

Extension Events with Birdine Tullis



Cathy Palmer Receives Union Pacific Scholarship

Heppner High School senior, Cathy Palmer, who has been a 4-H member for eight years is one of five Oregon 4-H members named as winners of \$400 college scholarships given by Union Pacific Railroad. Seventeen-year-old Cathy is the daughter of Mr. and Mrs. Roger Palmer. Her plans for the future will take her to Southern Oregon College at Ashland next fall, where she will enroll in pre-medicine.

Cathy has been active in both home economics and livestock projects, serving as a club officer and junior leader. In addition, she is serving as student council secretary and member of the high school yearbook staff. Other school activities include girls sports, music and membership in the National Honor Society. Additional 4-H highlights were a trip to Japan under the Oregon-Labo exchange, and assisting with two Japanese exchangees and an IFYE hosted by her family.

Union Pacific makes eight scholarships available to 4-H and FFA seniors in the seventeen counties served by their company. Three are awarded to 4-H; three to FFA, and two are at-large. This year both at-large scholarships were awarded to 4-H members.

We congratulate the outstanding 4-H member for her achievements, and the recognition of receiving the scholarship.

Consumer Services Directory
A bright and newly revised copy of the "Consumer Services Directory" is waiting for any one wishing to have a list of agencies and the consumer areas that come under their responsibility. Local and statewide independent agencies are listed, as well as state agencies. The resource was prepared, and recently revised, by Debra Slater, OSU Extension family and consumer economics specialist. Any one attending a study group meeting in March will receive a copy; or they are available by calling 676-9642.

What do you do when you have a problem with a purchase or a service? Debra shared information with leader-teachers recently on how to write a letter of complaint...and other ways to handle problems. Attend a March study group meeting, and learn all about it. Oregon 4-H (Know Your State Government) Conference

Information just received indicates there will be a Know Your State Government Conference this year, April 9-11, at the Oregon 4-H Center near Salem. The conference had been postponed with news of the new date arriving too late to be included in the Extension newsletter. Any 10th through

12th grade 4-H member interested in attending the conference should contact me immediately! We must report at once if Morrow County will be sending delegates.

Tour
If you are interested in a cultural arts tour of Portland...remember the invitation offered by Umatilla homemakers to join their tour on April 5. Details of this tour are also available from Morrow Extension office...or you may reserve a seat by sending check for \$14 to Molly Saul, Box 1107, Pendleton.

Trainings for Judges
Extension will be offering training sessions this spring for those interested in learning to judge dogs and small animals. If this tickles your interest...call for more information.

Oregon Wheat Growers League Cake...

We have received a copy of the official recipe for this popular contest...and oh, boy it sounds like one every one will like! A fudge-mallow cake with chocolate cream cheese frosting...not as simple to make as last year's cake...but sounds mighty tasty. Watch for the recipe to appear in this newspaper. Any county resident over 21 may enter the contest, except professional bakers.

A Thought to Share from Oregon Wheat Growers League

Wes Grilley of the Oregon Wheat Growers gives us this fact for farmers to share with their city neighbors: There has been an increase of 24 per cent in the farm debt in just two years...and at the same time net farm income has also dropped 15 per cent. Morrow County is an agricultural county, and most residents understand farm economics. We sometimes forget that there are those who do not live close to the land, and do not understand!

College Student Opportunity
College students wishing to serve as counselors for 4-H Summer Week, June 12-17, will find application forms available at any extension office. Applications are due in Corvallis by April 14.

Focus on Women
Have you heard about the Women's Day at Blue Mountain Community College, April 14-15? Sponsored by BMCC, Women's Concern, and others...I picked up a flyer concerning the program, and felt it might be of interest to a lot of women I know! Child care is provided, and workshops on such interesting subjects as Assertiveness, Self Esteem, Re-Entry (back to work), Transition (widowhood-divorce) and other topics relating to interests of women today. You'll see more about it soon, or call 276-1260 for more details. Costs nothing!

4-H Leader Salute...

Eileen Padberg
Linda Padberg
Phyll Piper

We are so proud of three leaders who cooperate in offering a delightful, creative opportunity to a dedicated group of 4-H girls. If you have ever walked through the 4-H department at county or state fair...you've seen the Tole painting! It is so exceptionally well done...and so beautiful. Their skills as teachers can not be praised enough. Eileen Padberg, Phyll Piper, and Linda Padberg are the leaders of the "Tippy Toler" club, with twelve lucky girls as members. The girls are learning an art that will provide them with creative use of time throughout their lifetime...as well as a money making project if they wish to use their skills that way.

There is never an attendance problem at this exceptional club...every member is eager to be there. Meetings take Saturday mornings...and many hours of preparation are carried out during the week. The articles the girls produce show the skills of both teachers and members...and usually win all the championship ribbons at the state fair. In addition to sharing their talents with 4-H members, the three dedicated teachers also serve as BMCC instructors, sharing their skills with adults in our area as well.

Salute...Eileen, Phyll, and Linda! 4-H is mighty proud of each of you!

1978 Wheathearts recipe announced

The Oregon Wheat Growers League has announced the official recipe for the 1978 Wheathearts Cake Baking Contest and local confectioners can get an early start on perfecting their blue ribbon entries for the county fair.

Cake baking contestants must be non-professional bakers, over 21 years of age or married and residents of Morrow County. Each contestant must use the same cake and icing recipe as presented by the Oregon Wheathearts in the fair premium book (a copy of the recipe appears below).

