



Arlene Boileau
4-H & Youth

Bob Pawelek
Livestock

Clint Jacks
Staff Chair, Madras

Norma Simpson
Home Economics

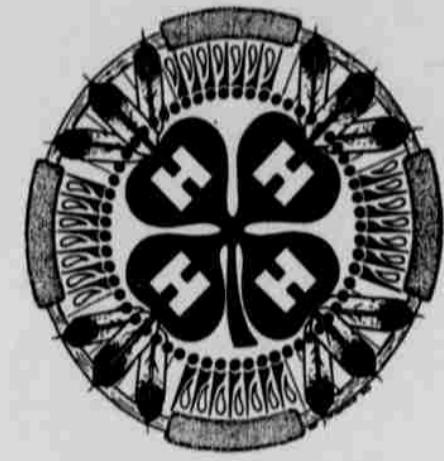
Sue Ryan
4-H Assistant

Bodie Shaw
Ag & Natural Resources



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

Here's the skinny on a few activities that I talked about last time in Cloverspeaks. "Kids Cook" is a cooking series that will be held in February for kids in Kindergarten through 3rd grade. The class will be held every Thursday in February from 3 to 5 p.m. at the 4-H kitchen. Registration will open January 27th.

We will not be holding sewing classes until April through June, because our sewing machines are in the shop waiting to be fixed. We will have details on this at a later date.

Elder Abuse Part 3

by Norma L. Simpson and "Improving the Police Response to Domestic Elder Abuse: Participant Training Manual"

This article on elder abuse gives more details about the seven types of Elder Abuse which we heard about during the November 14-15, 1996 Elder Abuse Workshop in Kah-Nee-Ta. The goal of this series is to improve the situation of Elders by understand what happens in Elder Abuse, so the community will make greater efforts to eliminate all types of abuse.

Accepting abuse is not acceptable. We can make a difference, and we can honor elders today and in the future.

Seven types of Abuse-Physical Abuse - Physical force may have a much more serious impact on an older person than it would on someone younger. For example, a slap, shove, or push that normally would not injure a younger individual might cause serious harm to an older person. Consequently, acts of violence against the elderly are often treated more seriously than similar acts against younger victims. In some jurisdictions, this fact is reflected in enhanced penalties.

In appropriate restraint may involve tying an older person up or locking him/her in a room. Because some older people with dementia have a tendency to wander, some types of physical restraint may be necessary. However, when the restraint causes undue suffering, is punitive or jeopardizes the older person's health or safety, it is abusive. Even a properly applied restraint may not be appropriate if the older person is left for long periods of time and there is no physician oversight. Restraint may place the older person at risk of being confined to the house during a fire or other life-threatening emergency. When it is unclear whether restraint is appropriate, a professional who works with impaired adults may be contacted. In appropriate restraint may also include overmedicating an older person.

Sexual Abuse - Sexual abuse includes forced sexual contact or sexual contact with an individual who is incapable of exercising consent because of physical or mental impairments. Some people in the field of elder abuse believe that many cases of sexual abuse go unreported because professionals fail to recognize or identify sexual abuse. They attribute this oversight to the

"Know Your Indian Government" will be held in mid or late March. The planning committee for this program will meet January 21st and February 5th. The session will be held in March to be back-to-back with the state 4-H program's "Know Your State Government".

4-H Agent Arlene Boileau is seeking individuals interested in helping with the Native American arts and crafts section of the Jefferson County Fair. This is the department that has Indian Clothing including: Costumes, Beaded Dresses, Vests, Jackets, Ribbon Shirts, Wing Dresses, Moccasins, Gloves, Shawls, Hats, Leggings, Chaps, Beaded Belts, Bags- Beaded, Side Purse, and Yarn. Also Cradle Boards and Dolls, Antique Weaving, Raw Hide and Food Gathering Tools, Indian Beadwork and Other Crafts. There is even a Kids' Craft section in the Native American Department of the Fair.

A 4-H Home Ec and Horse Idea Fair will be held in Redmond on February 22nd. This is a Tri-County event. Registration forms will be out at the end of January.

A one day workshop for Junior and Volunteer leaders will be held in Redmond on Monday, February 17th from 9:00 a.m. to 3:00 p.m. This workshop will help you analyze your leadership team, help you understand how your club members work together, and will help you organize and develop plans

of action for specific club events. To register, call 548-6088 by February 10th. The program will be held in the Howard Mayfield building at the Deschutes County Fairgrounds.

Coming up on March 7th through the 9th will be the 1997 High Desert Junior Leadership Retreat at Eagle Crest Resort. All registrations must be turned in to the Redmond Extension office by 5 p.m. Monday, February 3rd. Registration will include an "Official 4-H Registration Form", class section and a \$65 registration fee. Transportation to and from the event is the responsibility of the family. Space is limited to the first 45 youth who register.

Our 4-H program has had a lot of requests for activities for children in Kindergarten through 3rd grade. We can always use more leaders in this area or also have materials available for parents to adapt to home use. For this age group, 4-H has a program called 4-H Adventures. Stop in and talk with myself, Sue Ryan or 4-H Agent Arlene Boileau.

Another reminder that the Warm Springs 4-H program will have a Basketmaking class for 5th through 12th graders on March 1st and 8th. There will be no cost for the event, but signing up is required as space is limited. Registration for the March Basketmaking class will open on February 1st.

misperception that the elderly are not likely targets for sexual abuse and, consequently, fail to investigate situations in which sexual abuse is likely to have occurred. Additionally, if the older person is confused or nonverbal (conditions that actually increase their risk of abuse), he or she may be incapable of reporting. If the older person's mental capacity is unclear, his or her credibility and ability to exercise consent may be unclear as well.

Psychological Abuse - Psychological, or emotional, abuse may involve frightening, humiliating, intimidating, infantilizing, threatening or isolating an older person. It often takes the form of threatening the older person with nursing home placement, or threatening harm if he or she fails to surrender money or property. It may involve threatening older persons like children or accusing them or being responsible for their own disabilities.

Psychological abuse is perhaps the most difficult to evaluate because it is the most subjective. What may cause great emotional harm to one person may have little effect on another. This does not suggest that emotional abuse is less serious than other types of abuse. Constant threats, intimidation, or humiliation can have a devastating impact on an older person's health and his or her attitude toward life. Sustained psychological abuse can lead to a diminished sense of self-worth, depression, and fear. These conditions which reduce the likelihood that the person will seek help. Psychological abuse often occurs in combination with other types of abuse, and often must be addressed before successful intervention can occur.

Financial Abuse - Financial or material abuse includes the theft, fraud, unfulfilled promises of lifetime care in exchange for assets, and limitations on the older person's access to the his or her own assets.

Financial abuse often occurs when older persons become confused and sign documents that they do not understand. These may include powers of attorney, deeds, wills or other legal documents. Such documents are not legal if the person who signed them do not understand what he or she was doing. Coercing, tricking or exerting undue influence on an older person to sign away money or property is abusive.

Some older people give away money or property in exchange for needed care or a place to live. For example, an older person may transfer the deed to his or her home to another family member in exchange for lifelong care. If the promised care is not provided then financial abuse has occurred.

Active Neglect - A caregiver is defined as a "person who has the care, custody, or control of the older person." Active neglect is denying an older person food, health-related services, or other needed items such as eyeglasses, dentures, or walkers. It may include abandoning the older person.

Active neglect may occur when caregivers are providing care unwillingly (e.g., they have been pressured into doing so by other family members), or for financial gain.

Passive Neglect - Caregivers may fail to provide care because they do not understand the older person's needs or how to provide for them. They may be experiencing problems themselves that limit their ability to provide adequate care. Distinguishing between passive and active neglect is often difficult because the motives of the caregiver cannot usually be determined.

Self-Neglect - Self-neglect is the result of an older adult's ability or refusal to perform essential self-care tasks, including eating, bathing, or securing food, clothing shelter, or medical care. The older person may also neglect his or her finances or physical security. Self-neglect may be associated with mental or physical impairments, illness, depression, alcoholism, or hopelessness.

While self-neglect is covered under many states' reporting laws, it is not a crime. However, police should be prepared to respond appropriately to reports of self-neglect. They may receive reports from neighbors or other third parties who are concerned about an older person's health and well-being. If the neglect reaches life-threatening levels, they may be called to perform an involuntary removal under mental health codes. They may also be called if the self-neglecting senior's home or apartment is creating a health or safety hazard.

Self-neglect can have a devastating effect on the elderly person and police may be able to improve the person's standard of living by making appropriate referrals to social service agencies.

Natural Resource Notables

by Bodie Shaw
Enough Water Yet???

Here of late, water has been muddling many minds: how can something so good be so bad and damaging at the same time? On the surface, many know general characteristics of water, but what about specifics? To truly understand water, we must immerse ourselves in the general understanding of this unique and cherished resource.

Throughout all walks of life, there is one constant (or at least better be) that is apparent everywhere in our global society; water is the lifeblood of our environment; every living object needs it! Are we interested in water? Better be. Is water important? More than we will ever know. How important?

