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



**The Clover speaks**

by Sue Ryan

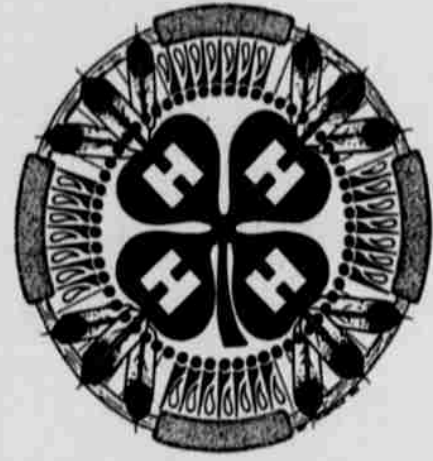
We start this edition of Cloverspeaks with a correction on the Country Critters Livestock Club. We want to acknowledge that their club members raise poultry and cattle projects, in addition to swine. And a great big welcome to Leader Sandi Thomas, who has stepped forward again this year as a co-leader for this club. Sandi helped out last year with the Livestock Club through fairtime. This club is busy getting their pigs from buyers and plans on another strong showing at fair this year.

Dates have been set for Spring 4-H Classes. We plan on testing out some of our camp materials early on. You can catch the groove with 4-H as we test out tie-dyeing for this year's camp program. We'll be swirling colors at Carol's room on May 29th and June 5th. Both sessions are from 4:00 to 5:00 p.m. There is no cost & sign-up is not required, but if you do want to tie-dye beyond the minimal testing we will be doing - bring an ol' white T-shirt or socks and we will test it out! The other spring class is a Hiking series that will preview some of the summer hikes we have planned for this summer's camp season. Sign-up is required. You can sign-up by filling out an official 4-H Registration form at the 4-H office. Hikes include a loop from ECE on May 30th from 3:30 to 5:00 p.m., June 7th there will be an all-day hike to Harvey Lake and June 19th a half-day hike to Boulder Lake. Hikes do require appropriate gear. A list will be provided at sign-up. As this is a preview hike, we will only be taking five 4th to 6th graders for the series. Sign-up by June 5th at our office on the first floor of the Education Center.

Other classes 4-H is doing this spring are Natural Resource Tours with the schools. On May 8th the 4-H program will be part of O.S.U. Extension's 3rd Grade Fish Pond tour at Sullivan's Pond. Arlene & I will be spearheading worms & (hopefully!) helping kids catch fish. On May 14th we will share knowledge about the Wetland Food Web at the Museum's Seeds of Discovery day for 4th graders. May 31st brings the Bike Rodeo and associated activities for younger kids. 4-H will be there showing you really can teach Cooking with Playdough! We have our Babysitting Short

Course at ECE June 10th, 17th, & 24th. Then there is also our camp schedule, which starts in June.

Speaking of camps—we now have a separate sheet from our camp registrations that simply lists all of the summer camps we are



promoting. Even though school isn't out yet, now is a good time to look ahead to planning the summer since most of the registration deadlines are at least a month before camp starts. So plan ahead & sign-up early!

A final Thank-You here to all of the leaders and volunteers who work with O.S.U. Extension and the 4-H Program. You are greatly appreciated and needed by us and Warm Springs youth.

T is for the talent you bring to the 4-H program

H is for the hours you give to our members

A is for the attention you give to the job to be done

N is for the needs you are fulfilling

K is for the knowledge you teach to others

Y is for you, a most important person

O is for the outstanding youngsters you help to develop

U is for the undeniable fantastic people you are

Put it all together, it says **THANK YOU** for all that you are and all that you do for 4-H and other youth in our community. You are among the stars! (from the Columbia Columns 4-H Newsletter, April 1997)

**Natural Resource Notables**

by Bodie K. Shaw

**Earwigs Already!**  
Are the new, rapidly growing leaves on your perennials being eaten? Is something else eating your strawberries before you do?

If there are no telltale slime 'rails to indicate a slug problem, your trouble may be earwigs, according to Jack DeAngelis, entomologist with OSU Extension.

Earwigs thrive in the dampness of spring and early summer. One of the most common complaints about garden pests, earwigs can wreak havoc on vegetable seedlings, soft fruit such as strawberries and young tender perennial leaves. But they may also be helpful—they eat insects and mites, so can help control garden pests.

Adult earwigs are about three-quarters of an inch long and reddish brown. They have two pointed tails, known to entomologists as "forceps", trailing out of their tail ends. Though they look a bit scary, they don't bite or sting humans.

