



Arlene Boileau  
4-H & Youth

Bob Pawelek  
Livestock

Clint Jacks  
Staff Chair, Madras

Norma Simpson  
Home Economics

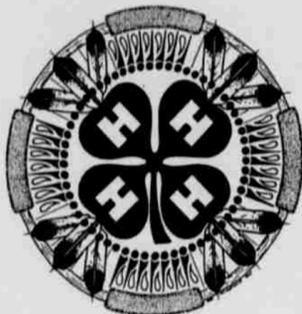
Sue Ryan  
4-H Assistant

Bodie Shaw  
Ag & Natural Resources

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

We have been receiving a lot of inquiries about our popular annual camp program — the 4-H Wilderness Enrichment Camp at Trout Lake. The dates have been set for this year's program, but some changes have also taken place. The 4-H program will be combining forces with the Culture and Heritage Department to hold a joint effort this summer. The camp will still address outdoor living, but cultural practices and traditions will be emphasized along with healthy living styles. The Warm Springs 4-H Cultural Enrichment camp will take place July 7th - 20th at Peteris Pasture. Week one will be for smaller kids in 2nd through 5th grades, while the second week will be for older kids in 6th through 9th grades. It should be mentioned that this will be the grade that the child has just completed in school, not the grade they will be entering in the fall. The Extension and Culture and Heritage staffs will be working together with other departments including: CHET, Work Experience and Development and more. Registration will open May 5th and close June 27th so mark that date on your calendar. The 4-H program's main role will be

operations, counselor training, counselor management, and staff presence for classes. We will also be holding a hiking trip over the weekend for the older campers between class sessions. Plans are still firming up at this stage, but our departments continue to meet and arrange for preliminary topics & presenters as well as the myriad number of other details required when setting up a camp program. If you have any questions about camp this year, be sure to contact Arlene Boileau here at the 4-H program (553-3238).

There is still room in the Basketmaking class set for March 1st & 8th. I'd like to point out that these two classes are on Saturdays, from 1 to 4 p.m. Students must be in the 5th grade or older. The class is free, and kids will have a good time completing a small project to take home with them. As well as the skills and knowledge to pursue basketmaking further on their own!

The Basketmaking class brings 4-H to the end of its Winter classes. Our office is trying, along with having clubs, to host & teach one to three courses a quarter. This seems to have worked very well since we have begun trying it in the fall, but we always like to hear from the community too. 4-H will be planning spring classes soon - this period would be April, May & June. If you have an idea or need let us know. You are also welcome to teach a short term class or club. Possible offerings on the drawing board include Tie Dye, Hiking, and Presentations. When details for spring classes are finalized, I will share them in this column.

A remark that planning for Know Your Indian Government is rolling along - but we can still use more students in the class. The course will be held March 11th from 6:30 to 9:00 p.m. and March 12th from 8:30 - 3:30 p.m. It is for kids in 7th through 12th grades. Note— since one of the class days falls during a school day, you must be able to get an excused absence from school to attend. You can sign-up at the 4-H office - we are located on the 1st floor of the Old Boys Dorm on Wasco Street, right next door to Warm Springs Elementary.

## Natural Resource Notables

By Bodie Shaw  
Weeding out aquatic weeds

What's the best way to control problems with aquatic weeds in Oregon? Simply avoid having those weeds in the first place. That's the approach the Oregon Department of Agriculture's Noxious Weed Control Program is advocating as the state's neighbors to the north and south both struggle with at least two species of hard-to-get-rid-of aquatic weeds.

Spartina and hydrilla are two aquatic plants currently not a problem in Oregon. But if they ever get a toehold like they have in Washington and California, look out.

"Because of their current distribution, we know it is quite likely they could be found in Oregon someday," says Dennis Isaacson, manager of ODA's Noxious Weed Control Program. "We would like to develop program that would prevent them from becoming an established problem here."

Hydrilla poses a threat to Oregon's lakes, reservoirs and streams. The fast-growing aquatic weed has been found in 17 California counties and in Washington. Once established, hydrilla destroys fish habitat, degrades water quality, clogs intake and fish screens, and fouls up recreation. Fishermen, water skiers, and boaters in general would find the green, leafy plant a big headache. Wildlife could find it even more undesirable since it takes over and displaces native vegetation.

