

Extension Events... with Birdine Tullis



We are excited about... things that are happening, and things that are planned to happen! Return of the good brown earth from the carpet of snow brings thoughts of spring events in both extension home economics and the 4-H program. We welcomed the moisture, but the hazardous road conditions surely slowed everything down within the county!

4-H Leaders Meetings by Project Areas

County fair may seem a long time away as we think ahead from mid-winter, but for all things to run smoothly at fair, preparations begin right now! To get this project underway, 4-H leader meetings have been scheduled by project areas. All meetings will begin at 1 p.m. and all will be at the Conference Room at the extension office, Heppner. Livestock leaders will meet Wednesday, January 11; Home Ec and Creative Arts on Thursday, January 12; Horse leaders on Friday, January 13.

Plans call for a review of past fair, discussion of awards for each project area, new contests or revision of present ones, as well as best way to schedule events to fit the new dates and plans for county fair next year. We hope that all leaders will plan to meet with us for the important meetings. Ideas and suggestions from all are needed to provide a program meeting local leader needs!

Training for Study Group Leaders...and Others!

"Is It Soup Yet?" is the topic which will be offered for study group leaders and any others interested this month! Training session will be at the Baptist Church, Irrigon, 10-12, January 18. Program information will focus on the use of the popular slow cookers, and will emphasize their use for making delicious, nutritious homemade soups. Recipe handouts included with the lesson include favorite soup recipes of homemakers of Morrow-Umatilla counties. Anyone interested is welcome to attend.

Cooking With Mixes

We seem to go in cycles at the extension office, with requests for various informational bulletins and fact sheets! Recently, one requested often has been a collection of recipes and directions for making mixes. Seems that homemakers are looking for good ways to stretch their dollars, and provide nutritious foods quickly for their families. We now have a supply of the requested fact sheets on hand (FS 116). Included is all the information you need to make a basic master mix which can then be quickly transformed into muffins, pancakes, corn bread, coffee cake, dumplings, cookies, and

other uses. The mixes are time, and money savers!

Looking Ahead

We have been working on a special program which will be offered once in Morrow County, once in Umatilla County, and we are calling it a "Food Fair". We are so excited about it, and hope everyone will save the dates of February 8 or 9 to attend one of the sessions. What's so special about this event?

Homemakers of the two counties will be sharing skills on a variety of food preparations including such interesting things as pizza for a crowd, preparing food in a wok, making homemade noodles, grinding grains and using in bread making, Arab or pocket breads, crepes, sourdough, Indian fry bread, and more!

The demonstrations will be scheduled to allow participants to attend as many of the topics as they wish! So if you've been wanting to learn some new tricks to spice up your family meals, you will soon have that opportunity! Sounds like fun, doesn't it?

Calories and Weight

After all that about food, I might mention that we also have a handy little pocket-size booklet available free to help you if you are interested in counting calories! This seems to be the time of year that a few pounds settle in with most of us and make us more conscious of caloric intake!

4-H Executive Council Meeting Reminder

Officers of north and south Morrow 4-H councils will meet Tuesday, January 17, 7:30 p.m. in Irrigon. South Morrow council members may plan to ride along to the meeting with Harold and Birdine!

4-H Salutes

Theda Lowe...a lovely lady in Heppner, who does many good things for many people! Theda is often seen around the neighborhood center, her church, and any other place where a community volunteer is needed! Her skills are many; her sweet smile and lovely ways make you happy to be near her...now, Theda has added a new responsibility to her list of volunteer work...and we are so happy to welcome her as a 4-H leader. Even her choice of a 4-H project is fun, creative and different! Theda has chosen to introduce her club of six girls to the joys of patchwork! We can hardly wait to see their exhibits for county fair!

EXTRA CASH FROM UNWANTED ITEMS SELL WITH CLASSIFIEDS 676-9228

Heppner EMTs conduct training

The Heppner Chapter of Emergency Medical Technicians (EMT) met Dec. 20 at Pioneer Memorial Hospital for a training session and film on shock and bandaging.

Karmon Bjella of the PMH staff conducted the session and a discussion was held on the standard 35 second evaluation. Reports were heard from EMTs who attended the training school in Boardman in early December.

The next meeting of the group is scheduled for Jan. 17 at the old city library building

next to City Hall. Inservice training will be given on transferring premature babies.

Mike Saling convalescing at home

Mike Saling of Heppner is convalescing at home following his recent heart surgery at St. Vincent's Hospital, Portland.

Kinzua news

• Barbara Pike • 768-2861

Steve and Roberta Conlee hosted a dinner party Wednesday, January 4, to celebrate the 13th birthday of their son Rob. Joining Rob and his parents for the festive occasion was Chuck and Melba Mitchell and daughters, Ray and Deena Reid and daughters, Greg Orr, Jeff Orr and Scott Conlee.

Earl Norris went to John Day Monday to take care of some business.

Bob and Laurie Hire had

quite a house full for the long New Years weekend. Bob's brother, Bill Roberts and family, were here from their home in Gridley, Cal. The Roberts were accompanied by Bill and Bob's parents, Harv and Kitty Spivey. Also at the Hire home was another brother Frank Spivey and family, John Day; and Dave and Sue Mattison and daughters. Tuesday the Roberts family and the elder Spiveys left for the Spiveys' home in Baker. Rev. and Mrs. Bill Mai are

reported settled in their mobile home at Myrtle Point. The Mais are missed by their many friends in this area. The Steve Conlees went to Pendleton Saturday evening

to attend an anniversary party for Vernon and LaVelle Cecil. The Cecils, former Kinzua residents, were celebrating their 30th wedding anniversary.

Elks Calendar

Thursday, Jan. 12 Regular Lodge 8 p.m. Kitty and Dinner Drawings	Tuesday, Jan. 17 Senior Citizens 4:30 p.m.
Friday, Jan. 13 Happy Hour Dinner 6-8:30 p.m. Music by Billy Nichols	Wednesday, Jan. 18 Senior Citizens 4:30 p.m. Pinochle 7:30 p.m. Boy Scouts 7:30 p.m.
Saturday, Jan. 14 District Deputy at Baker Dinner 6-8:30 p.m. Live Music by Billy Nichols	Thursday, Jan. 19 Regular Lodge, 8:00 p.m. \$500 Drawing Dinner Drawing

Elks and out-of-town guests only.
B.P.O.E. 358 Heppner, Oregon

BOLIVAR SAYS

It's FREE BEEF Time

14th Annual FREE BEEF Promotion

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4 YEAR BATTERY WITH FULL WARRANTY AND SERVICE CONTRACT
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BR78 X 13	F.E.T.
DR78 X 14 \$46.44 \$2.38	HR78 X 14 \$54.79 \$3.04
ER78 X 14 \$47.87 \$2.47	GR78 X 15 \$55.39 2.90
FR78 X 14 \$49.74 \$2.65	HR78 X 15 \$56.21 \$3.11
GR78 X 14 \$52.10 \$2.85	LR78 X 15 \$60.13 \$3.44

Heading for Beecher's THE BEST SALAD BAR IN THE WEST

LIVE MUSIC FEATURING Caroline AND THE Roadrunners

SATURDAY, JAN. 14 9:00-2:00

Queen will be crowned at 11 p.m.—two Steak Dinner gift certificates to the queen.

Early Morning Breakfast Will Be Served BEECHER'S IONE

THE SUDDEN SERVICE BOYS

Tires LES SCHWAB

8-6 MON.-FRI. 8-5 SAT.

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