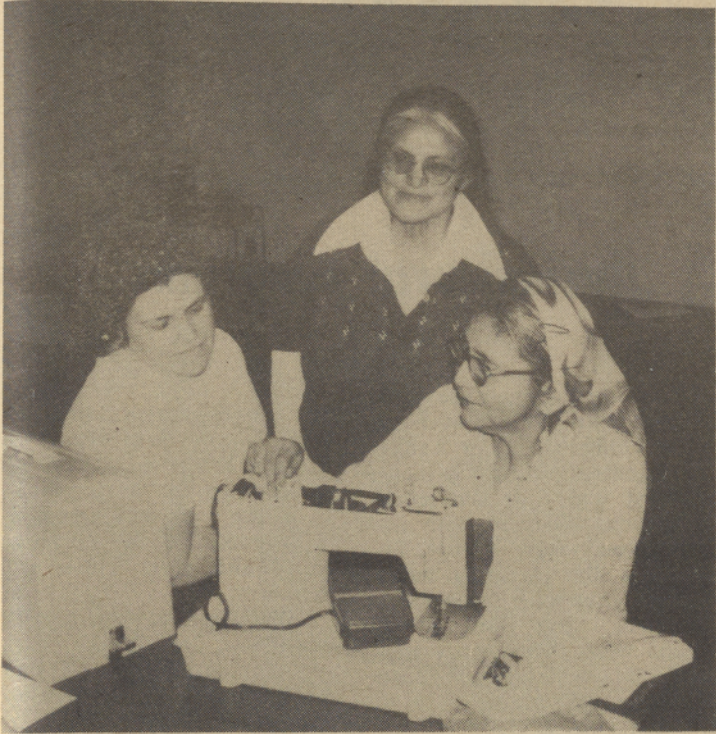




# FAMILY LIFE



Jean Belinger, Sylvia Wallulatam, and Roma Jean Joe learn correct care of Roma Jean's sewing machine at "Care & Repair of Sewing Machines" workshop.



"Christmas Club" participants learn the art of making God's Eyes. Pictured are: Manulita Smith, Lucinda Green, Cal Chinn, Jeanette Yazzie (teacher) and Sidonia David.



Ellen Heath holds up prepared eels at the "Cutting Eels & Salmon for Drying" demonstration. To her left are Evaline Patt and Pat Smith.



Techniques of preparing Quenc were shown by Pruni Williams to all interested persons last July.

## FAMILY LIFE EMPHASIZES HOME VISITS, WORKSHOPS

Family Life Agent Susan Gangler was kept plenty busy during 1976 with home visits and public programs in the areas of food preparation, nutrition, clothing construction, money management, housing and family communications.

Highlighting the year were cultural Indian food demonstrations on making Quenc and cutting deer meat, salmon, and eels for drying. Tribal members volunteered their time and talents to pass on this valuable knowledge to the community.

Foods and nutrition also received attention thru a picnic luncheon displaying easy meal ideas and homemade convenience foods. In addition, a "Stretching the Food Dollar" workshop supplied people with helpful food preparation and consumer information.

Other workshops taught care and repair of sewing machines, home budgeting, gardening, and recycling clothing. Most of the programs were shared at both Warm Springs Agency and at Simnasho, added Sue.

The popular "Christmas Club" series was repeated this December, demonstrating easy and inexpensive Christmas crafts, decorations, and yeast breads. The Warm Springs Presbyterian Church and Ex-

tension hosted the club series together.

A "Marriage Enrichment" series was available to Warm Springs residents last spring. Marcelle Straatmann, OSU Human Development Extension Specialist shared some of these programs on bettering personal inter-relationships and communications.

Four Warm Springs ladies enjoyed participating in the Extension Service "Mini College for Homemakers" at Oregon State University during June.

Classes ranging from parenting skills to creative crafts to nutrition questions and answers were found stimulating and interesting by the "students."

Home visits are a large part of the Family Life program. "Extension education on a personal, one-to-one basis is enjoyable, beneficial experience to both the homemaker and myself," Sue offered.

"The Family Life program is determined by public surveys and personal inquiries, which reveal interests and needs in the community," added Sue. "We are always open to suggestions and new ideas, so that Extension can better answer informal education needs at Warm Springs."

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