

Recent death reminds one of importance of valuable papers

by Norma L. Simpson, Warm Springs Extension Agent - Home Economics and Alice Mills Morrow, OSU Extension Family Economics Specialist

On October 22, friends and family of Nan Marie Lenhart attended her memorial service in Bend. Many people in Warm Springs will remember her a bubbly person who shared a lot of her knowledge with us. Among

the many things, we learned Master Food Preservation techniques. She will be missed so much by OSU staff throughout the state. Her contributions were great.

At the memorial service I heard people say that she had helped to make choices about the type of service she would like to have and that she wanted to be buried in Montana near her family. Nan had paid attention to the information to a publication

called "Do You Know Your Valuable Papers?" It is helpful to prepare a letter of last instruction for your family from you to your family with facts about your finances and information about how you want your personal affairs handled after your death.

A letter of last instruction is not a will and is not a substitute for a will. A will is a legal document containing directions for your personal representative.

Some of the items usually contained in the letter of instruction are: A list of people - relatives, friends, business associates - who should be notified immediately upon your death; Your directions for burial/cremation and desires related to a funeral or memorial services; and Information about the location of papers and documents related to your estate.

We never know when your day will come, and this Letter of Last Instructions could eliminate some of the decisions that the family must make at the worst possible time when grieving is of greater importance. Families often are trapped in "the most expensive funeral possible" because the Letter of Last Instructions does not mention a modest funeral.

Some families fight over possessions that belonged to the departed person, when the departed intended for some items to go to certain individuals. The tradition of my mother was to return all gifts to the person who had given the item to her. While I was 15,000 miles away when she died, I received every gift I had ever given her, because she kept a list of gifts for many or her 87 years of life.

My grieving continues as I recall the pin from Italy, the Winebago baskets from Wisconsin, a Filipino fan for her collection, and many spoons for her other collection, the red gaucho shirt from Paraguay and the stuffed llama from Peru among the many things that are in my home. With tears in my eyes, I remember how she laughed as she opened each package. Perhaps it prolongs the grieving that we learned about from Charlotte Herkshan during Warm Springs Women's Wellness Week.



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

OSU Extension Staff:

- Arlene Boileau4-H & Youth
- Bob Pawelek Livestock
- Norma Simpson Home Economics
- Crystal Winishut4-H Assistant
- Tim Wojtusik Agriculture
- Clint Jacks Staff Chair, Madras

The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, 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.

EDUCATION THAT WORKS FOR YOU

US poverty rate double that of other countries

"Poverty among American children began to increase during the 1970s and especially during the recession during the 1980s. Since that time it has remained stubbornly high," wrote Vonnie C. McLoyd of the Uni-

versity of Michigan. McLoyd's article about "Research in the Service of Poor and Ethnic/Racial Minority Children," published in the September 1994 issue of *Family and Consumer Sciences Research Journal*. "The United States has a poverty rate twice as high as most other industrialized nations. For example, in 1986-1987, when 20 percent of the American children were poor, the child poverty rate was nine percent in Canada and two in Sweden." He went on to write that almost one in very four Americans had African, Asian, Hispanic or American Indian ancestry.

One impressive passage in his article was written by Marion Wright Edleman who cautioned.

"Our future comfort depends not just on our own children but on all American children. We no longer expect our own children to support us directly we are adults and we are elderly. Rather we rely on Social Security and Medicare and Medicaid payments, which are funded for all Americans. Many of us will require the contributions of the next generation as a whole, and that generations' children. It is therefore in our self-interest to ensure that not just our own children but their contemporaries and their children are healthy, educated, productive, and compassionate...Until recently, America's youth populations has been relatively plentiful, allowing our society to survive and our economy to grow, despite the waste of many young lives through society's neglect. We no longer have margin for error." *Families in Peril: An Agenda for Social Change*, 1987.

Clear-Jel available

by Norma L. Simpson

If you liked using Clear-Jel A, you probably will also like the Instant Clear-Jel. The Instant Clear-Jel can be used in puddings, pie fillings and glazes; Icings and toppings. Frozen Desserts and treats, Meringe and whited cream stabilizers; Dry mixes for soups, gravies and sauces; Instant salad dressing, meat binders and flavored drink powders.

The only disadvantage is that Instant Clear-Jel can not be canned.

While I have the instructions for Instant Clear-Jel, I do not have a supply of Instant Clear-Jel. Last year I ordered the regular clear-jel and few people came to buy it. I purchased a small amount of the Instant Clear-Jel when I was in Corvallis in October. You can order a supply from the Quail Crest Foods on 411 S.W. 5th Street, Corvallis, OR. 97339 or call (503) 753-1231.

