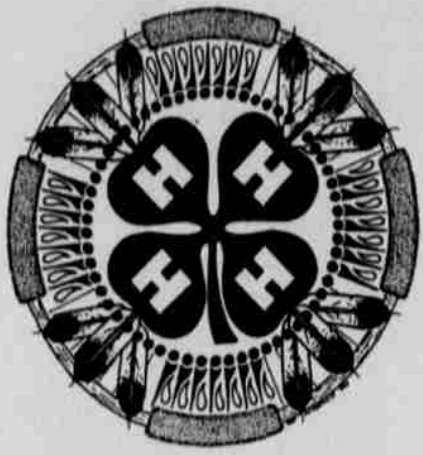


The Clover Speaks



by Crystal & Arlene

A tribal elder once shared the following story:

Every person, each with diverse background, abilities, talents, and personalities, is placed in this world as part of the human race to nourish, strengthen and help other grow. Look at the forest. See how tiny pine trees eventually gave way to majestic pines, and how the alfalfa lives in harmony with grass. That is way you are different from me. Our differences are meant to be placed together like a jigsaw puzzle so the world can see a perfect picture of harmony and peace.

From: Don Addy
Ft. Belknap Extension Services (article taken from Families a publication of summer of 1992)

Arlene Boileau has received this letter from the Warm Springs 4-H Search and Rescue Cadet Program

Re: Conclusion of the Warm Springs 4-H Search and Rescue Cadet Program

This is to announce the ending of the Warm Spring 4-H Search and rescue Cadet Program. Our last official meeting Monday evening 3-20-95. There are several reason for the conclusion of the 4-H club, but mainly it is lack of funds. The youths of this program are the greatest. Even to the point of being recognized as one of the best in the nation, as the 653rd Point Of Light. Being the only Search and Rescue program in the United States to be put in the Congressional Record, which is written history. These youths have accomplished many obstacles and challenges. The last 7 1/2 years with these kids, have been the

best in life.

Keith Baker

Recognition

Recognition nite is a special event for the leaders, members & volunteers. The event is when all the 4-ers are recognized for the special skills that they have been learning and getting out of 4-H. If you have not turned in your registration form, please bring them in, Crystal will then enter the information in the 1-2-3-4-h program. The program lets our staff know how many years you are to be recognized.

Chatcolab: Stepping stones to leadership

Chatcolab is what? a leadership laboratory; a week of individual development opportunities; an exchange of ideas and techniques/ Chatcolab is who? People working with people; anyone who is 15 years or older; persons interested in self-development and recreation/Chatcolab is why? To promote leadership through recreation; supportive atmosphere for personal & professional growth; CEU's are available/Chatcolab is where? Camp Gifford; on the shores of Deer Lake; 40 miles north of Spokane Washington; Chatcolab is how much? \$180.00 regular (includes meals and lodging); \$160 (seniors 60 + full time students); \$35 patron members (notebook & chat chat newsletter); Early bird (\$20 discount if registered by May 15); Scholarships (limited number available for first year participants).

In-depth Workshops/games leadership for the fun of it; environmental crafts; musical activities and/or instruments; high ropes course; campfire programming;

Mini-workshops: quilting; adventure; recreation; stress management; decorative boxes; star gazing; dance; legal liabilities; event planning; power up your program with music; low ropes course; and much, much more.

If you are interested in the workshop you may contact Crystal at the OSU Extension office at 553-3238/3239. Crystal will be more than glad to answer any question for you. We do have the applications for the chatcolab work shops.

Rainbow Dancers:

The rainbow dancers are starting up their meetings, calls have been received asking for the rainbow dancers. The first meeting is March 30, 1995 at 7 pm. We will be discussing our calendars, county fairs, state fair, fund raising, and what is expected. If you

are interested in getting your family involved come on in to the office and fill out registration forms. We do ask that the parents be involved also.

Burnout-What is it and what can you do to avoid it?

1) Set realistic goals, define your goals as precisely as possible, staying attuned to what is possible as well as to the mission and job requirements of your organization; 2) Focus on your successes, not on your failures. No one can help everyone. Allocate time and energy to make major efforts where they'll do the most good; 3) Focus more upon the process than the result. There is a great deal more to helping people than seeing the cures at the end of the tunnel. For example, recognize the significance of developing a good rapport with clients and the pleasure of doing an important job well; 4) Keep a time perspective. Don't expect results right away. Much of the good you do may happen in your client's lives long after they have left you. For example, think of the teachers whose influence you did not appreciate until much later in your life.

Wilderness camp

Wilderness camp committee is well on their way with meetings. If you are interested in volunteering to help at camp, contact Arlene Boileau at 503-553-3238. The camp is going to be great this year. We would love the have volunteers.

