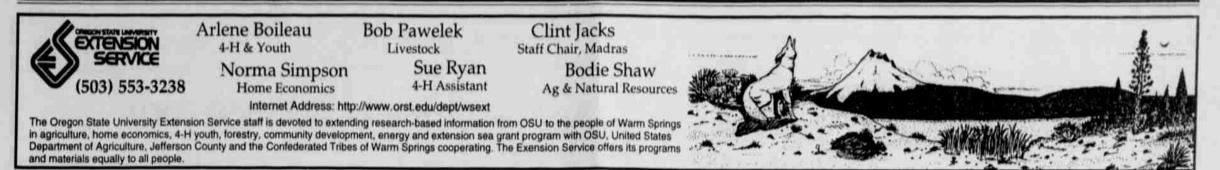
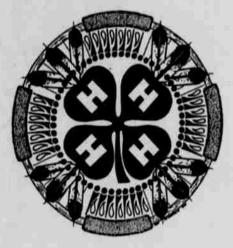
# SPILYAY TYMOO



# The Clover speaks

### by Sue Ryan

Almost a month later and the stack of dirty laundry from camp is getting smaller but is not quite gone yet ! (Is laundry ever done, anyway ?). The 4-H office is at camp again, helping with the second session of Crystal Springs 4-H Camp by Prineville August 6th - 10th. I'll be doing some lessons on water cycles & values as they relate to the environment while 4-H Agent Arlene Boileau will teach how to whip up dreamcatchers. Then, we head to ECE



August 18th -22nd for a day camp with the afterschool kids. We'll be there in the afternoons with one overnight campout planned. Jefferson County Fair has come and gone.

Here are the results from the 4-H

### by Beverly Hobbs **OSU Extension Specialist**

While family involvement in 4-H is not a requirement for children's membership, participation by the family offers many benefits. Family members enrich the program by contributing their skills and their caring. Family participation tells children that their family supports their efforts and values the skills and knowledge they will acquire through 4-H . In addition, children see that others value and accept the contributions of their family, and acceptance of family members translates into the children feeling accepted. This is especially important for children and families from diverse cultures or from lower income groups. Family members themselves may also directly profit from their involvement. Increased understanding of child de-

Basketmaking class held in March. Since this wasn't officially a club and the students didn't do recordbook keeping they weren't eligible to enter as a 4-H project. But we were able to enter their finished efforts under open class. Congratulations to all the ECE students who also entered in the fair - especially Rodney Kenyon on that giant purple turnip

In Open Class Weaving - Twined Basketry:

Samuel Scott - Blue Shayla Frank- Blue

Prenencia Van Pelt - Red Lutah Wallulatum - Blue

Sara Vaeth - 2 Blues Fair time isn't quite finished yet for Oregon. Here are the dates & places of a few fairs if you haven't had a chance to go just yet.

### Fairs

Family participation offer many benefits

August 13th - 17th Morrow County Fair August 14th - 17th Wasco County Fair -Tygh Valley

August 21st - September 1st Oregon State Fair

August 27th - 31st Gilliam County Fair August 29th-September 1st Lake County Fair

September 2nd - 7th Harney County Fair The Warm Springs office will have fairbooks for the Wasco County Fair if you are interested in entering exhibits. We won't have enough to give out, however they are available for use as a reference. That's all for the Cloverspeaks this time.

# Natural Resource Notables

by Bodie Shaw

"Children are our future ... We must strive to mold them to think correctly, to judge rightly and to have the heroism to live up to the convictions."

#### **4-H Culture Camp**

Sitting under the warmth of the sun, trying to see the tops of the fir trees, and wondering if this could be comparable to heaven. I have been going to Peter's Pasture at Shitike River for years, however, now I am at 4-H Culture Camp, and it adds so much more to a very special at a very special time.

