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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.



The Clover Speaks

by Sue Ryan

Sunshine and blue skies must mean summertime has arrived! And, along with summer come the annual county fairs. Here are the fair dates and themes for our local area. Wasco County Fair- Tygh Valley July 15th-18th Theme "A County United", Crook County Fair- Prineville July 17th-21st Theme "Desert Dreams & Blue Jeans", Jefferson County Fair- Madras July 22nd-27th Theme "Kid's, Crops, & Dreams", Deschutes County Fair- Redmond July 31st-August 4th Theme "On the Runway to Fun", and Oregon State Fair-Salem August 22nd-September 3rd Theme "Time to Act Your Age".

Fair Time means registration time for 4-H'ers. Enrolled 4-H'ers in Jefferson County can exhibit at Fair in their project area or through Summer Skill Builders. The Skill Builders series offers all 4-H'ers the opportunity to broaden their experiences and explore new ideas. This year there are 4 categories available to any 4-H'er, regardless of project area. These are Create Your Wardrobe, Brown Bag Lunch, Presentations, and Beef Ambassadors. Registration forms are available at the Warm Springs Extension office and 4-H'ers must be signed up for Skill Builders or fair exhibits by June 28th.

The Warm Springs Extension office is also now accepting applications for the 1996 4-H Wilderness Enrichment Camp at Trout Lake. There are forms here at the office. You have until July 26th to register, but the sooner you sign-up the better since there is a limit of 40 campers per session. This year there will be two sessions at Trout Lake. Session One runs from August 3rd-6th and is for campers who have completed Grades 2nd, 3rd 4th & 5th. Session Two will be held from August 7th-11th and is for campers who have completed Grades 6th, 7th, 8th & 9th. One reason the camp was split into two sessions

was to make it more age & ability relevant for the kids. Both sessions will have a variety of nature activities, hiking, crafts, and more. Both Arlene and I would like to remind parents to pay close attention to the equipment list for campers to make sure your child is well provided for at camp. This means to include enough warm clothing along with shorts and T-shirts, because the Trout Lake area can cool down alot in the evening hours. A warm enough sleeping bag is another vital item to have at camp.

Before the 4-H camp at Trout Lake can even happen, there is a lot of work done first. Right now the 4-H staff are readying all of the plans to be in place- including a daily schedule, the special activities, contacting staff, meeting with our camp committee to review documents such as the risk management plan and menu. Our committee will preview the area with a field day tour in July, and our 4-H staff will be pre-hiking trails in the area this month and the next to ensure that the trails are clear & safe for campers to hike. A thank-you at this time to Terry Luther and his staff in the tribal Natural Resources department for their help.

Now, for our camping focus this issue we turn to the question of footwear. You may not think about what you have on your feet on a daily basis, but especially when you spend a lot of time out and about in the woods its important to have the correct gear. The following comes from "Take a New Bearing" by Phyllis M. Ford.

In nearly all outdoor activities, the most important part of your body is your feet, which must carry you to and from your destination. (If you're canoeing, your feet must carry you away from the river if the canoe is damaged.) Your feet must carry your weight plus the weight of your pack or load. You may encounter rough spots, stones, sand, brambles, and many other things that you won't want to step on without comfortable shoes beneath your feet.

You should start out with clean feet and trimmed toenails; long toenails will rub against the ends of your shoes. When this happens, the shoes don't move, but the toenails do. With each step and thrust against the shoe, long nails go backward into the toe until the toenails become bruised and blackened; eventually, they may even fall off.

Also consider conditioning your feet. Make certain that your feet are familiar with your shoes and with walking. Walk, wearing the shoes or boots in which you'll be hiking. If you're going to have blisters or any discomfort, it's important to have that experience and to solve that problem before

you hit the trail.

Breaking in your shoes or boots can begin with wearing them around the house for a week or so while you do household chores and yardwork. The heat from your feet helps form the boots to your feet, alleviating any hot spots or the beginnings of a blister.

Stop any pain before it gets worse, either at home or on the trail. Take off your boots or shoes, prop up your feet, and relax. Pad the sore spot with a bandage or moleskin so that your skin doesn't continue to be rubbed. Leaders should be sure that participants follow this advice. If they don't, everyone will be sorry later, and the one whose feet are sorest will have the least fun.

Next, consider how well your shoes or boots support your feet and ankles. Shoes will assume part of the responsibility for bearing your weight, so they must be sturdy enough to do the job. Athletic shoes, particularly ones with thick, rigid soles, may be fine for short trips on fairly soft and even ground. High-top athletic shoes may be even better for the same situations. Shoes marketed as walking shoes are usually good for short trips and light loads, whereas shoes marketed for aerobics have almost the opposite features. Aerobic shoes usually have very flexible soles, designed for easy movement, rather than stiff soles that will bear your load for an entire day.