At the OSU/WS Extension Office, I still have a supply of regular Clear-Jel to sell for \$2.00 a pound. That is cheaper than using tapioca for thickening pie fillings, and it leaves the juice looking clear and tasting deliciously.

Sewing machine policy set

by Norma L. Simpson

The OSU/Warm Springs office is the only office in Oregon that has sewing machines to loan to people who do not have a machine or who have a broken machine that is being repaired. Unfortunately, some people borrow the machines and do not return them even with repeated reminders. That means that other people are must wait a long time to use this special service. One machine was returned from an house emptied by an eviction notice. We do not know how long the machine had been in that house. I have been here two and a half years and had never seek that machine.

Again unfortunately, some people return broken machines without telling us that something is not working. That happened the day we decided to change the policy.

As a result we have a new policy at the

Extension Service. At the request of the administration, machines can be checked out only when Norma is in the office. That means you may need to ask for an appointment, so that Norma can be on hand at the time that want the machine.

And from now on we will be limiting each borrower to four days use of the machine. You will need the machine again, you will need to wait until the following week to borrow the machine again.

When the machine is returned, it will be checked to be sure it is in working condition with all the parts it left with. For example, bobbin cases are often missing when it is returned. Now we will charge the user to replace the part. We made these changes because our budget had been cut this year and may be cut again next year.

If a part is broken, please write a note to us to tell us what went wrong, and maybe we will be able to fix it instead of sending it to Bend for service.

We want to encourage people to learn to sew and to practice this creative useful skill, so we do not want in the future to stop the service of loaning machines. Help us to meet this service which is unique to Warm Springs.

Nutrition, food preparation classes offered

by Norma L. Simpson

October 27 was my first food demonstration in a new series of nutrition/food preparation classes held every Thursday at 5:30 pm in the Wellness Center kitchen. It was a pleasure to "torment" the workers in the building, as aroma of venison attracted interest from the employees and clients as well. That was possible because Keith Moody brought a hind quarter of a young animal and Arlene Boileau shared a tender roast of venison for the demonstration. Below is a recipe from the newest OSU Extension bulletin "BIG GAME From Hunt to Home" on sale for \$2.75.

Young and old alike learned ways to remove the flesh to be canned for future use and cooked when the time arrives. Three young girls, April, Melanie and Toni, were especially interested in removing fat, tendons and gristle before they cubed the meat to be browned before it was put in the jar. Sara, Janice and Debbie tried their skills at cutting the venison from the bones.

Then April, Melanie, Toni, Debbie, Janice, and Sara learned to use a simple tool to remove the cores from apples that they stuffed and baked in the microwave. In just six minutes, more delicious aromas as we compared cooked textures of six varieties of apples. We saw how hard brown sugar became soft enough to mix with the raisins in the stuffing. Gala, Empire and Red and Golden Delicious lost too much juice when cooked the six minutes. But Rome, Granny Smith, and Jonathan apples have wonderful flavor and hold their shape and texture with the 6 minutes for four apples in the microwave.

Finally we sampled varieties of pears for eating out of hand Anjou, Bosc, Comice, and

Bartlett and Asian Pears which may also be canned. Comice bruises easily, but brought many rave reviews from the group as did Bosc which seem to be less fragile. November, we will taste the Bartlett and Asian Pears from the jar so we will see the difference between their flavors, textures and colors. And we will make the lowfatpie crust with Apples canned with Clear-Jel and make some on the spot.

VENISON OR ELK PAPRIKA STRIPS

- 6 servings
- 2 pounds boneless venison
- 1 1/2 teaspoon paprika
- 1/2 cup all purpose flour
- 1 can (14 1/2 oz.) chicken broth*
- salt and pepper to taste
- 1 cup sour cream or yoghurt with 1
- 2 tablespoons vegetable oil
- or 1 cup yoghurt with 1 teaspoon corn starch
- 1 cup celery sliced
- *or you may use 2 teaspoons instant
- 1 medium onion, thinly sliced
- chicken bouillon in 2 cups boiling water.

Instructions

1. Cut meat in 1 inch strips
2. Coat strips either flour and season with salt and pepper.
3. Put oil in a Dutch oven over medium heat, add venison and quickly brown on all sides.
4. Add celery, onion and 1 teaspoon paprika.
5. Stir for 1 minute.
6. Add chicken broth, then cover and simmer for one hour (cook over very low heat or it will stick. Check it in 10 minutes to see if it is sticking)
7. Just before serving, add sour cream or yogurt and heat, but do not boil.

