

Arlene Boileau 4-H & Youth

> Norma Simpson Home Economics Internet Address: http://www.orst.edu/dept/wsext

Livestock Sue Ryan 4-H Assistant

Bob Pawelek

Clint Jacks Staff Chair, Madras

Ag & Natural Resources

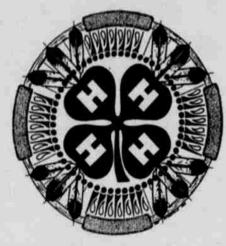
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Exension Service offers its programs and materials equally to all people.



The Clover speaks

by Sue Ryan

4-H has another fall class set up. 4-H Horse Health Care for Kids! will be held on Tuesday, November 11th from 2:00 to 4:00 p.m. This is a one day clinic to introduce youth to material from the 4-HHorse Project. Join Livestock Extension Agent Bob Pawelek as he covers the basics of health care & grooming for horses. Also how to select a quality



the beginning steps for training and handling. You must be in the 4th through 12th grades for this class. You do not have to have a horse - demonstration animals will be provided. To sign-up call the 4-H office for a registration form. There is a class limit of 10 for Horse Health Care for Kids.

There is plenty of room left in Know Your Indian Government. This course is for 6th through 12th grades and starts November 5th. Sew Easy also has room left for interested students in 4th grade through 12th. The next two dates for Sew Easy are November 1st & November 15th.

Congratulations to those kids who finished Look Who's Cooking, which ended on October 22nd. Students included: Evelyn Aguilar,

Georgianna Aguilar, Deanna Williams, Richard McConville, Calvin Williams, Val Suppah, Prenincia Van Pelt, Jenni Van Pelt, and Zachary Dowty. One of the items the kids chose to make for their last class was caramel apples. Here are two recipes for cooking caramel apples on the stovetop and also in the microwave.

Caramel Apples on the Stovetop

You'll need:

I 14 ounce package caramels 2 Tablespoons water

Dash Salt

till smooth. Add dash salt.

Wooden Skewers or Popsicle Sticks 4 or 5 apples

Take out measuring spoons, double boiler, baking sheet, waxed paper.

Step One: Heat 2 inches water in the bottom of adouble boiler. Add caramels and water to top; stir

Step Two: Put sticks in stem end of apples; dip in caramel syrup and turn to coat. Add water if syrup thickens.

Step Three: Set caramel apples on baking sheet covered with waxed paper. Chill till coating is firm. Serves 4 or 5.

Microwave Caramel Apples

4 or 5 medium apples Wooden Sticks

14 oz package Caramels

2 tablespoons water

Wash and dry apples thoroughly; insert stick into stem end of each apple. * Microwave caramels and water in small,

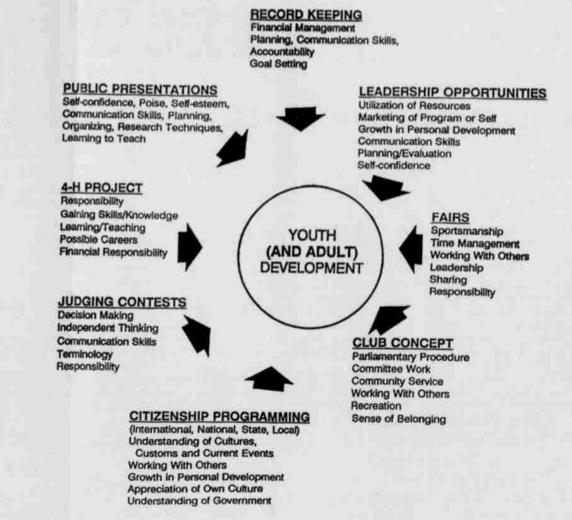
deep microwave-safe bowl on HIGH 2 1/2 to 3 1/ 2 minutes or until smooth, stirring every minute. (If too thin, let stand about 2 minutes before dipping

*Dip apples into hot caramel sauce; turn until coated. Scrape excess sauce from bottom of apples. Place on greased wax paper. Decorate as desired.

Serve immediately or store in refrigerator for up to 2 days. Let stand at room temperature 15 minutes before serving to allow caramel to soften.