For an overnight trip, you'll probably want to take an old pair of lightweight athletic shoes to use for wading or just walking around the campsite. These shoes will give your feet a rest after a day in heavy hiking shoes. For traveling long distances or over rocky, hilly, or snowy terrain, you may need a pair of hiking boots. Heavy boots are necessary for hikers above 5,000 feet in the Rockies, Cascades, Sierras, and other mountain ranges.

In summary, consider the activities and terrain before you select your own footwear or recommend any to other people. Find out what is recommended for your area and intended use by asking skilled hikers, knowledgeable leaders, and sporting goods store personnel. Beware of any salesperson who just wants to sell you something. Don't buy the most expensive boots until you're sure that you'll use them enough to warrant the expense before you outgrow them. When you try on a pair of boots, wear two pairs of the kind of socks that you plan to wear on the trail. A thin inner pair should wick the perspiration away to the outside socks, and the outside pair serves as an insulator and cushion. The outside socks also catch most of the dust, mud, and debris of the trail, keeping it away from the inner socks and the feet.

Removing pesticides from clothing requires special procedures

by JoAnn Kock and Ardis Koester

This morning a tribal member in Warm Springs called to ask me to put more topics for Men in my stories. Perhaps this will be a start.

Whether you are applying pesticides commercially or fight the bugs in your garden, always clean the clothes you are wearing as soon as you finish with the job. And if you clothes get wet with pesticides, they should be changed immediately.

The best way to reduce exposure to pesticides is to follow the rules for handling pesticides and to launder clothing worn while applying the chemicals. Ardis Koester, OSU Extension textiles and clothing specialist recommends the following laundering procedure:

**Discard clothing that becomes completely saturated with highly toxic or concentrated pesticides marked "Danger" on the label. Be sure to handle the contaminated clothing with rubber gloves.

**Also handles less-contaminated clothing with rubber gloves. Keep these clothes separate from other laundry. Put them in a disposable container such as a cardboard

box lined with a plastic garbage bag if you cannot clean them immediately. Plan to launder them as soon as possible.

**Wash pesticide contaminated clothing separately from regular laundry. Only clothing contaminated with the same pesticide should be washed in the same load.

**Use a presoak product or rinse the clothes before washing. This will remove of the pesticide and reduce the contamination of the washing machine.

**Wash only a few pieces of clothing at a time and use the fill amount of water and detergent for best results.

**Use a normal washer cycle of 12 to 14 minutes with hot water because cold water is not effective. Use two rinses or a second cycle without detergent. The rinse water may be cold.

**A heavy-duty liquid detergent works best on emulsified pesticide concentrates.

**Line Dry clothes to avoid contaminating your dryer.

**After you have washed pesticide-contaminated clothes, run the empty machine on a normal cycle with hot water and detergent to remove any clinging residue that would contaminate other clothing.

Repack your bag(s) before vacation

by Norma L. Simpson

Here's some advice that should give you some peace of mind while you are on vacation. As part of the preparations for the trip, take time to review the contents of your billfold.

You will be surprised at how many things you carry in your billfold or purse that you don't need while traveling and that you would hate to lose. A little time spent on these precautions will lessen the crisis if your purse or billfold are lost or stolen.

First, weigh your purse or wallet. You will be able to see how much stuff you normally cram into such a small amount of space.

Second, remove items that you need such as extra credit cards and cherished photos. And think about items that ought to be added - such as a copy of your eyeglass prescription, medical prescriptions, phone numbers for your doctors and health insurance card. If you don't have a tiny pocket knife, you can find some reasonably cost small pocket knives complete with scissors, tweezers, toothpick and fingernail file and blade.

Make a record of all the items and documents you will be carrying in your billfold or purse - driver's license, credit cards, traveler's check information. If there is information on the backs of cards, turn

them over and photocopy the other side as well. The record should list the credit card numbers and where to call if the cards are lost or stolen.

If you plan to go by airlines, be sure to make a list of the contents and value in your suitcases. If the suitcases are lost, you can only be covered to a certain amount for each suitcase (about \$650 including the cost of the suitcase). Be smart and buy an extra insurance policy to cover the amount beyond the \$650 to make up the difference. For example if you are checking cam corders or cameras, or jewelry, your suitcases and contents may value into the thousands of dollars. Extra insurance will cost you about \$30 for a week.

When the record is complete, make two copies, one for a friend or relative at home and one to take with you. If you are traveling with someone, carry each other's information. If you're traveling alone, carry it someplace other than in your billfold or purse.

