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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

I have reached more club leaders since my last column. The Warm Springs Livestock Crew is accepting new members. The club won't meet until January, but now is a good time for interested youth to talk with the club leaders about requirements. This club raises animal science projects, either swine, beef or sheep. To enter into an animal science project 4-H members must be at least in the 4th grade, and there is some investment in buying the animal and equipment the first year. Leaders this year are Angie Orchard and Sandi Thomas.

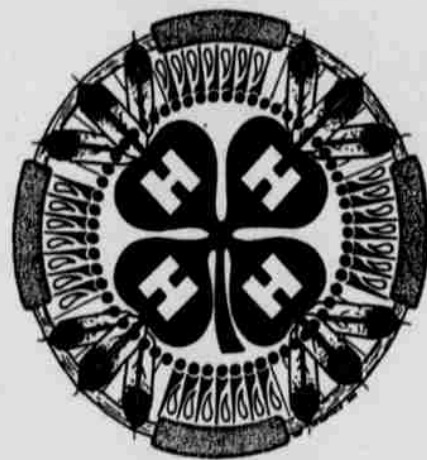
The Chinooks-Coed basketball team has started practices. Coach Melvin Tewee is accepting new members - both boys and girls. Practices are held on Thursdays from 6-8 pm at the Jefferson County Middle School in Madras. For either of these clubs, you need to stop by the 4-H office and fill out an official 4-H registration form.

4-H Recognition Day is set for Saturday, November 9th. This day is set aside to acknowledge individuals and groups in the 4-H program of their achievements.

One of the most popular pets in Warm Springs are dogs and puppies. In this edition of the Spilyay Tymoo, I'll share some guidelines on the care of dogs and puppies from 4-H publication 1208. To begin with, any person who owns a dog should realize the commitment he or she has taken to provide proper feeding and care for a living animal. This responsibility means providing both time and money to support owning a dog. Besides financial costs, there is the needed time for keeping your dog clean, feeding and

watering and training the dog to become a well-mannered pet. The responsibility of owning a dog will continue throughout the dog's life, which many exceed 10 years. Caring for a dog means constant daily care. It is not something that can be turned off and on as a machine.

How do you select the right dog? When you see that puppy with the wagging tail, don't lose your sense of judgement. Remember that in about 12 months he will be full grown dog, and for future happiness you



should select a pup that will suit you and fit into your environment and lifestyle when he is a grown dog. Some factors to consider when picking a dog include: mixed breed or purebred, indoor or outdoor, hair length, size of home and exercise area, age and physical stamina of owner, male or female.

Natural Resource Notables

By Bodie Shaw
Natural Resources & Agriculture
Extension Agent
The National Tribal Environmental Council

OSU Extension has recently received some valuable information concerning tribal lands and resources that might be of interest to many of you. A national organization known as the National Tribal Environmental Council (NTEC) is leading the charge for Native Peoples and the environment. NTEC is a coalition of 18 tribes whose purpose is to enhance tribal ability to protect, preserve and promote wise management of air, land and water for the benefit of current and future generations. NTEC represents the interests of its membership to federal agencies such as the EPA so that a cohesive tribal viewpoint will be visible in matters such as environmental regulations and the allotment of funds. As NTEC's membership grows, it is expected that a truly Native American voice in environmental matters will be heard.

In March of 1997, the fourth National Conference will be held at the Mississippi/Choctaw Reservation. Prior to the conference, NTEC will be conducting a National Environmental Review (NER) of Indian lands. Participating tribes will fill out and file a comprehensive questionnaire dealing with environmental issues on their reservations. A report summarizing and outlining the NER will be presented at the conference. Tribes which do not send representatives to the conference may receive the summary

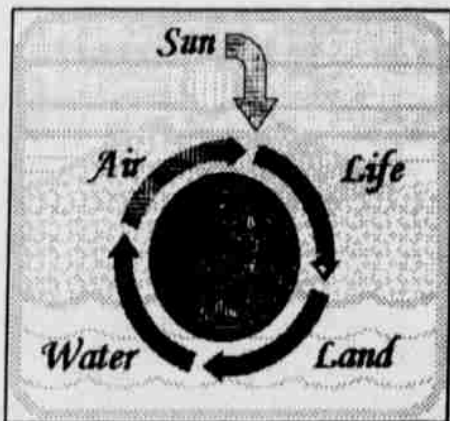
report and information about the NTEC and tribal environmental issues. Contact Margaret Gover, Administrator, at 505-242-2175, or NTEC, 1225 Rio Grand NW, Albuquerque, NM 87104. I also have some additional information here at our office so give me a call.

Huckleberry Education Project
Recently, a project entitled "The Huckleberry Education Project: Culture and Science" was finished and approved for distribution within the Warm Springs Community.

The project is a video-based natural resource education program designed to create *Vaccinium membranaceum* (thin-leaf huckleberry) into an exciting and relevant learning experience for Native American students in the context of cultural awareness. Culturally important activities and resources have dwindled dramatically in Native American communities over the past century. This program focuses on the cultural significance and management of the huckleberry, one of the most important cultural plants to the Confederated Tribes of the Warm Springs Indians.