Help wanted for 4-H camp

Positions needed for Warm Springs 4-H Wilderness Enrichment Camp at Trout Lake:

Full time cook, Full time cooks helper I, Full time cooks helper II, Full time Rec. Director, Full time Water Safety Director (Life Guard), Full Time Art Director, Storytelling (part time), Sweat house (knowledgeable), Drumming (Teacher) Beginning & advance, Cultural Teachers, Bead work Teachers, Beginning & Advance.

If you would be interested in filling any of these position please call 553-3238 and ask for Arlene Boileau, or come into the OSU Extension Office in the Warm Springs Education Building on 1110 Wasco Street and we will have further information on these positions see you soon



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

OSU Extension Staff:

- Arlene Boileau 4-H & Youth
- Bob Pawelek Livestock
- Norma Simpson Home Economics
- Crystal Winishut 4-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

Canning booklets available

by Carolyn Raab, OSU food & nutrition specialist & Norma L. Simpson

Asparagus always announces the beginning of spring. If you're planning to preserve any asparagus, do it safely. Home-canned asparagus can be deadly if it isn't processed the right way.

Like other low acid foods, asparagus must be processed in higher than the boiling point of water. These high temperatures are needed to destroy the spores of bacteria that cause botulism, a sometimes fatal illness from food poisoning.

Process pints of either hot or raw packed asparagus for 30 minutes at 240 degrees (15 pounds pressure with a weighted gauge; 12 pounds on a dial gauge). Quarts require 40 minutes of processing. The pounds pressure and timing are from 2000 to 4000 feet elevations Warm Springs Indian Reservation. The pressure adjustments will be different at other elevations so contact the county Extension Service offices where you are canning the asparagus.

If you don't have a pressure canner, con-

sider pickling the asparagus. High acidity in pickling prevents growth of the harmful botulism bacteria. If you are uncertain about the safety of home-canned asparagus in your cupboard, boil it for 10 minutes before you eat it. Boiling that long will destroy the botulism toxin or poison produced by the bacteria in the jars. It takes the same length of time in the microwave as on top of the range. This extra margin of safety could be a life-saver if canning procedures weren't correct.

Canning booklets are available in the OSU Extension Office. For Canning Vegetables ask for PNW 172. For Pickling Vegetables ask for PNW 355.

These two publications were prepared especially for the Pacific Northwest or PNW publications. That is important when it has to do with botulism because the soil in Oregon, Washington and Idaho have more botulism in the soil than in other states in the USA. Botulism bacteria live in the soil, which is why we pay special attention to canning of low acid fruits and vegetables which must be pressure canned.

Changing in our bodies as we grow older: first of two series

by Norma L. Simpson

During the recent Inservice Training at Oregon State University, extension home economics agents learned about changes in our bodies as we grow older. Connie Georgiou, OSU nutrition professor outlined much of the research that we have needed for years to help older people eat properly and add food supplements when they are needed. This is the first of two articles for Spilyay about these changes.

Keys to good nutrition in the older years
***Be Physically Active** even if you are home in a chair. We have seen the benefits when the Honor Seniors Day and the Root Feast are held. While some people can no longer dance around the Longhouse, their feet and hands are moving to the beat of the drums.

***Be Socially Active**, eat with other people, listen to music and sing the songs on Talking Drum, chat with grandchildren and teach them the languages that are important in your life, tell stories of your life that family members can write down in your "Book of Memories." Then have them retell the stories or read back the stories to be sure the details are correct.

***Eat A Variety of Foods** like whole grains, fresh vegetables and fruits, lean meats, poultry and fish and low-fat dairy products. Taste a small amount of new foods both to see if you like them and to see if they agree with your body.

***Use Vegetable Oil in Moderation** rather than animal fat like bacon grease, lard or lots of cheese. These animal fats contain cholesterol which is hard for the heart.

***Some people need multiple vitamin and mineral supplements** or calcium and or Vitamin D supplements. The supplements needed depend on the functions of age and activity.

Current recommendations for energy you eat and how you use it

Choose foods that are rich in nutrients that your body needs. That need not rich in fats, but rich in the nutrients like the vitamins and minerals that will keep your body healthy. The professor observed one nursing home with a 100 year old woman that wouldn't eat lunch or dinner. But she loved the rice crispies for breakfast. The cooks were told to serve the elder what ever she wanted to eat, which meant rice crispies for all three meals, if that pleased her. What she needed were NUTRIENTS. And rice crispies gave her more nutrients than the other foods she refused to eat. We all commented, that when you are 100 years old, should be able to eat anything your heart desires.

What is ideal is having the balance between the calories in the foods and the nutrients.

A steady diet of chocolates is heavy on

the calories but not balanced on the nutrients.