Serving suggestions: SERVE OVER HOT NOODLES AND SPRINKLE WITH THE REMAINING 1/2 TEASPOON PA-

PRIKA.
Storage Tip: Refrigerate leftovers promptly.

Ideas suggested on what to do with turkey carcass

by Norma L. Simpson

With the holidays approaching, it may be time to consider just what to do with that leftover turkey. Pick the carcass clean and then boil the carcass to make an excellent base for turkey-noodle soup. It simple and a great way to get the most out of your holiday cooking efforts.

So when the time comes around, and you have a carcass of bones, plan to make a pot of Turkey Bone Soup. You might want to make a batch of fresh pasta noodles of either whole wheat or regular white flour. Be sure to keep the carcass very cold in the refrigerator or freezer until you boil the bones. Scrape the bones to remove all the meat that is hard to cut off. When the bones have been boiled for 30 minutes, remove the bones and skin for the dogs. Then freeze the soup and chunks of meat until you are ready to make the noodles.

The idea came to me after attending the "HOW TO" demonstration day at the Madras High School on October 29. John Beal, the Jefferson County Home Economics Agent, had a classful of eager students. We made whole wheat noodles, spinach noodles, and herb noodles and angel hair thin spaghetti.

A couple of old-timers were surprised that John did not let the noodles dry after dough had been kneaded, rolled, and cut. Our mothers and grandmothers had taught us to cut them by hand, then flour them and allow them to dry before cooking. Well with the pasta machine, we had trouble with only one batch; the spinach noodles were stubborn.

Once we added more flour to the dough, the spinach noodles were dazzling as they cooked bright green, and tempting without

drying. I can hardly wait to use them with the turkey bone soup, which to me always looked a bit dull, but with terrific flavor. If you think that turkey bone soup is flat, try a dash or two of tabasco sauce.

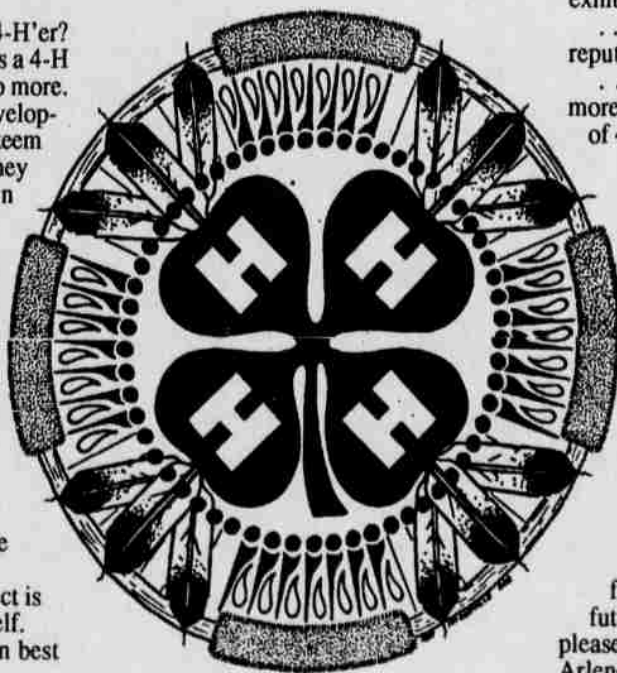
If you plan to roll the dough by hand, remember to let the dough rest for about 20 minutes after kneading the dough for 10 minutes by hand or 2-3 minutes with the Food processor. Moisture in the dough will absorb after the gluten of the flour has developed. Gluten is the protein part of the flour which makes it possible for flour to be made into bread or noodles. It takes both time and elbow grease to develop the Gluten. But the pasta machine or food processor can do part of the work for you. Properly kneaded dough will have a slight shine to it, even with the chunks of spinach or whole wheat in it.

Development part of being 4-H leader

The Clover Speaks
Crystal & Arlene

What does a 4-H club do for a 4-H'er? Let me tell you the number of ways a 4-H Club assists a youth to develop into more. They are learning a life skill development, they are developing a self-esteem that they never knew they had and they are being responsible for their own time, by being on time for a meeting. Meeting and making new friends. There are opportunities for career exploration, they will start learning how to keep a written record of what they are doing and what they are spending to accomplish a finished project. This is just a little bit of what your youngster is learning at a 4-H Club Meeting.

A 4-H LEADERS CREED
I BELIEVE...
... The 4-H member is more important than a 4-H project.
... Learning how to do the project is more important than the project itself.
... 4-H 'ers should be their own best



exhibits.

... No award is worth sacrificing the reputation of a member or a leader.

... Competition should be given no more emphasis than on the fundamentals of 4-H work.

