

Heppner girls part of Canadian Exchange Program, time to bake the Oregon Wheatheart cake

Birdine Tullis, Morrow Extension Service

The Oregon Arts Commission is organizing a special project: an exhibit of traditional folk art produced in Oregon. They are asking the people of Oregon to help them discover and preserve the best of our Oregon art heritage.

Do you know families or individuals who have preserved quilts, rawhide work or saddle-making or handmade furniture, basketry, needlework, decorative painting, works in wood or bone, or any other arts or crafts? Traditional folk work of artists and crafts people of today is also wanted.

You can help with the project by informing the Commission about folk artists working in your community, and about pieces of Oregon folk art and crafts in local collections or families.

An exhibit of work collected will be prepared in the fall of 1979 and will be on tour from February through December, 1980. It will be shown in Oregon museums and in the Renwick Gallery in Washington, D.C.

For more information contact Suzi Jones, Folk Arts

Coordinator, Oregon Arts Commission, 835 Summer Street, N.E., Salem, Oregon 97302, phone 378-3625.

We have many families who have lovely heirlooms, as well as many working artists and crafts people. Help by sharing information so Morrow County can be represented in the exhibit.

Two Girls To Canada

Good news for Cindi Bergstrom and our county! Cindi, as well as Lottie Laughlin, will be traveling to Canada to spend a week in the Frazier Valley of British Columbia as part of the 4-H exchange. Both girls are delighted and excited with the opportunity to meet Canadian 4-H members, as well as see a part of Canada. They will leave July 23 and return July 30.

LABO News

Oregon families will welcome 150 Japanese teen-agers and adults into their homes for a month beginning Wednesday, July 25, as part of the annual 4-H Labo Japan exchange. One student from Japan will be visiting at the Bob Mahoney home, Heppner.

Leaving Sunday, July 22 for Japan, will be 26 Oregon 4-H members and two chaperones.

They will spend a month in Japan living with families and attending various Labo youth programs. Steve Curtis, Heppner, an eighth grader, will be among the 26 who depart that day.

This is the sixth year that Oregon and Morrow County has participated in the international program. Labo is a private after-school program designed to help Japanese youngsters learn English. Japanese families send their children to this country to improve their language skills and learn about a different culture. Most of the young exchanges are in the 12 to 14 year old age bracket. The two

way exchange was initiated to further international understanding. Oregon delegates, as well as the Japanese delegates, pay all their own expenses.

This year the third segment was added to the exchange, with a special program for adults to tour Japan for three weeks. It includes a one week stay with a Japanese host family.

More information on the adult Labo exchange program

is available at all extension offices.

Morrow County has participated in the two way exchange each year since the beginning,

either by serving as a host county, or by 4-H members or chaperone traveling to Japan. Information is always on hand concerning the exchange, so if you'd like to know more about it, call Birdine at 676-9642.

Wheat Growers Baking Contest

I'll bet you received a lovely blue and white fair premium book in the mail this week! If so, turn to page 51, get out your ingredients, and bake the 1979 Oregon Wheatheart's Spicy Prune Cake! Try it on the family and plan to bake it again for the baking contest at county fair. If you have any questions about ingredients, pan size, or time to enter, call me at 676-9642, or at home, 422-7274. You may not know it, but I am Wheathearts chairman for Morrow County this year!

Suzanne Coppock, state Wheathearts chairman, tells me that the only baby food prunes you can buy are those with tapioca. Those are what she uses in the recipe. She also

tells us that it is a large 2 layer cake, so be sure your pans are at least 1 1/4 inches deep to prevent it from running over in baking. Round pan, or square pan? Either shape would pose no problem in baking. Yes, you must use the brown sugar frosting recipe in the premium book!

Cakes for the Wheathearts Baking Contest should be entered in the open class division at county fair by noon Saturday, August 18. We'll have a special place for them, so be sure to tell the superintendent that it is a Wheathearts Baking Contest Cake!

The contest is open to all men or women over 21 years of age, or married men or women. It's not only fun to be a part of this contest. The winner receives an expense paid trip to the Oregon Wheat League Convention in December, where he or she is involved in a bake-off for a \$100 cash prize. Locally, the winner's name is engraved on a lovely plaque, and a \$10 award. Try it...you'll like it!

Wheat On Our Minds
With wheat harvest going into full swing, we'd like to remind farmers and farm wives that now is the time to save some of their good crop to enter in county fair. It is a little late for perfect picking of wheat for sheaves, but not too late...give it a try! Threshed wheat as well as sheaves, may be entered at county fair as well as all other grains.

It's great to enter in fair and also a great decoration for the home in our wheat country! Also time to pick wheat if you

are planning to learn wheat weaving this fall. It should have been picked while in the "dough" stage, but you can still use it if that stage slipped by and you have to pick it ripe.

