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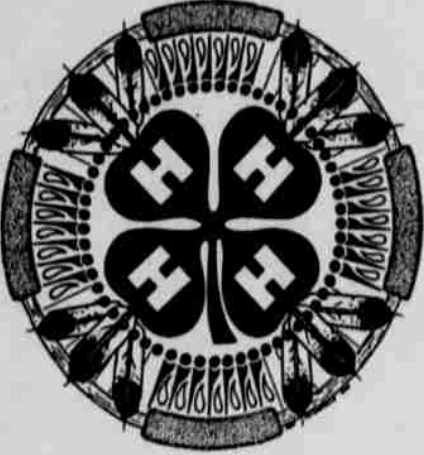
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

Almost a month later and the stack of dirty laundry from camp is getting smaller but is not quite gone yet!



August 18th - 22nd for a day camp with the afterschool kids. We'll be there in the afternoons with one overnight campout planned.

Family participation offer many benefits

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.

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.

In Open Class Weaving - Twined Basketry: Samuel Scott - Blue, Shayla Frank - Blue, Prenencia Van Pelt - Red, Luth Wallulatam - Blue, Sara Vaeth - 2 Blues.

Fairs: August 13th - 17th Morrow County Fair, August 14th - 17th Wasco County Fair - Tygh Valley, August 21st - September 1st Oregon State 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.

development, 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

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.

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.

and involves all family members.

Let families know how valuable they are as resources and how much their young children enjoy having them involved.

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.

Be creative. Customize your approach to families based on what you know about them.

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.

As a friend told me, "you have been educated away from here, now you have returned and are becoming learned."

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!

Other Camp Notes

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.

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.

As a former camper, I know the firsthand value of friendships that start at camp and last through adulthood. As an instructor, I am proud to offer a program of safe, stimulating and well-planned activities that meet the needs of today's youth.

SEPTEMBER Garden hints from your OSU Extension Agent. List of gardening tips including: Apply parasitic nematodes to soil beneath rhododendrons affected by root weevils.

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 examine the factors that lead to Elder Abuse all over the country. Some factors have to do with the normal aspects of aging.

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.

contracting of muscles to recover balance plays a role in fractures. The elderly may fall as a result of tripping or stumbling on floor materials inside the home or on irregular pavement outside the home.

Incontinency: Inability to control 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 caregivers.

Decubiti: (also called bed sores, pressure sores or pressure ulcers); Skin breakdowns that result from immobility.

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.

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

from clinically diagnosable depression at the age of 80 or above. Depression may be manifested by response to stressful life events.

Alcoholism and Drug Abuse: What 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.

4-H...more than YOU ever imagined.

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

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.

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 Cattleman'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.

The beef industry's image will probably not improve until producers receive a profit for making positive changes.

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.

Such beef products probably would carry a trademark. It would enable consumers to identify those beef products generated through the extra care.

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.

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 Cattleman's Association will soon be producing "Nebraska Corn Fed Beef," a real brand name.

NCFB has many specifications, including:

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.

Contest entries due October 15

The National Junior Horticulture Association has an Experimental Horticulture Contest for young people who want to experiment with plants.

Date set for weekend fun

Mark your calendars for October 10, 11 and 12 for the 1997 FOCUS ON THE 4-H CENTER. This will be a weekend of fun and work at the 4-H Conference and Education Center near Salem.



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?

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.

4-H... More Than You Ever Imagined.