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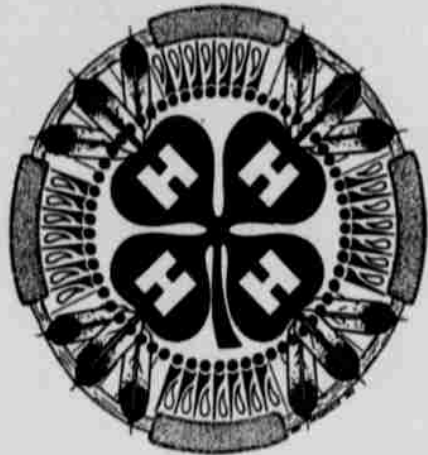
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

Three girls attended our November 11th Horse Health Care for Kids! at the 4-H Pasture. Daleena Frank, Shayla Frank, and Shelly Greene-Boise rode up on two of Shayla's horses from next door. Adult Sandra Brunoe also came for Agent Bob Pawelek's talk. The 4-H office would like to thank Jason Smith for loaning his horse One-Spot for the day.



During Horse Health Care we covered 4 basic areas out of the 4-H Horse project, Health Care, Grooming, Behavior, and Basic Handling. There are still packets at the 4-H office - stop by and pick one up. Here I'll share some brief portions on Horse Safety and Horse Health.

### Horse Safety

Safety for the handler, the horse, and others is closely linked to courtesy, kindness, and good animal management. Horses reflect the care, caution, and concern of their handlers. Although normally gentle and quiet, a horse can become excited if it is frightened or mistreated. A gentle soft voice, slow easy movements, and a calm attitude will reduce fear and excitement.

Especially observe safety rules when working with young or unfamiliar horses. An unsafe or careless act may result in undoing hours of careful training. Learn and practice basic safety rules until they become an everyday habit. Carelessness is probably the leading cause of accidents, and it can cause serious injury to the handler, rider, horse, or others.

### TEN COMMANDMENTS FOR HORSE SAFETY

1. Buy or ride a safe horse.
2. Know the horse.
3. Suit the horse to the rider's ability.
4. Be quiet and calm around horses.
5. Check the tack.
6. Tie the horse safely.
7. Control your temper.
8. Watch out for small children.
9. Know trailer safety.
10. Do not race in unsafe areas.

### Horse Health - The Normal Horse

Know the horse's normal appearance and habits. Each individual horse will behave differently, but still be normal. For instance, one horse may lie down to rest, while another may not. Watch the animal as it comes into the barn and stay a few minutes to watch it eat. Daily grooming is another opportunity to spot trouble.

**Contentment**-Looks unworried when resting.

**Alertness** - Has a bright-eyed attitude and will perk up the ears for the slightest reason.

**Good Appetite**-Is eager and demanding while feed is being rationed, and attacks it eagerly.

**Sleek coat**-Hair is shiny and smooth, with a healthy "bloom" and skin is pliable and elastic, not dry and tight (hidebound). Pinch a fold of skin on the neck; it should take only one or two seconds to flatten.

**Bright eyes**-Clear, with pink eye membranes under the lower lid, and clear fluid.

**Normal feces and urine**-Consistency of

feces (manure), varies with the diet (lush pasture causes looseness), but usually will be firm, not dry. Both feces and urine should be passed without effort and be free from mucus, or pus.

**Intestinal sounds**-Gurgles, squeaks, and rumbles are signs stomach is moving food normally.

**Normal temperature**-Average rectal temperature is 100.5 degrees. To take temperature, an animal thermometer must be used, with a string tied to the end. Shake the mercury down, lubricate it with Vaseline or saliva, stand alongside the hip, and insert it full length into the rectum for at least three minutes. Quickly wipe it clean without touching the bulb end, and read the temperature. If it is 102.5 degrees or above, at rest, the horse is probably ill and needs a veterinarian.

**Normal pulse**-Ranges from 32 to 48 beats per minute. Find the artery at the jawbone where it winds around from the inner side, and feel the pulse with the tips of the index and middle fingers. Using a watch's second hand, count the beats for fifteen seconds and multiply by four. If the pulse is above 60 beats per minute, the horse may be suffering from overexertion or abdominal pain (colic). Pulse rates are somewhat higher on young, small, or nervous animals, and with excitement or exercise.

**Normal respiration**-Rate is 8 to 20 breaths per minute. Place the hand on the horse's flank and count the rise and fall rate for 15 seconds and multiply by four. A horse in good health will pause as though he is holding his breath, but a sick animal may breathe at 30, or even 50 respiration's per minute. Exercise, excitement, or hot weather may increase the rate also. Breath should smell sweet. Mucous membrane should be a normal pink color and moist.

