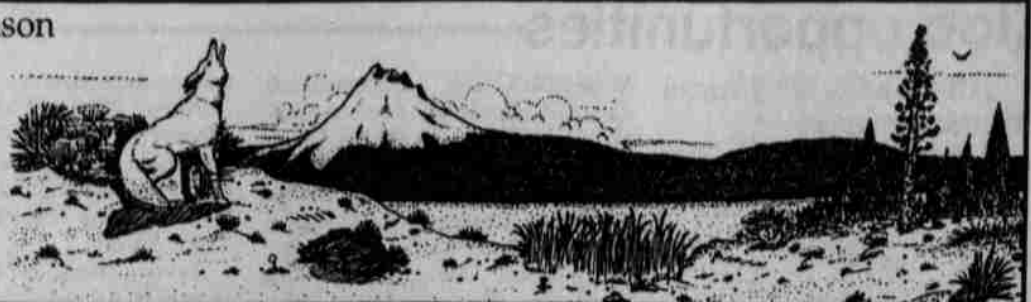




Arlene Boileau 4-H & Youth
Bob Pawelek Livestock
Clint Jacks Staff Chair, Madras
Deanie Johnson Secretary
Bernadette Handley Home Economics
Zack delNero Natural Resources
Sue Ryan 4-H Assistant

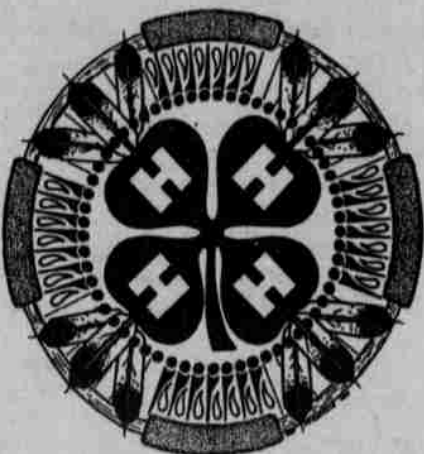
Internet Address: <http://www.orst.edu/dept/wsex>

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
 Our 4-H Culture Enrichment Camp at Peters Pasture was a great success! We had over 75 campers and 20 staff during the busy week of July 26th-August 1st. But, our job could also not have been done without the help of all the volunteers and community.



Here's a big thank-you from 4-H Agent Arlene Boileau for this year's camp. "THANK-YOU for a JOB WELL-DONE" Well, another 4-H Culture Enrichment Camp is over, but not for the camper's who attend. For them the memories are there and each one of you, "the Camp Staff" helped put them there. The campers will remember what a good camp experience is. Thank you for your TIME and ENERGY. The campers of Warm Springs will benefit and grow as each one of us has. Thank you, for all your inventiveness and your creativity. Each one of you is special and willing to go the extra mile, so once more. "Thank You for a Job Well Done".
 Sincerely,
 Arlene Boileau

1998 Camp Staff
Camp Cooks
 Trudy Bennett-Head Cook
 Millie Frazier
 Lillian January-assisted with the menu
Camp Elder
 Effie Culpus
Girls Camp Counselors:
 Minnie RedDog
 Julie Johnson
 Jessica Parrish
 Carla Dean Caldera
 Laura Johnson
Boys Camp Counselors:
 Joseph Boise
 Ken Miller
 Chris Miller
 Dorian Tappo
 Gerald Tufti
Camp Teachers
 Lois Smith-BasketMaking
 Alice Wyena-Beadwork
 J'Dean Kalama-Beadwork
 Lillian Brunoe-Indian Art/Art Director
 SacredHeart Suppah/Joseph Boise-Miniature Sweat Houses
 Minnie RedDog, Jessica Parrish, Laura Johnson, Chris New-Nature Hikes
 Lillian Brunoe-Dream Catchers
Culture Leader
 SacredHeart Suppah
Culture and Heritage Language Teachers
 Suzie Slockish
 Arlita Rhoan
 Dallas Winishut, Jr.
CHET Teachers
 Carol Wewa
 Anson Begay
Medical Coverage
 Mary Smith - RN from Madras
 Willy Bagley-Warm Springs Fire & Safety
 Dave Simmons-Warm Springs Fire & Safety
Summer Youth Workers
 Mayanne Aguilar-Recreational Director

