

Volunteers sought to serve as Master Food Preservers

Warm Springs and Jefferson County Extension services are seeking volunteers to serve as Master Food Preservers for Central Oregon during the 1993 season. Training is scheduled for every Friday from May 7 through June 11 in Bend. Warm Springs and Jefferson County residents who participate are eligible for a partial scholarship to cover mileage expenses to Bend.

Volunteers selected for the program will receive 30 hours of in-depth training. Volunteers receive an elaborate resource notebook filled with the latest research-based methods of home food preservation. In return, the Master Food Preservers agree to volunteer at least 30 hours during the summer and fall to provide local people with information on canning, freezing, drying, pickling and making jams and jellies. Activities include answering telephone calls, giving demonstration, working in information booths at the community center, county fairs and testing pressure canner gauges.

Master Food Preservers see their experiences as ways to help others, to receive reliable up-to-date information and to use their skills in a meaningful way. During the last few years food preservation information has changed a lot due to improved research designed to prevent illness caused by spoiled food. Since 1991 the USA has had an increase of 19% in the number of households with gardens and many of the gardeners use home preservation to carry-over the food for wintertime family consumption. In Warm Springs, ECE latch-key children are growing a garden and know the sweet juicy success of foods they can grow in even a small garden.

We are also lucky enough to be near to large vegetable and fruit growers who grow high quality food that we can buy and preserve at home. Persons interested in volunteering for the Master Food Preserver program should contact Norma L. Simpson at 553-3238 at the Oregon State University/Warm Springs Extension Service for an application form. Norma L. plans to attend the series this year and will drive other volunteers to Bend if transportation is needed. Great opportunity to learn to work with the public!!!



Information provided by: Warm Springs OSU Extension Office 1110 Wasco Street 553-3238

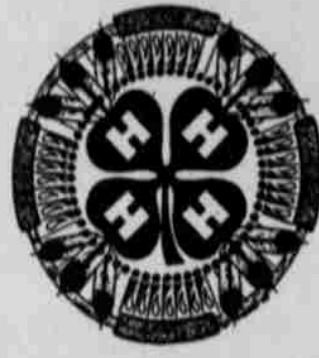
Gardener compiles list of plants good for drought conditions

Drought Resistant Perennials for Central Oregon When Lynne Breese gave her presentation about Planning Your Yard for Drought Conditions on March 23, she gave the participants a list of the perennial plants that are good for drought conditions and for full sun with light soil conditions. There are 70 plants on the list, but some are more resistant than others. If you would like a copy of the complete list, give us a call at OSU Extension 553-3238.

The list was compiled by Libby McGeary, Deschutes County Master Gardener. The Latin name for their plants is in parentheses, which may help when you buy them. The first name is common name for the plant, but some plants have more than one common name. Most Drought Resistant Plants: Yarrow (Achillea); Valerian (Centranthus rubra); Snow-in-Summer (Ceratium); Golden Aster (Chrysopsis); Cranesbill (Geranium); Tickseed (Coreopsis); Blanketflower (Gaillardia); Daylily (Hemerocallis); Candytuft (Iberis); Rose-campion (Lychnis coronaria); Gloriosa Daisy (Rudbeckia hirta); Sage (Salvia X superba); Lavender Cotton (Santolina); Beard-tongue (Penstemon).

Full Sun with Light Soil Plants: Sea Thrift (Armeria); Wormwood (Artemisia); Coneflower (Echinacea purpurea); Blanketflower (Gaillardia); Flax (Linum); Maltese Cross (Lychnis caledonica); Red-hot-poker (Kniphofia); Feverfew (Matricaria); Sundrop (Oenothera fruticosa); Gloriosa Daisy (Rudbeckia hirta); Rose campion (Lychnis coronaria); Mt. Bluet (Centauria montana). This list does not include many perennial Alpine Plants that do well in Central Oregon. As the flowers bloom and fade, pick off the faded blooms, so that the plant does not go to seed. Blanketflower is a good example of a plant that will continue to bloom if old blossoms are removed.