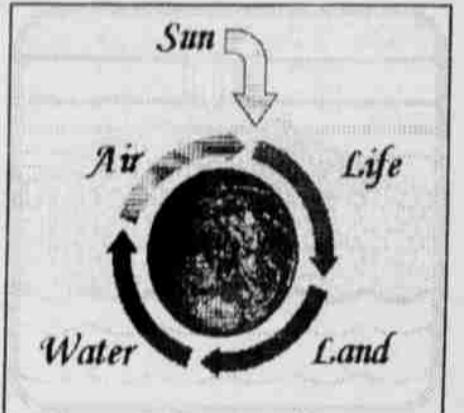
Water is our most abundant resource, covering about 71% of the earth's surface. This precious film of water—most of it salt water with the remainder being fresh water—helps maintain the earth's climate, dilutes pollutants, and is essential to all life. The much smaller amount of fresh water constantly renewed by the hydrologic (water) cycle is also a vital resource for agriculture, manufacturing, transportation, and countless other human activities.

Despite its importance, water is one of the most poorly managed resources on earth. We waste it and pollute it. We also charge too little for making it available, encouraging even greater waste and pollution of this vital renewable resource.

What about facts? The world's fixed supply of water in all forms (vapor, liquid, and solid) is enormous. However, about 97% of the earth's volume of water is found in the oceans and is too salty for drinking, growing crops, and most industrial uses except cooling. The remaining 3% is fresh water. But all except 0.003% of this supply is polluted, lies too far under the earth's surface to be extracted at an affordable cost, or is locked up in glaciers, polar ice caps, atmosphere, and soil. If the world's water

supply were only 100 gallons, our usable supply of fresh water would be roughly 2 (two) teaspoons.

Fortunately, our freshwater supply is continually collected, purified, and distributed in the hydrologic (water) cycle. This natural recycling and purification process works as long as we don't pollute water faster than it is replenished, overload it with slowly degradable and nondegradable wastes, or withdraw it from slowly renewable underground deposits faster than it is replenished. Unfortunately, we are disrupting the water cycle by doing all of these things.



The underlying theme: water is too precious of a commodity to waste and abuse it. Warm Springs has had its share of abuses and wastes when it comes to water and water quality, but with community involvement in sharing concerns, we can help stem the tide and begin righting some past wrongs. If you would like to know more about water basics and what you can do in the community, give Bodie a call at the extension office, 553-3238. "Water is more critical than energy. We have Alternative sources of energy. But with water, there is no other choice."—Eugene Odum

FEBRUARY

Garden hints from your OSU Extension Agent

- Have soil test performed on garden plot to determine nutrient needs. Contact your county Extension office for a list of testing laboratories.
- Prune deciduous summer blooming shrubs and trees.
- Prune Clematis, Virginia Creeper, and other vining ornamentals.
- Pasteurize soil for starting seedlings in pots or flats.
- **Western Oregon:** plant seed flats of cole crops (cabbage, cauliflower, broccoli, Brussels sprouts).
- Fertilize rhubarb with manure or a complete fertilizer.
- **Western Oregon:** fertilize lawns.
- Tune up lawn mower and garden equipment before the busy season begins.
- Prune and trellis trailing berries and caneberreries.
- Prune fruit trees and blueberries.
- Good time to plant fruit trees and deciduous shrubs.
- Delayed-dormant sprays of lime sulfur for fruit and deciduous trees and shrubs.
- Prune and train grapes; make cuttings.
- Prune roses in western Oregon; wait until May in high elevations of eastern and central Oregon.
- **Western Oregon:** good time to plant new roses.
- **Central Oregon:** gather branches of quince, forsythia, flowering cherries and bring inside to force early bloom.
- Repair winter damage on trees and shrubs.
- Control moles with traps and gophers with traps or poison bait.
- **Western Oregon:** Elm leaf beetles and box-elder bugs emerging from hibernation; may be seen indoors.
- Make a coldframe or hotbed to start early vegetables or flowers.
- Plant onions outdoors in western Oregon as soon as the soil is dry enough to till.
- Check junipers and cotoneaster for webworm activity. Spray if necessary.
- Plant windowsill container gardens of carrots, lettuce, or parsley.
- Plan to add herbaceous perennial flowers to your flowering landscape this spring: astilbe, candytuft, peony, anemone.
- Make plans for a bed for herbs, for cooking and for interest in the landscape: parsley, sage, chives, lavender; plant next month.
- If weather permits and the soil is dry enough, spade or till garden areas for planting later.
- Spade or plow down cover crops or other organic matter.

Recommendations in this calendar are not necessarily applicable to all areas and varying climates of Oregon. If you desire more information, contact your county office of the OSU Extension Service.



STOCKMAN'S ROUNDUP: Retained ownership



by Bob Pawelek
OSU Livestock Agent

Low calf prices have stimulated the interest of many cow-calf operators in controlling the ownership of their calves when they're marketed.

This is called retained ownership. Success with retained ownership depends on several factors that require a producer's attention. The goal of retained ownership is simple - adding weight to cattle profitably. Making it happen is much more complex.

