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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, 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.

# SEPTEMBER

## Garden hints from your OSU Extension Agent

- Plant lawns in western Oregon.
- Plant or transplant rhododendrons, iris.
- Plant garden cover crops as garden is harvested. Spread manure or compost over unplanted garden areas.
- Pick and store winter squash, mulch carrot rows for winter harvesting.
- Spray holly for leaf and twig blight, blueberries for stem canker.
- Reduce water on trees, shrubs, vines east of Cascades to harden them off for winter.
- Plant daffodils, tulips, crocus for spring bloom. Work calcium and phosphorus into the soil below the bulbs.
- Bring houseplants indoors, after cleaning and repotting.
- Pick green tomatoes and ripen indoors if frost threatens.
- Use stakes to support tall flowers and to keep them from blowing over in high winds.
- Apply beneficial parasitic nematodes to rhododendron and azalea plantings where root weevil problems have been observed.
- Bait for slugs.
- Treat lawn weeds now, remove thatch from old lawns.
- If grasshoppers invade garden, spray with Sevin or malathion.
- **Willamette Valley:** corn may need protection from earworm. Spray new silks with appropriate pesticides.
- Dig, clean, and store tuberous begonias if frost threatens.
- Harvest potatoes when the tops die down. Store them in a dark location.
- Prepare compost pile for recycling vegetation from garden and deciduous trees. Do not compost diseased or insect infested plant material.
- **Western Oregon:** Plant winter cover of annual rye or winter peas.
- Copper spray for peach and cherry trees.
- Spray for leaf cane and spot in trailing berries.
- Spray for juniper twig blight after pruning away dead and infected twigs.
- Spray for Berckmann's blight in arborvitae.
- **Coastal and western valleys:** spray potatoes and tomatoes for early and late blight.



## Many involved to make Enrichment Camp a success

by Arlene Boileau and Norma L. Simpson

The woods was full of kids at Trout Lake August 7-13. We had 55 kids registered for the great wilderness experience. As we write this column, we are packing the truck, checking the health certificates for everyone at camp, and loading the vehicles with food and finding our swimming suit. With this heat, the swimming should be great.

Our new Extension 4-H Aide has been to camp with us many times as a volunteer. You'll recognize her voice as well as her face. Sue Ryan has been filling two posts since July 10 doing her daily radio work and learning all the new things in her new job with OSU/Warm Springs Extension Service. In preparation for the 4-H Wilderness Camp at Trout Lake, she's registered the children and verified each Health Certificate for the campers, the volunteers and the staff so the nurses, Tammy Wells and Mary Smith and EMTs can be prepared for any emergency.

We appreciate the great assistance of lots of people, beginning with Mickey Boileau who keeps the camping spirit alive while the months of preparation go on and on. Then he and his chummy side-kick, Chum, lift tons of things to set up the camp. Bob Pawelek for running and running and running for many things needed in camp.

Urbana Manion, Daisy Ike are volunteers to give special attention to the kids and open their eyes to the value of sharing cultural and wilderness experiences with each other.

Roland Kalama Jr. is art director and Rosemary Charley is a craft teacher with great materials for basket making and other things. Carol Allison comes Saturday to teach the children how to be clowns as they paint their faces with a personality that touches your soul. Esther Kalama-Culpus teaches beadworking and is a kitchen helper while Jolene Marker is a kitchen helper and Girls Counselor. Tanya Wilson from Oregon City

is a girl counselor for the second year and her best friend Stacy Thomas from Antelope comes to help with and enjoy the kids.

Craig Tailfeathers is the boys sweat house leader. Joseph Boise is the water safety director. Delbert Frank and Kevin Blueback are boys counselors. Leana Blueback does the girls sweat house. Ken and Heidi will take kids to explore nature and the wonders of the wilderness.

We have three great cooks, Hilda Culpus, Effie Culpus and Zoanne Jackson O'Neil. Plans and buying thousands of dollars of food for the 9 days at camp - 5 days for the older campers, and 2 day outings for the Latch Key Children, and two days to set up the camp. We huff and puff together as the groceries go up and down the stairs. We'll all be hungry from all the work, play and fun together.