The clover speaks



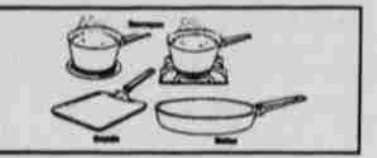
Mickey Killingsworth, Brenda Parrish. And the biggest thank you of all goes to the host families, without you we could not have done it and we really are glad you opened your homes to these students that are very far from home. Your kindness will be with them the rest of their lives. Warm Springs host families were: Gene & Alice Sampson, the first to sign up; Ralph and Jewell Minnick, thanks for the many years of support; Rita Roybal-Marchand, welcome newcomer; Eric & Kimiko Mitchell, welcome newcomer; Laura Switzer, thanks for the many years of support; Joe & Crystal Winishut, welcome newcomer; Norma Simpson, welcome newcomer.

Alternates were: Tommie & Jeanine Kalama, thanks for willingness. Madras host families were: Dean & Barbara Brooks; Floyd & Lenore Courtain; Dale & Mickey Killingsworth; Mark & Lola Hagman; Charles & Janice Alexander; Jerry & Karen Koolhaas; Ron & Liz Blann; Ivan & Debbie Doney; Bob & Holly Gill; Jack & Marilyn Watts; Ron & Lori Binder; Thomas & Rae E. Stillings; Krista McVey.

Thanks to all of you for opening your homes and lives. 4-H Leader Training 4-H leaders from Warm Springs were invited to attend free training at Redmond on March 31, 1993 with other county extension agents and 4-H leaders from the Central Oregon area. The information given was very important to leaders. Topics that were covered were: Financial Management and Ac-

countability Insurance Bonding Fundraising Guidelines and duties of leader association treasurer Risk management Training volunteers Chaperons Teen and junior leaders Agent liability Instructors were Duane Johnson, Extension Specialist; Susan Busler, 4-H CRD Extension Agent; Tamelyn Skubinna, 4-H Extension Agent; Saralyn Johnson, 4-H Extension Agent; Pam Olsen, 4-H Extension Agent. All leaders who were unable to take training this session are urged to attend future sessions. The information will help you as a leader and in turn will be helpful to the youth that you are teaching. Congratulations and thank you to Keith Baker and Liz Blann for attending this session, Job Well Done. We have had a request for information on working with children from Warm Springs 4-H leaders, glad to be of service. We are pleased to bring you Arlene Boileau 4-H Director who will be teaching a workshop entitled "How to Keep Your Cool." Please register at the OSU Extension office with Carol Stevens or Crystal Winishut by calling 553-3238 or stop by the office between 8:00 a.m. and 5:00 p.m., Monday through Friday at 1110 Wasco Street. These workshops are open to all community members. 4-H Center 7:00 - 8:00 p.m. April 7, 1993 Hope to see you there.

Alzheimer's disease is not caused by aluminum



A number of years ago, the media announced aluminum pots and pans were the cause of Alzheimer's disease. Since that time rumors and controversy have raged over the idea. Since I advocated the use of aluminum cooking equipment, because of its superior ability to spread heat throughout the pans, I was concerned that I not lead to someone suffering from Alzheimer's. I watched a friend and his family suffer from the disease. From the information I gathered, I was convinced that there was no connection between the metal and the disease. Well the controversy still goes on. Recently on the reservation, I heard the rumor again. So I thought I

would pass this latest update on Alzheimer's disease and the aluminum controversy to you through Spilyay. The update came from the April 1993 issue of the Wellness letter published by the University of California at Berkeley. Keep in mind that aluminum is the third most common element in the environment. It occurs naturally in soil, food and water. Small amounts of it are found in fresh and processed foods. It is used in scores of products such as antiperspirants, antacid medicines for indigestion, cosmetics, paper products, soft-drink cans, foil and cookware. There is no evidence that avoiding aluminum in any of these forms will protect a person from Alzheimer's disease. Very little aluminum is absorbed by the body from any of these products - and most of what we take into the body is excreted. What caused this controversy to

arise again at this time? Modern technology has been developed that allow British researchers to examine closely the brain tissue of people who have died of Alzheimer's and people who died of natural causes. The researchers found little or no aluminum in the tissue of either group. Any aluminum found in the brain tissues may be an effect of Alzheimer's rather than the cause of it. One researcher from Mt. Sinai Medical Center in New York does suggest that those who want to be particularly prudent might avoid antiperspirants in aerosol cans. Antiperspirants with aluminum are more readily absorbed through the nose into the brain. The spray also causes severe irritation if accidentally sprayed into the eye. Roll-on or stick antiperspirants are usually more effective and less likely to cause injury,