Choose two types of exercise: Practice aerobic exercises which stimulate your heart, lungs and circulation. These things you can do from a chair or a bed as well as on the floor

Until my mother died at age 87, she could still touch her toes and do all the stretching exercises that kept her much more limber than I am. For years when I visited her, we watched the 10 pm newscast on TV while we stretched, rolled and kicked up our heels.

Practice strength-building exercises which turn the protein we eat into muscles for our body. If we don't build and repair the muscles, we loose muscle and the protein goes to fat that piles up on our lumpy places. If we care for an elder person, we need to help them get some kinds of exercise that build muscles so they will be able to pick up and hold the grandchildren and participate in the other wonderful activities that happen to them in family and community life. The Disabilities Act has made it possible to do many more things with less effort. Ramps and wide doors and porta-toilets for wheel-chair bound people. But there is lots more we can do that relate to nutrition, that require that we understand the changes in the body as it relates to the foods we eat.

Energy needs decrease with age
Resting Energy Use: When we sleep or

rest, the muscle or lean tissue of our body uses less energy than when we were younger. If we eat the same amount of food we ate when we were younger, we tend to get heavier. The energy we have, goes to keeping the fat tissue supplied. If we are heavier, we have more fat cells, using more of our energy when we rest.

Physical Activity Use: Think of all the things that you use to do. Amazing the energy we had then, but don't have now. What we must think about is how to match the activities we like to do today, to the amount of food it takes to do the activity at the level we want.

I use to love to fish, but I have not had my line in the water since I came to Warm Springs. During the Sports Festival at the Jefferson County Fair grounds, I got my first line in the water, to learn to fly cast. Let's hope this year that I can get a fly or a spinner and hook on the line and in the water rather than the tassel of red yarn.

Factors that influence on how older people eat

OSU Nutrition professor, Connie Georgiou, highlighted seven influences that affect how older people eat today:

Economics Status: Nearly all older people have a reduced economic status, either because they have stopped working, or they

had limited savings to permit them to eat they way they did in the past. Others have increased medical expenses such as medications or supplies and equipment for blood test monitoring. Some older people say their social security payment is not adequate to buy food and medical supplies. They must go without one to pay for the other. If they are caring for grandchildren without compensation from the parents of the children, and SS or AFDC do not provide money for the children, the economic of status of the elder provides food for only one not more people.

Household Composition: Generally as children grow up and leave home, the composition of the household decreases. Women being use to preparing for a large number of people, often prepare too many servings, and the food spoils before the food is eaten.

If they were not in the habit of freezing left-overs, the food is wasted.
On the other hand, if children do not leave when they grow up, they may continue to treat the household kitchen as a free cafeteria which also drains the food budget for the older people with reduced income.

Psychological Factors: People who like to have children and grandchildren around may not eat adequate, regular meals when they are alone. Diabetics find they may must get into a strict schedule as part of the treatment which means that they will not be as flexible as other people would like them to be. If the older people stick to their schedule to feel good, then they may avoid others for companionship.

Food Preferences: Most people prefer to eat the food that they grew up on. It hurts some older and younger people to have to give up their favorite foods. For example Fry Bread with lots of sweet huckleberry jam or syrup. They tend to withdraw from the table when everyone else gets to eat their favorites. Or worse yet for the older person is to eat bites of "forbidden" foods that they have stored away. A nutritionist told me they are "Sneaky" eaters. My weakness is "Chocolate." I can smell chocolate if it's in the house and I will sneak into it until it is all gone. Though I tell myself that Carob has the same flavor, I don't believe it.

To be continued in the next issue.

Stockman's Round up: Charolais and its crosses



by Bob Pawelek
OSU Livestock Agent

Charolais is a French breed, originally from the province of Charolles in Central France. The breed is noted for its large size, growth thrust and bred-in red meat.

When Charolais arrived in the United States, crossbred steers were being marketed from grass when they were four to five years old. Soon after the end of World War I, a young Mexican industrialist, Jean Pugibet, arranged a shipment of two bulls and 10 heifers to his ranch in Mexico.

In 1934, Maximo Michaelis of Kyle, Texas saw these Charolais cattle on the Pugibet ranch. The Mexican Secretary of Agriculture, General Perez Trevino, gave Michaelis two Charolais bulls. These were the first Charolais to enter the United States.

Charolais are horned, light tan at birth. The color changes within a few weeks to a cream white.

Charbray

From Charolais X Brahman crosses, usually 3/4 Charolais and 1/4 Brahman, the

Charbray is a breed of its own with its association. The Charbray has the growth thrust of the Charolais and the heat-insect tolerance of the Brahman. A slight hint of the Brahman dewlap remains.