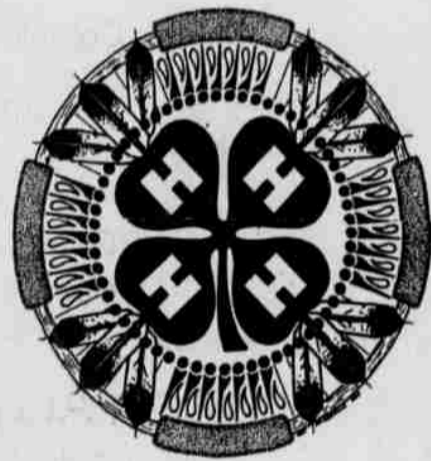
Kate Jackson is in charge of the Traditional Salmon Sunday Dinner on the final day of camp when parents and special guests join the campers. Ask your kids about the

great time they had in the wilderness.

Taking the children to the wilderness is vitally important for the passing the culture to the children. Some have little experience in the woods, on the trails and up the mountains. 4-H Wilderness Camp is possible only by the dedication of the volunteer and paid staff. The Tribal Departments have been very supportive. Herb Graybael, Cecil Brunoe Jr. and staff of Utilities; Mike Gomez and staff of Fire Management; Ed Manion and staff of Public Utilities; Jody Calica, Terry Luther, Clay Penhollow and other staff of Natural Resources; Marcia Soliz and Eunice Esquiro of Work Experience; Dallas Winishut of Culture and Heritage; Sal Sahme, Judy Charley and Marcy Clements and other Human Services staff; Miles King of the Finance Department; Deepak Sehgal of Water and Soils; Lester Poitra and other staff of Fish and Wildlife; Anita Jackson and staff of Public Safety; Steve Whitaker and Kevin Clumber of Kah-Nee-Ta Lodge; and John Beals and Clint Jacks of the Jefferson County Extension office. Thanks to the National Guard for teaching use of a compass and Rick and Doug for boosting their spirits to the top of Ollalie Butte.

Salli Blacketer, the Warm Springs Extension Secretary who had to put up with the frantic months that lead up to camp. C.R. helped us through the crisis time between old and new staff and introduced Sue to many tasks for camp while Jenny has been blading around, doing thousands of errands, copies galore, and helping prepare the Tracking materials. It's Team Work at its best!

We want to thank all the people who helped to make this a great 4-H Wilderness Camp—the ideas, the skills, the patience with the thousands of details to pull off the camp, the TLC of the children and adults and finally our Creator for the beautiful wilderness.



## Choose vocabulary carefully when speaking to and about handicapped persons

by Lucy Linker, executive director of The Arc of Umatilla County and Norma L. Simpson, OSU/Warm Springs Extension Service

During the Chatcolab Recreation and Leadership training attended by Tina and Valerie Aguilar and Norma Simpson, several presentations were given about working with the disabled. Lucy Linker included several pages in the Chatcolab Notebook which I think might help us all to interact with people with disabilities. Part 1 printed in the last Spilyay had to do with writing about disabilities. And part 2 in this Spilyay deals with appropriate terminology for specific disabilities.

For many of us it means accepting the right of this group to determine the choices for writing and speaking about them, even if it means that we have to learn new ways of behaving. You will notice that the emphasis is on the individual not the condition.

### APPROPRIATE TERMINOLOGY FOR SPECIFIC DISABILITIES

Listed below are preferred words that reflect a positive attitude in portraying disabilities.

**BLIND.** Describes a condition in which a person has loss of vision for ordinary life purposes. Generally, anyone with less than 10% of normal; vision would be regarded as legally blind.

**Visually Impaired.** Describes a form of mental retardation caused by improper chromosomal division during fetal development.

**Handicap.** Not a synonym for disability. Describes a condition or barrier imposed by society, the environment, or by one's own self. Handicap can be used when citing laws and situations but should not be used to describe a disability. Say, "The stairs are a handicap for her," or "He is handicapped by the inaccessible bus."

**Head Injury.** Describes a condition where there is temporary or long-term interruption

necessarily hereditary. The term birth defect is inappropriate.

**Deaf.** Deafness refers to a profound degree of hearing loss that prevents understanding speech through the ear. **Hearing impaired** is the generic term preferred by some individuals to refer to any degree of hearing loss - from mild to profound. It includes both hard of hearing and deaf. **Hard of hearing** refers to a mild to moderate hearing loss that may or may not be corrected with amplification. Use *woman who is deaf, boy who is hard of hearing, people who are hearing-impaired.*

**Developmental disability.** Any mental and/or physical disability that has an onset before age 22 and may be continued indefinitely. It includes major life activities. Term includes individuals with mental retardation, cerebral palsy, autism, epilepsy (and other seizure disorders), sensory impairments, congenital disabilities, traumatic accidents, or conditions caused by disease (polio, muscular dystrophy, etc.)