Key factors that determined retained ownership success are:

- (1) available resources;
- (2) market conditions;
- (3) genetics;
- (4) health; and
- (5) weather.

Circumstances and management can cause dramatic differences in results of programs that involve taking calves through a yearling and/or feedlot phase of production. For ex-

ample, a detailed analysis of a direct-to-the-feedlot program showed that, during the past 15 years, good quality, well managed cattle had average profits almost \$100 per head greater than average returns on poor-quality, poorly managed cattle.

The difference reflects significant differences in animal-health costs and performance, including feed efficiency and daily gain.

Available resources

The producer keeping calves at home should have low-cost feed, and will need the labor and ability to insure good management of the calves and adequate capital to meet cash-flow needs.

Market

The manager must be a student of the market and develop a realistic outlook, with contingency plans and risk management in case of lower-than-expected prices.

Genetics

Cattle that have the genetic ability to grow rapidly and efficiently and produce desirable carcasses will perform well in a retained-ownership program and will sometimes command better prices when sold. Each producer must evaluate the genetics of his cattle in making decisions.

Health

Calves that are healthy usually perform more efficiently and become ready for market sooner, which may mean higher selling prices. A Texas A&M analysis of calves going on to the feedlot showed that returns on healthy calves were almost \$100 per head higher than returns on calves that got sick. Medicine cost alone averaged \$31 per head on the sick calves.

Weather

Some cow-calf producers split their calf crops between feedlots in different regions of the country when feeding during the winter - which is a type of risk management.

Others graze cattle in more than one summer grass area in order to reduce exposure to regional drought.

In order to find out more about retained ownership, a Stockman's Seminar will be held on March 22. Dr. Bill Mies, Beef Specialist at Texas A&M University will be here in Central Oregon to discuss the above factors that influence premium prices for retained-ownership.

by Carol Savonen

How does lawn grass adapt to winter cold? It depends on where you are in Oregon, said Tom Cook, Oregon State University's turf grass specialist.

"In western Oregon, grass never goes dormant," said Cook. "The growth rate slows down due to cold weather, but it is rare that lawns quit growing. As a result, it is possible to have to mow grass right through the winter."

Grass in western Oregon never really develops a cold tolerance as it does east of the Cascades.

"Fortunately, cold injury is unlikely to be a problem in most years west of the Cascades," said Cook. "When we do get frosted by those Arctic fronts that do occasionally move down from Canada, injury is limited to foliar (leaf) damage. The grass quickly recovers."

The situation is quite different for lawns east of the Cascades.

"In climates like central and eastern Oregon, grasses generally go dormant in the winter," explained Cook. "As days get shorter and night and day temperatures drop, grass growth slows down. Since eastern Oregon

generally gets lots of sunshine during the day, grass produces plenty of sugars via photosynthesis. As sugars accumulate, water in grass crowns and rhizomes decreases. An increase of sugars and decrease of water in grass tissue allows plants to tolerate cold."

Continuing increasing cold will kill the older grass leaves, and eastside lawns will begin to look brown. But not to worry.

"Even though the turf looks dead, it is alive and ready to grow again when temperatures warm up in the spring," said Cook. The worse problem with lawns and cold damage is in windy areas of central Oregon and the Columbia Gorge, he said.

"Desiccation, or death by moisture loss, often occurs as grass tissue continue to lose moisture it can't replace, because the roots are frozen in the soil and can't take up any water," said Cook. "Since living turf is also often brown in the winter, the damage is often unnoticed until the turf fails to grow in the spring."

The areas most likely to be damaged by desiccation are often at the crest of a rise," he added, "on top of mounds or on slopes or other areas most exposed to the wind."

Turf is rarely killed directly by low tem-

peratures, except in spring. "Once growth resumes in the late winter or early spring, grass is most susceptible to cold injury," he said.

Cook offered homeowners strategies to minimize cold injury in lawns:

-Avoid applying excess fertilizer in late summer and early fall. Lawns that are pushed hard with nitrogen tend to remain succulent as the turn enters the normal hardening off period, thereby reducing cold tolerance. Late fall, around mid-November is a good time to apply up to two pounds nitrogen per 1,000 square feet without decreasing cold tolerance, said Cook. Late fall fertilizing will stimulate early spring color and reduce the need for mid-spring nitrogen applications.

-Continue mowing as long as the grass keeps growing.

-Remove tree leaves off lawns, as another turf and foster snow mold growth.

-Make sure lawns are adequately watered as fall approaches. This will decrease the likelihood of winter desiccation injury.

Keep off lawns as much as possible. Saturated soil is prone to compaction, making grass growth difficult in the spring. Coring in the Spring can offset the effects of compaction.