Charford

From Charolais X Hereford crosses, usually 3/4 Charolais and 1/4 Hereford, the Charford is not yet accredited to an association of its own. Color combinations are varied, ranging from solid red to tiger-striped to light tan and white. The Charford is bred for the packer, as the carcass hangs in the weight range that the packer is looking for.

Chianina

From Central Italy in the province of Tuscany, the Chianina is of very ancient origin, going back to the days of the Roman Empire. Chianina is the largest breed of cattle in the world. Mature bulls stand about six feet tall (18 hands) at the withers and weigh up to 4,000 pounds. Mature cows weigh up to 2,400 pounds.

The breed is also noted for trimness of middle; fineness of head, horn and bone. There is an absence of excessive dewlap and brisket. They're horned, with a narrow head, porcelain white hair, black switch and dark skin. The growth rate and leanness of the breed give Chianina bulls an important role as a terminal cross in a crossbreeding program.

Corriente

Corrientes are raised primarily for rodeo sports, i.e., team roping and bulldogging in the U.S. and for Charreadas in Mexico.

Not to be confused with Mexican fighting bulls, or even Texas Longhorns, the Corriente is a small, agile, athletic animal with heavy horns. The cattle are narrow with high withers and a short, peaked rump. Corriente can fatten and finish and steers grown too big to rope have a mature frame and can put on bulk in about ninety days.

Devon

Devon is an English breed, having originated in the counties of Devon and Somerset.

They are sometimes referred to as "Ruby Red," as a rich dark red is preferred by the breed association.

Dexter

Small size with short legs, the Dexter is an Irish breed. Mature bulls do not generally exceed 1,000 pounds. The Dexter is difficult to discern from Angus except for their smallish frame.

Fleckvieh

Evolved from Simmental cattle which originally came from Switzerland, Fleckvieh were bred in Southern Germany around 1895. In Germany, the red and white spotted animal is considered a dual-purpose breed with emphasis on beef.

The progeny testing and selection program of the Fleckvieh in Bavaria is, without doubt, one of the best in the world. To be licensed as a dam of a herd sire, a cow must be in the top 5% of the breed on milk production; classified by a committee for size and conformation, and must meet rigid standards for calving intervals, calving ease, milking ease, disposition, and pedigree.

Next time: Hereford, Limousin, and an Australian pedigree.

NAFTA Sparks Increased U.S. Beef Exports

by Bob Pawelek

Cattle producers reaped some benefits in 1994 under the North American Free Trade Agreement (NAFTA) including huge increased in U.S. beef exports to Mexico and the formation of a working trade group consisting of beef producers from each country.

The value of U.S. beef exports to Mexico increased 54 percent during the first six months of 1994 as compared to the same period in 1993. Total volume of U.S. beef exports to Mexico increased 35 percent during the same period.

Additionally, cattle producers from each

of the three NAFTA countries have formed a voluntary alliance to review beef industry disputes among Canadian, Mexican and U.S. cattlemen before seeking government resolutions. The NAFTA Beef Working Group, as it is referred, consists of members of the National Cattlemen's Association, the Canadian Cattlemen's Association and the Mexican Confederation National de Ganaderia.

To foster better understandings on issues which could hold back trade, the Beef Working Group has met several times since NAFTA's implementation. Labeling, meat inspection requirements and animal health regulations are now being considered.

Car monitors alcohol level

by Norma L. Simpson

For years I have wondered why vehicles do not come with some device to prevent drunk drivers from driving cars—both for their safety and for the safety of people who now come in contact with drunk drivers. I remember years ago reading about cars being tested with breathalizers what prevented the car from starting if alcohol on the driver's breath was too high. Nothing seemed to materialize from that invention.

When the Tech Update section of the April 1995 Popular Mechanics magazine reported about drunk-proofing cars in a brief article, I thought that new hope existed. But the invention is very complex. Here's how the device works.

Two steering wheels monitor the drivers blood alcohol levels and react accordingly.

Both wheels measure alcohol content through sensors that soak up palm perspiration. In each case, the driver must grip the

steering wheel for 10 seconds, and gloves aren't allowed. The sensor checks for unusual levels of acidity that signal the presence of toxins. They then double check specifically for alcohol for alcohol.

If the driver is beyond the legal limit, the systems respond. One version shuts down the engine and triggers an alarm. The other also sets off an alarm and if the subject attempts to drive, blinks headlights and sounds the horn every few seconds. The second systems also monitors blood cholesterol and sugar levels.

The device was developed by Biological Interaction Transports Systems (BITS). While the article has an Atlanta, Georgia byline, the facility is not listed in Atlanta phone directory.

Until devices like these are installed, we have to rely on the "Designated Driver" to prevent accidents to safe the people we love from death and injuries by drunk drivers.