4-H: Life Skills Program

The mission of 4-H is to assist youth in acquiring knowledge, developing life skills, and forming attitudes that will enable them to become self-directing, productive and contributing members of society. This mission is not reached through one activity or event, but rather through a number of activities and opportunities that related to the total concept of youth development. Please keep the following concepts in mind when planning your 4-H year:



Makes 4 to 5. **ELDER ABUSE: PART 13; Minority Elderly in the United States-**

by Norma L. Simpson and the Office of Victims of Crime: Participant Training Manual

A year ago, two elder women of the tribe were on the KNT elevator with me, when I heard one say "Well, we have had our two days to talk about Elder Abuse and now everyone will forget about it for the next year." I thought about the comment and said to myself, "What can I do to keep the problem before the eyes of the community so that we can make changes in their lives?" That day I thought of two ways that could be done. One was to spread the information from the Improving the Police Response to Domestic Elder Abuse: Participant Training Manual. The other was to arrange with the Senior Center staff to go to one of each Department's monthly meetings to present some information about Elder Abuse. That task is yet to be accomplished. But the first one has been appearing each month in the OSU Extension News page of the Spilyay, since November 1996. Minority Elderly in the United States

As mentioned earlier, the number of older Americans of color (including persons of African, Latino/Hispanic, American Indian and Pacific/ Asian ancestry) is growing dramatically. By the year 2050, persons of color will account for approximately 33 percent of the over-65 population.

Many of the problems faced by the elderly are more acute for members of minority groups. According to research, minority seniors generally have lower socio-economic status and poorerhealth than non-minority seniors. For recent immigrants, relocation and adaptation to American culture may create additional stresses as a result of language barriers, discrimination, and increased dependency on younger family members. The trauma of relocating, the loss of support systems, and the decline in stature within the family experienced by many immigrant elderly who come to the United States are extremely damaging psychologically. While some groups have established strong networks or communities in this country others are dissipated, resulting in isolation and loneliness.

Cultural attitudes and expectations also influence whether or not older people or their families use social services. In comparison with Caucasians, for example, fewer minorities are institutionalized. Among groups that place a strong value

on familial responsibility, caring for an elderly family member is expected. Failure to do so may cause great shame to the elder and the person charged with his or her care. In addition to these cultural factors, other obstacles that prevent some minorities from utilizing services included language barriers, lack of familiarity with bureaucratic processes, distrust of service providers and lack of sensitivity to the special needs of elderly members of minority communities.

Brief profiles of the three largest minority groups in the United States are given below.

Older African-Americans

According to available information on minority elderly, African American, represent the largest group of minority elderly in the United States. Older African-Americans are geographically distributed in a patter similar to that of the total African-American population, with the largest concentrations found in the southern states. Most live in central city areas with one-fourth living in

On average, elderly African-Americans have considerably lower income and health status that elderly Caucasians. Blacks are much more likely than whites to be at below the poverty level. In 1990, 34 percent of the African-Americans over 65 were poor, compared with only 10 percent of the white elders. Because many African-American were employed in occupations that were not covered by Social Security, they are also less likely to receive Social Security and more likely to be on public assistance than whites. African-American elderly are more likely to suffer from chronic illnesses and are less likely to seek professional medical care than are older whites. Their life expectancy is significantly shorter.

One major difference between the composition of elderly African-American families and that of elderly white families is the greater likelihood that the African-American family will have dependent children living with them. The majority of these children are grandchildren or children of other relatives. Consequently, child-rearing responsibilities are still widely prevalent among older black adults.

Older Hispanic/Latin American

Hispanic/Latin Americans come from Mexico, Puerto Rico, Cuba, Central and South America and other Spanish-speaking countries. Most His-

panic/Latin Americans live in Arizona, California, Colorado, New Mexico, Texas, New York and Florida. Hispanic/Latin families generally live in metropolitan areas. Like the aged population in general, most older Hispanic/Latin Americans are urban dwellers.

In1989, there were about 1.1 million elderly Hispanics/Latinos, representing approximately 5 percent of the Hispanic/Latin community. Hispanic/Latin seniors, who currently represent 3.5 percent of this total elderly in the United States, are the fastest growing segment of the elderly population. The population of Hispanic/Latin seniors 65 or over is projected to almost double by 2010.

According to the limited research on the subject, Hispanic/Latin seniors are much more likely to life in poverty than whites, and less likely to receive benefits. They are more than twice as likely as white elderly to be poor. Nearly one in four receives no Social Security and they are less likely than non-Hispanics/Latinos to receiver pensions or other retirement benefits. For this reason they are more likely to depend on public assistance to survive. Many older Hispanics/Latinos have a limited command of the English language.

