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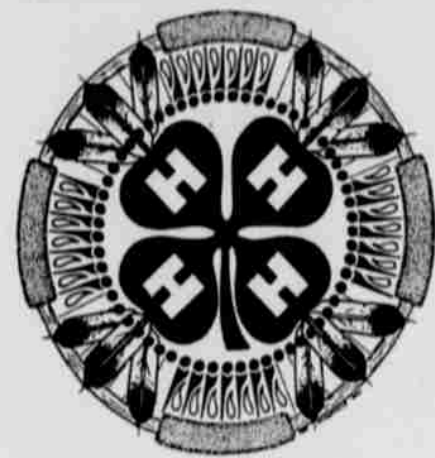
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The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant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

Time is whizzing by! That means the registration date for the 1997 4-H Culture Enrichment Camp at Peter's Pasture is just around the corner!!!! May 5th will be the date we will open registration for this year's camp. There is a cost of \$20.00 and there will be two sessions. Session One is July 7th - July 13th. Session Two is July 14th - July 20th. Lots of fun activities are planned, so be sure to come and register early. There will be plenty of room as each session we are planning on taking 80 campers.

We are still in need of staff for the 1997 4-H camp. Positions we need filled include: Recreation Director, Water Safety Director, Female Sweat House leader, Teachers for beadwork, basketmaking, drumming, Boys Lead Camp Counselor and youth counselors.

4-H is recruiting up to 17 youth counselors to help with this year's camp. Qualifications include youth being in the 9th through 12th grade, enjoy working with kids, participate in camp, and attend a two day camp counselor training. This session is set for June 12th and 13th at He He Longhouse. This will be an overnight training, where youth counselors will stay in tents. Meals will be provided and served inside the HeHe

Longhouse. To apply, youth must fill out a Camp Counselor application and have one letter of reference. These packets are available now at the O.S.U. Extension office. You must sign up by May 23rd for the camp counselor positions.

Other activities the 4-H office is involved in for April include a Community School Age Care meeting on April 23rd. This is where the 4-H office, Recreation staff and Early Childhood Afterschool program all get together to plan and let each other know about summer activities. Let us know if you have any ideas.

The Community Education Summit (the 2nd in a series of 6) will be held that same day at the Warm Springs Community Center social hall. This forum is intended to bring the community together with the Education branch, Education committees, and 509-J school district. You are all invited.

Know Your Indian Government had a very successful first time program on March 11th and 12th. Aaron Mitchell, Cassie Wolfe, Shomona Charley and Mathew Vaeth were the four students who attended. We would like to thank all of the presenters/speakers who helped with this first time series. Our committee will be meeting again in April to take a look-see at how things went this first time, and what we will plan for the fall. 4-H has committed to a five year schedule of offering Know Your Indian Government in the spring and fall for youth.

Not to forget our 4-H clubs- current, active clubs that are meeting now include Search & Rescue, Public Safety Cadets, Country Critters Livestock, and Warm Springs Livestock Crew. Many thanks to leaders Keith Baker, RaNeve Dowty, Angie Orchard, and Laura Fuentes!!!! This contribution to being involved with Warm Springs youth helps sow the seeds of caring for tomorrow's future. Anyone else interested in holding a two session or ongoing 4-H workshop or club please contact us here at the 4-H office. We can always use more activities for Warm Springs youth!!!!

Natural Resource Notables

by Bodie Shaw

Spring is the Time to Fertilize Trees and Shrubs

Trees and shrubs often are forgotten when it comes time to fertilize yard plants in the spring. Many of these woody perennials could benefit from being fertilized once a year, says Ross Penhallegon, horticulturist with OSU. Feeding is best done in early spring as new growth appears.

Most woody plants begin the new year's growth with elements stored from the year before. An application of fertilizer in the spring gives an additional boost to this new growth.

Garden references vary about how much fertilizer to apply to trees and shrubs. A general rule-use one-fourth to one-half pound of nitrogen per inch of diameter for trees six inches or more in diameter at breast height. Use one-fourth pound of nitrogen per inch on smaller trees. This is roughly two to four pounds of complete fertilizer per inch diameter on the larger trees and half that dosage on smaller trees.

"As time goes on, you will be able to tell by the condition of tree or shrub, whether or not it needs more fertilizer," said Penhallegon. "Typically, healthy trees and shrubs have 12-18 inches of branch growth per year. Their leaf color should be dark green, with yellowish new growth."

Apply the fertilizer along the drip-line of

the tree, the area with the majority of the roots. If the fertilizer is applied to the soil surface only, much can be washed away or will not filter into the soil to the root zone. For better absorption, use a punch or probe to make holes 12 to 18 inches deep, then fill the holes with fertilizer and water deeply.