Another University of Oregon International students spring tour has come and gone. We are glad to say this year was one of the best ever with things running very smoothly. Liz Blann 4-H program aid had things well under control. I would like to give Cassie Rhoan, Crystal Winishut, Kimiko Mitchell & Arlene Boileau a great big thank you for all your hard work, the salmon and fry bread was delicious and all the guests enjoyed it very much. Rudy Clements was the host and made everyone feel welcome. Madras residents and the U of O students enjoyed his humor as well as his knowledge of the reservation. The students spoke of the lovely dancers and many would like to visit Warm Springs again. We would like to thank Art McConville for helping with the tour of the Museum. All were delighted to visit the Museum at Warm Springs and learn more about the Confederated Tribes. Thank you Tribal Council and Natural Resources for the salmon it was very much appreciated. Thank you also to the Madras Chamber of Commerce, Ron Blann, Lori Binder,

Providing care for elderly can be stressful and lonely

Recently the 1992-93 Tribal Census Report was released. One area studied was about the Elderly and Handicapped members of the tribes. Of the 1,637 households in the survey, 131 households had one or more persons over the age of 62 living there. And 42 households had one or more persons over the age of 75 years. During the recent Honor Seniors Day we saw that being elderly did not mean staying home in the rocking chair. But some very sick people may require a lot of special care from family members. As many as 7 million American families spend part of their day caring for frail elderly. Most of these caregivers are women, usually elderly wives or adult daughters. These family members provide 80% of all care of the elderly. Only 5 percent of the elderly are in nursing homes. Providing care for elderly can be stressful and lonely. Recently I received a packet called "Hand in Hand" about integrating research and practice in gerontology by Clifford Barber of Colorado State University Extension Service. It included a list of 8 tips to aid caregivers. 1. Set Realistic Goals. Accept personal limitations: Do the best possible to assure quality of life, comfort and safety for the relative,

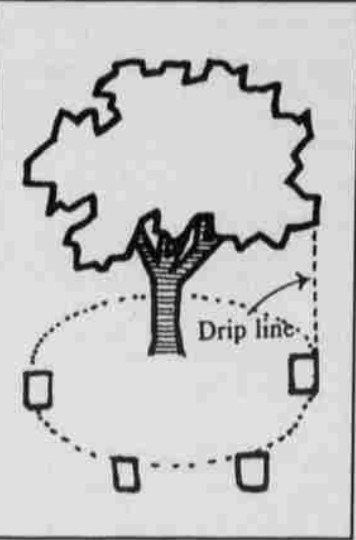
but don't try to work miracles. 2. Ask For Help. Attempting to be a 24-Hour, on-call nurse is an impossible task. Suggest ways for other family members to contribute. If they are unavailable (or unwilling), ask a friend or neighbor to help for an hour or two a week. If possible, hire respite care workers. 3. Take Personal Time. Some caregivers are "too busy" seeing to stop and sharpen the saw. It is important to take time out from caregiving to do pleasant things for yourself - not catching up on other tasks that have been postponed in the interest of caring for the relative. 4. Pay Attention to Your Personal Health. Exercise, get adequate rest, eat well-balanced, nutritious meals. 5. Learn Home-Care Skills. Ask home-care specialists, nurses and other professionals for ways to manage such problems as body mechanics, skin care, incontinence, etc. Knowing what to expect and how best to respond to the relative's needs will boost one's confidence. 6. Plan With, Not For, the Family Member Needing Care. Respect the aging person's need for autonomy and involve them in decision making. If they won't accept help for needed services, enlist the help of a doctor or social worker. 7. Discourage Dependency. Re-

search studies show that being dependent on someone for care leads to depression. Families can help by encouraging a dependent person to make contributions, even small ones, to the household. 8. Stress the Positive Aspects of Caregiving.

Water trees at the roots away from the trunk

Where should water a tree? Much to my surprise, not at the trunk. Think about it? Does the trunk have tiny roots that search for water? No. It is the roots far away from the

trunk, at the edge of the canopy where the branches droop. That is where the tree should be watered, at the drip line as shown in the drawing.



bottles so water can slowly seep into the ground. You can water trees even when you are away from home with this technique. If spring winds are trying out your yard, you could even water with jugs during the Easter and summer vacation weekends. Secure the containers in the ground. Put small holes in the bottoms of cans or bottles so the water can slowly seep into the ground. After this long winter with plenty of snow and now rain, you may think it's not important to water trees. But it is. Many large trees were stressed last year because the underground water table fell very low. If you did not water the tree well before the ground froze in November 1992, the big trees may be thirsty for a drink, especially if you live where it is very windy. Why should you water a tree? When you consider which things to water in a drought, you think of the most expensive plants, bushes and shrubs and the most fragile plants. Large trees can be expensive to replace, and may do damage to houses and other structures if they die and fall down.

Stockman's Roundup



By Bob Pawelek OSU Extension Agent Livestock and Range

This is the second of a three-part series on the encroachment of our rights as ranchers by those who may be going a lot too far... We hear a bit from the animal rights activists about "factory farms". They use the term almost universally when denouncing the livestock raising practices of today's rancher. Clearly, what they want to conjure

up in the minds of the consumer, most of whom live in the city, is that of a mindless, greedy, impersonal, corporate-like mentality, interested only in making a profit, regardless of what must be done. The words "factory farm" are used by most animal rights activists to describe almost any kind of livestock farming that does not allow livestock to roam free and outside. They also use the words "factory farm" because they want consumers to believe that a majority of cattle and hogs are now raised by huge corporations instead of the fact that 95% of U.S. livestock are still raised by individual producers - the bulk of them family farmers. They are, by the words "factory farm", trying to transfer the widespread distrust of corporate America by consumers to the American rancher. Why are they doing this? Because the increasingly not-so-hidden agenda of most of the leaders of the animal rights movement is to bring livestock production to an end and convert everyone to vegetarianism. They are simply using the animal rights issue to accomplish that

goal, and the sad thing is that most of the people who contribute over an estimated 300 million dollars each year to the various animal rights organizations are good people, interested in the best possible care for animals. Most of them have never been on a farm, but they have pet dogs and cats and the animal rights activist leaders keep telling them about how badly you treat your livestock. Ingrid Newkirk, one of the leaders of PETA, has a new book called Save the Animals - 101 Easy Things You Can Do. One of the things she tells her readers, you will not be surprised to hear, is "not to eat pig flesh in any form." In her book, Ms. Newkirk, among other things, suggests consumers send to PETA for some stickers that

she suggests her readers slap on fresh meat cuts in the meat case at the supermarket. The stickers read: "Warning: This product causes heart attacks, cancer, and other fatal diseases." She also suggests that consumers place warning cards inside restaurant menus that display meat items. The card reads "Animal Flesh." Ms. Newkirk suggest readers ask local schools and universities to include an animal rights class in their curriculum. And, she tells about an activist at Terre Haute, Indiana, who not only got her university to add animal rights class to the philosophy department's curriculum, she got herself appointed as instructor of the class. PETA has gone beyond the universities and has launched a real ef-

I would like to buy patterns

Dear Norma, I read your article in the paper about the sewing classes, and I'm writing to ask if it's possible for me to purchase patterns from the ladies for wing dresses? (Crystal Winishut and Colleen Arthur). Also I want to know about patterns

for ribbon shirts? I'd like to buy patterns from these ladies. Will you please give them my name and address? I appreciate it much. Respectfully, Carol Tadias P.O. Box 943 Toppenish, Washington 98948