The educational package includes a videotape, and supplementary educational guides. The video is a 22-minute production with a mid-program break for discussion. The first half is devoted to tribal elders sharing stories from past experiences with huckleberries, focusing primarily on cultural and traditional aspects. The second half is directed toward management methods that could be implemented to ensure sustainability

of huckleberries on the reservation. Project Partners include the Confederated Tribes of the Warm Springs Indians and Oregon State University. The video was produced, edited and narrated by Bodie Shaw, Natural Resources and Agriculture Extension Agent at Warm Springs. Warm Springs community members on the video include Catherine Courtney, Fannie Waheneka Chief



Delvis Heath, Faye Waheneka, Pinky Beymer, Mavis Shaw, and Louie Pitt. Technical advice and assistance was provided by Dr. Ed Jensen, Jeff Hino, and Mark Reed of the Forest Media Center at Oregon State University.

For more information about the Huckleberry Education Project, call Bodie Shaw at OSU extension, 553-3238.

"The Cycle of Grief" pamphlet available at OSU

by Norma L. Simpson

Yesterday I had a sad telephone call from a Tribal woman asking about videos on Grief. At one time we had such a video, but it was not returned when it was borrowed.

Perhaps it was such a good video that it has been used again and again. As the caller said "Warm Springs families are in constant mourning, and this time it's my family that needs help."

So I have gone searching to find a new video to deal with the cycle of Grief that all people go through when they lose a loved one. In the mean time I will make additional copies of a useful series of publications called "Learning to Live with Our Loss" which I wrote about several months ago - "Grief and the Mourning Process", "Helping Children Understand Death", "Understanding Men Who Grieve" and "For Teenagers: Facing the Loss of Someone You Love." This series was produced by the North Central Regional Extension Consortium of 13 land grant universities and shared with Oregon State University.

I know that there are special rituals for grieving on the reservations, but the caller reminded me "Not everyone follows those rituals. Our anger, pain and hatred runs so deep that we can not get over the sorrow and agony that we feel."

We talked about the Cycle that we all go through in our loss and we talked about the difference of removing the possessions of the departed compared to saving every memory and returning possessions given to the departed loved one by family and friends.

Other parts of the cycle may be viewed differently but they will be part of the consideration. We go through a **CYCLE OF PROTEST**. We are in **shock** like we are in another world, **confused**, **denial** that our loved one is gone, **shame** and **blame** that we are still here, **anger** to the point of **rage** and **guilt**.

We have so many physical changes that we do not recognize ourselves. Tough people who cry all the time, have headaches and backaches. We are sick to our stomach, shortness of breath, heart palpitations, loss of appetite, sleep all the time or can't sleep at all. We talk so fast no one can understand us or our speech becomes so slow that we feel we are in TV slow motion. We are often haunted with the memories of the last things we said to our friend, grandparent or child.

After he pulled a prank on me, jokingly I said to a friend "I could kill you for that" and

two days later he was killed when he was thrown by his horse. I felt so guilty, responsible for my friend's death. That was forty years ago. It teaches you to only say what you mean.

CYCLE OF DESPAIR After we thought that the pain would go away, we enter into the next cycle of **agony**, **anguish**, **depression** and **grief**. We continue to have physical changes, accident prone, nausea, and grasping for more humor but not being satisfied when we laugh.

CYCLE OF DETACHMENT Sometimes you totally change your personality. When one highly respected young man found out that he was dying of cancer with only a few months to live, he broke up with his fiancée, did wild things he would never think of doing before, and isolated himself from all his old friends and family members. "He said, I'm going to do all those temptations that I stayed away from." His loved ones mourned him twice, once during his transformation and once when they put him in the ground at age 19. The mourners became withdrawn, indifferent to the events in the community, unwilling to share their sorrow and to give up rather than getting back to the life around them.

They lost their spontaneity, their lively expressions until at last the pain subsided.

"Each mourner needs to find a balance between withdrawal and overextension... escaping by staying busy so you don't have to think about what has happened."

CYCLE OF ADAPTING "The process of mourning helps us to re-enter the world alone. Each time we find a way to accomplish a task or to go someplace without our loved one, we are successfully functioning in our new world - in spite of our loss. But the process takes time...In time the constant hurting is replaced by memories of the past relationship. We can remember our loved one without always feeling sad, when we can remember weaknesses as well as strengths, we are learning to adapt to our changed world."

LEARNING TO LIVE WITH LOSS, a six part series of publications is available any time you want it. Copies will be in the rack outside my door on the main floor of the Warm Springs Education Center, 1110 Wasco Street. If you do not find the publication that you need, please tell us. We will try to get what you need. We will listen to you and feel your pain.

4-H Youth Cooking Series

4-H Fall Youth Cooking series For Youth in grades 4th and up Starts November 7th Skip Thanksgiving Day End on December 19th Meet each Thursday from 4:00 to 5:30 pm in the 4-H Kitchen FREE!

You need to sign-up by the Tuesday before each class or you can sign up for the entire series at one time. Parents are responsible for transportation to and from this event.