Items to add to your purse or wallet: If you plan to walk more than usual, several small bandages for the blisters and cuts that you get as you travel. If your trip will be to a dirty out of the way place, take along a small tube of medicated antiseptic ointment for cuts and cold sores. You won't regret that extra weight when the going gets rough. If you are diabetic, remember to have some sweets when you can't eat on time.

Take out the extra things from your office - pencils, sticky and masking tape, old name tags, and old reimbursable receipts.

Booklet available

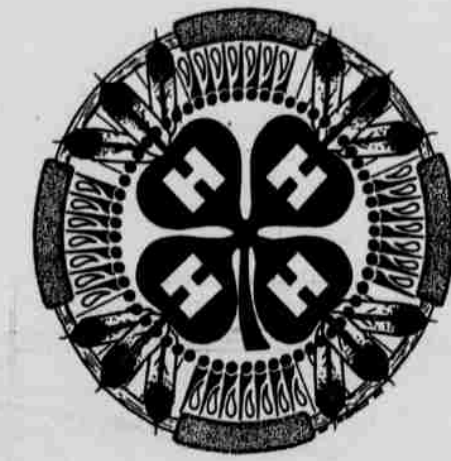
by Norma L. Simpson

In May, the Oregon Geriatric Education released a new booklet about "Urinary Incontinence in Adults." The surprise on page 1 is that "urinary incontinence is not a natural part of aging and can be caused by many physical conditions." Many causes of incontinence are temporary and can be managed with simple treatment. Others conditions are not temporary except by special treatment.

The advantage of the booklet is learn the types of incontinence - urge, stress, overflow and the types of treatment that can solve the problem. The booklet briefly explains the tests that will locate the causes of the incontinence.

When I called Jan Hare, the OSU Extension Family and Adult Development Specialist, about the publication, she said there is a version in Spanish. So if you have contacts who read only Spanish, I can order copies of it as well. Hare also said there are other related health booklets on stroke, depression, pressure sores, managing cancer pain, mammography and other topics.

When the free booklets come, you can find copies of the booklet in the rack outside my office door on the main floor in the Education Center on Wasco Street.



Cockroach control information available at OSU Extension

by Norma L. Simpson

This morning a tribal member brought in a partially smashed insect for identification. Judging from the remains, the Cockroach is a **Brownbanded Cockroach, 1/2 to 5/8 inch long.** Both sexes have a light yellow or pale brown band that runs across the base of the wings and another broken band a third of the distance from the base.

The male brownbanded cockroach has wings that cover the abdomen section completely. The female cockroach has short wings that never cover all the abdomen.

Brownbanded Cockroaches live from three to eleven months. During her lifetime, a female may produce 10-20 egg cases which contain about 16 eggs. They are more apt to be found in private residences than in commercial buildings. They prefer to hide in warm, elevated areas near the ceiling, behind the wall decorations and loose wallpaper, in closets, beneath or inside upholstered furniture and in electric appliances such as

television sets, stereos and toasters (gag!). Some cockroaches love to eat toothpaste left in the toothbrush. (Double gag!)

THREE TYPES OF COCKROACHES

There are three other types of cockroaches. The largest in Northwest, the **American Cockroach is 1 1/2 inches long,** reddish-brown to brown and has a light yellow or tan brown around the shield behind the head. Both have well developed wings and can fly.

Almost as large is the **Oriental Cockroach, 1 1/4 inch long, uniformly glossy dark brown to black. Neither sex fly.** Oriental cockroaches feed on a wide range of decaying organic matter and has the reputation of being the filthiest of the household infesting species. Outdoors these insects are found in cool moist habitats such as decaying leaves or mulching materials, in trash and garbage piles, in municipal sewer systems. At the onset of fall, these critters have mass migration into buildings.

The most common cockroach in the Northwest is the **German Cockroach, about 1/2 inch long,** and is found in homes apartments, restaurants, hospitals and other buildings where food is stored, prepared or served. The stripes on the head are one way to tell the species apart. In April, these was a report of a major infestation in south central Oregon counties. Perhaps it is our turn.

COCKROACH CONTROLS

Obviously it is important to begin cockroach control as early as possible after you see the first insect. No one insecticide is best by various combinations can be effective.

Regardless of the insecticide selected, a chemical applied to areas where cockroaches hide during the day or regularly travel at night will kill more individuals than a chemical applied to areas which seldom frequent. Retreatment is an usually needed.

Residual sprays, oil-based or water-based sprays, are applied to spots or cracks or crevices. Oil-based sprays should be used

with care. They damage surfaces such ad tile, linoleum, painted surfaces, certain plastics, houseplants and rubber backing on carpet.