... Enthusiasm is caught, not taught.
... To learn by doing is fundamental in any sound education program and is characteristic of the 4-H program.

... Generally speaking, there is more than one good way to do most things.

... Every 4-H member needs to be noticed, to feel important, to win and be praised (leaders, too)

... Our job as leaders is to teach 4-H members how to think, not what to think.

Rainbow Dancers will be performing in California as a fundraiser for our exchange trip some time in the future. Should you have any questions please call 553-3238 ask for Crystal or Arlene.

Stockman's Roundup—Livestock discussed



It's obvious what these researchers' conclusion was - boredom is a significant factor in wood chewing. Other researchers at Colorado State University observed that horses chewed more wood when it was cold and wet.

It has also been suggested that horses chew wood due to a lack of chewable fiber in their diet. Wood chewing can be decreased by feeding a complete ration and long hay.

Once a horse has developed a bad habit, such as wood chewing, it is difficult to get them to stop. It is advisable to not keep horses stabled during the winter, if possible. If they must be stabled, plenty of exercise, especially in the after-noon is helpful.

Feeding some long stem hay helps. So does feeding several times a day. Feed adequate hay at the last feeding so horses have hay most of the night. It will help their digestion and they will sleep better.

As a last resort, a dose of dried red pepper on the posts should cure a chronic chewer.

*** ** *

There are two cattle herds in California known to be infected with field strain brucellosis, which automatically triggers a Federal Administration Filing downgrade from "Class Free" to "Class A" status.

The downgrade took place in September. For Oregon, this means that eligible cattle originating in California shall be tested negative to brucellosis within 30 days prior to entry into Oregon. Therefore, all eligible cattle entering the state from California must be tested.

Pasture permit cattle are not affected by this change and can return to their home ranch without testing.

When horses are kept stabled, one of the results is boredom. Chewing wood quickly becomes a symptom, especially in the winter. University of Illinois researchers studied the behavior of nine yearling geldings housed in individual stalls. They were exercised either in the morning, afternoon, or not at all. They were fed a complete ration in the morning with long-stemmed hay in the evening. Two untreated spruce boards were placed in each stall and weighed at the end of each two week treatment period.

When not exercised, yearlings chewed 137 grams from the boards in a two week period in each stall. Those exercised in the morning chewed 95 grams, while those exercised in the afternoon chewed 63 grams. By using videotape, it was noted that most wood chewing occurred at night, and that horses not exercised chewed the most.

Prepare landscape for cold winter months

by Timothy Wojtusik

Now that the cold weather is here yard plants aren't the most important thing on most peoples minds. Even so, landscapes need some special attention in order to minimize winter damage and resume growing in the spring in peak condition. Desiccation, freezing and breakage are the three most common forms of winter damage and Deschutes County Extension Agent Mike Bauer has some useful information and advice to keep your plants happy.

Desiccation is most common among the evergreens, such as vinca, juniper and conifers. This occurs when water is leaving the plant faster than it is being taken into the plant. There are several environmental factors that can influence desiccation. The needles and leaves of evergreens transpire some moisture even in the winter months. During very cold weather, the ground may freeze to a depth beyond the extent of the root system, cutting off the supply of water. If the

plant entered the winter period with a relatively dry root system, there will be insufficient ground moisture to sustain the plant. This is especially true in extremely cold, dry, windy weather. Shallow-rooted plants will be effected more severely than deep-rooted plants, and unestablished plants will be affected more than well-established plants. Desiccation can be particularly serious if the plant receives a large amount of sunlight in the winter periods.

Freezing energy can take several forms. If new growth is stimulated in the fall, this growth may not be hardy enough to survive sudden drops in temperature, and shoots and branches will be killed. Plants in containers should be brought into a garage or covered with 6-8" of loose material such as bark to protect them from freezing. A sharp temperature change in late fall or late winter can cause the water in the trunk of a tree to freeze, causing it to split open. This is called sunscald, and is particularly common with deciduous trees that are in locations that are

sunny, such as a southern or southwest exposure. In late winter, sun can also stimulate the premature opening of flowers or leaf buds, which might be killed by freezing night temperatures.

Breakage of branches usually occurs when snow and ice are allowed to accumulate, and the weight causes branches to break. This is especially true with upright shrubs such as arborvitae. High winds will compound the damage.

To avoid winter desiccation, one practice is to supply ample water to the plant before and during the winter. Protect evergreens from wind by constructing a burlap wind-break around evergreens in windy areas. Be sure that more tender shrubs are planted in a protected location, out of sun and wind and frosty areas. If plants are kept healthy during the growing season they will stand a better chance of surviving the winter with minimal damage.