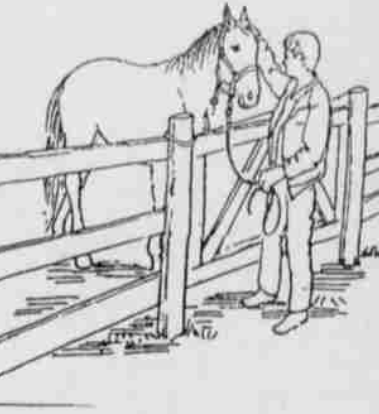
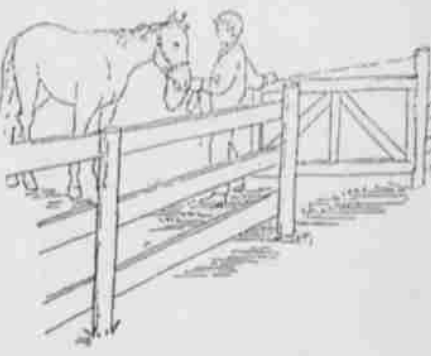
Practice taking the horse's vital signs: temperature, pulse, and respiration (TPR).

## How to turn a horse out

If you are afraid of horses, the more you learn about them and the more you work around them, the more confidence you will develop and your fear will be replaced by respect. There are many little things one must do to practice proper safety with horses. When you walk a horse to a pasture or paddock or return it to its box stall, try the following procedure:

1. Walk on the horse's left, even with its head. Never lead a horse with just a halter. Always use a lead or shank rope.
2. Hold the shank or lead rope short so you don't get crowded against the gatepost.
3. Walk all the way in until the horse has cleared the gate.
4. Stop and make the horse stop.
5. Turn the horse to the left slowly until the horse is facing the gate and you are facing the horse. Make the horse pay attention to you-not just waiting to be freed.
6. Back up, facing the horse, until you can reach the gate and partially close it with one hand.
7. Step backwards through the gate (or stall door), and say "whoa" to the horse.
8. Either remove the halter or unsnap the shank or rope, step back behind the gate, stall door or gatepost, and close it.

This may sound like a lot of military type procedure that is done to waste time. Like military procedure, however, it is done for safety. If you just step into the stall or paddock and let the horse go it can, with no mean intent but just the joy of sudden freedom, run past and kick you with the rear hoof. Or the horse may decide it doesn't want to be in the stall, and rush out past you. Once you make the above procedure a routine, it will become an automatic reflex.



## Resolutions approved

### Resolution no. 9439

"Whereas, the tribal council of the Confederated Tribes of warm springs reservation desire to become more actively involved in the use and management of its natural resource base; and,

"Whereas, it is the desire of the Tribal Council to achieve tribal objectives as defined in chapter 460 of the Warm Springs Tribal Code through increased employment and income to tribal members from agricultural pursuits; and,

"Whereas, The Intertribal Agricultural Council (IAC) was formed to provide a forum for Indian and Alaskan Natives to realized areas or mutual concern on matters relevant to the management of agricultural resources through unified input at the national level; promote change in federal and tribal policies to improve opportunities for management and increased productivity from agricultural profession; encourage the present trust land base and other trust resources are preserved, protected and where possible, expanded recommend specific changes of federal agricultural programs to Congress and the Secretaries of Interior and Agriculture; and,

"Whereas, The Tribal Council desires to support and provide direct input in the efforts of IAC as voting member; now, therefore

"Be it resolved, By the Tribal Council of the Confederated Tribes of the Warm Springs Reservation of Oregon to renew its affiliation with the IAC through the remittance of the 1997 annual dues of \$200 and to appoint Jacob Frank, Sr. as voting delegate for a term ending May 1, 1998 and Jason Smith, alternate and Wilson Wewa, Sr., 2nd alternate for a term ending March 5, 2000 for the Confederated Tribes to the IAC

"Be it further resolved, that this resolution rescinds Resolution No. 9336 adopted March 5, 1997."

