

Extension Notes:

Black Moss Preparation To Be Shown

August 9
Have you always wanted to learn how to prepare Quenc, or Black Moss? Your chance is coming on Tuesday, August 9, 6:30 P.M. at the Community Center Park.

The Quenc preparation will be demonstrated by Pruni Williams. It is the same program that was planned and then cancelled earlier this summer, due to sickness and community conflicts.

It is sponsored by the Warm Springs Extension Office, second floor of the old administration building, 553-1161, ext. 238.

August 11, 12
All persons interested in learning how to can meat and salmon are invited to two noon-hour demonstrations, August 11 and 12, at the Community Center Kitchen.

Meat canning will be shown on Thursday, August 11, 12-1 P.M. On Friday, August

12, canning salmon will be demonstrated at the same time. All participants need to bring a sack lunch.

The demonstrations are by Sue Gangler, Warm Springs Extension Office. Questions? Contact the Extension Service at 553-1161 ext 238, old administration bldg.



Before embarking on a backpacking trip in the high lakes area of the reservation July 26, Luke Sanders and Albert Bryant made sure they

knew how to erect their tent. The trip was sponsored by the Extension Service and more are planned for the coming weeks. CDS Photo

Warm Springs Backpacking Trips

Thirteen Warm Springs youth and adults and 5 youth from Wasco and Jefferson Counties 4-H Program hiked 10 miles looking at the reservation's high country on a 2 day and a 3 day backpack trip.

The two groups hiked from Trout Lake to Olallie Lake. Then from Olallie to Russ Lake and Blue Lake.

Warm Springs backpackers were Jeff Sanders Jr., Anita Bryant, Sonya Bryant, Albert

Bryant, Pixie Sanders, Ryan Smith, Laurel LaMere, Alex LaMere, Rosanna Sanders and Angie Sanders.

Adults participating were Bob and Shirley Sanders and Jeff Sanders.

Backpackers Needed

Want to hike 10 miles, carry 20 pounds and see beautiful lakes, mountains and streams? Then how about joining other Warm Springs youth and adults in one of two backpack trips planned for this month.

One group will take off August 13 and return on the 14th. The next group will be August 16-18. Points of interest

Trout Lake, Olallie Lake, Island Lake, Russ Lake, Judd Lake and Blue Lake. All backpack equipment provided. Individuals will need warm clothes and personal items. Cost \$5.00.

Sign up: Deadline Wednesday August 10th. Adults encouraged to participate with their families. (minimum grade 5)

Hay For Sale

A number of individuals have contacted the Extension Office with hay for sale. Listing of prices is as follows:

Barley-Alfalfa \$55.00 delivered; (year old) oat-alfalfa \$65.00 delivered; Barley-alfalfa \$60.00 in Madras; alfalfa \$65.00 in Culver; alfalfa-grass \$55.00 in Metolius, Grass Straw \$30.00 in field.

Anyone interested please contact Extension Office or Credit Office.

Meat, Salmon Canning Demonstrations:

Preserving Fruit Without Sugar

Many people wish to preserve fruit without sugar for health reasons. Fruit may be canned or frozen safely without adding sugar, but sugar is an important ingredient in jams and jellies, says Sue Gangler, Warm Springs Extension Agent.

Sue points out that it isn't possible to reduce the amount of sugar in a traditional jam or jelly recipe without changing the consistency and keeping the quality of the product. Proper amounts of fruit, pectin, acid and sugar are needed to make these products gel. In addition, the sugar acts as a preserving agent.

Certain "no" or "low" sugar jam and jelly recipes have been developed using gelatin, pectin, or starch to form the gel, Sue says, but the flavor and consistency of these products are sometimes quite different from the "real thing." Nor do these products have the same keeping quality as jams and jellies made with the full

amount of sugar as a preservative. Therefore, the "diet" jams and jellies must be stored differently.

Traditional jellies can be sealed with a layer of paraffin and the sugar will prevent the growth of microorganisms, Sue says. As an added precaution in warm or humid climates, jams should be sealed with canning lids and processed in a water bath canner for 5 minutes to destroy microorganisms that might be present.

In contrast, the jams and jellies with little or no added sugar should be kept refrigerated. The cool temperature will prevent growth of microorganisms. If these products are to be stored for a long period of time, freezer storage is recommended.

For recipes for traditional, frozen, or refrigerated jams and jellies, contact the Warm Springs Extension Office at 553-1161 ext 238, second floor, old administration building.

4-H Summer Camp

Fourteen Warm Springs 4th, 5th, and 6th graders spent a fun-filled week at 4-H Summer Camp, July 5-9, at Camp Morrow, Tygh Valley. They joined 80 other campers from Hood River, Wasco, Jefferson, and Deschutes Counties.

Warm Springs campers included: Juanita Blodgett,

Carsual Brunoe, Ron Clements, Florence Culpus, Marva Meanus, Butch Miller, Allie Smith and Jamie Smith.

Other youth who enjoyed 4-H Summer Camp were: Dena Smith, Veronica Smith, Missy Stills, Lois Squiemphen, Michelle Wells, and Travis Wells.

Metolius Range Tour

The Warm Springs Livestock-Range Drought Board is sponsoring a tour of Dry Hollow and Metolius Bench, August 11. Purpose of the tour is to look at current condition of range and discuss needed improvements.

Anyone interested in going must contact Extension Office. A lunch will be provided. Tour leaves in front of old Administration Building at 9:00 a.m. on Thursday August 11 and will return at 4:30 p.m.

August Is County Fair Month

Chiefs To Head County Parade

by Roger Stwyer

Amos Simtustus, Nick Kalama, and Nelson Wallulatum, chiefs on the Warm Springs Reservation, will be grand marshals in the Jefferson County Fair Parade, at Madras, Saturday, August 13, at 10:30 AM, Vic Suratt announced this week.

The Jefferson County Fair will run from August 10 and will conclude on the 14th. On Thursday, August 11, Indian

dances will be performed by the Widespot group. There will also be an Indian arts and crafts display according to Marie Macy, Fair Board chairman.

Vic Suratt said he would like to "invite all of the Indians who would come in and set teepees up right on the fairgrounds." He also said, "a premium of ten dollars a day for each teepee will be paid to its owner."

Saturday and Sunday the

13th and 14th have been chosen as the days of the rodeo starting both days at 1:30. The rough stock will be furnished by the 7 Bar Rodeo Company, headed by Ross Avery of Redmond, Oregon.

Then soon as the sun sinks out of sight, Saturday, August 13, Clay Hart and Sally Flynn will perform at the dance.

The Elks will be sponsoring a buckaroo breakfast shortly after daybreak, Sunday, August 14, starting at 7 a.m.

Deschutes

The Deschutes County Fair will be having its 58th Anniversary, and it started yesterday (Thursday) with livestock judging.

The parade is scheduled to start at 11:00 A.M. August 6, in Redmond. Then at 7:30 an auction will be held.

A dance will be held the 6th in the V.F.W. Hall, and an amateur talent show will be on the fourth, fifth, and sixth.

Rodeo action gets under-

way tonight (Friday) at 7:30 and is sanctioned by the Northwest Rodeo Association. On Saturday and Sunday, rodeo starts at 1:30, with a top six bronc riders ride-off.

There will also be horse racing simultaneously Saturday and Sunday.

Wasco
August 25-28 has been chosen for the Wasco County Fair

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