**Disability.** General term used for a functional limitation that interferes with a person's ability, for example, to walk, hear, learn, or lift. It may refer to a physical, mental, or sensory condition. Use as descriptive noun or adjective, such as *persons who are mentally and physically disabled, man with a disability.*

**Downe Syndrome.** Describes a form of mental retardation caused by improper chromosomal division during fetal development.

**Handicap.** Not a synonym for disability. Describes a condition or barrier imposed by society, the environment, or by one's own self. Handicap can be used when citing laws and situations but should not be used to describe a disability. Say, "The stairs are a handicap for her," or "He is handicapped by the inaccessible bus."

**Head Injury.** Describes a condition where there is temporary or long-term interruption

in brain functioning. Use *persons with head injury, people who have sustained brain damage, woman who has traumatic brain injury, boy with a closed head injury.*

**Mental Illness/Mental Disability.** Describes a condition where there is a loss of social and/or vocational skills. Do not use mentally deranged, crazy, deviant. Mental disability describes all of the recognized forms of mental illness, severe emotional disorder, or mental retardation. Terms such as neurotic, psychotic, and schizophrenic should be reserved for technical medical writing only. Use *man with mental illness, woman with a mental disorder.*

**Nondisabled.** Appropriate term for persons without disabilities. The terms normal, able-bodied, healthy or whole are inappropriate.

**Seizure.** Describes an involuntary muscular contraction, a brief impairment or loss of consciousness, etc. resulting from neurological condition, such as epilepsy. Rather than epileptic, say *girl with epilepsy or boy with a seizure disorder.* The term, convulsion should only be used for seizures involving contraction of the entire body.

**Small Stature.** Do not refer to very small persons as dwarfs or midgets. Use *man of small stature.* Dwarfism is an accepted medical term, but it should not be used as generally terminology.

**Spastic.** Describes a muscle with sudden abnormal and involuntary spasms. Not appropriate for describing someone with cerebral palsy. *Muscles are spastic, not people.*

**Special.** Describes that which is different or uncommon about any person. Do Not Use to describe persons with disabilities (except

when citing laws or regulations).

**Specific learning disability.** Describes a permanent condition that affects the way individuals with average or above average intelligence take in, retain and express information. *Specific* is preferred, because it emphasizes that only certain learning processes are affected.

**Speech Disorder.** Describes a condition where a person has limited or difficult speech patterns. Use *child who has a speech disorder.* For a person with no verbal speech capability, use *woman without speech.* Do not use mute.

**Spinal cord injury.** Describes a condition where there has been permanent damage to the spinal cord. *Quadriplegia* describes substantial or total loss of function in all four extremities. *Paraplegia* refers to substantial or total loss of function in the lower part of the body only. Say *man with paraplegia, woman who is paralyzed.* (emphasis added).

### PUT THE EMPHASIS ON THE PEOPLE NOT THE DISABILITY

As we make the attempts to respect the wishes of people with disabilities, we will no doubt be frustrated to change our patterns of speech and writing. If we can remember to put the emphasis on the people, not the disability, we will be able to reach the goal.

People with disabilities from many organizations have worked together to make their voices heard. Because tribal people with disabilities have their own perspective about the conditions that they live with every day, it's important to ask them what they think of the suggestions in this story. We may need our own set of guidelines for Warm Springs terminology.

## Can salsa safely

by Norma L. Simpson

Salsas taste terrific. But if you plan to make quantities of salsa with chiles, please preserve them in the freezer or by pressure canning. We no longer recommend using the water bath method for canning tomatoes or tomato products unless enough vinegar (5% acid or bottled lemon juice) is added to the salsa. Carolyn Raab, the food and nutrition specialist of Oregon State University, sent us an email notice of the alert.

The reason for the alert is that the July 1995 issue of the *Ruralite* contained recipes for salsa, preserved in the water bath. **Open-kettle canning is considered to be UNSAFE** and is no longer recommended. Our experience in Oregon and other parts of the USA tells us that all the other ingredients in the salsa change the mixture to a lower-acid product, even unsafe to eat.

People in Northwest have learned the hard way by being poisoned by a botulism bacteria which grew in salsa. Tomatoes and tomato products with other vegetables must be pressure canned to 240°F. to kill the bacteria. Botulism bacteria does not grow in frozen products, so you have an alternative to freeze salsa.

At our elevation in Warm Springs, Salsas with acid should be simmered for 10 minutes before packing and sealed before water bathing for 20 minutes. Salsas without acid should be pressure canned for 20 minutes in pint bottles at 12 pounds of pressure, with a weighted pressure canner, use 15 pounds of pressure.

