for 10 minutes stirring to keep ingredients mixed and to get everything to boiling temperature. Top with diced cheese and green pepper rings. Immediately put the tight lid on the pan, and transfer the pot to the hay box cooker. Six servings.

If you want warm fresh tortillas with the casserole, heat them slightly before you put in a foil pouch on top of the pot.  
Cover the pot and foil pouch with the "paper pillow" then shut the flaps of the box. Load in the car where the sun can hit the box (like in the back window of the van.)

**DO NOT OPEN THE BOX FOR 4-6 HOURS.** Everything continues to cook without fire. Serve with warm wheat tortillas or with lowfat tortilla chips (14 chips per serving). Serve with a raw vegetables like carrots or celery sticks for a well balanced meal.

**Nutrition Information with the whole wheat tortillas:** Calories per serving: 312; Fat: 23.5 g; Sodium: 486.5 mg; Carbohydrates: 54.8 g; Protein: 42.8 g.

**Trout Lake Wilderness camp registration packets & fee are due by July 31, 1995**

## Stockman's Roundup: Why is your grazing important



by Bob Pawelek

**OSU Livestock Agent**  
Remember the recent headlines like, "Cattle Free by '93," and, "Showdown in the West?"  
We here at Warm Springs have been insulated from the "range wars" that continue across the western United States. Yet those same slogans and headlines are still very real, and similar situations could accost stockmen even here on the reservation.  
We need to be observant of the battle lines that are rigidly drawn between the so called "environmental" interests and ranchers who use public land for grazing. The war is on and

no longer are just a few pot shots being tossed around. No matter who wins this war, the land will ultimately suffer.

To me it seems a foolish fight; more like a political power struggle.

I would rather not be caught in the middle of any crossfire like that here. Yet it could happen. At the grazing district meetings held last spring, our range conservationist, Dave Smith, accurately pointed out some concerns that should not be his alone, but should also be significant to you, your families, and myself.

The health of the rangelands here on the Warm Springs Reservations depends on their management. The stockman's use of this range is now questioned by those who would look upon these lands with a view that would reduce or exclude livestock use.

This is frustrating to me, since I feel the rancher has as much right to use this land as anyone. Your fathers and grandfathers invested their entire life's work into these lands. Your own investment is worth defending. You should not have to be in the position where you must try to justify your range use. I feel that proper grazing is justified because of logic, common sense, and as part of multiple use. There is no sensible reason to eliminate livestock use because it can continue without detriment to other legitimate uses.

The only "justification" necessary is your grazing district's five-year plan.

A lot more can be accomplished with constructive cooperation than by divisiveness. We all stand to gain a great deal if we can work together, and we all stand to lose a lot if we don't.

## Dryland demo established in Central Oregon

**MADRAS** - The new dryland forage demonstration trial at Central Oregon Agricultural Research Center forms a vivid patchwork quilt, made up of 77 shades and textures of green.

That's because Oregon State University agronomist and Extension agent Mylen Bohle planted trial plots with 77 species of grasses, forbs and legumes last fall. Each kind of dryland forage covers a 5-foot by 20-foot section of a field at the OSU Madras facility.

Bohle, along with fellow OSU Extension agents Tim Deboodt and Bob Pawelek, agronomist Randy Dovel and others, are growing up to 85 kinds of forage plants in trials in a dozen locations around eastern and central Oregon, including Madras, Powell Butte, Klamath Falls, Lakeview, Warm Springs, Ontario, Heppner, and two sites in the Paulina country. They are trying to find out which plants are most suitable for various dryland growing conditions east of the

Cascades in their "Agro Ecozone Project."  
"We want to see what plant species and cultivars do best under dryland conditions," explained Bohle, an agronomy agent with the Crook County office of the OSU Extension Service. "We want to see which have the most potential in each location and what they look like."

"We also want other agencies and local seed companies to utilize these demonstration sites too, so all of us can make better species and variety recommendations," Bohle added.

Two of the trial sites, at Powell Butte and Madras, were planted last summer and were irrigated up to help them establish, explained Bohle. They will be left in the ground, hopefully five to ten years, without further irrigation, he said.

"The sites at Madras and Warm Springs look great," said Bohle. "But we have had a wet year. It will be more interesting to see what's growing in the second year. Some

species have higher rainfall requirements than what many of the sites receive. More than one year is necessary to see if they will really make it."

The demonstration sites include cultivars of native perennial bunch grasses such as bluebunch wheatgrass, wildrye, Indian ricegrass, needle and threadgrass, native California bromegrass, sand drop seed, Idaho and sheep fescue, and Great Basin wildrye.

If a species shows potential for dryland conditions specific to each of the sites, the OSU agronomists will set up further, more detailed field trials.

The OSU studies are part of a larger "Dryland Agro Ecozone" Demonstration Project being conducted by agronomists from throughout eastern Oregon and one in Northern California. Demonstration sites are in the works for Heppner, Klamath Falls, Fossil, Condon and Lakeview in July or August. Another ten sites are planned for planting this coming fall and next spring.