Spartina is a grassy weed that has invaded estuarine environments along the West Coast, with Oregon being a notable exception. Recreation, wildlife, and oyster production in 13 Oregon estuaries would be severely threatened by an invasion of spartina, or cordgrass as it is commonly called.

"The oyster industry would be one of the first to be impacted by establishment of spartina because the weed helps the development of a marsh instead of a mud flat," says Isaacson. Oregon's fast growing oyster production capabilities thrive on the mud flats so common to the state's coastal estuaries. Change the mud flat into a marsh and you effectively destroy oyster

production. "We have only to go to Willapa Bay in Washington to observe the conflict between spartina and oyster production," adds Isaacson.

The only way to easily eradicate noxious aquatic weeds such as hydrilla and spartina is to detect it early. It may be too late for Washington and California, but Isaacson is convinced it's not too late for Oregon.

Keeping on the lookout will be the key to saving Oregon from the fate of its neighbors. "We have to be very diligent in order to find hydrilla," he says. "It looks a lot like a couple of other weed species and it takes a good bit of training to develop the ability to distinguish it from other plant types."

Utilizing volunteers— many of them homeowners along lakes and other water bodies—is one strategy for keeping tabs on early infestations. Those same volunteers already conduct water quality measurements and readings and could be trained to look for submerged aquatic weeds.

Detecting spartina might not be as problematic.

"We would be looking for a green contrast on a muddy background," says Isaacson, referring to the fact that spartina invades mud flats. "The patches of spartina tend to be quite circular. They grow in fairly distinct patterns. I think we could probably accomplish our detection almost exclusively with aerial observation."

A general public awareness campaign is also part of the plan. Brochures on hydrilla— warning against such things as dumping aquarium tanks into the state's water bodies — have already been developed, one on spartina is in the works.

Treating infestations of noxious aquatic weeds largely depends on how early they are detected.

"If we caught a spartina infestation early on, we could control it simply by smothering it," says Isaacson. "There are some landscaping materials that can be used to cover an infestation. By leaving it covered for a year or so, the plant will die. So we don't think herbicides are necessarily the treatment that most often would be employed. We can take fairly benign and inexpensive ways of treating them."

Washington State has embarked on an intensive program of literally mowing spartina, even though it is often underwater.

Repeated mowing eventually kill the weed. But with the heavy infestation, that means a lot of manpower and expense.

That infestation is also causing new worries for Oregon. It is so well established to the north, that the spartina has actually gone to seed. In the past, it only reproduced by vegetative means—that is particles of the plant would break off and lodge someplace else. Now the seeds of despair can spread faster and farther.

"Our concern is that wildlife populations— waterfowl in particular—will be visiting these sites of spartina and perhaps the seed will lodge in their feathers or in the mud on their feet," says Isaacson. "As they travel up and down the Pacific flyway, the likelihood that we could see infestations in Oregon is greatly increased."

ODA is currently considering a modest aquatic weed program that would establish a



monitoring effort as well as a coordinated approach to management before any problems arise. The lack of coordination in

Washington resulted in a critical loss of time before a response to the bad weed could be made.

ODA's experience has been with terrestrial weeds. Now there is a very good reason to get involved with aquatic weeds. California annually spends millions of dollars trying to control hydrilla. A relatively small investment of time, attention, and dollars might prevent Oregon from having to pay a lot more in the future.

For more information on weeds, contact Dennis Isaacson at (503) 986-4621 or Bodie at OSU Extension, 553-3238.

## Between lunch and supper children build up a hunger

Hungry After School

by Norma L. Simpson

When I was working with Carol Allison on the Lil' Miss Warm Springs pageant, she told me that the children are really hungry when they come to her room at the community center after school. I had found the same situation, with children coming to my office in the Education Services Center, asking for money or food to get them through the day. "You're my friend, aren't you?" one girl said when I turned the girls down for money, but happy with a package of soda crackers or Swedish flat bread that "tastes funny. We have been studying Sweden," said the girls. Which then turned our gathering into a geography class as they showed me where Sweden is on the World Globe in my office. The group then dashed out the door to catch their bus to Simnasho. Another long ride without food.

