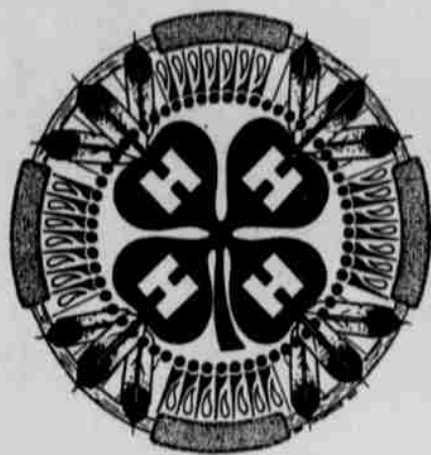


The Clover Speaks



by Crystal & Arlene

4-H activities, events, and projects provide opportunity to practice citizenship as we know it in our democratic society today, according to Miss Dorothy Emerson, in 1965 Citizenship and leadership consultant to the national 4-H club foundation aptly states:

Citizenship is a way of life.

It's learning to walk in another's moccasins—to imagine how you would feel right now if you were really the other person. It's starting your day with a smile and a prayer.

It's being well-groomed and looking your best. It's constantly doing what you ought to do, like watching your speed and being on time and doing your share. It's "Please" and "Thank you", and a cheery "Hello." It's learning to listen for deeper understanding. "It's saying I'll be glad to" when there's a job to be done. It's the feeling within that acknowledges one father, one world.

PARENT VISION CAKE

RECIPE

Each parent puts in
1 cup of your Values & Beliefs
1 Cup wisdom
1/2 Pinch of "your" Experiences
Blend in
1 Pinch of your Perspective
1 oz of Understanding
Sprinkle on
1 Dash of Dreams and a slight amount of Discussion
Mix together Gently
Bake in the Warmth of Sensitivity & Acceptance
take out when the when the feel is firm...

Let cook: source unknown
These are some of the assurances we can start to gave our children.

As we grow older: Part 2 series

by Norma Simpson

Continued from last Spilyay

Physiological Factors: Certain older people will suffer if they try to eat their favorite foods of the past because a disease makes them suffer even more if they eat it. A gift of "salted peanuts" turned his Christmas into sorrow when he unwrapped a 5-pound can of peanuts. Craving for salty or sweet food may also cause more suffering for those with high blood pressure or diabetes. Overweight problems may mean we have to give up sour-cream on baked potatoes, butter on popcorn; fry-bread; lots of french fries and apple pie. Until we learn to eat the way we feel better, and take our medicines as we should, life seems not worth living. But it is.

Sensory Factors: After the age of 50, our ability to taste sweet, salty, sour and bitter declines. Our taste buds in the tongue do not have the same rate sensitivity to salt for example, which is why we say food "tastes flat". The secret is to use more herbs and spices to add new zest as we stay away from the salt shaker. Keeping your own or false teeth clean will improve the taste of foods. If your teeth feel "fuzzy" you probably need to brush more often and to leave false teeth to soak over night to get a good cleaning.

Our sense of smell are responsible for much of the ability to taste food. That is why a bad cold makes us think the food is tasteless, and we lose our appetite. As our ability of smell goes down, we are less likely to detect warning odors - gas leaks, smoke or spoiled food, especially older people living alone. We may not be able to smell offensive body or pet odors. We tend to over compensate with too much perfume and bathroom deodorants.

Age itself: As we grow older many body functions change. We think about loss of sight at night; loss of hearing; and inability to tolerate volume of noise from boom-boom boxes. There are a number of factors which affect how we eat foods.

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 second of two articles for Spilyay about these changes.

SYSTEMS OF OUR BODY CHANGE WITH AGE AS DO THE NUTRIENTS WE NEED

Digestive System: The amount of hydrochloric acid in the stomach decreases, which slows the digestion of food. The food sits like a rock in the stomach, especially if our poor teeth prevent us from chewing the food well. To get the nutrients from the food, the food must be digested. It is a very complex process. With each illness we get, we learn more and more about the complex digestive system.

The muscle tone of the digestive system decreases. Since the digestion starts in our mouth, we loose control of our tongue, and swallowing. The esophagus or gullet that goes from the mouth to the stomach loses tone, which may cause problems of food going into the stomach and staying there. People who have heart burn, may have a hiatal hernia which is one loss of muscle tone.