Pasha Smith-Recreational Assistant
 Delilah Heath -Recreational Assistant
Hike Leader
 Keith Baker- Planner
 Sue Ryan/Foster Kalama/Bernadette Handley -Hike Guides
OSU Staff
 Deanie Johnson -Secretary
 John Beal II - Camp Fire
 Zach del Nero-Sweat house
 Sue Ryan-All Around
 Arlene Boileau-Camp Director
 Clint Jacks-Staff Chair
and a big, big thank-you to:
WEDD: Vince Simtustus & Crew for site preparation, **the Salmon Corps crew** for building our footbridge and general help around the camp, **the BIA Fire Management** for their towing & loan of potable water tanker, **Warm Springs Forest Products Industries** for watering the road, **Johnny Guerin** for grading the road, **Water and Soils** for paying for a test of the water sources at Peter's Pasture, **Tribal Utilities** for blowing out the old water line, **Diane Putnam** for evaluating our kitchen, **Warm Springs Police** for checking up on us, Roger Bigleggings, Ron Bennett, Roy Spino, Luke Sanders, Brian Lund, the Good Humor Ice Cream Man, and Dallas Winishut, Jr. for building the eating area shelter and constructing the sweathouses, **Tribal Council** for the donation of the salmon, **the Warm Springs Senior program** for their donation of salmon, Willie Fuentes and Cheryl Tom at **Human Services** for support and funding, Nancy Collins for evaluating our kitchen, support and funding, Tammy Wells and Shawn Winsor for check-in assistance.
PNPC and Oregon Together for funding, the support and patient guidance of the tribal accounting department-especially Tamara Coffee and Lorena Wise, and the overall guidance & advice of the Education General Manager-Wendell Jim.

Natural Resource notables

Noxious Weed Alert
 Bobby Brunoe (CTWS Range and Ag) and Dave Smith (BIA Range Conservationist) initiated the 1994 Warm Springs Noxious Weed Survey, recognizing that early detection is an essential element in preventing uncontrollable infestations on the reservation. These weeds pose a significant threat to the overall health and productivity of grazing, forest, agricultural, and community areas on the reservation. With summer weather finally here, the Range and Ag shop and OSU Extension would like to call your attention to 3 of the most serious weeds in particular: **spotted knapweed, diffuse knapweed, and yellow starthistle.**
Spreading of the Weeds
 All of these weeds are highly aggressive invaders, doing particularly well in disturbed areas such as housing sites, roadsides, vacant lots, driveways, pastures, and forest cuts. It is clear that these weeds are spreading outward from the US Highway 26 and community areas. People are the most significant "vector" or method of spreading for each of these 3 "target" weeds. Seeds attach to vehicle tires and undercarriages, livestock, horses, and to socks and shoes to travel and spread outward. With hunting (and scouting) season just ahead, be particularly careful about staying clear of weed patches and removing seeds from clothing and vehicles. Since we are the most significant threat of "spread," we must take every precaution to prevent further infestation.
Identification
 If you are not familiar with these plants, please stop by the OSU Extension or Range and Ag offices for assistance. In particular, get to know the yellow starthistle. We stand a very good chance of controlling this weed if we act now. Residents of the Dry Creek and Sidwater areas should be especially aware, since these are the only reported infestation areas for yellow starthistle.

Spotted knapweed *Centaurea maculosa* Lam. is a biennial or short-lived perennial with a stout taproot, one or more stems, and branches 1 to 3 feet tall. This plant was



introduced from eastern Europe as a contaminant mixed in alfalfa and clover seed. Spotted knapweed flowers from June to October, usually showing pinkish-purple and rarely as cream-colored. Bracts under the flowers have dark spots, giving the plant its "spotted" appearance.
 Diffuse knapweed *Centaurea diffusa* Lam. is a diffusely branched annual or short-lived perennial, 1-3 feet tall, usually with a single upright stem and spreading branches, stems are rough to the touch. The plant flowers from July to September, with numerous flower heads which show white to rose, sometimes purplish color. Past maturity, the plant can break off at ground level and roll like a tumbleweed.
 Yellow starthistle *Centaurea solstitialis* is an annual which grows 2 to 4 feet tall with winged stems covered with "cottony" hairs. Flower heads are yellow and single on heads of branches, with sharp straw-colored thorns up to 1/2 inch long. Flowering occurs in mid-summer. Yellow starthistle is poisonous to horses, causing "chewings disease," and has been labeled as the most serious noxious weed on the reservation.
Control and disposal
 Weed control and vegetation management are long term projects, so we must plan to monitor and control these systems for 10 years or more. With your help, we can make a difference in improving the health of reservation lands.
 Since the community areas are a significant source of weed infestations, it is crucial to the success of any weed control plan that community members take action in their own area. First, become familiar with the plants and how to identify them. Identification pictures and booklets on a variety of plant species are available through the OSU Extension office.
 At this stage of growth, manual removal is the most effective control measure you can take. BE CAREFUL! It is recommended that you WEAR PROTECTIVE GLOVES when removing these plants. The knapweeds may contain a toxin which may be dangerous to bare skin.
 When removing the plant, it is extremely important that it is discarded properly. Place the plant, TOP END FIRST, into a plastic garbage bag. This will contain any loose seeds. Last, dispose of the bags at the dump. If the plants are not bagged properly, the seeds can escape and spread further.
 Next spring, we will offer some other control methods which can be effective on these plants. At this time and stage of growth, hand removal and disposal is the most effective measure you can use.
 If you locate ANY yellow starthistle, please contact me at OSU Extension (-3430) or the Range and Ag office (-3362).



HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent



Children need to be taught how to save money
 Children learn about money-spending and saving from watching and listening to their parents, says Alice Mills Morrow, OSU Extension family economics specialist. Given the statistics on savings in the United States, it appears that children are learning more about spending than they are about saving. The U.S. personal savings rate has fallen to slightly less than 5% of disposable income from 9% just a generation ago.
 Parents can give children an allowance with the understanding that part of it goes into the child's own saving account. This may be the first step in learning to budget and learning to save.
 Parents can make savings visible and real by having children build up savings in a piggy bank. When enough money has accumulated in the piggy bank, parents can help children open a savings account and make regular deposits.
 Most of all show your children how to save by setting a good example. The best way to do that is to have a routine savings plan for your family.
 Edited from TIPS, OSU Extension, April/May 1998
Car seat safety check
 Using a car seat correctly makes a BIG difference. Even the "safest" seat may not protect your child in a crash, so take a minute to check:
Do you have the instructions?
 Follow them and keep them with your seat for use as your child grows older.
Is your child facing the right way for both weight and age?
 If you use a seat made only for infants, ALWAYS face it backward. A baby should

ride facing the back of the car up to 20 pounds, and as close as possible to age one. A child over 20 pounds faces forward.
Is the auto safety belt in the right place and pulled tight?
 The belt must go in the correct, marked path to hold the seat in place. A convertible seat faces backward for an infant and forward a toddler. It has two different belt paths, one for each direction.
Is the harness snug? Does it stay on his/her shoulders?
 Shoulder straps go in the lowest slots for babies riding backward and in the top slot for children facing forward. The retainer clip at armpit level holds harness straps on the shoulder.
Have you fixed your child's car seat, if it has been recalled?
 Call the Auto Safety Hotline (1-800-424-9393) for a list of recalled seats that needs repair.
 Edited from ONE MINUTE SAFETY CHECKUP, American Academy of Pediatrics and Transportation Safety
Oregon "Make It Yourself With Wool" Contest
 Entry forms for the 1998 Oregon "Make it Yourself with Wool" competition is available from your local county extension office. Entry forms must be submitted by November 13, 1998 to be eligible for the statewide competition to be held Saturday, December 5 at the Hood River Inn in Hood River, Oregon.
 Contestants must select, construct and model their own garments. Garments must be constructed of 100% wool or wool blend, with minimum of 60% wool and the garment must have been completed after January 1, 1998. Contestants may enter in one of four

age categories:
 Preteens (12 and under)
 Juniors (13-16)
 Seniors (17-24)
 Adults (25 and over)
 For entry forms or for more information, please contact Bernadette Handley @ OSU Extension 553-3238.
MONEY 2000
 Teaching families how to trim excess debt, increase savings and become fiscally fit by the end of the year 2000 is the goal of a new project being launched by the Oregon State University Extension Services.
 The program is called MONEY 2000. It signals Oregon's entry into a nationwide Extension program to help individuals and families increase their wealth by reducing their debt and increasing their savings.
 Participants set their own debt-reduction and savings goals then plan how to reach those goals by the end of the year 2000. Extension agents offer tools to help through quarterly newsletters, videos, Internet sites and seminars.
 Although the program is new to Oregon, its success is already proven in New Jersey where it started in 1996. For more information or to enroll, contact Bernadette Handley, Extension Home Ec Agent @ 553-3238.

Upcoming Events

Mark your calendars!! OSU Extension and I.H.S. Nutrition Services will sponsor a food preservation workshop on SALSA on August 19th. The workshop will be held in the OSU Extension kitchen in the education building from 2 PM- 7 PM. Bring in your pressure canners for testing while you update your food preservation techniques. Call the OSU Extension office @ 553-3238 for more information and to pre-register.

Wanted: 4-H Leaders!!!!
 Male and/or female, willing to teach a skill or craft to children. You pick the age group to work with, the days & times to meet, the length of the class & the number of children in each class. It can be short-term or spread out throughout the year. The 4-H office can help with some supplies or a location to meet.
 Please contact Arlene or Sue at the OSU Extension Office if you are interested 553-3238.

Why do 4-H horse clubs require helmets?