Another way to fertilize is to "pepper" the ground with fertilizer as you walk around the drip-line of the tree. This method should also provide an adequate amount of fertilizer, said Penhallegon. It is best to apply the fertilizer in this manner right before it rains to wash the fertilizer into the root zone or water the fertilized area for an hour after application.

If you have any questions on fertilizing trees and shrubs, call Bodie at the OSU Extension office, 553-3238.

The Sagebrush Steppe: Sustainable Working Environments and Rangeland Health Workshop.

The Eastern Oregon Agricultural Research Center and the Department of Rangeland Resources cordially invite you to attend the 1997 Range Field Day and the Range Health Workshop.

The Field Day theme is sustainable livestock production in the sagebrush steppe. The program will focus on correct time of grazing from both the vegetation and livestock standpoints, alternatives to traditional practices for improved livestock production, and plant community management for eco-

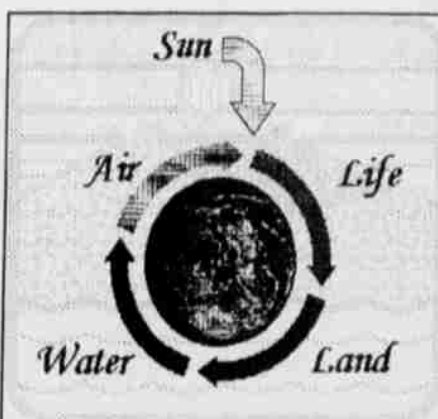
logical integrity.

This year's Field Day will be held in conjunction with a PNW Society for Range Management Workshop. The public is welcome. Preregistration is required for the workshop only. Call Bodie for details and registration materials.

**Note: World Wide Web Address change for Warm Springs Extension: <http://www.orst.edu/dept/wsex>

**Note: New World Wide Web Homepage for Warm Springs Power Enterprises: <http://pelton.warmsprings.com>

—Take a look and let us know what you think!



Buying computer games can be confusing, yet useful for homework

by Norma L. Simpson & Sally Bowman, OSU Family Dev. Specialist

When you try to buy computer games and educational software, are you confused by the vast array of titles? Take comfort, you are not alone.

OSU/Warm Springs Extension Service will soon have a list of software programs recommended for children which helps parents to sort through the seemingly endless number of titles. The recommendations come

from Bill Pabst, 4-H educational technology specialist at the University of Missouri. Pabst was part of a team of 4-H specialists from Missouri, Kentucky and Arizona who tried out the educational and game software aimed at children.

The suggestions span a range of ages and interests, according to Sally Bowman, OSU Extension family development specialist. Some programs are useful for assisting with homework and others target creativity, simu-

lations and exploration. And the games offer entertainment and teach children complex concepts and vocabulary at the same time.

The cost of software varies from \$20 to \$60, but most programs are under \$40. Bowman suggest comparison shopping for software programs because prices vary depending on the source.

The list will be available about April 11. If you want a copy of the sheet, call Deane or Norma at 553-3238.

Elder Abuse Part 6: Sexual, psychological and Financial abuse

by Norma L. Simpson and the Office of Victims of Crime

Well the series about Elder Abuse is creating some interest here in Warm Springs. Last week one of the legal officers asked me about it, and where I got the materials. Perhaps if you missed the Part I of the series, you might not know that the materials in this series was distributed at the November 1996 Elder Abuse conference at Kah-Nee-Ta. The OVC of the Department of Justice brought only a few of the books called "Improving the Police Response to Domestic Elder Abuse: Participant Training Manual." I leafed through the book the first day, which is when I decided that the content is well presented and needs to be available to the community at large, if we are to help the police officers to do their job. If we don't know that is considered abuse, how can we expect them to serve the victims and the community.

No topic is more important than Part 6. Elders have reported the pain of psychosocial and financial abuse, especially as it probably means that the abuse is inflicted by their family members. The lack of respect for elders is very painful, and we can do things to make the situation by the actions that we change.

SEXUAL ABUSE

While very little is known about sexual abuse of the elderly, it is believed that older persons who suffer from dementia or who are nonverbal are particularly vulnerable. These individuals may be unable to exercise consent or to report what has happened to them. Definitive profiles of abuses are not available.

Indicators of Sexual Abuse

Because most of the indicators listed below will not be readily apparent to the on-scene officer, the officer should make arrangements for a physical exam if he or she has reason to suspect sexual abuse. The exam should be performed by a medical practitioner

who has experience in sexual assault examinations. If such a professional is not available, or if the older person cannot get to one, another medical professional, such as a home health nurse or physicians, may be asked to perform the exam. However, he or she may need to be instructed to look for indicators such as the following:

*Sexually transmitted diseases; *Genital or anal infection, irritation, discharge, bleeding, itching, bruising or pain; *Painful urination and/or defecation or retention; *Difficulty walking or sitting; *Torn, stained or bloody underclothing.

