

Senior Citizen News

Pat Brindle announces that four young aides are helping around the Heppner Neighborhood Center this summer.

They are employed under SPEDY (Summer Program of Employment and Development for Youth.) These young assistants are Arletta Aldrich, Ione, and Darla Parker, Wayne Eckley and Phillip Williams, all of Heppner. Seniors are reminded that Blood Pressure Clinics will be held next week in the county. On Monday, June 18, the clinic will be at Irrigon; on Tuesday, June 19, it will be held in the Neighborhood Center in Heppner and on Wednesday, June 20, the clinic will be at Ione.

Menus for next week include, at Heppner on Tuesday, liver and onions, mashed

potatoes, spiced apple salad, buttered corn, French bread and fruitcocktail cake with topping.

On Wednesday at Heppner and Ione, seniors will be served, sweet and sour meat-leaf over rice, molded salad, buttered spinach, hot oatmeal muffins and jelly and pineapple-carrot cake with topping.

Mrs. Brindle asked us to remind senior citizens to plan ahead for the Wednesday, July 18, annual, all-day picnic at Cutsforth Park. Those who would like bus transportation need to make this known soon. Pat says she has the chicken to be fried for the picnic in the freezers and this is going to be a great day. Mark July 18 on your calendars.

Fight inflation, can your own foods

Canning the "fruits" of your summer garden is a super way to make use of bumper crops of anything from apples to zucchini.

In this way, you can enjoy

are available at no cost on canning, pickling, freezing, making jams and jellies, and on drying foods! Information is available also on making a food dryer.

interested young people who are willing to plan and carry out a special event to highlight the year of the younger 4-H members. Counselors met at the camp...and planned the camp from A to Z. Many fun filled hours are ahead under their direction!

All counselors should plan to meet at the Extension office Monday, June 18 to travel to camp to assist with setting up tents. A final camp planning session is planned during the work day, to be sure all plans are ready!

Counselors for the June 24-27 camp are: Geri Grieb, Wendy Myers, Heather Winter, Patti Devine, Todd Harrison, Erin Evans, Mari Evans, Angie Evans, Coleman Devine. (One additional boy counselor is needed!) These are the group that will provide

"family" for your 4-H camper! Theme for the camp selected by the counselors is "How the West Was Won"... and we think there are fun times ahead!

4-H Honors... Lori Witt, Irrigon, was named as alternate nominee in Achievement in the recent National Wards program announcement. Although an announcement is made of nominees in the spring, they are tentative trip and award winners and their alternates. Final selections for the awards are made in the fall after submission of a satisfactory National Report form.

We congratulate Lori...for her achievement in the highly competitive category! Summer Week at O.S.U. Morrow County will be represented at 4-H Summer

Week, Corvallis, this year by three members, and an agent!

Leaving June 11 for a full and varied week on campus of Oregon State University are delegates Angie Evans, Mike Currin and Shane Laughlin. They will travel by bus with members from Gilliam, Wheeler and Sherman counties.

John Nordheim, Morrow 4-H Agent will travel with the groups as chaperone, and serve as teacher during the week. Scholarships to cover expenses of delegates are provided by local businesses and individuals.

An opportunity to learn...to grow...to find new friends...and learn about life on a college campus! That's 4-H Summer Week!

IFYE Reidun Martinsen Spends Busy Days In County...

Although her days were limited in the county, Reidun Martinsen made good use of her time sharing the beauty of her homeland with residents through numerous slide shows.

A guest at the Roger Palmer home, Reidun was delighted to accompany the host family to a college graduation, a pioneer picnic, and a trip to Malheur Bird Refuge.

In between trips she visited schools, Ione Topic Club, the Lion's Club, Senior Citizen dinner sites, Rhea Creek Grange, as well as just enjoying time learning about American family life from her host family.

We wish more 4-H'ers could have met the IFYE with the delightful Norwegian accent, enthusiasm for 4-H and a happy attitude toward life!

Extension Events...

By Birdine Tullis

fruits and vegetables into the winter, or give them as holiday gifts...both money saving ideas!

It's not too early to begin planning. Check the canning equipment you have on hand. Discard cracked or knicked jars. If gift giving is in mind, take advantage of the wide variety of decorative jars on the market. Have your pressure cooker gauged checked each year. Call 676-9642 to determine where this service is available. It is not necessary to take the entire lid, just the gauge. (All nonacid vegetables, meats, fish and poultry must be canned by pressure. Fruits, tomatoes and pickles may be canned by the water bath.)

Pick out the recipes you'd like to use and list the canning ingredients you'll need. Keep the list with you when shopping so you can take advantage of good buys or specials. When you begin canning, use the freshest produce. Remember, the quality of your canned goods will only be as good as the ingredients with which you begin. Discard blemished or spoiled portions of fruits and vegetables and clean them well.

For the best and latest information on food preservation, remember your friendly Extension Service. Bulletins

Can you think of a better way to fight inflation...and provide nutritious and tasty foods for your family?

Officers Elected To Head Morrow Family Living Advisory Group...

Recently elected for leadership roles in the Extension Homemakers Advisory Council were Lyla Wilcox, Irrigon, chairman; Juanita Ryan, Irrigon, vice chairman; Mildred Wright, Heppner, treasurer, and Ramona Marshall, secretary.

Special committee chairman to assist the officers will be selected at the first meeting next fall.

The advisory group work with Extension staff on all special events and activities in the Family Living program, providing ideas and leadership for such events as local tours of interest or similar events.

They assist with training for study group officers, plan and carry out the annual women's day each spring, and other vital needs of the program. Officers and committees serve as the local link to the Oregon Extension Home-maker's Council.

Camp Counselors Prepare For Big Event...

Involved...that's our 4-H counselors! Enthusiastic and

Two Tracker Club elects year's officers

The Two Tracker Club started the year out by electing officers: president: Ann Lindsay; vice president: Pat Schwartz; treasurer: Marie Van Schoiack; secretary: Annette Wilgair and reporter, Shelley Stroeber.

We sold M and M candies for a fund raising project. We are practicing working

our horses on Tuesday. They are only seven practices before Horse Show so we encourage everyone to come!

There will be an overnight ride on July 14-15 at Martin Prairie. Anyone is welcome but responsible for transportation. Please call 676-9797 or 989-8460 before July 2.

Reporter Shelley Stroeber

Seaman recruit completes training in San Diego

Navy Seaman Recruit Verl J.J. Whitman, whose wife, Rita, is the daughter of Tom and Colleen Blaylock of Route 2, Box 332, Irrigon, Ore., has completed recruit training at the Naval Training Center, San Diego.

During the eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

Eva Griffith new elected Garden Club president

The Heppner Garden Club installed officers for the coming year at a picnic meeting on Monday evening, June 11, in the Main Street Park.

Eva Griffith is new president; Justine Weatherford and Barbara James' will continue as secretary and treasurer.

Outgoing President Eleanor Gonty conducted her final business meeting after which she was presented a gift of appreciation from the group.

Reports were given on the work done at the hospital, work done in the Main Street Park and the flowers arranged for the annual Pioneer Picnic.

Members began signing up to host meetings and to help with programs beginning next month. The yearbook committee of Jane Rawlins, Theta Lowe and Eva Griffith will meet June 17 at the Rawlins home to prepare new year-books.

Vacation Bible School, religious series at Nazarene Church

A series of religious films will be shown at the Heppner Church of the Nazarene beginning Sunday, June 17 at 7:30 p.m. and continuing on Wed., June 20, June 22, 24, 27, 29 and July 1. The church has set its

vacation bible school for June 25-29. Registration should be done before Saturday, June 23.

The school is open to the general public and no admission charged.

Grasshopper spraying set for farm acreage

Persons farming close to 280,000 acres signed up for spraying against grasshoppers between 5 p.m. and midnight on Thursday, June 7, at the County Extension Office.

The sign-up was conducted by County Agent Harold Kerr and John Nordheim with fine assistance from Bob McLaughlin, Ned Clark, Merlin

Hughes, Don Robinson, Kite Healy and Jean, Don and Sandy Bennett.

The busy crew collected over \$100,000 to fund the project and had promises of more funds. The state, federal government and landowners are each assuming one-third of the liability for funding this urgently needed effort.

It is hoped that spraying in this county will begin in about two weeks.

Scholars

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the Oregon Scholars award is to give recognition to the academic attainments of students who have excelled in high school whether or not they have financial need which qualified them for state scholarships.

Each recipient was presented with an Oregon Scholar certificate signed by Carroll Zon Gerber, Chairperson of the State Scholarship Commission, Governor Vic Atiyeh and Verne Duncan, Supt. of Public Instruction.

Rodeo Results

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Heppner, Cindy Dougherty, Heppner, Jana Steagall, Lexington, Miriam Donaldson, Mary Jo Johnson and Peggy Katzenberger; junior boys breakaway, Troy Frazier and Brad Howe, Irrigon and bull riding, Ron Bosworth, Mecham, Earl Mortimore, Joe Talbert, Rocky Steagall, Irrigon, Jeff Crockett and Mark Jarvis.

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