

Its National Hot Breakfast month

We all know the old saying "breakfast is the most important meal of the day". When we wake up in the morning our bodies have been without food for several hours.

The word "breakfast" comes from "breaking the fast" or in other words, starting to eat again after not eating for a long period of time. It is important to start the day with a healthy breakfast so that our body and mind are well fed and ready for the day ahead. Skipping breakfast makes it hard to concentrate.

Studies show that people who eat breakfast perform better. Give your child a head start on the day by encouraging them to eat something for breakfast every morning. And remember, breakfast isn't *what* you eat, it's *when* you eat. So don't worry if you are out of cereal, it is okay to eat leftovers or whatever is on hand. The most important thing is that you *eat something*. Be-

low is a recipe for yummy "Banana Pancakes". These can be made ahead of time and warmed up in the microwave. The Warm Springs Elementary 5th graders made these last month in Nutrition Cooking Class and they were a hit!

Banana Pancakes

(Source: foodhero.org)

Ingredients:

- 2 large eggs
- 1 1/2 cups nonfat milk
- 1 tablespoon sugar
- 3 tablespoons oil
- 2 bananas, mashed
- 3/4 cup whole wheat flour
- 3/4 cup white flour
- 2 teaspoons baking powder

der

Directions:

1. Preheat griddle to 350 degrees.
2. Beat eggs in medium bowl.
3. Add in milk, sugar, oil and bananas. Mix well.

4. Add flour and baking powder. Mix gently.
 5. Spray griddle with non-stick cooking spray.
 6. Spoon 1/4 cup batter onto the griddle for each pancake.
 7. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden brown.
 8. Serve immediately. Top with applesauce, fresh fruit or yogurt.
- Refrigerate leftovers within 2 to 3 hours.

Family Community Health



Danita Macy
Arlene Boileau
Sara Smith
Rosanna Sanders

Warm Springs Community Garden Workshops Spring 2013

This year, Saturday sessions will be at the Education Building

first floor Training Room in Warm Springs, and Tuesday

evening sessions will be at the Simnasho Church/Community Center, and

March 2nd. *Successful Gardening 101*

(Warm Springs 9 a.m.)

March 5th. *Successful Gardening 101*

(Simnasho 6 p.m.)

March 9th. *Season Extenders for Gardening*

(Warm Springs 9 a.m.)

March 12th. *Garden Irrigation Management*

(Simnasho 6 p.m.)



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February is National Children's Dental Health month

Oral health is important! If we don't help our children take care of their teeth EVERY day, it can lead to painful cavities and other health problems, like gum disease. WHAT CAN HELP!

- Regularly brushing and flossing (at least twice a day) can help prevent tooth decay.
- Help your kids make it a habit to brush their teeth every morning and before

bed.

- Flossing helps remove the food that brushing misses.
- Floss their teeth at least once a day. Before bed is a good time to floss.
- Sweet foods and drinks feed the germs that cause tooth decay, so brush your teeth after eating or drinking sugary things.
- If you can't brush right

after eating something sweet, rinsing your mouth with water can help. Or chewing a sugar free gum between meals.

Oral health is important for adults too, so set the example, and show your child you care about your own teeth!

Remember, a healthy mouth is a happy mouth.

Pesticide Applicator

OSU Open Campus will be offering a Pesticide Applicator "CORE" credit class on February 15 from 8:30 am to 12:00 pm at the Madras COCC Campus.

Participants will be credited with four CORE credit hours.

Remember that in order to renew a private applicator license you need a total of 16 credit hours and 4 MUST be "CORE" hours.

Registration is \$49; Oregon Pesticide Safety education manuals and a self administered practice exam are available at the Central Oregon Agricultural Research Center, (541 475 7107) for \$22.50.

For more information regarding Oregon Pesticide Licensing, please go to: <http://oregon.gov/ODA/Pest/pages/index.aspx>

Annual Tri-County Idea Fair

4-11 Shooting Sports and Outdoor Skills including: • Shoot, Archer, Outdoor Skills, and Women's Heritage Shooting. See page 12 for more information.

Activities: Martial Arts, Beekeeping, Horse, Fly Fishing, Yoga, Sewing Skills, Cuts of Meat, Civil War Era Dance, Canine.

What: Leaders, 4-Hers, and the public have an opportunity to attend six brief, but informative classes. Bring the whole family!

When: Saturday, February 16, 2013
Registration: 8:00 am; Classes: 9:00 am-4:00 pm

Where: Deschutes Fair & Expo, North, South & Middle Sisters, Redmond Tack Sale: North Sister Building

Cost: Pre-Registration: \$10.00 per person or \$25.00 per family
Post-Registration: \$15.00 per person or \$35.00 per family
Pre-Registration required for Shooting Sports: \$20.00 per person; family discount not available (no fee for tack sale only)

Lunch: Concessions will be available

Pre-Register by Tuesday, February 12, 5 pm

art after-schools

TUE. FEB 26
POP ART: #'S & SALMON

USE BRIGHT COLORS, NUMBERS, AND SALMON TO CREATE YOUR OWN POP ART PIECE.

WED. FEB 27
TAPE RESIST ART

USE MASKING TAPE TO CREATE BEAUTIFUL ARTWORK.

3:30-5PM. K-12TH GRADE. OSU BASEMENT @ EDUCATION BUILDING
SPACE IS LIMITED FOR EACH CLASS. CALL TO SIGN UP @ 553.3238



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Central Oregon Farm Fair & Trade Show

Jefferson County Fairgrounds in Madras

February 6-7, 2013

Living on a Few Acres

Saturday, March 3

8 a.m. - 5 p.m.

Deschutes County Fairgrounds & Expo Center, Middle and N. Sister Buildings, Redmond OR

Registration: <http://extension.oregonstate.edu/deschutes> **Information:** toni.stephan@oregonstate.edu 541-548-6088

More than 30 classes offered including:

- Farm Food Safety
- Efficient Use of Water
- Juniper Control
- Pond Management
- Alternative Medicine
- Goats for Meat
- Septic System Care
- Poultry, Beef
- Electric Fencing
- Poisonous Plants
- Greenhouse
- Hay Production
- Understanding Fertilizers
- Farming for Beneficials
- Water Rights
- Animal Evacuation Plan
- Seed saving
- Specialty Crops
- Soils
- Food Preservation