Earwig-damaged seedlings are often missing all or parts of their leaves and stems. Older plants often have numerous irregular holes in their leaves, or leaves may be chewed

around the edges. Caterpillar damage is quite similar, but caterpillars may leave tell-tale silky webbing. Earwigs may also feed on corn tassels and blossoms, reducing kernel set.

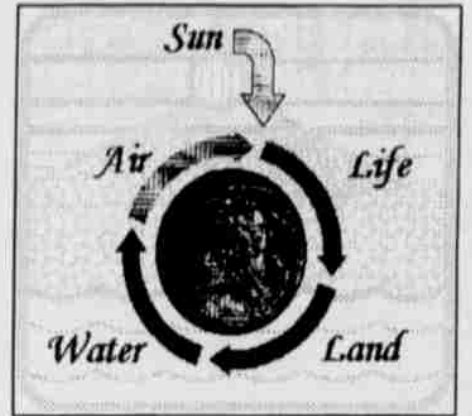
The University of California Statewide Integrated Pest Management Project recommends several ways to reduce earwig populations without the use of pesticides:

—Get rid of earwig habitat. Earwigs feed at night and seek out cool, moist and shady places such as under boards, debris and clods of dirt during the day. Eliminate refuges such as ivy, weeds, piles of yard debris and leaves. Keep debris and weeds away from the trunks of fruit trees.

—Encourage natural earwig predators including toads and birds.

—Construct earwig traps out of low-sided, old tuna or pet food cans. Fill the cans with a half-inch of vegetable oil. Place several of these traps around the garden. When the cans fill with earwigs, dump out the earwigs and oil and refill. Effective earwig traps can also be made of rolled newspaper or old hose pieces. Place these tubes near plants at sunset. The next morning, go out and shake the

earwigs out of the tubes over a bucket of water. Continue the oil and tuna can routine and the newspaper roll or hose trapping everyday until you no longer are catching ear-



wigs.  
Story contributed by Carol Savonen and Jack DeAngelis, OSU Extension. If you have any questions about earwigs or other garden pests, contact Bodie at the Warm Springs OSU office.

**Volunteers needed for Collage of Culture**

by Norma L. Simpson

The Collage of Culture is ready to take off, May 16 and 17. This year it is a two day event. But the final work that really gets it off the ground starts on Thursday May 15 when the big tents, stages and booths go up. Everything has to be up before the Sponsor Reception and the Teen Dance on Friday night. The Teen Dance is a new feature of the 1997 Collage, with the teenagers planning and staging their own event with the generous sponsorship of the Commission for Children and Families.

**We need your help to make the events click. Contact Julie Muzzuco, the volunteer coordinator, (541) 475-2350. Leave a message for her and she will contact you.**

You can select the days and hours you want to work. You can be involved with the General Set Up, Stage Set-up and Tear-Down, Back-Stage Crew, Garbage Patrol, Parking Attendant, Ice Runner to Food Booths; Arts and Crafts Set-Up and Tear-Down; Assistants are needed in the Kid's games, the Sponsor Hospitality, Sponsor Receptions, the Sponsor Pavilion, or the Teen Activities.

The entire Collage of Culture is starting to show its new colors as the Banners doll up the streets of Madras - Bright Pink, Turquoise Blue and White. The sponsors of Central Oregon have shown the importance of our Multi-Cultural communities by making the event free to the public except for the foods and beverages we consume. Our Job now is to energize the event by including us as volunteers.

**The OSU Extension office thanks all the volunteers during "Teacher Appreciation Week", all our volunteers are teachers, we appreciate all you do for the community!**

**Elder Abuse: Part 7 Indicators of Neglect and Self-Neglect**

Office of Victims of Crime Participant Manual

With Part 7, we have come to the end of the first section of the Participant Training Manual for Improving the Police Response to Domestic Elder Abuse, produced for the Office of Victims of Crime, US Department of Justice. We have included it in the Spilyay as a year long, monthly series so we can better understand Elder Abuse, and those who abuse their loved ones. The goal is to help the victims, the suspects, and the witnesses.

**NEGLECT** occurs when those who have assumed responsibility for providing care to frail people fail to do so. Consequently, neglect usually involves very old victims with cognitive and functional impairments and little social support, who rely on others for assistance. Unlike perpetrators of physical and psychological abuse, perpetrators of active and passive neglect seldom experience psychological impairments.

