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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
Time is blowing by like the leaves along the street. I raise my head to look at the calendar and already the hour has arrived for another edition of the Spilyay Tymoo newspaper.

So far, I have been able to catch up to two of our 4-H club leaders. Janice Gunshows is planning on leading the Timberwolves basketball club again this year. Her practice times will be announced as soon as she hears from the 509-J district office about available gym time.

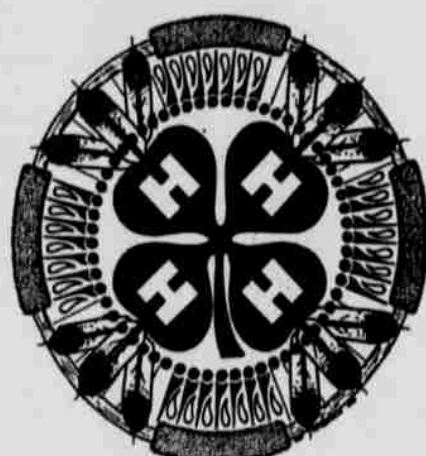
Keith Baker and the Warm Springs Search and Rescue cadets continue to meet. They plan on accepting 4 new cadets into the club in October. To sign up, stop by the Extension office and fill out an official 4-H registration form. Then Keith will contact you in October about meeting dates.

The Search and Rescue cadets have been busy, busy, busy with training. One trip involved exploring the ice caves in the Santiam Pass area. More work by the cadets concentrated on ropes and knot tying. The cadets reviewed knots such as the Figure 8, Double Figure 8, Double Figure 8 on a -bight, Prusik, Fisherman's Knot, and Water Knot.

A final note on some reminders for kids about basic bike safety. Cool autumn days

are a perfect time to test out your wheels, but keep these tips in mind.

- Keep to the right side of the road.
- Do NOT carry passengers.
- Obey all traffic laws.
- Use hand signals.
- Slow down & be cautious at intersections.
- Do NOT "hitch" rides
- Do NOT ride between parked cars.
- Get off your bike and walk across heavily traveled streets.



Natural Resource Notables

Acting for a better world

What seems to be on the top of many agendas is the issue of recycling. If not, it should be. One must first remember that there is a fine line between recycling and waste, with the latter representing a tremendous problem for us today. As a species, we leave far too much of our waste behind. In the U.S. alone, industry and individuals combine to generate over 750,000,000 tons of solid waste each year. That translates into roughly 3 tons per person every year!

Ninety-five percent of our solid waste is disposed of in almost-filled landfills. As they steadily reach levels well above their sustainable capacities, the devastating effects are being felt throughout the ecosystem. The toxins that leach into the groundwater are the largest contributing factor to this stunning fact: approximately 40 percent of our surveyed rivers, lakes, and estuaries

are not clean enough to meet basic uses such as fishing or swimming.

People all over the world are coming to the realization that to create a sustainable future for ourselves and our planet, some fundamental changes need to take place. Many positive steps can be taken on an individual basis that will greatly help to ameliorate the situation.

WHY? Experts estimate that as much as 50% of our trash that ends up in our landfills is recyclable. We must do better. With landfills at or near capacity, there's simply no more room left. We must reduce our solid waste.

In our local area, the list is fairly short but important:

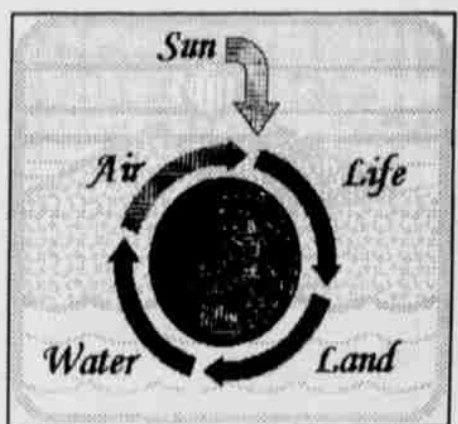
Plastics: remove lids, rinse, and recycle. Locally acceptable materials include milk jugs.