I hoped the bread would tide them over until supper.

Obviously not all the kids come to either of us, but we suspect that after a long active day, most kids need a snack before supper. A nutritious snack would be much better than

the Junk Food that they buy if they have money for candy, pop or popcorn.

Starting Valentine's Day, I plan to have oranges or apples for the hungry kids on that end of the campus. Carol has many, many kids in her creative room. It would be great if people volunteered to donate snacks for the community center. Another idea is to have a Healthy-but-Yummy Food Stand operated by the kids to recover the cost of the fruit under the guidance of a volunteer adult. Maybe it could become a regular activity of the Lil' Miss Warm Springs court and upcoming candidates. Maybe kids could "pay" for the fruit with an empty pop-can that can be refunded at the grocery store. That might keep the community cleaned up of beverage containers along the road and in parking lots.

As a child after school, I usually had a glass of milk from yesterday's jug of milk from the local farmer. Then I took the clean jug to the farmer and returned with the gallon of fresh Ayrshire milk. I was such a small squirt, that I worried all the way home that I'd break the jug (and sometimes I did.) I learned about the importance of testing cows

when I was knee-high to a grasshopper and I learned about the unusual Scots breed of cows. Many of us remember charging into the house as after riding the school bus eager for a peanut butter sandwich and a glass of milk. A bowl of Wheaties was my favorite. Before the little boxes of raisins became popular, Mom stuffed my coat pockets with a couple of hands full of raisins in an old bread wrapper. When we didn't get a snack, we soon became cranky and destructive or ran to a friend's house to raid the kitchen for Swedish flat bread.

Kids have small stomachs that don't hold enough food for energy to last from 11 am when they have lunch in Madras and Warm Springs until supper at 6 or 7 pm. Ouch that's 7 or 8 hours without food. As a junior high school student, I was the first on the long bus ride to Tyhee and the last off at night. On days when the temperature reached -36° F, a bag of peanuts kept me and my pals from hunger as well as the cold. The peanuts were always accompanied with a reminder to eat them on the way home - not at school. I did! Why don't you share childhood stories with me, and we will include them in later Spilyay articles.

## Sewing and stitchery expo, set for Feb. 27 to March 2

by Norma L. Simpson

Encore! is the name of the Sewing and Stitchery Expo for 1997 sponsored by the Washington State University Cooperative Extension in Pierce county. Yesterday, I received a copy of the yearly event. This year it will be February 27, 28, March 1 and 2 at the Western Washington Fairgrounds, in Puyallup, Washington.

I hear it is terrific every year. It looks like 80 different classes that you can attend for \$2.00 each, and you can see over 60 vendors who will sell you the latest techniques, patterns, kits, stencils, and sewing gadgets. It's a craft hunter's treasure.

Application forms for pre-registration of classes or seminars is required and must be

postmarked before February 14 to reserve a seat. Advance general admission tickets are \$5.00 by mail or \$6.00 at the door gets you into the vendors section. Seminar tickets remaining unsold will be available for purchase at the Expo for \$3.00 rather than the \$2.00 paid in advance.

Each day a major Sewing Machine will be given away for Door Prizes...\$1500 Serger, a \$999 Superlock 2000 ATS, A \$1099 Viking 400LE, a \$1399 BLE-1-DX Eclipse Serger, a \$2099 Bernina Coverstitch/Overlocker, terrific prizes.

There will be four free Style Shows - Sewing for Larger Women and Heirloom Sewing.

Burda European's leading pattern

company's styles for Spring/Summer 97.

MacPhee Style Show of "one-of-a-kind" creations with their "hot off the runway types of embellishment and knitting, weaving, quilting, and recycling. The 4-H Style Show talks about "Wardrobe on a Budget" to see how teenage girls have learned to stretch their wardrobe budget to suit all occasions in their busy lives.

I'll have a copy of the program, and order more for people who are interested. I'll put copies of the registration form in the rack outside my office in the Education Center, on the main floor, or call 553-3238 and ask for NormaL. Let me know if you'd like to see the book, or get a copy of ENCORE!

## List of books available for order by OSU Extension

AMERICAN BOOKS OF INTEREST  
Every month we receive a list of new books from the American Indian Science and Engineering Society (AISES) that may be of interest to many within the community. We will continue to list new books on a monthly information in Bodie's column. If you have any questions on how to order or whom to contact, give Bodie a Call at the OSU Extension office, 553-3238.

INDIANS IN THE SOUTHWEST: PERSISTENT VISIONS OF A PRIMITIVE PAST / Leah Dilworth. Washington, DC: Smithsonian Institution Press, 1996.

INKUTITUT: A GRAMMAR OF NORTH BAFFIN DIALECTS / Alex Spalding. Winnipeg, Canada: Wuerz, 1992.

INVENTING THE SOUTHWEST: THE FRED HARVEY COMPANY AND NATIVE AMERICAN ART / Kathleen Howard. Flagstaff, AZ: Northland Pub., 1996.

LUSHOOTSEED READER WITH INTRODUCTORY GRAMMAR / Thom Hess. s.l.: Tulalip Tribes, 1995. Missoula, MT: University of Montana. Occasional papers in linguistics; #11.

NATIVE AMERICA VERBAL ART: TEXTS AND CONTEXTS / William M.

Clements. Tucson: University of Arizona Press, 1996.

NATIVE AMERICAN ISSUES: A REFERENCE HANDBOOK / William Norman Thompson. Santa Barbara, CA: ABC-CLIO, 1996.

NATIVE AMERICANS, CRIME, AND JUSTICE / edited by Marianne O. Nielsen. Boulder, CO: Westview Press, 1996.

NORTH SPIRIT: SOJOURNS AMONG THE CREE AND OJIBWAY / Paulette Jiles. Saint Paul, MN: Hungry Mind Press, 1996.

OUR HEARTS FELL TO THE GROUND: PLAINS INDIAN VIEWS OF HOW THE WEST WAS LOST / edited by Colin G. Calloway. Boston: Bedford Books of St. Martin's Press, 1996.

PARALLEL PATHS: FIDUCIARY DOCTRINE AND THE CROWN-NATIVE RELATIONSHIP IN CANADA / Leonard Ian Rotman. Toronto: University of Toronto Press, 1996.

PEYOTE: THE DIVINE CACTUS / Edward F. Anderson. Tucson: University of Arizona Press, 1996.

PRE-COLUMBIAN WORLD SYSTEMS / edited by Peter N. Peregrine. Madison, WI: Prehistory Press, 1996.

PROCLAIMING THE GOSPEL TO THE

INDIANS AND THE METIS / Raymond Joseph Armand Huel. Edmonton, Alberta: University of Alberta Press, 1996.

PURISIMENO CHUMASH PREHISTORY: MARITIME ADAPTATIONS ALONG THE SOUTHERN CALIFORNIA COAST / Michael A. Glassow. Fort Worth: Harcourt, Brace, Jovanovich, 1996.

SHAMANISM AND NORTHERN ECOLOGY / edited by Juha Penhainen. Berlin: Mouton de Gruyter, 1996.

SOURCE MATERIAL ON TYHE HISTORY AND ETHNOLOGY OF THE CADDO INDIANS / John R. Swanton. Norman: University of Oklahoma Press, 1996. Reprint of 1942 original.

THE WAR NOBODY WON: THE MODOC WAR FROM THE ARMY'S POINT OF VIEW / by an old soldier, Edward E. Hathaway. Show Low, AZ: American Eagle Publications, 1995.

WOVEN BY THE GRANDMOTHERS: NINETEENTH-CENTURY NAVAJO TEXTILES FROM THE NATIONAL MUSEUM OF THE AMERICAN INDIAN / edited by Eulalie N. Bonar. Washington, DC: Smithsonian Institution Press, 1996.