Older Asian Americans

The Asian population in the United States primarily includes Japanese, Chinese, Filipinos, Koreans, Laotians, Hmong, Tonganese, and Samoans. There is also a significant population of Vietnamese and Cambodians in some urban areas. During much of this century, immigration quotas on persons from outside Europe or the Western Hemisphere greatly restricted the entry of Asian individuals into this country. However, since the end of World War II, changes in the immigration laws have allowed a gradually increasing number of people from Asia to enter, and their population in the United States has grown markedly. The Japanese are the largest subgroup, the Chinese are the second largest, and the Filipinos are the third largest. Older Asian Americans live primarily in California and Hawaii. Asian Americans are concentrated in urban areas. Statistics on most groups of Asian Americans are generally believed to be inaccurate because it is suspected that a large number of people are not reported due to their illegal immi-

A pervasive myth about Asian Americans is that they do not desire or need to aid to care for their elderly family members. In reality, this is

not the case. Some Asian American elderly have problems that are more intense and complex than the problems of the general aged population. Their suicide rate is three times higher than the national average for seniors. Because many elderly Asian adults were employed in occupation that were not covered by Social Security of private pensions, many have no source of income. Because of language barriers, many are unaware of benefits to which they are entitled.

4. Native American Elderly

When I came to the end of Module 1 and 2, I was surprised to find no reference to the Native American Elderly. Then I paused to think that many tribal groups do not allow the collection of statistics of their communities. Therefore it is not possible to give the brief statements that are included for other

Next issue of Spilyay will be my last reference to Elder Abuse with comments from readers during the past year, and a list of problems that staff of the Senior Center have mentioned during the past three years of emphasis on Elder Abuse.

Keep the Elders in mind, and help them and ourselves to improve life in the area.

Supplemental feeding made easy-

"THINK OF USING SUPPLEMENTAL FEED TO FURNISH THOSE NUTRIENTS WHICH ARE NOT PROVIDED BY FOR-AGEOR FEASIBLY ATTAINABLE FROM THE ANIMAL'S BODY STORES.

1. Feed salt and an 8-12% phosphorus supplement of similar calcium content, free choice year round, unless the mineral is included in a complete supplement.

2. Inject or feed vitamin A if in doubt. More than 4 to 6 months without green pasture or green pickings is cause for doubt.

3. Always feed enough protein to maintain a 6% plus protein ration for maintenance of rumen function and feed intake. Additional protein will be needed for some production situations. When in doubt about the amount and type of supplement to feed with low quality forage, feed a dry pregnant cow 0.4 lbs of actual supplemental crude protein or the equivalent of 1 lb of a 40% protein supplement, and a lactating cow 0.8 lb. of actual crude protein or the equivalent of 2 lbs of a 40% protein supplement.

4. Then use cow condition or fatness as a guide to additional feeding. Loss of weight or condition suggests more energy, and thus pounds of supplement, is needed. For example, feed 4 lbs of a 20% protein supplement instead of 2 lbs of a 40% supplement. The protein content can be decreased in proportion to the increased level of supplemental feeding.

Adapted from An Approach to Supplemental Feeding, by Dennis B. Herd, Beef Specialist-Nutrition, Texas Agricultural Extension Service, College Station, Texas. Tips on supplemental feeding

COWS GRAZE SELECTIVELY IF GIVEN HALF A CHANCE. THE FOR-

AGE THEY ACTUALLY CONSUME WILL BE SLIGHTLY MORE DIGESTIBLE AND CONTAIN MORE PROTEIN THAN THE AVERAGE OF ALL THE FORAGE IN THE PASTURE. IN ORDER TO OBTAIN SAT-ISFACTORY ANIMAL PERFORMANCE, SUPPLEMENTATION IS USUALLY RE-QUIRED, ESPECIALLY IF PASTURES ARE OVERSTOCKED.

 Keep a good salt plus 8-12% phosphorus mineral, of similar calcium content, out for the cows year round. An exception might be where phosphorus is supplied by complete salt limited supplements.

2. Begin protein supplementation before cows lose a lot of weight and condition. A killing frost is a definite signal to start in the fall. Protein will also be very beneficial during drought periods when grass is dry and tough. It's cheaper to save condition in late summer and fall than it is to feed a poor cow back into shape during the winter.

3. Adequate protein is essential for normal feed or energy intake and digestion.

4. The energy in 1 to 2 lbs of a high energy supplement may slightly stimulate digestibilty (1-3%) and intake (5-10%) of poor forages.

5. The best way to handle energy deficient situations is to manage to stay away from them. Improve your hay quality. Control calving seasons so quality forage is available when cows and calves need it most. Use fertilization and limited supplementation to be sure cows are in good condition starting the winter. This will reduce the need for high levels of supplementation during the winter.

