

4-H Iron Chef rocks State Fair

by Bethann Beamer
W.S. OSU Extension

There is much more to do at the Oregon State Fair than just go on awesome rides and eat really unhealthy food.

Three Warm Springs youth found that out this month, when they competed in the 4-H Iron Chef contest and came away Champions.

Samantha Tappo, Inez Gomez Queahpama and Jennilee Squiemphen won their round of the Iron Chef competition on September 2, representing the Warm Springs community with grace, professionalism and skills.

The 4-H State Fair Iron Chef contest began about seven years ago. Teams of two to three middle and high school age youth work together to develop culinary and food safety skills.

Once registered, the teams receive notice of two possible secret ingredients that they will be expected to showcase. They choose recipes that they can comfortably put together in front of judges in 60 minutes.

The one actual secret ingredient isn't revealed until the head-to-head competition be-



Iron Chef Team (above) rolling in to the Oregon State Fair; and receiving the top prize (right).

Courtesy W.S. 4-H



gins in Salem.

The teams are judged on the finished product, its presentation, food safety, and originality.

Our secret ingredient possibilities were table beets and plain yogurt.

With advice from Glenda Hyde, long-time Extension Master Food Preserver and culinary expert, the team chose to perfect two recipes featuring both ingredients:

A raw beet salad brown rice bowl with a yogurt-chili-lime sauce, and a beet and berry smoothie featuring

huckleberries.

Creating these recipes required use of a food processor and blender, plus using both cooked and raw beets in addition to the yogurt.

Knife skills, working as a team, nutrition knowledge, and time management all came in to play as the team navigated an unfamiliar kitchen space containing only a sink, stove/oven, microwave and refrigerator.

All other equipment was

transported from the Warm Springs OSU kitchen. Packing and unpacking our carts became part of the skills practice that we worked on in the month of 3-hour workshops leading up to the contest.

To volunteers

4-H is the research-tested positive youth development model supported by Extension units across the U.S. and in Indian Country.

The key to a robust 4-H program is the adult volunteer leader.

Do you have a passion for working with youth, helping them develop skills and knowledge? You don't have to be an expert, just interested.

Contact the Warm Springs OSU Extension unit for information on how to get signed up to volunteer, at 541-553-3238.

A thank you

The Warm Springs 4-H Iron Chef Team wishes to thank Glenda Hyde, Arlene Boileau, Rosanna Sanders, and Abby Beamer for their support of our team. 4-H would like to take two teams next year, so Warm Springs youth with a culinary interest, come sign up for 4-H!

Summer Reading recap

The Warm Springs Community Library concluded a successful Summer Reading program in August.

Over 120 children participated in our reading contest over the summer. Between them, they read more than 340 books.

Only 20 children participated last year and read 86 books.

We would like to thank the staff and teachers of tribal day care, the Head Start and Early Head Start programs, for collaborating with us to increase participation in the program. And thank you for allowing us to read to the students in the classrooms.

We would like to thank the Police, and Fire and Safety for giving presen-

tations during our reading times.

We would like to thank all the children who participated in our reading contest, and their parents and caregivers.

Lastly, we wish to thank our donors, who contributed prizes or financial support to Summer Reading:

Abby's Legendary Pizza, Dairy Queen, Dollar Tree, Indian Head Casino, Madras Bowl and Pizza, the Oregon State Fair, and the Museum at Warm Springs.

We were able to award 32 children awesome prizes for their participation, thanks to your generosity.

Craig Graham, library director.

Budget: back Sept. 22

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Councilman Scott Moses said that ensuring the Senior Pension Fund is a high priority among many community members he has spoken with.

The tribes are in need of funding for capital improvements to various aspects of the reservation infrastructure: This is an overdue issue that becomes more evident each year, said Councilman Kahseuss Jackson.

Added revenue does not necessarily mean there should be an increase in expenditures, Council members said. Over spending was the habit that created the tribal budget crisis two years ago.

At the same time, Tribal Council must hear the department budget presenta-

tions with an open mind, said Council Chairman Austin Greene Jr.

The presentations are based on what the department managers believe is necessary to provide adequate services to the membership, Chairman Greene said.

Some departments are struggling to provide these services under their current budgets. So the process is one of balancing and weighing priorities, Councilman Greene said.

The tribal general fund relies mainly on enterprise dividends, contract support, and other revenue such as investment income.

Council is scheduled to further review the budget on Tuesday, Sept. 22.

Flu shots available soon

The Warm Springs Health and Wellness Center will have flu shot available soon.

The shots were expected to arrive possibly this week, said Diane Fuller, Nurse.

The clinic this year is stressing the importance of getting a flu shot not just to protect yourself, but others

around you, especially elders and others at risk.

It is best to get a flu shot at least two weeks before the flu arrives in the region. So it is not too soon to get one as soon as they arrive at the clinic. Listen to KWSO for the latest on the availability of the shots.

Job, resource fair Thursday

The Warm Springs Employment and Life Skills Training Academy is having a mini job and resource fair this Thursday, Sept. 17, from 1-3 p.m. at the Family Resource Center.

Job seekers, employers and resource providers are encouraged to attend. You can RSVP by calling Melinda Poitra 541-553-3324. The Academy Graduation Presentation will follow at 3 p.m.

Language classes at MHS

Madras High School recently added a Wasco Kiksht, Warm Springs Ichishkeen, and Paiute Numu language classes to the school curriculum.

Students get a language credit for the class, taught by a teacher from Warm Springs Culture and Heritage.

This is the only instance in the state of a Native American language being taught at a high school.

Shooting incident

The Warm Springs Police-Safe Trails Task Force, and the FBI are investigating a shooting incident. A person was shot in the leg, and is being treated at St. Charles in Bend. The incident happened in the Deer Loop area, beginning around 7:30 p.m. on Monday, and ending about 4 a.m. on Tuesday, Sept. 15.

Bough cutters meeting

There will be a bough cutters meeting next Thursday, Sept. 24, starting at 6 p.m. at the Agency Longhouse.

For questions, or to submit requests, please contact the Timber Committee secretary Stevie Hicks at the Tribal Council office; or call 541-553-3257.

In-Lieu sites

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In 1957, when the falls were flooded, the Corps of Engineers agreed to provide tribal river families with the in-lieu fishing sites and housing.

The in-lieu sites are maintained along the river, used by tribal members during fishing times, patrolled by Inter-Tribal Fisheries Enforcement.

A few years ago the Corps of Engineers built 18 new homes at Celilo Village. There is also an administration building at Celilo Village that was used for a while as a Head Start classroom.

The building could be used as a branch office of the Department of Human Services, or by some other service agency, Cruz said.

Meanwhile, there are the 3,000 or so people who are living along the river. They are at sites that were once occupied mainly during fishing times, but have come to be permanent or semi-permanent encampments.

How to meet the social service needs of the children and families is the matter the tribal health liaison Cruz is helping to coordinate.

For those medical questions...

The Warm Springs Health & Wellness Center Nurse Hotline



866-470-2015

- * My baby is coughing. Should I take her to the clinic?
- * How can I treat my sore throat at home?
- * Should my medical issue be treated at the emergency room?

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