Non-residual sprays are most useful for finding the locations and size of cockroach infestations. They are sold in pressurized containers. They often drive the live insects from their hiding places, so need to be used with other treatments such as dust treatments.

Dusts are useful because they may be placed deep into cracks and crevices. Dusts usually provide longer residual control but become ineffective in wet locations.

Traps are effective ways to reduce cockroach populations, especially when used along with preventive and insecticidal measures for Brownbanded and German cockroaches. Many traps have deadline dates which indicate how long they will be effective and when to replace them.

Precautions

Do Not eat or smoke during or after insecticide applications without first washing hands and face. All insecticides are poisonous and can be harmful to humans and animals. Remove aquariums, birds, cats, dogs and other pets and their food and water dishes before applying insecticides. Keep children and pets off sprayed surfaces until dry.

For a complete list of the precautions and details, ask for PNW booklet **COCKROACHES: Identification, Biology and Control.** at the OSU-Warm Springs Extension Office, telephone 553-3238.

Stockman's Roundup—Grazing management critical



by Bob Pawelek-OSU Livestock Agent

In recent years, livestock grazing in riparian zones has generated a great deal of interest and controversy. Generally, livestock grazing can occur in riparian zones while streams are improving, but proper management is critical.

Resource managers must thoroughly understand the relationship between the natural stress in the individual stream systems and the management stress of various grazing strategies before prescribing solutions (Elmore 1992). Physical characteristics of stream systems are important: gradient, size and kind of rock, depth to bedrock, and type of soil. They are the factors that determine whether or not a stream and its associated

riparian zone have the potential to respond to management.

Some stream systems have a relatively low potential for change, others have a much higher potential for change (Buckhouse and Elmore 1993). For example, a steep, stable, rock-lined riparian zone has very little potential to erode or to trap sediments, even if sediments are in the water. Conversely, a low-gradient stream that is erosive and carries high sediment loads has both the positive as well as the negative potential to change. A point that Buckhouse and Elmore (1993) emphasize is:

"No two stream systems are alike—each one has its own level of ability to withstand natural and/or management-induced stresses."

A grazing prescription must be specific to the stream system and its associated riparian zone and to management objectives.

Many riparian zones have, or could have, a mixture of herbaceous and deciduous woody vegetation. The herbaceous component - grasses, sedges and rushes - is important for trapping sediments, where they are a factor, and for holding the soil together with their extensive fibrous root systems during flood events. Grazing management should promote herbaceous plant vigor and allow for sufficient above-ground biomass and cover to trap sediments and protect the soil surface during peak flows.

Maintaining or improving the woody vegetation - alder, willow, hawthorn - is appropriate to the site. Grazing in the early part of the growing season doesn't generally harm woody production, as long as

herbaceous plant are abundant and growing actively. Cattle prefer green herbaceous vegetation to woody browse. Grazing during other times of the year may also be possible without harm to the woody vegetation.

It is important, however, to know when grazing animals change from herbaceous to woody vegetation in order to design an appropriate grazing prescription.

Juniper ecology field day scheduled

A field day and management workshop will be held July 25 at Klamath Falls.

The intended audience includes landowners, natural resources staff and Extension agents. The program is intended to introduce participants to the ecology and management of Western Juniper in Eastern Oregon, Northern California and Nevada rangeland ecosystems.

The workshop will be held in the field.

Topics covered will likely include biology and basic physiology of Western Juniper; historic landscapes and present situation; disturbance and successional pathways; hydrologic responses in watersheds dominated by Western Juniper; wildlife values; treatments and post-treatment management including grazing; and Western Juniper use for wood products.

For further information, contact Bob Pawelek at the OSU Extension office, 553-3238.

Tips offered for garbage management

Managing the garbage in and around your home is an important way to control odors. At the same time, you'll reduce the chance of attracting insects and rodents into your home. You'll need these basic supplies:

- * Waterproof trash containers and/or plastic liner bags
- * Paper bags or boxes
- * Dishwashing detergent
- * Rags or a sponge

Follow these steps for managing garbage in and around your home:

1. Contain moisture. Use a plastic, metal, or glass container, or line a container with a plastic bag to hold wet garbage. If you collect fruit and vegetable scraps for composting, use a covered container so that fruit flies won't be attracted to your kitchen.
2. Control odors. Remove likely sources of odors daily from inside the house.
3. Put all waste in containers. You may have some rooms where all the trash is dry. A

paper bag or box will work for dry trash. 4. Remove all garbage to outside containers at least once a week. Protect outside garbage containers from rodents, dogs, and wildlife.