6. Where cows are getting too poor, feed the higher levels of supplement required to maintain proper condition or get ready to pay the price of reduced calf crops and weaning

7. This substitution effect also exists where hay is used to supplement pastures.

8. Use 1 to 2 pounds of a high-protein, high energy supplement to clean up dead grass in the fall before it rots in mid-winter and then really haul the hay out to the cattle as the total feed. Don't tease tem with a third to half feed of hay, as it will depress pasture utilization. Remember that a pasture is also used up long before the last bite is gone.

9. Look ahead. Try to stay out of situations calling for high levels of supplementation. It's not profitable

10. On the other hand, a little supplement (even a lot) at the right time can be a very profitable management tool.

STOCKMAN'S ROUNDUP: Raising orphan calves & Riparian grazing considerations



by Bob Pawelek OSU Livestock Agent

Calves can be orphans because of the death of the mother and because of multiple births. If there are only a few orphans, they can usually be managed by igraftingi them on a cow that has lost her calf. Some cows may give enough milk to raise twins. If these extra calves are not grafted on other cows or sold, they must be raised by artificial means.

Regardless of how they are handled, calves should be allowed to obtain some colostrum. Antibodies transmitted by the colostrum help calves survive because the high level of lactoglobulins gives the calf a passive immunity which protects it from some infections. Colostrum is a rich source of vitamins and

Some success can be had by rearing calves with cold milk. Milk is provided in containers with nipples. Calves are fed a fortified grain mixture and can be expected to consume about one pound of dry feed per head at three weeks of age. Dry-feed consumption increases as calves become older. Most commercial milk replacers and starter feeds can provide adequate nutrition if they are

used as directed.

Riparian grazing considerations In recent years, livestock grazing in riparian zones has generated a great deal of interest and controversy. Generally, livestock grazing can occur in riparian zones while streams are improving, but proper management is critical. Resource managers must thoroughly understand the relationship between the natural stress in the individual stream systems and the management stress of various grazing strategies before prescribing solutions (Elmore 1992). Physical characteristics of stream systems are important: gradient, size and kind of rock, depth to bedrock, and type of soil. They are the factors that determine whether or not a stream and its associated riparian zone have the potential to respond to management. Some stream systems have a relatively low potential for change, others have a much higher potential for change (Buckhouse and Elmore 1993). For example, a steep, stable, rock-lined

riparian zone has very little potential to crode

or to trap sediments, even if sediments are in the water. Conversely, a low-gradient stream that is erosive and carries high sediment loads has both the positive as well as the negative potential to change. A point that Buckhouse and Elmore (1993) emphasize is: "No two stream systems are alike-each one has its own level of ability to withstand natural and/or management-induced stresses." A grazing prescription must be specific to the stream system and its associated riparian zone and to management objectives. Many riparian zones have, or could have, a mixture of herbaceous and deciduous woody vegetation. The herbaceous component - grasses, sedges and rushes - is important for trapping sediments, where they are a factor, and for holding the soil together with their extensive fibrous root systems during flood events. Grazing management should promote herbaceous plant vigor and allow for sufficient above-ground biomass and cover to trap sediments and protect the soil surface during peak flows. Maintaining or improving the woody vegetation - alder, willow, hawthorn - is appropriate to the site. Grazing in the early part of the growing season doesn't generally harm woody production, as long as herbaceous plant are abundant and growing actively. Cattle prefer green herbaceous vegetation to woody browse. Grazing during other times of the year may also be possible without harm to the woody vegetation. It is important, however, to know when grazing animals change from herbaceous to woody vegetation in order to design an appropriate grazing pre-

Develop a definate breeding and calving

Many of the management techniques that I habitually "preach" are not very practicle for some producers at Warm Springs. There are, however, several practices that are available to everyone; practices that will influence calf crop numbers positively. Every producer brings his/her cattle home for the winter. A plan to consider is to develop a tightened breeding season, the objective of which is to take advantage of the green grazing in the spring when cows are cycling good. The brood cow has the need for a high level of energy during breeding to help her take. Pasture availability and consequently energy is usually at its highest during the spring and lowest during late fall and early winter. As a result, conception rates are highest in the spring. With a definite calving season, slow breeders and open cows could also be identified and culled, which would result in an increased calf crop. All things considered, conditions are more favorable for a greater calf crop when the cows are bred in the spring and early summer to calve in the late winter and early spring. If a breeding season plan sounds like a good idea to you, and it ought to, why not give me a call and we can touch on the concept in depth.