Behavioral Indicators of Sexual Abuse

The victim and suspect: *Demonstrate inappropriate sex-role relationship; *Exhibit inappropriate, unusual or aggressive sexual behavior; *Reveals extreme anxiety, including difficulty eating or sleeping, fearfulness, or compulsive behavior (victim) *Appears to be overly protective or dominant (suspect).

PSYCHOLOGICAL ABUSE

Psychological abuse shares many features with physical abuse. Victims are relatively independent physically and may or may not suffer from emotional problems. Perpetrators are likely to have histories of substance abuse and/or mental illness and to depend on victims for financial resources. Victims and abusers are likely to be living together.

Indicators of Psychological Abuse

Indicators of Psychological Abuse resemble the symptom of emotional disorders, dementia and other conditions associated with aging. Consequently, in investigating psychological abuse, it is often helpful to talk with individuals who know the victim well to determine whether the patterns or conditions are recent or long-standing, and whether they may be attributed to other causes.

Behavioral Indicators of Psychological

Abuse

The victim: *Exhibits sleeping, eating, or speech disorders; *Suffers depression; *Expresses helplessness or hopelessness; *Is isolated; *Demonstrates fearfulness; *Exhibits agitation or anger; *Feels confused; *Harbors low self-esteem; *Seeks attention and affection.

The suspect: *Threatens the victim; *Speaks poorly of the victim; *Ignores the victim and his or her needs.

FINANCIAL ABUSE

Financial Abuse may range from petty theft to much more complicated types of extortion. Family members, acquaintances, or strangers may trick or coerce older persons into giving away money or property. They may, for example, convince confused older persons who are legally incapable of transacting business to grant them authority over, or access to, their finances.

Unlike perpetrators of physical abuse and neglect, who often have a strong emotional bond with their victims, perpetrators of financial abuse are less likely to live with the victims or to have strong relationships with them. Most financial abuse seems to be motivated by financial gain as opposed to malice toward or poor relationships with the victims.

Victims of financial abuse are often unmarried and isolated, with few social supports. Some are recently widowed and may be managing their financial affairs for the first time. Some are reluctant to ask for assistance, leaving them particularly vulnerable to individuals who offer them help and companionship. It has been observed, in fact, that some abusers specifically seek out older people who live alone and have few social contacts. To them, lonely, isolated older persons are easy targets for abuse. Older people with memory loss or those who are confused are particularly vulnerable.

Indicators of Financial Abuse

As elder persons experience decreased mobility (loss of driving ability and personal mobility), or mental impairments (such as confusion or forgetfulness), they may rely on others to assist with and sometimes take over their financial affairs. Although this increases the opportunity for abuse, caregivers may need to conduct legitimate financial business and handle funds. Indicators of possible abuse include the following:

*Older person living alone with few social supports or contacts; *Unusual volume or type of banking activity or activity inconsistent with victim's ability (e.g., use of ATM by a bedridden victim); *Non-payment of bills leading to eviction notices or threats to discontinue utilities; *Legal documents such as deeds or powers of attorney that the older person did not understand at the time he or she signed them; *Withdrawals from bank accounts or transfers between accounts the older person cannot explain; *Bank statements and canceled checks no longer going to the older person's home; *Care of the older person is not commensurate with the size of the estate; *Missing belongings or property; *Suspicious signatures on checks or other documents; *Absence of documentation about financial arrangements; *caregivers has no means of support.

Behavioral Indicators of Financial Abuse

The victim: *gives implausible explanations about his or her finances; *Is unaware of or does not understand financial arrangements that have been made for him or her;

The suspect: Expresses excessive concern about cost of caring for the victim or reluctance about spending money or paying bills; *Recent acquaintance expresses interest in the older person's finances, promises to provide assistance or care, or ingratiates him- or herself to the older person; *Gives implausible explanations about the elderly person's finances; *Isolates victim from

friends and family.

Next month's continuation of ELDER ABUSE: PART 7 will be about **Active and Passive Neglect of elderly, and Self-Neglect**. If you have any comments you would like to share with us, the May issue would be a good time to share them. If you have examples of abuse that you would like to learn more about it, the Senior Center will be help to guide to the best informed people for the topic. For example, has Gambling become an addiction become a problem that affects the financial, the Oregon Lottery has put out an excellent video on **Oregon State Lottery Problem Gambling**. It is a 16:27 minutes video that is excellent, though it does not concentrate of elderly nor on tribal families. I hope to have our own copy in the OSU/Warm Springs Extension Office.

1997 Consumer's Report book helpful

by Norma L. Simpson, Extension Agent-Home Economics

A Tribal mother came to the office to ask me about new cars. She is worried about how long her old car is going to last. She is praying for another year. So we looked in the **Annual Auto Issue of Consumer Report** magazine, April 1997. The most useful guide is the "Reliability of Used Car Section." While it has a \$3.95 price tag, it's worth it to have the magazine while you are looking of the most expensive purchase in your budget. (We used to say housing, but if you think about how many vehicles you buy in a life time, you spend more on vehicles than on houses.)