By Bob Pawelek
 A recent horse riding death in Montana compels me to discuss the reasoning behind requiring 4-H'ers to wear helmets when horserback.
 There have actually been four such incidents in the past couple of years in that area. Most professional horsemen would say that these deaths were probably the result of a

foot caught in a stirrup.
 The newspapers reported, "horse trainer found in pasture with head injuries," professional rider found along the road with hoof imprint to the head;" child succumbs to head injuries from riding accident."
 The odds of sustaining a serious head injury from being bucked or thrown are not very high. All of the above mishaps occurred on thawed ground. When your foot is caught in a stirrup, the first place your body goes is into the hind feet and flank of your horse. It is not the normal response of a horse, even a child's trusted mount, to kick and try to get away. If he's running down a fence line, your head is going to come in contact with posts going 30 miles an hour. Even if you're hung up for only a couple of jumps, it takes only one kick from a 1,200-pound horse to do irreparable damage.
 Most saddlehorses have iron shoes on their feet.
 I am not a proponent of the helmet rule. Some kids think 4-H is milksop enough without the added embarrassment of helmets. Sadly, even a handsome cowboy like me would look dorky wearing a yellow helmet.
 Fashion, however, does seem to contribute to the issue.
 I have seen horses shy, unseating their rider with their boot still wedged in the stirrup while the rider lands on the ground. What would have happened had the boot not come off? Lace-up boots, the latest fad, are not going to come off, no matter what.
 So at least you won't see a pair of those on my feet. If it were up to me, I would probably ban the lace-ups and make the helmet optional. But it's not up to me.
 The point here is plain and simple - let's keep the kids safe.

STOCKMAN'S ROUNDUP: Preventing & treating colic



Improper feed, water, and management practices are big factors in causing colic. It may be induced by irregular feeding times, and bolting the feed. Lack of water can cause the horse to have a digestive upset caused by impaction; hot horses or horses deprived of water given excess water. Excess grain fed in large amounts, feeding moldy feed, improperly chewed feed due to bolting or poor teeth, overeating grain when hungry from being off feed, a diet of extremely coarse roughage or very fine roughage, consuming foreign objects or materials, and feeding on the ground are all causes of colic.
 Pain is exhibited early by horses that splash water with their mouths. They may also curl the upper lip, refuse to eat, bite the flanks, look at their abdomen, and express anxiety of their face.
 Moderate signs include: kicking at the belly, rolling, pawing, getting up and down frequently and overall restlessness. The horse may assume a "saw horse" posture with the legs stretched out as if to urinate, but without doing so. The pulse rate is increased and the temperature may be normal or raised. Sweating, abdominal distension, lack of defecation, small volumes of firm mucus covered feces, and anorexia are all signs of possible colic.

There are no shortcuts, tricks or sure fire tests to determine if surgery is needed. A thorough exam and clinical judgement is required. Conservative treatment is best if possible.
 The exam and decision on treatment is based on the horse's history, clinical signs, finding of physical examination, and evaluation of laboratory data.
General treatment strategies
 Prior to the arrival of the veterinarian:
 - Do not allow horse to drink or eat.
 - Prevent injury to the horse; walk if trying to roll, but if lying quietly allow it to continue to do so.
 - If horse is quiet, leave it alone and observe.
 - Pain medication should not be given prior to the vet's analysis and diagnosis.
 Medical treatment could include the following:
 - Nasogastric tube inserted to relieve gas.
 - Sedation to allow examination.
 - Analgesic for pain.
 - Intravenous fluid.
 - Water enema at site of impaction.
 - Fecal softening agents such as Metamucil at 1-2 cups for 30 days.
 - 10 to 12 liters of warm water via

nasogastric tube every two hours.
Prevention
 Feed small portions frequently. This decreases the chances of gastric distention. Clean, fresh water should be readily available at all times, except to hot horses. Use quality feed-high forage, low concentrate. Make any feed changes gradually. Regular schedule of exercise. Regular dental care to allow for proper chewing. Regular worming schedule (once every three months or as advised by veterinarian). Keep foreign materials away from horses that could be ingested. Do not feed on ground where sand may be ingested. Make changes in routine gradually, such as trailering, showing, and other stressful situations. Range horses rarely colic.
 Preventing colic is easier than treating colic, but it still requires careful feeding and management practices. Anyone caring for horses should be familiar with what is normal for their horses. Any changes in behavior should be carefully observed and reported to the veterinarian. Any changes in feeding and management should be made gradually to allow the horse to adapt. The true form of colic, can be caused by improper feeding and management practices.

by Bob Pawelek
OSU Livestock Agent
 Colic is a general term given for any abdominal pain. There are many types and causes of colic, as well as predisposing factors. Digestive colic, the true form of colic, can be caused by improper feeding and management practices. The intestine may become blocked, twisted, or gas may develop. The digestive system of the horse is very sensitive. Therefore, colic is a major cause of death in horses.