4-H Culture Camp has given me many things. I have learned to appreciate the Mother Earth who surrounds me and not take for granted what a beautiful place She is. I have explored much of everything from the chilly river to the tiniest yellow flowers. More importantly, I have had the opportunity to discover more about my own culture, something that I have wanted to do for many years. I have made so many new friends at camp. Two in particular, Lex and Terron, have had extraordinary effects on my own life. I think of often of them. 4-H Culture Camp is not only a place to have fun and be in an unbelievable, magical world, but it is also a family I have grown to love and become a part of. It has instilled love, learn-

ing and respect into my life, helping to add to the person I am today. My favorite part of camp was the campfire. Gathered around the fire that lights up the smiles of all the children, we sing our songs and we dance, not to the regular camp songs and dances. but to the songs and dances of our heritage. This is our time.

As a friend told me, "you have been educated away from here, now you have returned and are becoming learned." There is a difference. Even though we have our own individual titles, we are eternal students in the game of life.

4-H Culture Camp is the one of the few places I can honestly say that I will miss all year. I can't wait to go again next year! Wilson Wewa Jr., and Arlene Boileau are to be commended for a job well done. Also, the camp counselors were wonderful (hiking is so much fun in the dark). This was everything a camp should be. Bravo.

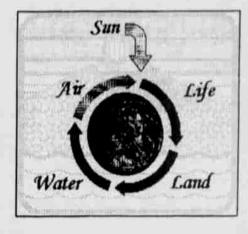
### **Other Camp Notes**

Can you imagine ...

... replacing the asphalt playground with crystal clear rivers and snow capped mountains. ... taking that jam-packed calendar off the refrigerator and replacing it with the freedom to explore, laugh, dance and sing the songs of our Culture. ...turning off the TV sitcoms and the video game lasers and tuning in to the songs of Mother Earth, the happy shouts of friends and the gentle crackling of the evening campfire.

Don't just imagine it. Tribal youth experienced all this and more at what I consider to be one of the finest youth summer camps in the west. The 4-H Culture Camp provided an exciting and healthy environment for our tribal youth. It indeed was a very special time

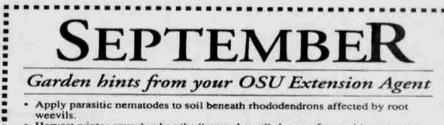
Camp was more than just a place to swim, ride.



hike and fish. It gave the children a unique opportunity to learn about their rich culture, develop social skills, build self-esteem, accept responsibility and learn to appreciate the natural world. Best of all, this happened while they are having the time of their lives!

As a former camper, I know the firsthand the value of friendships that start at camp and last through adulthood. As a instructor, I am proud to offer a program of safe, stimulating and well-planned activities that meet the needs of today's youth. When children come to camp, their parents can rest assured that the food they eat, the conditions of their living quarters, the supervision and the healthcare they receive, all meet the highest standards.

The 4-H Culture Camp quality camp experience; one that will provide tribal youth (and adults) with a summer of cultural discovery and a lifetime of memories. I know it did for me.



- Harvest winter squash when the "ground spot" changes from white to a cream or gold color.
- 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.

# ELDER ABUSE : PART 10 -other physical & emotional problems

by Norma L. Simpson and the Office of Victims of Crime, U.S.Dept. of Justice Throughout the year we have tried to

velopment, increased skill in interacting with their children, and having additional opportunities to spend time with their children are common benefits for family members.

There is no one formula for creating strong club-family relationships. However, there are some key steps that can help connect families with the 4-H club.

Offer families short-term ways to participate. Specify tasks that need to be done: transportation for an upcoming field trip, snacks for the next meeting, help with a craft activity.

Try to work around busy work schedules, child care needs, etc. For instance, scheduling a family night or a family fun Saturday once every month or two allows working family members or those with younger children to come together at a convenient time

invite their participation or to thank them for contributions, can be very effective in encouraging future involvement. A personal note or phone call from the club leader is also an effective strategy.

and involves all family members.

Ask families to join their club members in planning future activities. They are more apt to participate in planning future activities if they have a say in the initial planning.