Schedule:

- Th., November 7th "Kitchen Basics and Safety"
- Th., November 14th "Bonzo with Biscuits"
- Th., November 21st "Make Your Own Dinner, Pizzaman"
- Th., December 5th "Warm Springs Foods"
- Th., December 12th "Holiday Cookies III!"
- Th., December 19th "Holiday Cookies II III!"

Cooking class to be held on October 31

by Norma L. Simpson

Yes, I know, Halloween Night is a great time for trick or treating, and for the bash at the Community Center. But it's also a great night to learn more about "Dem Bones" and the nutrition that you need to keep Dem Bones in good shape for the rest of your life.

I'll be in my skeleton mask, Thursday, October 31, 5 pm to 6 pm at the Wellness Center Kitchen. We hope you will join us, too, in a Halloween costume. We even let ordinary mortals come to the class in regular clothes. In costume you can go directly to the Community Center for their party that starts at 6 pm and runs to 9 pm when the dance begins for the older kids.

Health Cooking class will focus on the foods loaded with calcium including milk products.

We'll learn to squeeze calcium out of the old soup bone.

We'll try "abra-ka-dabra" to make milk for those who can't drink regular milk.

We'll learn how to avoid holes in your bones.

We'll learn to tie bones in a knot, how to avoid kidney stones, about bone banks where skeletons can get real replacements.

And we will make a Slow Cooker Stew for hungry learners.

Come Join us for a Free, Free for all with Dem Bones. We might even sing a line or too.

Costumes made easy

by Norma L. Simpson

So your child told you that he needs a costume for next week or tonight. If you want to save some money, you might see the ideas we have for costumes. Those commercial costumes can be very expensive. Come to the Education Center, 1110 Wasco Street and ask for Norma, Sue or Deanie to show you the patterns or books. We have a sheet of drawings of 60 patterns in a book called **EASY HALLOWEEN COSTUMES FOR CHILDREN**.

Here's a sample from page 80, for costume No. 51 **SKELETON**

White balaclava helmet from pattern W-2. White face, black around eyes and one nose and lips.

Black tunic from Pattern B and black pants from Pattern G. Cut simple bones, as shown from, white self-adhesive vinyl and press them directly onto costume (they can be removed later to use the outfit as pajamas or other costumes). Instead of self-adhesive vinyl, cut the bones from white felt and tack them temporarily in place. (Optional: Black gloves from Pattern X-2; glue white finger bones on gloves.) Black trick or treat bag with a white skull and crossbones from vinyl or felt for decorations.

STOCKMAN'S ROUNDUP: Crossbreeding horses



by Bob Pawelek
OSU Livestock Agent

Crossbreeding has not been studied in detail in horses as it has in other species of farm animals.

Most breeds of horses have been developed for a specific purpose which requires a particular form and function. Crossing two or more breeds that differ considerably in form and function, Belgian and Thoroughbred for instance, would probably produce a

vigorous crossbred progeny, but it would probably rank midway between the parents in performance, and would not perform as satisfactorily for a particular purpose as one of the parent breeds.

Crossing draft horses with Thoroughbreds would probably produce an offspring that would not perform as well as the draft parent for draft purposes or would not race as well as the Thoroughbred parent. But it would probably make for a pretty stout saddlehorse.

Crossbreeding of Thoroughbred and Quarter Horses has been practiced in the U.S. for many years. These are listed as two separate breeds in books that discuss breeds of horses. The sale catalog of Quarter Horses at the National Quarter Horse Congress in the fall of 1995 had 81 six-generation pedigrees listed. Of this number, 48 pedigrees showed some Thoroughbred breeding, usually in the top side of the pedigree. The Thoroughbred stallion Three Bars appeared at least 40 times in these 81 pedigrees.

Very little inbreeding or linebreeding was detected in these pedigrees, and when I did find it, the percentage of inbreeding was about 12.5 percent. It looks like some Thoroughbred blood in Quarter Horses produced faster-running progeny and possibly improved type and conformation.

Some research concerning the crossbreed-

ing of trotting horses has come from Europe. In one study, trotting speed of crossbred American X Russian Trotters was compared with that of purebred Russian Trotters over a distance of one mile. Trotting speed was measured at three, and again at four years of age. The offspring three-year-old crossbreds, on the average, trotted a mile in 2 minutes 22.8 seconds, as compared to 2 minutes 25.9 seconds for purebred Russian Trotters.

At four years of age, the average speed for crossbred was 2 minutes 18.8 seconds as compared to 2 minutes 20.6 seconds for the purebred Russian Trotters. Almost four times as many crossbreds were in the 2 minute 15 second class than were the purebred Russian Trotters. Another report involves a comparison of crosses or Tennessee Trotters with Russian Trotters, and the two purebred at two, three and four years of age showed an average advantage for the crossbreds.

A larger percentage of the crossbreds were in the 2 minute 20 second class than were the purebreds. The result from this two research reports indicate that there is some hybrid vigor for trotting speed when crosses are made between two or more unrelated breeds. Naturally, some breeds would not work in research of this sort. However, crossing two related breeds for a trait may increase the performance in the crossbred progeny.