Caregiving responsibilities range from chores such as cooking or shopping to personal assistance with bathing, walking, eating or dressing. Most assistance to frail older people is provided by family members, friends, or acquaintances, without any compensation. Some caregivers, however, receive payment for their services. Paid caregivers may be employed by agencies or may be hired directly by older persons. Many low-income, impaired older people receive public assistance to purchase caregiving services. Some choose to hire family members to provide care when paid attendants are unavailable or unacceptable to them, or when the family members need the income.

The caregiving demands may be extremely stressful. Those conditions that caregivers report to be the most stress-producing includes situations where the older person is incontinent, does not

sleep at night, or engages in embarrassing behaviors in public. The resulting stress may trigger debilitating fatigue or depression, or it may cause the caregiver to lash out in anger or frustration by withholding care or engaging in psychologically or physically abusive behavior.

**Neglect may be active or passive.** Active neglect refers to neglect that is willful or intentional. It may result when the person providing care is doing so unwillingly or for financial gain.

Passive neglect refers to situations where the caregiver unintentionally fails to provide adequate care. It may occur when caregivers lack knowledge about how to provide care or when they are unable to cope with the stresses of caregiving. They may be experiencing poor health or fatigue. It could be noted that many people in the 60s or 70s provide care to family members in their 80s or 90s.

**INDICATORS OF NEGLECT**

Neglect may be found at varying levels and may be recent or long-standing. In evaluating neglect situations, it is important not to make value judgments about how people live or about their lifestyle choices. Impoverished families may lack amenities and necessities. Standards of hygiene and cleanliness also vary. However, when needed care or items are withheld from an older person, when he or she is forced to endure undue hardships, or when his or her health and safety are in jeopardy, there is cause for concern. Some signs of neglect are the following:

- \* Neglected bed sores;
- \* Skin disorders or rashes;
- \* Untreated injuries or medical problems;
- \* Poor hygiene;
- \* Hunger, malnutrition, or dehydration;
- \* Pallor, or sunken eyes or cheeks;
- \* Absence of necessities in home, includ-

Direct Marketing Association, PO Box 9008; Farmington, New York 11735-9008.

Include your full name as well as any variations such as Jane Smith, Mrs. James Smith, J. Smith, etc. The service is updated quarterly so it may take a few months for DMA to process your request.

The Oregon Department of Justice is interested in any results from your request. You can report any significant change in the amount of junk mail received by writing: Financial Fraud; 1162 Court Street N.E.; Salem, OR 97310 or by calling the Consumer Hotline: (503)378-4320 from 8:30 to 12 noon, Monday through Friday.

**Junk mail can be stopped**

by Alice Mills Morrow, OSU Family Economics Specialist

Sometimes we are our own worst enemy. We dislike junk mail but continue to send off for free offers, enter sweepstakes and submit our names for prize drawings. Most often our names are sold to direct marketers. When we use mail order services, our names are sold. When we get credit cards, buy land, join a campground or a health club, our names are sold.

According to Direct Marketing Association, they can get your name off a large percentage of these mailing lists. Just send your request to Mail Preference Service,

Direct Marketing Association, PO Box 9008; Farmington, New York 11735-9008.

Include your full name as well as any variations such as Jane Smith, Mrs. James Smith, J. Smith, etc. The service is updated quarterly so it may take a few months for DMA to process your request.

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ing food, water, or heat;  
\* Absence of prescribed medication;  
\* Lack of clean bedding or clothing;  
\* Unsanitary or unsafe living conditions;  
\* Absence of needed dentures, eyeglasses, hearing aids, walkers, wheelchairs, braces or commodes.

**BEHAVIORAL INDICATORS OF NEGLECT**

**The victim:**  
\* is unresponsive or helpless;  
\* Appears detached;  
\* Exhibits hopelessness;  
\* Expresses unrealistic expectations about his or her care (e.g. claims that his or her care is adequate when it is not, or insists that the situation will improve).

**The Suspect:**  
\* Isolates the elderly person from the outside world, friends or relatives;  
\* Lacks caregiving skills;  
\* Isolates the elderly person emotionally by not speaking to, or touching, or comforting him or her;  
\* Refuses to apply for economic aid or services for the elderly person and resists outside help.

**SELF-NEGLECT**

Research shows that while self-neglect is found among all segments of the population, the problem is greatest among the elderly. Most self-neglecting seniors are low-income who live alone. Many self-neglecting seniors have been found to be depressed and/or confused. Many have a tendency to wander.

