

Extension Events ... with Birdine Tullis



4-H CLUBS FORMING FOR NEW YEAR

SMALL ANIMAL CLUB

A new club that should be of interest to both town and county kids is ready to roll. Jennifer Breeden, Lexington, is organizing a small animal or pet club, which she hopes will attract members with rabbits, chickens, gerbils, or any small animal. Jennifer feels there is a need for such a club, as many young people do not have facilities to raise a large animal, but still need the experience of caring for an animal. Showing a rabbit or other small animal, requires training, and expertise, just like the larger animals. All young people are welcome to join the club. Information on meeting date and place may be obtained by calling Mrs. Breeden at 676-9898. Any older youth interested in assisting as a junior leader would also be very welcome!

BEGINNING CLOTHING AND FOODS

Kathy Hazen, Heppner, a new leader, is starting her club activities for the year. Three or four beginning, or second year, members interested in clothing and foods will be welcomed to her club. For information, call 676-9409.

FOOD CLUB FOR BEGINNERS IN BUTTERCREEK AREA

Claudia Hughes has indicated she is willing to work with Buttercreek area youth in a beginning foods project. You may call her, also, for more information.

IONE AREA 4-H OPPORTUNITY

Maryann McElligott, Ione, and Pat Wright, Lexington, have told us they will work with beginners in a clothing club at Ione. For more information on other leaders who are ready and willing to start their 4-H club year, call John or Birdine at 676-9642, a new and exciting 4-H year is about to begin.

SUNFLOWER INFORMATION

We get questions on harvesting sunflowers, and preparing them for human consumption. Right now, most sunflower heads are maturing, so drying and storing the seeds may be worthwhile. Leave the sunflower heads on the plant as

long as possible. Cut the heads off after the blossom has separated from the seed. Then finish curing the seeds in a warm, ventilated area. Tie a cloth bag around each head to catch any seeds that might drop, hang them up and let them dry. Once dry, the seeds may be eaten, or stored in a closed container for further use. Great to feed the birds next winter!

If you are planning to eat the seeds, you might like to try the following: Mix 2 cups of dried seeds with 1/2 teaspoon Worcestershire sauce, 1 1/2 tablespoons melted butter and 1 teaspoon salt. Place in a shallow baking pan and roast for one hour at 250 degrees. Stir several times to ensure even browning. Store in closed container.

NATIONAL 4-H WEEK

During the week of October 1-7, America will be celebrating kids between the ages of 9 and 19, or in Oregon, grades 4 through 12, who are experts in public speaking, dog training, sewing, cooking, gardening, horsemanship, and lots more! What's happening is National 4-H Week. Local clubs and leaders are reminded that they can be part of the celebration by placing displays in store windows, getting their clubs reorganized for the new year, and in any way possible helping their club make 4-H visible to everyone in the county!

The National 4-H Week theme, "Freedom to Be" challenges the 5.5 million 4-H members to develop their fullest potential for the betterment of self, club, community and world, while allowing them opportunity to make choices and decisions.

Any leader or club needing help with 4-H Week promotions may call 676-9642, for help.

Garden Club....

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historic Saling House in Weston as part of the state federation's historic preservation program. Reports were given on other projects such as essay writing, world gardens, personal memorials.

During the luncheon period the Umatilla Garden Club presented a 40th Anniversary Celebration with an appropriate candle-lighting ceremony and the contribution of a large decorated cake as dessert.

The guest speaker of the day

Three win John W Graves 4-H scholarships

Three Morrow County 4-H'ers have been awarded \$200 each from the John W. Graves Memorial Scholarship fund, according to John Nordheim, Morrow County Extension Agent.

The three are Carol McElligott and Grace McElligott, both from Ione, and Krynyn Robinson from Heppner.

Recipients were scored on their plans for future education and a brief account of their past 4-H activities. The

Good News Club meets on Mondays

The Good News Club sponsored by Child Evangelism Fellowship, had its first meeting September 25, and will meet every Monday under the school district's time-release plan. The club meets as in previous years at the Heppner Church of the Nazarene, 345 N. Gilmore from 2:30-3:30 p.m.