Thirst and Saliva Mechanisms may not work properly. That means that older people even though not thirsty, they should drink plenty of water. The water increases digestion and prevents constipation. People with arthritis often do not produce enough saliva to start the digestion of food in the mouth. Chewing sugar-free gum may stimulate the glands that produce saliva, and keep saliva in the mouth.

The urinary track may not work properly. The danger is when you drink less

Ordinance 66: A Summary

Grazing groups were established by Tribal Council. It was the intent of Tribal Council to supersede the General Grazing Regulations as provided in 25 CFR 166.4, not the livestock trespass regs in 25 CFR 166.24.

It was meant to establish a dual enforcement system. The federal system at this time is more effective in dealing with non-Indian trespassers and the tribal system more effective in dealing with local disputes.

Grazing plans need to be updated every 5 years. The plans should show the following issues are dealt with:
-Grazing Fees
-Grazing Appeals
-Ride Bosses
-Animal health, brand inspection, animal quality and disease control
-Livestock trespass, misbranding, slaughter, seizure of stock
-Rides and roundups

If the grazing group does not have an approved plan, Ordinance 66 will govern how a district will do business until such time as a plan is approved by Tribal Council.

water because you do not want to have an accident. The urine is the fluid that carries the

dangerous chemicals your body produces when food is digested. The less water in the system, the less fluid will care the chemicals. These chemicals can damage the kidneys, the bladder and the prostate region.

Four points to look for in a meeting

Four key points which contribute to good meetings are: planning, involvement, balance and variety (as taken from the Washington 4-H Club leaders handbook).

Planning: 1) Do officers/leaders check plans before the meeting? 2) Are materials/equipment ready before the meeting begins? 3) Does the president call the meeting to order on time, keep the meeting rolling, and end on time? 4) Does the meeting follow an organized agenda, appropriate to the group? 5) Are all announcements short and to the point? 6) Are important announcements written down by members or copies to take home?

Involvement: 1) Are guests introduced and made to feel at home? 2) Is there opportunity for members to get to know each other? 3) Do officers avoid doing all the talking? 4) Do all or most of the members take part in the meeting? 5) Is there acceptance of all members by the group and do they treat each other with courtesy?

Balance: 1) Is the business meeting short and snappy? 2) Is there an educational program in addition to business and recreation? 3) Is the educational program of interest to everyone of all ages and interests?

Variety: 1) Is there fun, learning, and fellowship at the meeting? 2) Is there singing or other musical involvement or recreation during the meeting? 3) Do the meetings vary from time to time, for instance, business not always first? 4) Are different methods used to present information?



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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

Deadline for Mini-college is May 19, 1995

by Norma L. Simpson

Mini-College is an opportunity to be on the Oregon State University campus for a short period of time...to learn new things and to share experiences that broaden your world view. Dates for Mini-College are June 12-15. OSU Extension Home Economics Programs and the Family and Community Educators (FCE) are co-sponsors of the event. **Deadline for registration is May 19, 1995.**

This year the theme is "Oregon Patchwork - a Salute to Oregonians." Each day features:

"Some Pieces of the Patchwork of People" by Mary Sorber, an Oregon history buff which for several years has delighted the Mini-College participants. This year she looks at the national and ethnic groups in Oregon and their contributions to our state.

The OSU/Warm Springs Extension Office has copies of the registration form. Call us at 553-3238 and we will mail it to you. You can pick up the program and registration form outside my office in the Education Center.

General assemblies

All participants attend General Assemblies: "Dealing with Change" with Carol Peterson, "Being Alike and Being Different: The Challenge Contemporary Families" with Phyllis Lee, OSU director of Multicultural Affairs; and "Positive Risktaking" with Molly Cook.

Choice of 36 classes.

Human Development faculty will expand your knowledge of research on Family Structure and Well-Being" or "Mother-Daughter Relationship" or "Children's Challenges" or the benefits of the "Laughter Workshop."

You can learn to "Communicate with

People from Different Cultures"; "Think Globally-Write Locally"; Multicultural Experiences to share with your children and grandchildren through song, games, books and other activities to expand children's view of the global family.

You can "Tune Up for a Concert" or tune up your car in "Automobile Awareness."

You can touch base with "Culture and Clothing"; "Ethnic Inspired Wearable Art"; "History of Needlework in Women's Lives" by a Quilt Artist; and "Serging Garments and Gifts". And that is just half of the choices.