**Certification**  
Approved: October 29, 1997

Present: 6 Yes-5 No-0 Chairman did not vote

Approved by Superintendent November 13, 1997

**Resolution No. 9440**

"Whereas, The Tribal Council has the authority and responsibility to direct and oversee the relicensing process for the Pelton-Round Butte Hydroelectric Project; and,

"Whereas, Warm springs Power Enterprise was created for the purpose of operating and managing the Pelton Reregulating Dam portion of the Pelton-Round Butte Hydroelectric Project; and,

"Whereas, The Board of Director of Warm Springs Power Enterprises has previously, pursuant to Tribal Council direction, established a strategic Reserve Fund that is used in

connection with relicensing proceedings; and,

"Whereas, The Board of Directors of Warm Springs Power Enterprise has, (backup documentation available on request), sought clarification and confirmation of its role with regard to relicensing; and,

"Whereas, The Tribal Council believes it is appropriate to respond formally to the Board of Directors; now, therefore

"Be it resolved, By the 20th Tribal Council of the Confederated Tribes of the Warm Springs Reservation of Oregon, pursuant to Article V, Section 1 (f) and (i), of the Tribal Constitution and Section 4 of the Tribal Corporate Charter, that the understanding of the Board of Directors of Warm Springs Power as set forth in their letter of October 17, 1997, attached hereto, with regard to its role in relicensing is correct."

**Certification**  
Date: November 5, 1997

Present: 7 Yes-6 No-0 Chairman did not vote

Approved by Superintendent November 13, 1997

Neo Design studio is looking for a

calligrapher/artist who can hand paint a legend on a wall in Kah-Nee-Ta's new spa opening around January one 1998. Please submit a sample of your lettering ability along with your name and phone number to Neo Design Studio, 2229 NW savior street Portland, Oregon 97210. All respondents will be given consideration.

## JCMS yearbooks on sale now

The JCMS 1997-98 year book is now into production. To ensure that enough copies are ordered, it is necessary that students pre-order their copy now. Year books may be ordered from classroom and TAP teachers. The cost is \$9.00. November 3-7 will be the last presales to order the yearbook for \$9.00. After Christmas break the yearbooks will cost \$10.00.

## Meetings scheduled to review Draft IRMP II Plan

Meetings were scheduled to review the Draft IRMP II Plan. The time will be used to gather comments from tribal members concerning which alternative should be implemented and to seek input for changes to the draft. Tribal Council will be making a final decision on the draft at a later date in early 1998.

An evening session was held at the Senior Citizen Center last night,

December 3 for the Sidwaller and Boulder/Miller Flat/Dry Creek/Webster Grazing groups. A meeting is scheduled for December 10, at 6:30 p.m., for the Metolius, Dry Hollow and Tenino grazing groups; Simnasho, Log Springs and Mutton Mountains TBA due to longhous scheduling conflicts.

On Thursday, December 4, at 9:30 a.m., at the Fire Management

training, tribal members are invited to attend a breakfast meeting. (Another will be held on Thursday, December 11, same time, same place).

Draft plan copies will be sent to tribal members heads of households, will be available at the meetings or can be picked up from the Range and Ag office.

## Budget and strategize for holiday shopping

Have you ever experienced the "holiday hangover"? Symptoms of this syndrome, uneasy feelings and worry about money, first appear when you realize how much you spent on the holidays and calculate how big your credit card bills are going to be. The full impact hits in January and February when the holiday bills start arriving in the mail.

But, experts say that with careful planning and preparation, people can avoid credit problems completely. "When it comes to the holiday hangover, an ounce of prevention is worth a pound of cure," says Terri Rahmsdorff of Consumer Credit Counseling of Central Oregon. "Before you take the first stop on your holiday shopping trip, take some time to budget and strategize."

To help consumers, Consumer Credit Counseling of Central Oregon tells you what you need to know: A) Know what you can afford. Start planning as early as possible for holiday spending. Decide how much you

can afford to spend and develop a budget. Set money aside each week so that you have money available to pay bills that arrive in 1998. The earlier you start shopping, the better chances you have to take advantage of sales and avoid the last minute rush. B) Know what it all costs. The holidays involve many more expenses than just gifts. Add up all the costs including: decorating, entertaining, gifts, gift wrap, shipping, greeting cards, postage, charitable donations, baby-sitting and new clothes. See how this total compare to your budget and make adjustments where necessary. C) Know who's on your gift list. Whenever possible pare down the list. Determine how much you want to spend on each person, and stick to that amount. You can reduce your expenses by giving creative gifts to those on your list. For instance, think about giving time or services instead of purchased gifts. A homemade gift of cookies or a casserole may be gratefully received by some of those on your list.

Finally, Terri Rahmsdorff adds that if you experience difficulties sticking to your holiday spending plan, do not give up. Small setbacks do not mean you have to scuttle the entire plan. Instead, adjust your spending accordingly. She suggests reminding yourself of how you felt in the past when you overspent. Then, focus on your goals for 1998 and how starting the year off on the right foot financially, without a "hangover", will help you achieve them.