Let families know how valuable they are

as resources and how much their young chil-

dren enjoy having them involved. Notes writ-

tea by club members to families, either to

Be creative. Customize your approach to families based on what you know about them. Ask family members to suggest ways in which they might be involved with the club.

examine the factors that lead to Elder Abuse all over the country. Some factors have to do with the normal aspects of aging. In the last issue of Spilyay we focused on the Physiological Changes related to aging. Several aspects of aging have multiple factors are not abuse, but may be just the normal changes .. If you have been a regular reader of this series, you will recognize that we need to understand all aspects of an older person's life to aid them and their caregivers to overcome abuse.

From the Participant Training Manual, we continue to learn.

The elderly are also more prone to a number of conditions that are non-disease-related including:

Fractures and Falls: Unlike younger individuals, the elderly often sustain fractures without direct trauma. The majority of fractures are caused by falls occurring in the home. While fractures may result from direct impact of hitting the ground in a fall, they may also result from the older peoples' diminished "Righting Reflexes." This is the body's ability to instinctively adapt to changes in the environment, such as inclines, by bending, turning, shifting weight etc. With diminished righting reflexes, the elderly may trip or stumble easily and recover clumsily. The

materials inside the home or on irregular pavement outside the home. Poor illumination, poor vision, confusion, and distraction all contribute to the risk of falling.

contracting of muscles to recover balance from clinicalloy diagnosable depression at

plays a role in fractures. The elderly may fall the age of 80 or above. Depression may be

as a result of tripping os stumbing on floor manifested by response to stressful life events.

Incontinenency: Inbility to contol the flow of urine (urinary incontinency) or fecal matter (fecal incontinency). Incontinency is extremely disabling and a major source of stress for the elderly and their carefivers. It also increases the chances that an older person will be placed in an institution. Fecal incontinency is also entirely preventable with proper diagnosis and treatment.

Decubiti: (also called bed sores, pressure sores or pressure ulcers); Skin breakdowns that result from immobility. While they can be contracted by persons of any age, they are more common among the elderly.

Dehydration: Loss of pure water or loss of salt and water together. The elderly are at risk of dehydration as a result of diminished thirst sensation, immobility, or mechanical difficulties in swallowing. It can be recognized by lack of skin elasticity, dry skin and confusion

Depression: Depression is the most frequently diagnosed form of psychopathology among the elderly. While women are more likely to report depression in middle age and early old age, men are more likely to suffer

Alcoholism and Drug Abuse: Whit it is difficult to obtain accurate statistics on the prevalence of alcoholism in the elderly population because of the stigma associated with it, the problem is believed to be widespread. While most elderly alcoholics contract the condition earlier in their lives, approximately one-third increase their drinking In advanced age in response to age-related issues. The missuse of prescription drugs is also a problem among th elderly. This includes sharing drugs or not adhering to recommended doses

In Part 11 of ELDER ABUSE, we will examine Functional Ability, a persons ability to carry out daily activities. That is in the late August and early September issue of Spilyay. In the mean time I will see if I can find out more about the "Righting Reflexes," a new concept to me, though I have noticed a decrease in my responses during the past three or four years. I see my cats when they fall from the car or tree, and their Righting Reflexes are very good. What happened to mine?

o-Il... make abou 700 EVOF Jungangi

- 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.
- Clean and repot houseplants, then bring them indoors.
- 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 you have observed root weevil problems
- Bait for slugs.
- Treat lawn weeds now, remove thatch from old lawns, aerate. 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.

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



# STOCKMAN'S ROUNDUP: Beef producers working to improve product, image



### by Bob Pawelek **OSU** Livestock Agent

How often have you stood staring at the grocer's meat case wondering whether or not to spend that ten bucks on a good steak? Most often, you're probably satisfied with your purchase.

Beef quality, or lack thereof, is a hot topic. Take the April 7, 1997 issue of Newsweek, for instance. An article in that magazine took a disparaging view of beef's future. In it, Robert J. Samuelson wrote, "... our steak isn't very good. Or, at least, it's not good enough. It's not tasty enough, tender enough or convenient enough-and predictably so-to make us buy it.'