Consumer Report includes information from 604,000 readers of the magazine who participated in the Annual Questionnaire. It has **Trouble Summaries** for 33 Makers of vehicles. And then the following section has **Used Vehicle Frequencies-of-Repairs for 1989-1996**. It also tells you the vehicles **Recommended** and those **Not Recommended**.

If your model of car, van or truck has lots of red bulls-eye, or half-moons, you are in luck. **VERY GOOD REPORTS!** But if you have lots of black circles or black half-moons, your luck is not good. More American cars, vans and trucks had more black circles or half-moons compared to the Japanese vehicles.

The readers reported on vehicle troubles of the: Engine; Cooling; Fuel; Ignition; Auto Transmission; Manual Transmission; Clutch; Electrical; Air Conditioner (AC); Suspension;

Brakes; Exhaust; Paint/Trim; Integrity meaning seals, weather stripping, air or water leaks, wind noise, rattles or squeaks; and Hardware such as windows doors, seat mechanisms locks, safety belts, sunroof, glass, wipers.

Being a Wise shopper, by scanning the April 1997 Consumer Report, may save you lots of days at the repair shop and dollars out of your pocket. If you want to look at the Annual Auto Issue, you can get the facts of both new and used cars. Come to see the Consumer Report and the Consumer Digest January-February Auto Issue in Normal. Simpson's office at the OSU/Warm Springs Extension Service, 1110 Wasco Street.

STOCKMAN'S ROUNDUP: Exercise bikes for bulls?



by Bob Pawelek
OSU Livestock Agent

Smart stockmen know the importance of sire selection. It is the one major genetic decision you can make to improve the quality of your cow herd.

There are a number of factors you should weigh before selecting the right bull for your herd. First of all, you need to think about where your herd is headed. I'm not talking about which pasture you kick the cows in to after the winter. Rather, it's the genetic progress your herd is making in the breeding program you use.

Some of you may think you have no breed-

ing program. Well, if you have cows and they somehow get pregnant, then you have a breeding program.

His job
A bull has a job to do, and it's not just getting the cows pregnant.

He has to find 'em first. If the cows are in a 12,000-acre pasture, he has to be able to travel.

He must sire calves that are worth some money. Low value bulls generally produce low value calves.

He must work successfully over numerous breeding seasons. Paying for a breeding soundness exam saves you money in the long run.

He should require little extra management or care. A proper post-breeding season for rest and recuperation, coupled with supplemental feeding will keep the bull in good condition for the next go-round.

He should have a high salvage value. Your three years of use of a bull should not be his last.

His price
"How much can I afford to pay for a superior, performance-tested bull?" In general, you can expect to pay at least two to three times the value of a market steer. So, if a finished steer is worth \$600 at 15 months of age, a producer should expect to pay at least

\$1200 for a performance-tested bull of the same age that will noticeably improve his herd.

"How much more valuable is a superior, performance-tested bull over a mediocre herd bull in terms of economic value of the calves produced?"

Here's an example. These are actual prices paid for two bulls of the same breed, one having above average growth potential and the other purchased at a bargain price with below average potential:

365 - Day Values			
Bull	Weight in lbs.	Ratio	Price
A	1,143	107	\$1,400
B	923	98	\$1,000
Difference	220		\$ 400

The price differential of only \$400 is by no means an accurate measure of Bull A's true economic superiority to Bull B, as can be seen from the following. Let's just assume that bulls A and B were raised under the same environmental conditions and management levels.

First, Bull A will transmit about half his

superiority over Bull B to his progeny (about 88 pounds) because differences in yearling weights are about 40 to 50% heritable. (That is, the bull is responsible for about that much. The rest comes from the cow's genes.)

220 lb difference x .4 heritability = 88 pounds.

Secondly, because a sire contributes only half of the genetic makeup of his progeny, we must again halve the heritable difference of 88 pounds (44).

Next, assuming that each additional pound of yearling weight is worth 60 cents, each yearling-age progeny of Bull A should be worth \$26.40 more than progeny of Bull B, not including possible improvement in grade as well.

44 lb difference x .60/lb = \$26.40 per calf. If Bull A sires 25 progeny per year, his value over Bull B is equal to \$660 per year.

\$26.40 per calf x 25 calves/year = \$660. Assuming that Bull A is used for four years, his actual value over Bull B would be equivalent to 4 times \$660, or \$2640. However, if a breeder pays \$2640 more for Bull A than for Bull B, he will not gain financially, but will merely be trading dollars. Instead, he may pay up to \$2640 more and make money. Also, Bull A's daughters that he keeps in the herd as replacements would be superior to those of Bull B.