## Learn to invest your money for higher profit

by Norma L. Simpson

Your money only makes 2.2% interest if you have a regular savings account in the bank. And if you want to borrow money from the bank, you have to pay 18-20% interest. It seems that something is really wrong, the difference is so great. It means that we must learn to be smarter about the ways we save our money so we can get more that we want from the money.

Most of us shy away from "Investing" our money, because we don't understand how it works. Some may confuse "Investing your money" so that some one else may use the money" with "Making an Investment, such as buying equipment for a small business which allows you to make money."

Some of us stumble into "Investing" because we inherited some money when our parents died. If we invest it right away and never dip into the money, we might end up with a bundle in just five years. Stumble I did, and now the money is worth 40% more than when I came to Oregon.

The day I started this article, I received an Investor Information Program book from the OSU Extension Family Resource Management Specialist, Alice Mills Morrow is responsible for coordinating the OSU extension activities offered by the State of Oregon Department of Consumer and

Business Services.

The Investor Information Program book starts by saying "Since the 1980s, we have become a society of investors. Americans now put more money into investments each year than into savings accounts."

"Unfortunately, millions of those investment dollars are lost by Oregon investors through securities fraud, sales abuses or investors failure to fully educate themselves on a particular issue."

The important thing about investing is learning to know what you are doing, even if you hire someone to do most of the analysis and paper work for you. A little time that you spend getting the training, and doing your follow up, can help you make more money while you still hold your regular job.

After I read the book, the Investor Information Program looked like the kind of training that would help lots of people in Warm Springs. I went to several departments to talk with individuals to see if they would be interested in learning these basics of investing. Two said no, but 10 people were very interested in the program, if training could be held after work.

So this article asks other interested people to Call Norma or Deanie at 553-3238. Which evening is best? whether in Spring or Fall? Your P.O. Box and Phone Number.

## Look at debt to income ratio for financial woes

by Norma L. Simpson and Alice Mills Morrow

Don't panic when you see the title of this article. We are going to help you understand that ratio. It's not too difficult, but knowing how to use the ratio in your own money management can really keep you from deep financial woes.

What you look at is the total monthly payments you have, and divide that total by the amount of take-home money. You will get a fraction number which you multiply by 100 to get a percentage, like this example:

Debts to pay monthly are \$500.		
	Total Owed	Monthly payments
Visa	\$3,000	\$200.00
Sears	\$2,800	\$200.00
Les Schwab	\$ 500	\$ 75.00
Penny's	\$ 320	\$ 25.00
Total owed	\$6,620	\$500.00

Monthly take-home pay is \$1,500.

Debt-to-income ratio is debt divided by income. In this example this is: 500 divided by 1500=.333

The number ".333" is a decimal percentage; to convert, multiply .333 by 100 = 33%

According to Alice Mills Morrow, OSU Extension Family Economics Specialist, "If your debt is more than 20 percent of your income, you have a high rate of consumer debt." Therefore this person's 33% debt-to-income is very high. Try to get it lower.

The next thing you do is to look at the bills that charge the highest rate of interest. Pay the highest-rate bills faster. While it looks like Visa is the biggest bill, Sears and Penney's charge the highest rate of interest (21% interest for Sears and Penney's compared to 18% interest for Les Schwab Tires and about 18.9% interest for Visa (Visa's rate fluctuates with the Prime Rate of Interest).

One woman from Warm Springs says that she pays \$75 each month for Les Schwab rather than the \$50 minimum payment. The amount that she owes for the 1996 snow tires will be paid off much faster, in about seven months. If she paid \$100 a month, she would she would be able to pay off that debt in time to buy a new set of all-season tires in March. If she pays cash for all-season tires, the set will cost about \$250 instead of \$300.

What would you do with that extra \$50? Bankruptcy doesn't just happen. It is usually the result of a bad money management over a long time, \$50 here and \$50 there. A person who files for bankruptcy is likely to have a high debt-to-income ratio and very little savings. Then a catastrophe such as uninsured medical expense, uninsured automobile accident, divorce or extended period of unemployment triggers a bankruptcy filing.

Be smart, set aside enough savings to cover three to six months of daily living expenses. Also take a hard look at whether or not you have adequate life, disability, health, auto and household liability and property insurance.