Teachers from various churches are cooperating to offer visualized Bible stories and songs for the children. This year the lessons will be on the life of David, followed by the life of Peter. All materials are entirely interdenominational and all children are encouraged to attend their own church activities.

A note to the school is necessary for the student to be permitted to attend Good News Club.

Parents are invited to visit the children's classes at any time. For more information call 676-5539.

scholarship is made available to Morrow County 4-H members who have been active in 4-H for three years prior to their graduation. Dorris Graves, Heppner, is the trustee of the scholarship and is on the county Extension Advisory committee.

Carol McElligott has been accepted at the University of Portland for this fall. She hopes to pursue a health related field. Carol was a ten year 4-H member with clothing, cooking and livestock projects.

Grace McElligott began her eight years of 4-H in California. She was enrolled in sewing, cooking, leathercraft, and rabbits while there. After moving to Ione, she was enrolled in sewing, cooking and livestock. Grace will continue her education this fall at Carroll College in Helena, Montana, majoring in Medical Technology.

Krynyn Robinson is looking forward to entering an agribusiness career after spending two years at Blue Moun-

tain College in Pendleton. After those two years she plans on continuing at a four-year college. Krynyn is a nine year 4-H member with eight years in horse projects. Other projects included livestock, knitting, and junior leadership.

Foreign dishes to highlight AAUW's international dinner

Foreign dishes from around the world will be featured at this year's AAUW International Dinner.

The event will be held at the home of Betty Rietmann, of Ione at 6:30 p.m., Tuesday, Oct. 3.

This annual event kicks off this year's activities for AAUW. Members are welcome to bring guests.

A carpool will leave Heppner at 5:45 p.m. at the Heppner Library for those wishing rides.

Liz Curtis, president of the Heppner Branch, will explain what the chapter does. On this year's calendar, events slated and include a possible Candidate's Fair, Artfactory in December, programs with speakers discussing topics such as nutrition, the ERA, family stress, and luncheons.

Last Sunday four seniors who have worked with the Retired Senior Volunteers Program (RSVP) attended the annual recognition dinner in Pendleton at BMCC. Irene Anhorn, Iva Booker, John Cannady and Martha King met with a large group of senior volunteers from Umatilla and Morrow Counties who are directed by June Wagner, Pendleton.

After the dinner the group accompanied Martha King to visit with her son, Carl King, Jr., a deputy sheriff for Umatilla County.

On Monday the Senior Advisory Council for this county had a monthly meeting at the Columbia Basin Board Room.

At the Wednesday evening dinner Eleanor and Ed Gonty were honored with a money tree and were wished a wonderful trip to the land of windmills and tulips in the Netherlands where they will visit their youngest son Charles Douglas and his bride Anastasia. While Eleanor is away, Ruth Bergstrom and her daughter Marilyn will be preparing the senior meals.

Menus for next week are: Tuesday, Oct. 3, spaghetti with meat sauce, tossed green salad, French bread—garlic or plain butter and fruit and cookies. On Wednesday the dinner will include zucchini and hamburger casserole, mashed potatoes, pear and grated cheese salad, biscuits and jelly and chocolate pudding with topping.

Seniors, remember to come

downtown early on Wednesday if you wish to have a blood pressure count taken by R.N. Pat Wright in the Degree of Honor Building. Pat and her assistant are at work there from 3 p.m. until dinnertime. So far there is still no news about the corrections being made on the bus for seniors. It is not known when, or if, the bus will be available this fall.

BMCC offers adult high school class

The Blue Mountain Community College adult high school class will begin tonight, (Thursday, Sept. 28,) at the Heppner Neighborhood Center. Class is from 7 to 10 p.m. This class is for anyone interested in earning a high school diploma or in studying for their GED test. There is no charge for the class and it is structured so that entrance can be made at any time during the school year.

For further information call Vicki Tollefson, 676-9224.



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We wish to thank all the bike riders who participated in the E.S.A. Million Dollar Bike Ride, Saturday, Sept. 23.

A special thanks to the following merchants who sponsored the event.

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