Scientific topics include: "Ancient Peoples of the Pacific Northwest" some 14,000 years ago will be taught by OSU Anthropologist David Brauner; being a "Plant Scientist for a Day" in the National Forage Seed Reproduction Research Center; Learn about "Marine Birds and Mammals"; or you can watch a "Gene Gun" in action at the OSU Center for Gene Research. Or the look at the Douglas Fir tree 100 years from now in the Environmental Research Lab. You can learn about the real pronunciation of "beta kerozene" in your diet while you learn what it does. "Who Gets the Breaks" the causes and prevention of osteoporosis.

Lodging and meals

Cost for the Monday through Thursday for registration, lodging and meals ranges from \$186 for single, semi-private bath to Triple room private bath is \$171. We could also plan to arrive on Sunday lodging only for just \$11 more. Commuter prices are \$93 that's without meals or room.

Anybody want to join me? We can also share transportation. Call 553-3238 for more information and a description of the other classes offered. Plan ahead today!

Salmon recipes made easy

Northwestern Salmon Corn Squares

1 package corn muffin mix
1 12-ounce can corn drained
1 3-ounce can sliced mushrooms
1 pint canned salmon
1 small onion, chopped
1/2 green pepper, chopped
2 tablespoons oil
2 tablespoons flour
salt to taste
1 teaspoon prepared mustard
dash tabasco

Prepare corn muffin mix. Fold in corn. Spoon into a greased 8 inch square baking pan. According to package directions. Drain liquid from mushrooms and salmon into a 2 cup measure and add milk to make a total of 1 1/2 cups liquid. Set aside. Saute onion and green pepper in butter until onion is soft. Stir in flour and salt and cook, stirring until mixture is bubbling. Gradually stir in milk mixture and cook, stirring until sauce thickens and boils for 1 minute. Stir in mustard and tabasco. Flake and stir in salmon. Cut corn bread into squares, then split each and spoon salmon mixture between and on top, shortcake style.

Salmon Vegetable Paella

1/4 cup butter or margarine
1 medium onion chopped
1 clove garlic minced
2 stalks celery chopped
1 green pepper chopped
2 cups sliced summer squash or zucchini
2 10-ounce packages frozen artichoke hearts, broccoli, green beans or corn
1 pound can whole tomatoes, drained
1 1/2 cups rice
2 pints canned salmon
3 cups water or chicken broth
1/4 teaspoon pepper
1 10-ounce frozen peas

In heavy saucpan melt butter. In it saute onion, garlic, celery and green pepper for 5 minutes or until onion is tender. Add summer squash or zucchini, artichoke hearts and tomatoes. Cover tightly and cook over low heat for 10 minutes. Add rice and stir until rice is well coated with juices in pan. Add liquid from can of salmon, water or chicken broth, salt and pepper. Bring to a rapid boil. Cover tightly, turn heat to a very low and cook for 30 minutes. Fluff mixture with a fork. Flake and add salmon and peas. Cover and steam for 5 minutes.

Hog Weigh-In

Weigh-in for market hogs will be held on May 20 at the Jefferson County Fairgrounds. The day starts at 8:00 a.m. - 11:00 a.m. All hog project leaders should make plans to get both the animals and the kids to town between those times, as it is an excellent opportunity to size up your animals against the competition.

Happy Mother's Day to all from OSU Extension office

Stockman's roundup: More cattle breeds



by Bob Pawelek
OSU Livestock Agent

For the past several weeks, this column has been examining breeds of cattle. We are taking the alphabetical approach. This is the fourth in the series and we're only now getting into the "H's."

Hays Converter

The Hays Converter is an interesting critter. The former Minister of Agriculture, Harry Hays combined Hereford, Brown Swiss and Holstein back in 1957. Sen. Hays claimed that the breed converts feed into profit; hence the name, "Converter."

Predominantly black with a white face, white feet and a white tail. Color is not a factor in selection, however, since a few are red with white faces.

The Hays Converter is a dual purpose beef breed; mature bulls weigh about 2,200 pounds and cows 1,400 pounds. Cows have few calving problems and produce abundant milk.

Hereford

The most popular breed on the Warm

Springs Reservation, as well as across the northwestern half of the continent of North America, the Hereford was first imported into the U.S. in 1817 by Henry Clay of Kentucky.