Better be safe than sorry!

## Stockman's Roundup: Agent offers varied information



by Bob Pawelek OSU Extension Livestock Agent

It is reasonable to assume that it may spread. How vesicular stomatitis spreads is not fully known; insect vectors, mechanical transmission, and movement of animals are probably responsible. Once introduced to the herd, the disease apparently moves from animal to animal by contact or expose to saliva or fluid from ruptured lesions.

There is no specific treatment or cure for this viral disease. Owners can protect their animals by avoiding congregation of animals in the vicinity where vesicular stomatitis has occurred.

If you suspect any signs of a vesicular condition-slobbering, lameness, loss of weight, drop in milk production, and blisters, immediately contact your veterinarian.

For more information, I have brochures and factsheets in my office.

### W.S. 4-H Livestock Crew - Fair Results

Warm Springs has reason to be proud. Jessica Fuentes, David Fuentes, Lydell Suppah and Sidney Minnick all showed pigs at the Jefferson County Fair recently. (Sidney and David showed in FFA.) Under the leadership of Laura Fuentes, the kids did great! They learned much from the experience of taking care of their pigs. Before, during and after the show, their demeanor was an example for the rest of Jefferson County's youth to follow.

### Factors affecting cattle prices

The major goal of the beef industry-efficient production of a highly palatable product with a profitable return-implies that two main factors affect profitable beef

production: (1) efficiency, or cost, of production and (2) the price received for the product.

Although there are limits to improving efficiency of production, the current beef industry has the opportunity to make tremendous strides in cost-effective productivity, especially the cow-calf ranchers. Even at the best levels of production efficiency (when numbers and weights are at the least cost), if market price is not high enough to cover costs, a profit will not be realized.

Producers need to understand the advantages and disadvantages of different markets as well as the factors affecting the supply and demand for beef. These factors determine the price structure for beef, allowing producers to identify ways of predicting and possibly changing beef prices.

Cattle prices are the most widely discussed topic in the beef industry. Supply, demand, quality of product, psychology and other complex factors affect prices. Because of this complexity, many misunderstandings are generated among buyers and sellers, some of which have resulted in serious accusations, lawsuits, price freezes and even consumer boycotts.

Cattle prices result from a free market system in which supply and demand factors determine the price of cattle. Producers find themselves as "price-takers" rather than "price-makers," yet they purchase most of their goods and services in a reverse pricing structure. Even within the beef industry, the pricing structure changes from the producer who says, "What will you pay me?" to the retailer who establishes a price for beef.

## Foreign beef threatens American beef cattle producers

For the first time in 10 years, total pounds of beef per person consumed increased in 1994 and could also increase again in 1995 to a figure that will be nearing 69 pounds per person per year.

This should be good news but really it's not because our supply of cattle from the north out of Canada and up from the south from Mexico continues to increase also. It goes back to the same old adage: We're trying to get rid of our own beef as well as Canadian and Mexican beef.

The number of feeder cattle alone imported from Mexico through the end of April this year is 669,000 head which, of course means we're enroute to a record number of Mexican feeder cattle coming in. In 1993, this figure was 1.3 million and we're going to shatter that, I'm sure. The cattle producers in the southern United States mostly, but also all over the country, have taken it in the shorts because of this. They are having trouble even getting their cattle into feedlots around that part of the country.

Then you look at the Canadian situation. Slaughter cattle imported from Canada from January to April 1995 are 33% higher than at this time last year. On the other hand, our exports to Canada have increased only 9%. That's a big difference!

If you look at the fact that the cow herds in Canada are reaching record levels, we aren't going to see as many feeder cattle imported to Canada. We are going to have more and more straight Canadian slaughter cattle coming to us in 1995 and the new slaughter facilities that are being built in Canada are not functional yet. So guess where all those cattle are going to be coming again - SOUTH!

I guess what really burns me is the National Cattlemen's Association (NCA) and Congress are still strong supporters of NAFTA even after they have seen the pressure it has put on our markets. We have certainly built our cow numbers in the U.S. in the fast few years, but when you throw all of the extra cattle on our supply situation from Canada and Mexico, it's killing us. The NCA keeps promoting the idea that the long term benefits of NAFTA will be positive. Well, how many producers in the United States have to go out of business before they wake up and admit they were wrong?

I don't know if NAFTA will be beneficial in the long run or not, but I do know that there are a lot of producers in the United States that will not survive to make it to the long term if something is not done awfully quick.

Guest Editorial by Bob Pawelek