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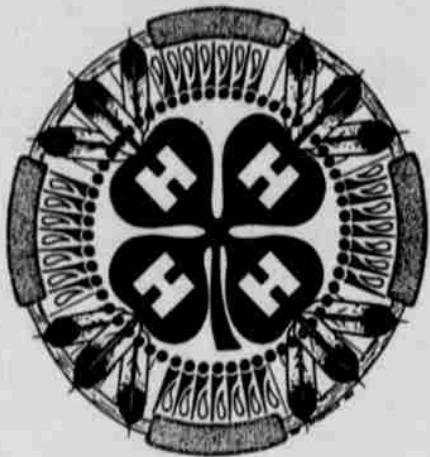
The Oregon State University Extension Service staff is devoted to extending research-based information from OSU to the people of Warm Springs in agriculture, home economics, 4-H youth, forestry, community development, energy and extension sea grant program with OSU, United States Department of Agriculture,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

4-H has another fall class set up. 4-H Horse Health Care for Kids 1 will be held on Tuesday, November 11th from 2:00 to 4:00 p.m.



animal and the beginning steps for training and handling. You must be in the 4th through 12th grades for this class.

There is plenty of room left in Know Your Indian Government. This course is for 6th through 12th grades and starts November 5th.

Congratulations to those kids who finished Look Who's Cooking, which ended on October 22nd.

Georgianna Aguilar, Deanna Williams, Richard McConville, Calvin Williams, Val Suppah, Prenicia Van Pelt, Jenni Van Pelt, and Zachary Dowdy.

Caramel Apples on the Stovetop

You'll need:
1 14 ounce package caramels
2 Tablespoons water
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 a double boiler. Add caramels and water to top; stir till smooth. Add dash salt.

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.

* 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. Makes 4 to 5.

4-H: Life Skills Program

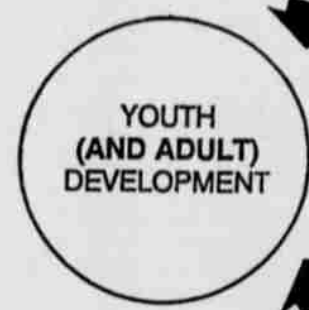
The mission of 4-H is to assist youth in acquiring knowledge, developing life skills, and forming attitudes that will enable them to become self-directing, productive and contributing members of society.

RECORD KEEPING
Financial Management
Planning, Communication Skills,
Accountability
Goal Setting

PUBLIC PRESENTATIONS
Self-confidence, Poise, Self-esteem,
Communication Skills, Planning,
Organizing, Research Techniques,
Learning to Teach

LEADERSHIP OPPORTUNITIES
Utilization of Resources
Marketing of Program or Self
Growth in Personal Development
Communication Skills
Planning/Evaluation
Self-confidence

4-H PROJECT
Responsibility
Gaining Skills/Knowledge
Learning/Teaching
Possible Careers
Financial Responsibility



FAIRS
Sportsmanship
Time Management
Working With Others
Leadership
Sharing
Responsibility

JUDGING CONTESTS
Decision Making
Independent Thinking
Communication Skills
Terminology
Responsibility

CLUB CONCEPT
Parliamentary Procedure
Committee Work
Community Service
Working With Others
Recreation
Sense of Belonging

CITIZENSHIP PROGRAMMING
(International, National, State, Local)
Understanding of Cultures,
Customs and Current Events
Working With Others
Growth in Personal Development
Appreciation of Own Culture
Understanding of Government

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."

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.

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 poorer health than non-minority seniors.

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.

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.

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

1. Older African-Americans
According to available information on minority elderly, African Americans represent the largest group of minority elderly in the United States.

On average, elderly African-Americans have considerably lower income and health status than elderly Caucasians. Blacks are much more likely than whites to be at or below the poverty level.

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.

2. 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.

In 1989, there were about 1.1 million elderly Hispanics/Latinos, representing approximately 5 percent of the Hispanic/Latin community.

According to the limited research on the subject, Hispanic/Latin seniors are much more likely to live in poverty than whites, and less likely to receive benefits.

3. Older Asian Americans

"THINK OF USING SUPPLEMENTAL FEED TO FURNISH THOSE NUTRIENTS WHICH ARE NOT PROVIDED BY FORAGE OR 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.

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.

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-

not the case. Some Asian American elderly have problems that are more intense and complex than the problems of the general aged population.

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.

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

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 grafting them on a cow that has lost her calf.

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 lactoglobulin gives the calf a passive immunity which protects it from some infections.

minerals. 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.

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.

ever, to know when grazing animals change from herbaceous to woody vegetation in order to design an appropriate grazing prescription. Develop a definite breeding and calving season. Many of the management techniques that I habitually "preach" are not very practical for some producers at Warm Springs.

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