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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, 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.

The Clover speaks

by Sue Ryan

At the end of May, it's not too soon to think about camping. The 4-H program has two camp opportunities available to Warm Springs youth. There is still time to sign up for the 1996 Tri-County 4-H camp at Crystal Springs. This year's theme is "Beam Me Up Scotty to 4-H Camp". The session is set for June 17th through the 21st. Thanks to the Johnson O'Malley committee, there are scholarships available for Indian youth to attend the camp. With the scholarship, the cost is only \$40. But, don't delay! Registrations for the Crystal Springs camp are due by May 31st.

The other 4-H camping opportunity for Warm Springs youth is the 1996 Wilderness Enrichment camp at Trout Lake. This is set for August. Session One will be held August 3rd - 6th and will be for 2nd, 3rd, 4th, & 5th graders. Session Two will be August 7th through the 11th for 6th, 7th & 8th graders. Keep an eye on Cloverspeaks for details on registration.

One activity we'll cover at the 4-H Trout Lake camp this year will be the use of a compass. With warmer weather, more people will be heading out to the woods for hikes and camping. A compass can be a useful tool on keeping a sense of direction. Here from "Take a New Bearing" by Phyllis M. Ford are some tips on using a compass.

The best way to hold a compass is to hold your elbows against your sides as though you were holding up your pants. Then cross your hands in front of you, palms up, in a straight line with your arms, and place the compass on top of your crossed palms. The base plate should be parallel to your waist, and the direction-of-travel arrow should point away from you. Practice this position until you can put the compass on your palm easily. This

position keeps the compass squarely in front of you. If you maintain this position every time you use the compass, you'll consistently travel straight ahead, not veering from the direction you have selected.

A few warnings about using a compass. * Be sure that your belt buckle isn't metal. If it is, the buckle might affect the magnetic end of the needle, making it point to you instead of to north! * A knife in your pocket, metal snaps on your clothing, a whistle hanging on a lanyard around your neck, or any other nearby metal object will also disturb the magnetic end of the needle. * If your compass is sitting on a hardwood floor, the nails holding the floor together may affect the needle as well.

To practice using a compass, try facing north first. Turn the compass housing until north is lined up with the direction-of-travel arrow. Holding the compass correctly, turn your body until the floating needle is aligned with north and the direction-of-travel arrow. You are now facing magnetic north.

Now try facing east. Turn the compass housing so that east (or 90 degrees) is lined up with the direction-of-travel arrow. Holding the compass correctly, turn your body until the needle points to the N, for north (not to the direction-of-travel arrow). You are now facing east, and you have taken a 90-degree bearing. Do the same for south (a 180-degree bearing) and west (a 270-degree bearing). You are not paying any attention to declination yet.

You know that you have not been facing a true direction because of the magnetic field that forces your compass needle to veer to the east or the west. Let's get the direction just right. If you don't, you could be on a compass trail and be off the route a quarter of a mile after only one mile of travel!

To use declination, just look at the angle at the bottom of the topo map. Your compass needle should point to the angle instead of true north. If you wish to travel true north, set the direction-of-travel arrow on N (because that is the direction in which you want to travel.) If declination is 15 degrees east (to the right) of true north, turn your body until the needle comes to rest at 15 degrees. You will then be traveling true north.

If the declination angle is 15 degrees west (to the left) of true north, turn your body until the needle comes to rest at 345 degrees (360 minus 15). You will then be traveling true north for that part of the country.

If you put a little piece of masking tape with a line on it on your compass housing at the degrees of declination for the part of the country in which you are traveling, you can set your compass without adding or subtracting. Just set the housing at the direction you wish to travel and turn your body around until the needle points to the line on the tape next to the declination angle. Practice facing different bearings using the declination angle.



Teens need support and respect

by Norma L. Simpson

You may have seen on television that two parents were found guilty of the crimes of their son - 3 robberies, possession of a stolen gun and controlled substances, and booze. Two statements from the parents really stuck in my mind.

Here is a teenage boy. While all the stuff was in his room, his father had not entered his room. He only stuck his head in the boy's room to tell him to come to dinner or to answer a phone call. How can a boy or girl grow up in this turmoil of modern life, when there is so little contact or effort to get close to a teen or even younger children.