For help developing a budget or to receive credit or debt counseling assistance, contact CCCS of Central Oregon. CCCS is a nonprofit, community service organization that provides confidential counseling, guidance, debt management and education programs to financially troubled consumers. It is a member of the National Foundation for Consumer Credit (NFCC).

To schedule an appointment with a CCCS counselor, please contact Consumer Credit Counseling of Central Oregon at (541) 389-6181.

## Bodie Shaw appointed Bureau Forest Manager



Bodie Shaw, Youngest Warm Springs BIA Forest Manager

Springs forest is needed to ensure sustainable forest resource, and that Mr. Bodie Shaw has the necessary qualifications to manage the Tribe's forest in conjunction with the Tribe's Integrated Resource Management Plan; and Appointment of the Forest Management position will be administered through Title IV of the Intergovernmental Personnel Act (I.P.A.) of 1970, with an initial IPA assignment from October 12, 1997 to October 11, 1999, and a possible two-year extension to October 2001;

"Be it resolved, by the Tribal Council of the Confederated Tribes of the Warm Springs Reservation of Oregon, pursuant to Authority granted in Article V, Section 1 (a), (d) and (s) of the Constitution that Mr. Bodie Shaw is hereby appointed to the Bureau of Indian Affairs Forest Manager Position; and, be it further resolved, that all costs of the I.P.A. will be paid by the Bureau of Indian Affairs."

Shaw served 15 months with Oregon State University Extension as a Natural Resource and Agriculture Extension Agent in Warm Springs. Shaw entered into the US Air Force fresh out of High school for four years. In 1988 Shaw started his Forestry interest which took him to Central Oregon Community College where he earned a two-year degree in Forest technology then transferred

directly to Oregon State and earned his Forest Management degree in 1993. He continued on to pursue a master's in forest resources.

Shaw now holds a Master's degree in Forestry Resources, and has also taught two terms at Oregon State University. As an Intern-co-op agreement with Forestry in 1991, 1992, and 1993, Shaw attended undergraduate school. In the summer of 1987, while on school break, Shaw returned to Warm Springs and was employed as a Forestry technician.

Before that, Shaw served as a Fire technician with the US Forest Service where he was detailed to different fire assignments. While on assignment with the Redmond Hot Shot crew, Shaw fought fire on and off the Reservation. The largest fire he was involved with while on detail assignment with the Redmond Interagency Hot Shot crew, was the 1990 Tok River Fire in Alaska which burned over 125,000 acres of timber.

Shaw will be the youngest Forest Manager in the history of Warm Springs BIA Forestry. His office will remain in the industrial park, where Forest Managers like Robert Harned (1980-1988), William Donaghu (1989-1994), and William Ray jr. (1995-1997) served during years past. "To me being the youngest BIA Forest Manager is an opportunity," says Shaw

**WASTED**

**TRASHED**

**LOADED**

**SMASHED**

What Can Alcohol Do For You?

Wreck your car.

Kill yourself or a friend.

Make you act stupid.

Make you vomit.

Tick your parents off.

Do something you'll regret.

Is It Worth It?

Kick the keg off the agenda for the next party. Look for other ways to have fun. Go dancing, rent videos, take a hike, exercise, take up marathon walking or running, read a book, do something for your community—like cleaning up graffiti or tutoring younger kids. There are thousands of alternatives to drinking. The choices are up to you.

Approved by the Oregon Department of Health Services

## Early Childhood Education news

**Fund Raiser**  
for the Headstart Bucks Store  
Friday, December 12th, 11 a.m. to 1 p.m.  
Indian Taco Sale in A Pod Activity area.  
\$3.00 each.  
Any questions, call Versa at 553-3241.

### To Headstart A Pod Parents:

Our gratitude to the many parents that cooked for our Thanksgiving luncheon and the children really enjoyed having lunch with their families. Thanks to Billy Joe for the blessing of the food. Thanks to all the parents who helped set up and who cleaned up after the meal.

To some very special people who have helped to make the November powwow successful: Nikki Charley for overseeing the 50/50 money to go towards the HS Bucks store. Eagle Thunder and Rising Sun for the drumming. Reggie Winishut for the MC. Adeline Miller & Geraldine Jim for

singing the Butterfly song. Gene Harvey for guiding the boys through the sneak-up dance.

Thanks to the parents who attended the October parent get-together and planned the October and November events.

Special Thanks to Billy Joe and Wanda Berry, Nikki Charley and Rachel Winishut for the wonderful "Haunted House". The children enjoyed it very much. We really appreciate all the donations and your participation in the month of October.

**Thanks,**  
Melinda, Marceline,  
Winona, Phyllis, Vivian,  
Leah, Nola & Elaine