**INDICATORS OF SELF-NEGLECT**

The indicators of self-neglect resemble those of active and passive neglect by others.

**NEXT MONTH**

Next month's Spilyay will begin an Overview of Aging, understanding the elderly population, starting with a Quiz. You may be surprised by your answers.

**Extension office receives help-video**

by Norma L. Simpson

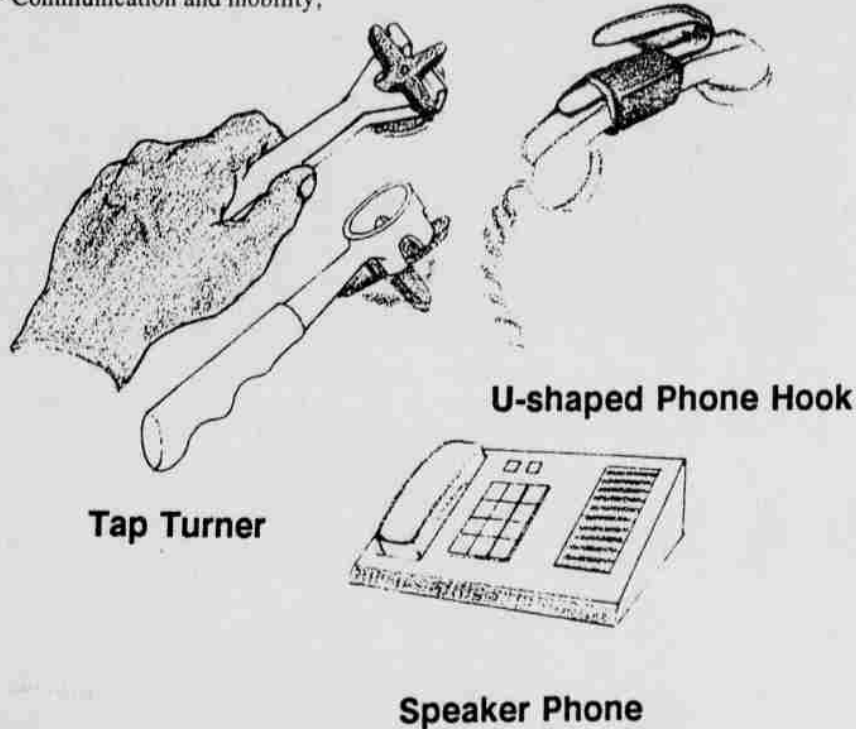
Last week we received a wonderful gift from Vickie Schmall, former OSU Gerontology Specialist. She has been a consultant with the Aid Association for Lutherans on a new video kit called **Home Sweet Home: How to Help Older Adults Live Independently**. The video shows dozens of practical techniques especially for the younger generation to help their parents to continue living safely in their own home. The video kit includes an 80-page book with drawings about:

- \*Basic Self-care;
- \*Meal Preparation;
- \*Communication and mobility;

\* Home maintenance and safety;

\*Liesure and recreation. Dozens of gadgets can be purchased or made at home including these three gadgets: a U-shaped Hook to hold a telephone receiver, a Speaker Phone and two Tap Turners.

If you'd like to arrange a showing of the video and see the book, give me a call - OSU Extension - Norma L. Simpson, 553-3238 and we'll set up a date either at the senior center, your church group or your home. Since my stroke in 1993, my friends and family have collected a variety of gadgets to help me in so many ways. Perhaps you can share helpful techniques that you use.



**STOCKMAN'S ROUNDUP:**

**Grazing reduces fire potential**

- reduced fuel loads on rangelands
  - reduced feed costs
  - increased nutrition for livestock in the spring
  - ability to manage the time and type of livestock used
  - a low probability of environmental damage
  - cost effectiveness compared with other options
  - livestock availability in most places
- Using livestock grazing to manage fuel loads comes with some costs, but the benefits outweigh those costs, which include:
- water hauling expenses
  - controlling concentrations of livestock with salt.

Fuel loads have changed from herbaceous vegetation to domination by woody species like sagebrush and juniper. That's why we see an increase in severe fires. The result is a change from heavy grazing pressure during the 1800's and the conflagrations we see today.



by Bob Pawelek  
OSU Livestock Agent

Wildfires are increasing in both intensity and number of acres burned at a time. What can the cattleman do to help?  
There are advantages to properly managed livestock grazing: