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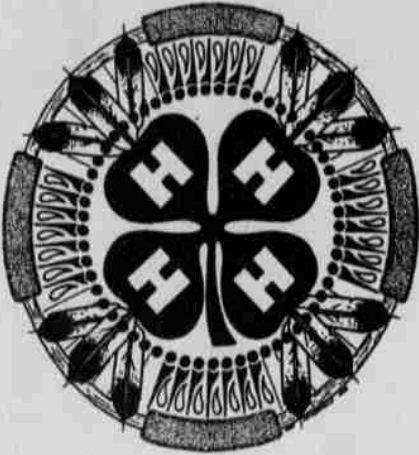
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

For this issue I have pulled some material from the Minnesota Extension Service. They put together a program called Cloverbuds in 1990. This was done as a discovery experience for 6 to 8 year olds.



I know there is a good supply of 6 to 8 year olds on the reservation! These games are ones you can use at home or at school during the winter months. First, an introduction from the Cloverbuds program on recreation.

What is Recreation?

What's your definition of recreation? One of the best has been attributed to a young boy, "What you do when you don't have to." It can be spelled "wrecreation" and "recreation". Hopefully, any recreational activity your group participates in will be re-creation rather than wrecreation! Good recreational activities give participants a feeling of enjoyment, freedom, and relief from tensions.

Why Recreation?

- *To add variety to events and programs;
- *To encourage everyone to participate;
- *To relax;

CRIS COVER



Four-H members carrying a bread project learn how to mix and bake a perfect loaf of bread or a pan of sweet rolls. Four-Hers know that bread is made of four essential ingredients — flour, liquid, yeast and salt.

- *To offer an opportunity to move about and get physical exercise;
- *To provide the feeling "I belong";
- *To get people to come to a meeting or program;
- *To get to know one another better;
- *To have fun!

Choosing Games
The games and activities you choose will depend on your:

*Age group and their interests. At ages 6 to 8, children have short attention spans. They enjoy simple organized games.

*Opportunities to play safely. Are the surroundings safe for the activities you're choosing? Are the activities themselves safe for children of this age group?

*Type of event. Is the occasion a 4-H meeting, a school event, a day care activity? *Amount of time. How many games...and what kinds of games... best fit your available time?

*Facilities, space and equipment. Will the recreation be outdoors in a backyard, at a playground in a park, at a beach, etc.? Is it indoors in a play-room, classroom, gymnasium, or at a church hall? What equipment is available?

*Number in the group. Will the group be large or small? If it's a large group, can it be divided into several small groups?

*Season of the year. Choose games that fit special holidays or seasonal activities. You may want to plan more outdoor games in comfortable weather.

GAMES—GAMES—GAMES

Numbers Change
Equipment: None

Players are seated in a circle with IT in the center. All are numbered 1,2,3 or 4. IT calls out two numbers. Players whose numbers have been called must instantly jump up and exchange seats during which IT tries to take

one of the seats. Player left without a seat is IT and calls out the next numbers. Teaching Tips: Players could sit on chairs for this game, but it's generally safer to sit on the ground or floor. Learning/Skills: Listening, concentration, physical coordination and speed.

Knee Ball Relay

Equipment: Large rubber ball or balloon for each team. Players line up in teams of five or more players. The first player of each team places the ball between his/her knees and without dropping it, walks to a finish line about 20 feet away. She/he runs back to the next player with the ball in hand. That player, in turns, does the same thing. Variation—carry a ruler between the knees and pass on to the next without using hands. Teaching tips: If players are quite young, consider a shorter distance to the finish line. Learning/Skills: Physical coordination, teamwork/cooperation.

All About Me

Equipment: 12-inch piece of string. Taking turns, members talk about themselves for as long as it takes them to wind a foot of string into a ball. Idea starters to break the ice: My favorite:

- *vacation;
- *hobby;
- *pet peeve;
- *pet;
- *person is _____ because;
- *sport.

Teaching Tips: Show the group how to start to roll a ball of string before play begins. When one player's ball is complete, he/she stops speaking and passes the ball to any other player of his/her choice who has not had a turn. The game is over when everyone has had the chance to speak.

Learning/Skills: Speaking before a group, getting to know more about fellow members, doing two things simultaneously.

Find Your Double

Equipment: Paper, pencils.

Write the name of someone who has:

1. The same first or middle name as you do;
2. A birthday the same month;
3. The same favorite color;
4. The same number of sisters;
5. The same kind of pet;
6. The same hair color;
7. The same favorite food;
8. The same (add your own _____).

Are there any people who are the "same" as you in most of the categories? In what other ways are you doubles?

Teaching Tips: The same name can be used more than once. Learning/Skills: Speaking, classifying, comparing.

Natural Resource notables

by Zack delNero
Forest Offerings : Food Uses of the Indigenous People of the Columbia Basin

The following is a summary of an article by Alanna Farrow, Department of Natural Resources, Confederated Tribes of the Umatilla Indian Reservation.

The forests of the Columbia plateau have offered indigenous people food, medicine, and other products since the beginning of time. Today, many of these products are in scarce quantities due to over-logging, over-grazing, over-harvesting of plants, and many other factors of today's modern civilization.

In the Indian society, the women are the gatherers. This is not a woman's only responsibility, but it is one she does most of her life. Girls are taught at a very young age where the family root grounds are, when to pick certain foods, how to care for them, and how to properly prepare them for her people.

Lichens are a moss that grows from many different trees year-round. There are many trees in the high elevations that grow lichen, and each may provide its own distinct flavor. Additional flavors may be added with berries, onions, and other forest offerings. When prepared properly, lichens can be made into a very tasty pudding.

Mature fungi or "puff balls" were used as a talcum powder for Indian babies. For severe rashes or sores, the puff balls were mixed with alum-root. Red ochre fungi was used to produce paint powder. Mushrooms have been part of the Indian diet in soups or eaten raw. Indian babies were sometimes bathed in mushroom broth for strength; just as the mushroom can push rocks aside as it comes up from the earth, the baby would carry that strength.

Horsetails or ferns were used as sandpaper to polish bone tools and soapstone pipes. The roots of the

horsetail were used to imbricate (overlap pattern) woven bags and baskets.



Hardened larch sap can be eaten like candy, sweet and available all year. Stumps of burned out or fallen trees provide chewing gum and the sap, after careful preparation, makes a tasty syrup.

Death camas has been used to poison arrow tips. Learned gatherers know how to identify edible camas from its deadly relative. The arrows were said to kill the animal quickly, without adverse effects to human consumption. Prickly pear cactus can be picked year round, even under snow. This cactus had value as food source and in medicinal applications.

Many other plants are used as "indicator species." When one plant blooms, it is known that other plants may be ready for harvest. A healthy ecosystem was able to provide for the People year round in food, medicine, clothing, and any other needs including the spiritual.

This short list of offerings from the Columbia Plateau forests is a sample of a life that once was. Today, Indian people still rely on the forest for these blessings, as do many recent "immigrants." The restoration and protection of these forests is vital to the survival and quality of life for all peoples now and those yet to be born.

HOME SWEET HOME

By Bernadette Handley, OSU Extension Home Ec Agent

SAVE YOUR ENERGY (and \$\$)

By making your home more energy efficient you can prevent energy waste and save money on your energy bill. Here are some times to get you started:

RUN A TIGHT SHIP-Weatherize and insulate to tighten up your home. Proper insulation, especially in the attic, floors and wall, make your home more comfortable by reducing drafts and keeping temperatures more counts. Check for air leaks around window, doors, electrical boxes and plumbing fixtures-block any

leak by caulk sealing and/or weather-stripping.

THE HEAT IS ON-Keep your thermostat set at 65 to 68 degrees during the winter. Make sure your thermostat is located away from windows and outside doors and not expose to draft or other cooling sources. And be sure to change the filter in your forced air heating system each month.

IN HOT WATER-If your water heater was made before 1991 and feels warm to the touch, it may need an insulation blan-

ket. Check that the hot water heater thermostat is set at 115 degrees (or 140 if you have a dishwasher).

COOL DOWN-Refrigerator temperatures should be between 36 to 38 degrees and the freezer between 0 to 5 degrees. Clean refrigerator coils and defrost your freezer regularly to increase efficiency. Check your door seal by placing a dollar bill between the door and gasket. If it can be easily pulled out you'll need to adjust the door or replace the gasket.

-Voices, Vol. 2, NO. 10, October 1998.

Trees need to be checked on for well-being

You don't have to actually hug trees, but it would be nice to occasionally check on their well being—especially the ones right in front of your house.

Many trees along city streets are dying a slow death because people often treat them as if they were established, eternal things rather than something that is alive and interacting with the environment, according to Melodie Putnam, a plant pathologist with the Oregon State University Extension Service.

"It is sort of a 'telephone pole' phenomenon," explained Putnam, who is the chief diagnostician at OSU's Plant Disease Clinic. "People tend to regard street trees as objects that were just stuck in the ground and don't need to be cared for." In reality, street trees planted along a

curb line are especially stressed because they generally have cramped roots and poor aeration. And, since they are outside of most people's lawns, these curbside trees don't get watered with the regularity of a lawn or vegetable garden, she said.

Even Oregon's wet springs are not enough to carry a tree through the state's hot, dry summers. Since most of their root system is in the top 12 inches of soil, a tree's roots can dry up quickly during the summer months.

"Just because they still have leaves on them, doesn't mean the trees are doing well," she emphasized. "Trees don't usually turn brown and die all at once, but you can easily see the results of 10 years of neglect.

"You shouldn't be able to look through a healthy tree and see the blue sky on the other side," Putnam added.

Other common signs of stress are a thinning canopy, smaller-than-normal leaves, branch die-back and premature fall coloration, she says.

In addition to regular summer watering, removing dead branches can help keep your trees healthy, she pointed out. Dead wood tends to attract pests and fungal diseases that could spread to the rest of the tree.

"It's easy to take for granted how valuable trees are," Putnam said. "They increase property value and provide shade from the heat. Or, if you want to look at it another way, the cost of removing a dead tree can be \$500 or more."

STOCKMAN'S ROUNDUP: Equine Recurrent Uveitis (Moon Blindness)



by Bob Pawelek
OSU Livestock Agent

I recently included this article in my newsletter, The Horseman's Quarterly. If you did not receive it, perhaps you're

not on our mailing list. Please let me know, and you will soon be one of the privileged.

Overview

Equine Recurrent Uveitis is a disease of the horse's eye that can be caused by many different things ie: bacteria, virus, parasites, or trauma. It is an immune-related disease. Once started, it may cause blindness if its progression is not halted. Fortunately, while the causes cannot be foreseen nor eradicated, its progression can in many cases be slowed or stopped by fast, aggressive and consistent care.

Historically, moon blindness was felt by some to be tied to the cycle of the moon. There was also a theory that it occurred most often in white horses, horses with white around their eyes, or Appaloosas. These theories have since been proved false. The disease has nothing to do with the moon, and it strikes all

colors and breeds.

Diagnosis

Unfortunately, uveitis is often misdiagnosed. The most common signs are puffy, watering eyes, squinting, and red blood vessels at the sides of the eye and in the lids. Horses will often be very sensitive to the sun and often to any light (photophobic). Another major sign is a constricted pupil in a darkened place. Other possible signs may include swollen eyes, avoidance of sunshine, loss of appetite, discomfort and grumpiness. If these signs persist even with treatment, you or your veterinarian may wish to consult a veterinary ophthalmologist, since the disease can lead to blindness.

Treatment

Short term treatment usually consists of using atropine to dilate the eye and reduce discomfort due to spasm of the iris. Large doses of antibiotics have sometimes helped to stop the progres-

sion of the disease. Another treatment sometimes used is vaccination with a leptospirosis vaccine, but this is not approved for use on horses.

Since bright light irritates the eye, most horses will wear fly masks outdoors, while some wear them 24 hours a day to keep dust out. When using a fly mask, check daily to be sure that the guard hairs around the horse's eyes are not being curled around back into the eye, further irritating it.

For the long term, each case must be evaluated individually. By being aggressive and diligent, you have a chance of saving your horse's vision and will save money in the long run.

From Equine Vet. J. Suppl., 2:57-60, 1992

MONEY 2000

MONEY MATTERS is a part of the Basic Living Skills Program of OSU Extension. It is designed to help participants learn to identify resources-both money resources and personal, family and community resources, to identify alternative to buying and to learn money management techniques. Classes for the remaining lessons are scheduled as follows:

Using credit wisely
November 10
Contact OSU Ext office @ 553-3238 for more details.



We want you!!!

If you have a special skill to share with a child, then we are asking you to be a 4-H Leader!

There are many children that would love to learn, but no one to teach them. Please make a happy memory by becoming a 4-H leader.

Call Arlene or Sue at the OSU Ext. office at 553-3238