And here was the same boy whose mother did not know the grade point average of her son, not just this year, but last year, and the year before. Three years that mom did not even care whether her son was making good enough grades in school to finish high school. That is neglect of one of the most important steps a child makes in this modern culture, when getting more advanced education is connected to the grades you make in high school or in getting you GED. If you don't know how to get the grade point average, come to the OSU Office and I will teach you how I learned to do it when I went to college and did not know how to do my own average.

At a minimum, this type of parenting, PAYING ATTENTION TO THE GROWING TEEN, is essential. Support your child in sports and the arts, but be sure to know how they are learning the subjects in school, even if they don't like the subject. Find someone to help them learn and enjoy what they are learning.

Now in defense of the boy's mom and dad. Involvement is a two-way street. Teens can make small steps toward parents and grandparents to share their schooling, their interests, and their concerns for the problems of the parents and grandparents. The boy's sisters defended their parents as good parents. When you think you are grown up to be on your own, you are grown up enough to make small steps toward your parents. The

boy said he would not have been in as much trouble if he had known that his parents were going to get in as much trouble. His statement of remorse is \$2400 late. That is the fine and court costs that the parents have to pay besides the lawyer's fee.

In the Madras Pioneer article, p.1B on May 8, "Tribal Teens Give Their Views" talked about getting help from home and from organizations such as the Oregon Native Youth Council. One member said, "There is a difference between the things we need and the things we want. Youth want money and materials things, but what we need is love, respect, understanding, good teachers, to breathe clean air and not to hear sirens." It takes all of us to make sure these things happen.

Suggestions welcomed for special publication on Native foods

by Norma L. Simpson

As many of you know, Tribal elders worked closely with Ivy Hilty when she was the Extension Home Economics Agent in Warm Springs and with researchers at Oregon State University. One of the outcomes was a special publication about the **Nutritive Value of Native American Foods of Warm Springs** in 1973. The publication was revised in 1980.

In the near future, we will run out of that publication, so we have been planning to revise the publication by adding information that is not in the publication. Two examples are the nutritive value of nuts, grains and seeds, and perhaps mushrooms and combinations of foods that made up things like pemmican, or powdered salmon. Some of the nutritive values are in rare nutrition books and others are just being tested and will be included as they become available.

Also we may include ways that foods were or still are stored at home in baskets, pouches, jars or bottles.

Some foods were eaten during times of

Clay recipe made easy

Play Clay

Mix 1 cup flour and 1/2 cup salt. Add 1/4 cup water, 1/2 teaspoon vinegar, tint with food coloring and knead to blend. Store clay in tightly sealed containers in a refrigerator and let the clay warm slightly before using. As long as the clay is returned to the refrigerator within a couple of hours, you can use it over and over again. Or you can let the finished sculptures air-dry and they will harden into keepable sculptures.

survival, others were eaten as foods or drunk as teas for medicinal cures.

We might add a section about small animals, grubs, snakes, insects, wild bird eggs, barks or leaves not already included, but there are some taboos to these things so maybe you would prefer to leave them alone.

We are also thinking of preparing a companion booklet of personal stories about the activities in the homes to prepare and preserve foods and hides for later use. One story was about her mother stuffing the fish cavity with skunk cabbage. Another was her role as a 3-4-year-old child turning the choke cherries in the drying frame and covering the fruit frame with cheese cloth to let the air through but keeping the flies out. Then later grinding the choke cherries to mix with pounded dry salmon.

In September, we will begin to hold meetings about the additions to Extension Circular 809. Everyone will be welcome to share their experiences.

Cut this section and take to OSU Extension

Alcohol affects everyone

by Norma L. Simpson and the unnamed author of "A Father's Decision"

Every week when it's time to write for Spilyay Tymoo, I sit at the computer wondering what topic it will be this week. While cleaning a shelf, a copy of **Honoring the Children 1993** fell to the floor. The Northwest Indian Child Welfare Association magazine had a beautiful cover of a smiling mother, a bright-eyed baby in a cradle board held by a smiling father. It really touched me so I looked inside to see what else had fallen at my feet. Again I was touched by the sub-title of "A Father's Decision," which said "My daughter woke up in the middle of the night calling 'Daddy' and I was too drunk to respond." So I read on.

"A Father's Decision"
My first real drink was also my first drunk. It seems that that is the way it starts for many of us who have had problems with alcohol. Until I was seventeen, I had always avoided alcohol. But on graduation night I celebrated. By the time I was nineteen, I was married, attending college, and getting drunk nearly every weekend. "I can handle it," I told myself.

Everyone does it. If it does not interfere with school or my family, why not play a little." By the age of twenty-one, I was drinking every day, finding excuses to drink, and like many others in alcohol's grip, I felt an open bottle must be consumed.

Attentive-three, two very important events occurred in my life. My daughter was born

Summer Days begin June 24

Summer Days at O.S.U. will be held June 24-27 on campus in Corvallis. This program is for youth who have completed grades 7-9. They do not have to be enrolled in a 4-H program to be eligible. Summer Days teaches leadership skills and involvement in community service projects. Call 553-3238 for more information.

Tri-County camp begins June 15

Tri-County 4-H Camp at Crystal Springs will be held June 15th to June 22nd, 1996. Contact the Warm Springs O.S.U. Extension office for more details.

4-H camp at Trout Lake

It's not too early to think about camp! The 1996 4-H Wilderness Enrichment camp at Trout Lake will be held August 4th-11th. Call 553-3238 for more information.

and I entered an Indian education program working toward a masters degree in social work. These two events came together to save my life, though I did not know it at the time. This new baby girl stole my heart and I loved being her parent. I worried over her like a hen, except when I was drinking. "Mom is there," I told myself.

One of my first social work classes was on alcoholism. Ten weeks of course work and attending AA meetings as an assignment opened my eyes to the problem in others, but not to my own.

Almost a year later I came home drunk and went to bed. My daughter woke up in the middle of the night calling "Daddy" and I was too drunk to respond. In the morning she wanted to play and I was too hungover. Six months later, I experienced a blackout and I was so sick that I vomited blood. As I sat on the bathroom floor too ill to move, my daughter came to the door. I looked at her and looked at the blood in the toilet. I made a decision - a decision to live and to parent the child I loved.

Now that little girl is seventeen years old. The age I was when the drinking began. Graduation is right around the corner. I can only hope that my years as a sober role model will help her avoid the decision I had to make.

If you are a new parent and if your need for alcohol become more important than the needs of your child, get help. It's a decision you will not regret."

New law for food handlers

A new Oregon State law applies to 4-H kitchens, food booths, bake sales, barbecues or other events where a license is required. If your club sells food as a fund-raiser then this law applies to you. As each of you now, the 4-H kitchen at fair is the major fund-raiser to support the youth during the year, so you are needed to help out!

Food Handler's Training will be required for all food service employees who prepare or serve foods in food service facilities in Oregon. This includes temporary and benevolent food booths, requiring at least one person with a valid food handler certificate in the booth at all times. Food booth licenses will only be issued to a certificate person. (Ors 624.510, OAR 33-175-000).

Because of this new law, we need as many leaders and parents as possible to obtain certification. To obtain more information, contact the local Health Department or the OSU Extension Office 553-3238.

sion office Education Center Main Floor or mail to the OSU Extension Office - P.O. Box 430, Warm Springs, OR 97761

JOIN US TO REVISE AND EXPAND THE NUTRITIVE VALUE NATIVE AMERICAN FOODS OF WARM SPRINGS

OSU EXTENSION CIRCULAR 809

Name: _____

Address: _____

Telephone: _____

_____ yes I want to be included in this project about traditional foods and their nutritive value of Warm Springs foods.

Cut this section and take to OSU Extension office Education Center Main Floor or mail to the OSU Extension Office - c/o Norma L. Simpson P.O. Box 430, Warm Springs, OR 97761.

The OSU Extension Office wishes you a very safe Memorial Day Weekend!!

STOCKMAN'S ROUNDUP: Media spooks public on "Mad Cow" disease



by Bob Pawelek
OSU Livestock Agent

A few weeks ago, I undertook the task of entertaining my visiting parents for an entire week.

It was great to see them again after nearly four years, although modestly stressful. Especially our trip out to Depoe Bay and driving through the Coast Range during one of their typical windstorms. Before we left, Dad kept asking me why I'd want to pack a chain saw in the trunk of their rented car.

"Might could use it, Pop," was all I was willing to volunteer. Had he known Cannon Beach was experiencing 116 mph winds that

day, the folks would have insisted we stay around the house and we'd have wound up playing dominoes for two days.

As it turns out, they had a wonderful time, and I didn't have to cut any downed trees in the road after all.

Catching up on the news (gossip really) was a little disheartening, however. Hearing about cattle prices and the drought back home made me homesick not one bit. Burning thorns from prickly pear cactus in 95 degree weather for cow feed was hardly my favorite sport.

Mom told me that my Uncle Stanley sold four cull cows the other day and got a bill from the sale yard for seventy-five cents.

I also heard that one of the biggest and best steak houses in San Antonio recently closed its doors. The Little Red Barn had been an institution there since Teddy Roosevelt recruited his Rough Riders in the Buckhorn Saloon. Seems a disgruntled employee caused an E.Coli bacteria scare and the restaurant never recovered from the local media's allegations.

In reality, all the recent E.Coli scares were corrected years ago. It was never even proven that beef in general, and American beef in particular, was the cause.

Now I hear that Oprah Winfrey says she'll never eat another piece of meat again because of the mad cow thing. The problem is, number one, that BSE (Bovine Spongiform Encephalopathy) does not exist in the United

States and even the dozen cases of brain disorders in Britain haven't been scientifically proved that the mad cow disease can be transferred from animals to humans, or is even directly related.

It's media hype, plain and simple. (Present company excepted.)

But the harm has been done and Britain is needlessly slaughtering thousands of cattle as a "precaution."

Number two, Oprah is a well respected talk show hostess and is admired by millions of people. This time, however, she is ill-informed and is wrong to make such a statement. False information such as this will not only hurt cattlemen even more, it teaches our kids that they can get real news from talk shows.

Dr. C. Everett Koop, Surgeon General, says there is no evidence that beef can transmit Creutzfeldt Jacob disease to humans. There have been no difference of evidences found comparable between people that eat meat and vegetarians.

Oprah's diet is her own business, but wouldn't you like to sneak a peek in her refrigerator anyway?

Where does that dollar bill go?
Each time a beef animal is sold at auction, a \$1 charge is added for the purpose of research and promotion of the beef industry.

Almost \$19 million will be spent by the US beef industry in fiscal 1996 promoting beef through electronic and print ads. The

campaign is designed to win back market share and help sell more beef during periods of high supplies. The target audience is women between the ages of 25 and 54. So who do you guess might replace Robert Mitchum in those "Beef, It's What's For Dinner" ads?

Cattlemen choose Dowse
The Oregon Cattlemen's Association has selected Rod Dowse of Redmond as its new executive vice president. He "was selected because of his knowledge, people skills, and enthusiasm for the future of the cattle industry. He's young, bright and will bring a high level of excitement to the Oregon Cattlemen's Association," said Sharon Beck, chairman of the search committee.

The Search Committee included Beck, of Cove; Don Gomes, Sr., of Antelope, Mike Hanley of Jordan Valley, Ed Trindle of Baker City and Dave Umbarger of Pendleton.
Dowse is a native Oregonian and has an Agribusiness Management degree from Oregon State University. His background in the cattle industry includes, most recently, managing a progressive purebred cattle ranch in Sequim, Wash., where he focused on marketing and customer service. He has judged cattle shows throughout the Northwest and Canada.

Advisory Board meets

The Warm Springs Ag Extension Advisory Board (AEAB) met for lunch on Thursday, May 9.

The purpose of the meeting was to give direction to the agricultural agent for the next several months. It was pointed out by the Board that more attention be given to marketing options for ranchers.

Other issues discussed were the Visiting Professors Program, animal health programming, and the upcoming Intertribal Agriculture Council meeting in June.
The AEAB meets each quarter. Present members of the Board include Ruth (and Kelly) Beymer, Jacob Frank, Evans Spino, Irene (and Jack) Towe, Jason Smith, Bobby Brunoe, Earl and Rita Squiemphen, Ron Suppah, and Priscilla Yazzie.

OSU Extension wishes to invite participation from the Dry Creek and Seekseque areas. Any and all agricultural education programming ideas are welcome.