Wheat exhibits from our county fair go on down to Salem to the Oregon State Fair where for several years Morrow County has won awards for best wheat-grain exhibits. Let's do it again!

4-H horse Show Big Event For 4-Her's
The first event of the county fair program happens far before the actual fair...that is the 4-H Horse Show. Date this year is July 29, an all day event at the county fairgrounds in Heppner.

The fact that it happens early does not lessen the importance of the event to those members in the horse program. It is their big opportunity to show what they have learned, learn new things and compete for the honor of representing Morrow County at the state 4-H horse show as well as for valuable prizes given by many local donors.

It is a complete horse show, including both western and English events. There are classes for all age groups including showmanship, equitation, trail classes, colt classes and judging contests.

One of the things the kids appreciate is an enthusiastic audience to encourage them to do their best in all events. We hope you will mark the date of July 29 in red on your calendar and plan to be there. These kids are "top hands" and you'll see a good show. There will be no charge to attend.

Around About

Cont. from page 4

Wouldn't it be very great if block parties would become popular, and we could all get better acquainted with our neighbors—all within distance and not involving any imported energy.

A letter from Maxine Rolfness (Mrs. Stan) from Salem, a relative of Phebe Bartholomew and family, tells me that "Back in February in Arizona, Lila Myers gave me a copy of your column on rules for early county teachers in which you mentioned Edna Turner. We enjoyed and have shared the article. I now have it in an envelope to mail to Elizabeth Ashbaugh Deyo (a Heppner native and also a teacher)." I am constantly amazed to find how this newspaper reaches out.

A few days ago I had a pleasing telephone visit with Monica Swanson. She and husband Jim have just been entertaining Margaret Hay from Scotland in their lone home and showing her around local agriculture. Margaret was very interested in the ongoing wheat harvest and in the Anderson Earth Carpet enterprise. She said that the farm equipment used here is much larger than that which her family and neighbors use in Scotland.

Margaret came to visit the Swansons because in 1978 when Monica chaperoned a youth visitation to Japan she became friends with another 4-H chaperone from California, whose daughter had been an IFYE in the United Kingdom and had stayed with the Hay family in Scotland. When Margaret came to the U.S. on a grant to view American agriculture, she came to California and the friend there asked Monica if she would arrange an Oregon visit for her. The Swansons picked her up in Salem and kept her in their home for 5 days. Margaret has now gone on east to look around Idaho and other states.

Monica and I have both now had a look at some of the Orient and some of Europe, and we agree that we want to get out in the world some more to see so many other places of interest. We are both so sold on travel as a great educational tool and are enthusiastic about international youth exchanges.

If enough of our youth get to experience the inside of other cultures, perhaps they will develop better understandings of world-wide problems. The energy crisis is a world-wide matter—not just a U.S. problem. The matter of the refuge camps and the boat people needs much understanding.

As I close, suggesting we stay home and enjoy our close neighbors, I dream of hopping around the world a few more times. I do not mean to use any extra fuel—I dream of going on an already scheduled big, comfortable, swift jet plane. Hope you get aboard, too!

Pole employees drilled in proper emergency techniques

Line crew employees from Heppner and Condon at Columbia Basin Electric Cooperative, were drilled last week in the proper techniques to follow in the emergency rescue of fellow linemen from atop energized power poles, according to Rod Aho, the company's consumer service representative.

"Besides the most obvious situation requiring emergency assistance—receiving an electrical shock—a number of other situations can arise which necessitate a pole-top rescue," Aho said, such as the lineman suffering a heart attack, getting cleaning fluid in the eyes, or breaking an arm or leg.

Aho also noted that pole top rescue is definitely not for the amateur. Many problems can arise which complicate the rescue operation. It is much more than a simple matter of lowering the injured man down the pole on a rope.

Proper rescue procedure, Aho said, must be followed to assure that the individual is not further injured by an improperly secured rope which might cause extensive damage to internal organs he said injury could be more severe than the accident which necessitated the rescue in the first place. "Additionally, extreme care must be exercised to protect the lineman from entanglement with power or telephone lines on the way down," Aho added.

Other areas of safety training given the line crews included advanced first aid and cardio-pulmonary resuscitation.



Columbia Basin Electric Cooperative employee Doyle Key tries his hand at rescuing an "injured co-worker from atop a power pole. The "co-worker" in this case is a "dummy".

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SANITARY LANDFILL NOTICE

Effective, August 1, the county landfill will be open Tuesday, Wednesday, Thursday, Friday and Saturday. The Lexington dump will be open on the first and third Saturdays of the month. Charges are \$1 minimum, \$5 for pickups and \$10 for truck loads. The dump will be closed on Sunday.

By Order Of The Morrow County Court