The Hereford originated in England, in the county of Hereford. We often hear the term "British breeds," and the Hereford is probably the oldest among the big three - Angus, Hereford and Shorthorn.

The Hereford breed is horned.

The Polled Hereford was bred first in Iowa from a polled mutation that appeared in the Hereford breed. Polled Herefords may be recorded in both the American Hereford Breeders Association and the American Pooled Hereford Breeders Association. This is known as a double standard. Those animals that can be recorded only in the AHPBA are called single standard.

Indu Brazil

Also called Zebu, the Indu Brazil resembles an extreme Brahman type animal. You may have seen the breed at the state fair. Their ears are longer and more drooping than the Brahman. They have symmetrical horns drawing upward and to the rear. Again, they have a prominent hump over the shoulders and an abundance of loose, pendulous skin under the throat and along the dewlap.

They are bred for tropical and subtropical climates.

Limousin

The breed takes its name from the Limousin Mountains in Southwestern France. It was first imported to North America in 1967. It is horned, with a wheat to red color. The Limousin is a modern meat-type animal; long and relatively shallow, with moderated to heavy muscling. The breed association has been hurt recently

by the calving problems related to improper breeding. It is noted for its high carcass quality.

Maine-Anjou

Another French breed. It is the one of the largest exotics. Mature bulls weigh well over 2,500 pounds and cows 2,000 pounds or more.

They are long, rather up-standing, and have a particularly long rump. Most are dark red or dark red roan or black and red. Often with a white underline.

The logical place for the Maine-Anjou in American crossbreeding systems is as maternal sires.

Marchigiana

With the fall of the Roman Empire in the Fifth Century, nomadic cattle were crossed with two native Italian breeds of the time - the Chianina and the Romagnola. Out of these crosses evolved the foundation stock for the Marchigiana (pronounced Mar-key-johnna).

Grayish white, although bulls may be darker with dark skin. Horns appear small in proportion to the size of the cattle. Marchigiana are extremely large animals, with mature bulls weighing 2,700 pounds to 3,200 pounds.

Murray Grey

From a mating first made on the "Thologolong," in the Murray Valley, near Wondonga, Victoria, Australia in 1905.

A very light roan (almost white) Shorthorn cow and an Angus bull were crossed by a rancher by the name of Sutherland. The result was a silver-grey beef animal, the color of which adapts them to sunny areas. They are polled. Dark skin pigmentation lessens cancer eye. Animals are of good disposition.

Next time: Shorthorns and Simmental

General horse health program

The good horseman wants what's best for his stock. Sound management, good breeding and a sensible nutrition program are all wise practices. The horseman should also adhere to a strict sanitation and disease prevention program designed to protect the health of his animals.

The exact program will differ with each horse owner, but the basic principles remain the same. With this thought in mind, the following program of horse health, disease prevention and parasite control is presented with the hope that the horseman will use it: 1) to compare your existing program, and 2) as a guidepost so that you and your vet, and perhaps myself, may develop a similar and specific program for your own enterprise.

The following health program is recommended for all horses:

1. Have on hand 1st aid supplies, and know when and how to use them in case of accident or sudden illness.
2. Vaccinate against the most common diseases.
3. When signs of infectious disease are encountered, promptly isolate affected animals, provide them with separate water and feed containers.
4. **ALWAYS FOLLOW LABEL DIRECTIONS ON ANY MEDICINES** as well

as any prescribed treatment by the veterinarian.

5. Prevent or control parasites by adhering to the following program:

- a. Provide good sanitary practices and a high level of nutrition.
- b. Have adequate acreage; practice rotation grazing when possible.
- c. Pasture young stock on clean pastures, never allowing them to graze on an infested area unless the area has been either plowed or left idle for a year in the meantime.
- d. Don't spread fresh horse manure on pastures grazed by horses; either store the manure in a suitable pit for at least two weeks or spread it on fields that are to be plowed and cropped.
- e. Keep pastures mowed and harrowed.
- f. Keep hay, grain and water free of manure.
- g. Follow a worming program and schedule to control internal parasites.
- h. When external parasites are present (bot eggs on legs, flies, etc.) apply the **PROPER** insecticide.
- j. If possible, alternate the use of pastures between cattle and horses, since horse parasites will die in cattle.
- k. Avoid overgrazing as there are more parasites on the bottom inch of the grass.