OREGON WHEAT GROWERS LEAGUE 1978

OFFICIAL CAKE RECIPE WHEATHEARTS FUDGE-MALLOW CAKE

Set oven at 350 F.
Combine..... 16 large marshmallows
 1/2 C. cocoa
 1/2 C. hot water, in top of double boiler;
 melt over hot water. DO NOT COOK. Cool.

Sift together..... 2 1/4 C. sifted cake flour
 1 tsp. baking powder
 1/2 tsp. salt

Cream..... 1/2 C. butter or margarine, add gradually
 1 C. sugar, creaming well.

Blend in..... 3 eggs, one at a time, beat 1 minute.

Combine..... 3/4 C. sour cream
 1/2 tsp. soda. Add alternately with dry
 ingredients to creamed mixture. Blend
 thoroughly after each addition.

Combine..... cooled chocolate mixture
 1 tsp. vanilla
 1/2 tsp. red food coloring; blend into batter.

Pour into 2 well greased and lightly floured 8 or 9-inch pans.
Bake at 350 F., 30 to 35 minutes.

CHOCOLATE CREAM CHEESE FROSTING

Cream..... 4 oz. softened cream cheese
 1-3 C. butter
 3/4 tsp. vanilla

Blend..... 2 C. powdered sugar
Add alternately. 2 Tbsp. plus 2 tsp. hot water
 2 C. powdered sugar

Blend in..... 3 oz. melted chocolate. Mix until smooth.

Allen Nistad on Extension committee

Allen Nistad, Heppner, general manager of Kinzua Corporation, was recently named to a three-year term on a

newly formed State Extension Advisory Council, set up to advise the director of the Oregon State University Extension Service on broad matters of policy and planning.

One of 19 members with a wide range of backgrounds throughout the state, Nistad will represent both the forest industry and Morrow County on the new council. He is also a



INTRODUCTION to the Japanese tea ceremony was just one part of the training received by county coordinators for this summer's 4-H-Labo exchange program. Being introduced to the Japanese custom by Yoshiko Fukuoka, wife of an Oregon State University student, are Edna Peck, Monica Swanson and Shirley Palmer, all Morrow County residents. Mrs. Palmer will be coordinator for the exchange program in Morrow, Sherman, Gilliam and Wheeler counties this summer, assisted by Mrs. Peck. Mrs. Swanson will be accompanying Oregon teen-agers to Japan under the program. As coordinator, Mrs. Palmer will be responsible for finding families to host Japanese teen-agers this summer, for orientation for the host families, and for coordinating other activities. The training for coordinators was held recently in Corvallis.

member of the Oregon Energy Facility Siting Council, Concordia College Advisory Board, Condon Grain Growers, Eastern Oregon Foundations Board of Trustees, Grant County Resource Committee and Eastern Oregon Health Planning Council and is director of the Oregon Forest Industries Council.

The Extension Advisory Council met for the first time in Corvallis on Feb. 21 for an organizational meeting. It will help identify audiences and areas where programs should be initiated, increased, decreased or eliminated; recommend the most appropriate means for communicating resource needs to legislators, county commissioners and the general public; and examine and recommend appropriate courses of action affecting the well-being of the Extension Service.

Hospital Notes

In another slow week at Pioneer Memorial Hospital, only six patients were admitted between Tuesday, Feb. 28, and Tuesday, March 7.

Still in the hospital on Tuesday were Arthur Stefani and Myrtle Imel, both of Ione, and Alice McCabe, Heppner. Admitted and dismissed during the week were Marvin Phegley, and James Unrein, both of Heppner, and Anne Doherty, Lexington.

BIRTHS

The Morrow County stork delivered two small baby bundles to Pioneer Memorial Hospital in the past week.

A second son, named Jonathon Thomas, was born to proud parents Mr. and Mrs. Thomas Loyd Humphreys of Lexington on Thursday, March 2, at 11:53 a.m. He weighed 8 pounds even at birth, joining brother Dean in the Humphreys household. Jonathon's grandparents are Mr. and Mrs. Floyd Smith, Irrigon; and Ruby Gloascock, Pendleton. Great-grandparents include Mr. and Mrs. C.E. Dickson, Perryville, Arkansas; and Lola Breeding, Irrigon, the newest Humphreys has one great-great-grandmother, Leta Smith of Lubbock, Texas.

Mr. and Mrs. Bradley Hart of Pendleton became the happy parents of their first-born, a son named Jeremiah Lee,

Saturday, March 4, at 10:29 a.m. He weighed in at 7 pounds 10 ounces.

Grandparents are Mr. and Mrs. George Stillman, Heppner; and Mr. and Mrs. Harley G. Hart, Walla Walla, Wash. Great-grandparents include Mr. and Mrs. Albert Quidman, Imbler; and Mr. and Mrs. Harley B. Hart, and Mr. and Mrs. Bob Grimes, all of Walla Walla.

Elks Calendar

Thursday, March 9 Lodge Night Kitty & Dinner Drawings	Tuesday, March 14 Senior Citizens Dinner 4:30
Friday, March 10 Music by Bill Nichols Happy Hour 5-7 p.m. Dinner 6-8:30 p.m.	Wednesday, March 15 Senior Citizens 4:30 p.m. Boy Scouts 7:30 p.m.
Saturday, March 11 Live Music by Bill Nichols Dinner 6-8:30 p.m.	Thursday, March 16 Lodge Night \$500 Drawing Dinner Drawing

Elks and out-of-town guests only.
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PICKUP OF ITEMS CAN BE ARRANGED BY CALLING KIT GEORGE AT 676-5871 OR DAN JAMES AT 676-5837.

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