Samuelson is not a cattleman. Nor is he a retailer. He is a former Washington Post reporter who now writes an economic column for Newsweek. In his opinion (which Newsweek shared with hundreds of thousands of consumers around the world), cattle raisers have failed to improve the overall quality of their product because the industry is too "splintered."

Samuelson said variable quality is the main cause for beef's disfavor in America's changing diet.

This article reinforces two major issues for the beef industry-one, the negative impact on consumption of beef as a result of quality variances and inconsistencies, and two, the need to get serious about changing the packer purchase of livestock to a "grade and yield" system.

National Cattlemen's Beef Association figures mirror some effects of that failure. From beef's 55 percent share of the market in 1975, NCBA estimates that beef will hold only 25 percent of the market in 2005 if changes are not made. In other words, beef's market share will have dropped 50 percent in the span of three decades.

The beef industry's image will probably not improve until producers receive a profit for making positive changes. Although the industry has talked for years about paying premium prices for excellent carcasses and

discounting poor carcasses, nothing yet has been done for the rank-and-file cattle producer. So, perhaps the industry is too splintered.

Branded beef products may help to unite the beef industry. NCBA's goal is to have managers of commodity beef operations gear their programs as if they were producing for a brand name. The producers would not generate a specific product; rather they would use existing technology to increase quality and consistency to give consumers "a great beef experience every time.'

Such beef products probably would carry a trademark. It would enable consumers to identify those beef products generated through the extra care. They would carry a higher price tag, and the objective would be to send these profits back through the chain to reward cattlemen who subscribe to the initiative.

Consider another commodity - cotton. Through improvement of cotton products and a massive television campaign that carries the line, "the fabric of our lives," cotton producers have experienced their highest market share in 30 years, from 34% when the campaign started to 60% last year.

The beef symbol/trademark is under consideration now by NCBA staff for use by each segment of the industry from cow-calf producers to feeders, packers, processors and retailers.

Television ads will carry the beef symbol so that over time, consumers and retailers will identify it with beef products. The effort is similar to what Cotton Inc. did with its symbol. In 1999, the industry will evaluate and refine the program. By 2000, it should be ready to roll out nationwide.

In Nebraska, they're taking a different approach. The Nebraska Cattlemen's Association will soon be producing "Nebraska Corn Fed Beef," a real brand name. Interested cattle producers attend training to become certified NCFB producers. To become certified, producers have to be members of the association, and keep and present accurate records to the association on cattle enrolled in the program.

NCFB has many specifications, includ-

ing: No discernible dairy or Bos indicus (Brahman) influence.

Cattle must be fed at least 90 days on a high-concentrate corn based ration.

Hot carcass weight of 575 to 900 pounds. These two attempts at branded products indicate different ways the industry can send economic signals back to producers who generate the kind of products that consumers want.

This is a step in the right direction. No one benefits from a doubtful discussions of beef's quality spread in national magazines. The beef industry is working to deliver a consistent product that is tasty enough, tender enough, and predictably convenient enough to be happy about the ten bucks we spend on a good steak.

## Contest entries due October 15

The National Junior Horticulture Association has an Experimental Horticulture Contest for young people who want to experiment with plants. Youth can experiment with seeds or cuttings, run variety trials, compare cultural practices or do any kind of experiment with plants that interest them. Age groups for this context are 8 or younger, 9-11 years, 12-14 years. Entries are due October 15. For more information call Virginia Thompson or Paul Hartman, Brown County UW Extension, 1150 Bellevue St, Green Bay WI 54302, phone: 414-391-4610.

## Date set for weekend fun

Mark your calendars for October 10, 11 and 12 for the 1997 FOCUS ON THE 4-H CEN-TER. This will be a weekend of fun and work at the 4-H Conference and Education Center near Salem. Housing will be donated by the Center in return for your investment in the Center's future. This is a great way for teen members AND adult volunteers to get involved with the 4-H Center.

4-H.../Nore Than You Ever Imagined.