Aluminum: remove lids, rinse and recycle. Locally accepted materials include

cans (crush), and foil.

Paper: locally acceptable materials include newspaper and sorted office paper.

HOW? The first step is to familiarize yourself with your local recycling program. Contact your local recycling offices and ask them to send you a list of policies for the area. Recycling programs and practices vary widely from place to place, so it is important to check. In our area contact: Nancy Collins 553-4250/4943 or Bodie Shaw at OSU Extension, 553-3238. If you are interested in assisting in this program please let us know!



Lost & Found Camp items

Campers from the 1996 4-H Wilderness Enrichment camp at Trout Lake and He He Butte can pick up lost & found items today at the O.S.U. Extension office in Warm Springs. We have several T-shirts, towels, and a few pairs of really nice shoes. Hurry in now, as we will only keep these items until October 1st.

HELP WANTED!

4-H Leaders are needed for:

- Cooking
 - Hiking
 - Horses
 - Shooting Sports
 - and more !!!
- Call OSU Extension at 553-3238 to volunteer today.

BASIC BIKE SAFETY CODE

<p>1 Keep to the Right Side of the Road. Ride Single File and Don't Weave.</p>	<p>8 Be Equipped for Night Riding.</p> <p>Reflector must be seen from 300 feet.</p> <p>Light must be seen from 500 feet.</p>
<p>2 Do NOT Carry Passengers.</p>	<p>9 Have a Warning Device, and Use It.</p>
<p>3 Obey All Traffic Laws.</p>	<p>10 Give Right-of-Way to Pedestrians and Motor Vehicles.</p>
<p>4 Use Hand Signals.</p>	<p>11 Do NOT "Hitch" Rides.</p>
<p>5 Use Brakes Properly and Carefully Maintain.</p>	<p>12 Do NOT Ride from Between Parked Cars.</p>
<p>6 Slow Down, Be Cautious at Intersections and Driveways. Ride Slowly in Busy Sections and Near Parking Areas.</p>	<p>13 Make Repairs Off the Road.</p>
<p>7 Keep Both Hands on the Handlebars.</p>	<p>14 Dismount and Walk Across Heavily Traveled Streets.</p>

PROPER SIZE

When the rider sits on the saddle with the ball of one foot on the low pedal, and grasps the handlebars as though riding, the following should be noted:

- The leg with foot on the low pedal is bent slightly at the knee when the ball of the foot is pressing on the pedal.
- The upper part of the body is inclined slightly forward.
- The handlebar grips are at right angles to the handlebar stem, and are about the same height as the seat.

SAFETY STEPS YOU CAN TAKE

- Always Keep Your Tires Properly Inflated. Check your bike tire pressure in your tire dealer shop. The correct pressure is on the tire.
- Adjust the Seat to Fit Your Size. If you can't reach the pedals, you won't work the foot levers.
- Adjust Handlebars to Fit Your Size. Keep grips and well down in the hole.
- Make Sure Handle Grips Are Tight. Check them often!

Publication available at OSU office

by Norma L. Simpson

When we hear that a friend or relative has Pressure Sores, we know that it means that they have been sick in bed for a long time. It suggests that it means they need to be turned frequently to relieve their pain. But learned from a Consumer Guide TREATING PRESSURE SORES from the Public Health Service, it is more than pain that deserves our attention.

If you sit, such as in a wheel chair for hours or lie in the same position for a long time, the pressure on a small area of the body can squeeze shut tiny blood vessels that normally supply tissue with oxygen and nutrients. If tissue is starved of these "fuels" for too long, it begins to die and a pressure sore starts to form.

How serious the sores are depends on the amount of damage to skin and tissue. Damage can range from a change in the color of unbroken skin as in Stage I to severe, deep

wounds down to muscle or bone.

Pressure sores form where this is constant pressure on certain parts of the body. Long periods of unrelieved pressure cause or worsen pressure sores and low healing once a sore has formed.

Pressure sores usually form on parts of the body over bony prominences such as hips and heels) that bear weight when you sit or lie down for a long time.

PUBLICATION AVAILABLE

If you have a person that you care for at home or in the hospital, you will find this publication very useful. It deals with ways to relieve the pressure sore, some 20 steps to provide basic care and how to deal with infections and how to care for healthy skin.

OSU Extension at 1110 Wasco Street has free copies available for you. If you don't find it in the rack outside my door, ask for it, we have more in the closet and more at OSU in Corvallis. Or call OSU/Warm Springs Extension, 553-3238.

Insect proof your home

Cold weather brings household insect visitors

When temperature begin dropping in the fall, many types of small insects begin finding their way into homes.

"Most of these insect pests are a simple nuisance, but some can cause damage in the home," said Ray McNeilan, home horticulturist with the Oregon State University Extension service. Insects come in through open doors, windows or on firewood and other objects carried inside.

Be concerned about pests that can damage furnishings, clothes, or foodstuffs. Those that damage clothing and household furnishings include earwigs, sow bugs and pillbugs, carpet beetles, silverfish, firebrats, and clothes moths. Insects that contaminate foodstuffs include ants, cockroaches, bran bugs, and meal moths.

Non-damaging insects that migrate indoors to over winter may include spiders, centipedes, millipedes, box elder bugs, and quite an assortment of insects that are found in and around firewood.

The key to controlling these unwanted visitors is sanitation. If you suspect your firewood contains insects, leave the wood outdoors until burned. Vacuum clean under furnishings, along the base of walls, in corners and at the edge of the ceiling. This will help control many insects in the home.

Control of pests that infest foodstuffs is similar. Keep all cereal products in glass or metal containers with tight fitting lids. Keep food storage and preparation areas clean.

Spilled foodstuffs provide a ready source of food for insect pests. Don't forget to clean under and around the stove and refrigerator. The original containers in which most food materials are purchased, including pet food, are usually not sufficient protection to prevent an infestation of insect pests. Put large amounts of flour, cereal products, dried fruits, or dry pet foods in metal containers with tight fitting lids.

If you have any questions or concerns, call your local extension agent.

Check food donations before eating

by Norma L. Simpson and Carolyn Raab, OSU Foods & Nutrition Specialist

Warm Springs fire victim received lots of generous donations from local people as well as those from surrounding areas. One thing that is very important is to check the condition of the food donations to be sure that they are safe before your family samples them. Ideally generous folks need to check their donation before they give them away, but in an effort to rush to your aid, that step (safety and quality considerations) may fall by the wayside.

SAFETY means that the food is free of disease-causing bacteria and their toxins or poisons. QUALITY means that the food looks, smells and tastes acceptable to eat.

Beware of those signs that food may be UNSAFE to eat. If food shows any of these signs DO NOT TASTE IT. Don't rely on look or smell. Never taste suspicious foods.

IF IN DOUBT, THROW IT OUT!
FOODS STORED AT ROOM TEMPERATURE

- Tin Can:**
- Too crushed to stack on shelves or open with a manual can opener
 - Crushed immediately under the double (end) seam
 - Moderate/severe dents at the juncture of side and double (end) seam
 - Rust pits severe enough to pierce the can
 - Swollen or bulging ends
 - Evidence of leakage (cans stick to the shelf or case box)
 - Signs of spoilage (spurring; unusual odor or appearance) when opened
- Glass Jars:**
- Home-canned instead of commercially canned
 - Raised, crooked or loosened lids
 - Damaged tamper resistant seal
 - Cracks or chips
 - Signs of spoilage (discolored food; ...

STOCKMAN'S ROUNDUP: Bits and bridles



by Bob Pawelek
OSU Livestock Agent

The proper selection and fitting of tack is important for safe use of your horse. It also makes riding more enjoyable.

All tack is designed with two things in mind: use and appearance. For example, an English jumper saddle is made especially for that use, whereas the brass on draft horse harness is just for appearance.

Halters and leads

By tradition, a newly purchased horse comes with a halter and lead rope. A lead or tie rope is made of hemp, cotton, nylon or other synthetic material, and usually a snap to fasten it to the halter. It is meant for both leading and tying up a horse. A lead shank as a chain, one to two feet long, and a snap

fastened to a strap of leather or nylon webbing.

Halters, also known as "head stalls" are simply harness to go over the head, used to catch and hold a horse. They used to be made of leather or hemp webbing, and traditionally when you bought a new horse it came with a cheap new webbing halter. There are specialty halters for stallions, and for foals too. There are now halters on the market with adjustable nose pieces to allow the mouth to be opened wider for dental work, and beautiful leather show halters with matching lead shanks.

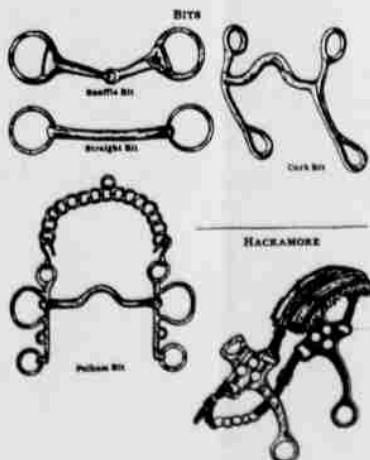
Bits and bridles

For both Western and English, there are "open" bridles that leave the horse's face open. Each is enough different from another that they are obviously Western, English, or driving bridles. Bridles are made up of various parts, cheek piece, brow piece, head strap and throat latch. Particularly for driving horses, all sort of things are put on the bridle such as blinkers to keep the horse from being frightened by things at its side, shadow rolls to keep it from seeing shadows on the ground (and then jumping them) and decorations such as are worn by parade horses.

Bits are so numerous that in old harness catalogs they ran page after page. Basic bits are straight, snaffle, curb, and a combination of the snaffle and curb called Pelham. These are usually metal, but can be coated with rubber. The most important thing about a bit is that it be as mild as possible while still controlling the horse, and that it not be too long or short. The difference between a 4" — too short, 4 3/4" — too long, and 4 1/2" — just right, doesn't seem like much, but can make

a sore mouth. Or it'll make a horse pull to one side and carry its head turned, or can cause the rider to lose control. It is essential that you have the bit properly fitted.

Somewhere between a halter and a bridle, with no bit, is the so-called hackamore. These are used on both Western and English riding horses with tender mouths.



Reins

Going back from the ring on the top, which is fastened to the bridle at the lower end of the cheek piece, is the rein on a riding horse. It's called the line on a driving horse. For generations, reins have been made of leather, but recently some have gone to plastic. By tradition, reins on some Western bridles have been made of leather and are not fastened together back by the rider, where they are

held. You will hear various reasons for this, such as less risk of a steer's horns catching on one rein, or (back when the West was really wild) less chance of an outlaw being able to hold the horse, or maybe it was just that rawhide only comes about so long. I don't know which is correct, but it makes for conversation when a Western rider and an English rider meet up.

Health note

We might not all know that switching tack from one animal to another without proper cleaning makes it easy to spread skin diseases such as strangles. Even a saddle pad ought to be washed, and disinfected, after you get it back from someone who has borrowed it.

Native American cookbook at OSU

by Norma L. Simpson

Just before the cruise to Alaska, I discovered a **New Native American Cooking** book by Dale Carson, a member of Abenaki Nation, Republic of Mississippi Tasty dishes and interesting line drawings as well as the background of the recipes. When I checked the section for Salmon, I did not find many Salmon recipes among the 125 recipes in the book.

Some recipes like stuffed quahogs and pemmican were more traditional than other recipes like Sour Cream spread and Orange/Huckleberry Salad.

I'll try a few of the recipes and share them with you in a later article. If you want to see the book it is in the OSU/Warm Springs Extension office.