

'Assertiveness' training highlights action-filled fall program for Morrow Homemakers

By Birdine Tullis
Morrow Extension Service

Extension Programs starting Fall Activities for Local Homemakers

September training events mark the beginning of an action filled fall for local homemakers involved in Extension programs. Starting with a leader-teacher training event on "assertiveness" by specialist Marcelle Straatman this week, as well as a meeting of all study officers to review responsibilities and learn new techniques on Sept. 21, everything is pointed toward an active year.

In addition to the regular monthly study group meetings, plans are now underway for sessions on food processors which will be offered in October; clothing construction classes in basic sewing and classes on making women's jackets are planned for November.

All extension events are open to all, membership is not required to attend any meeting or event.

Leaders who take the assertiveness training will repeat the lesson at study group meetings in October.

Those wishing more information on the special events, study group meetings, or any topic relating to the extension homemaker's programs, may call 676-9642.

4-H Clubs Ready to Go!

Several 4-H clubs are re-organizing for a new year of activity, with leaders ready to accept new members.

If there are kids in your family, that like hiking or outdoor activities, this is the club for them! Todd Harrison Lexington, is re-organizing his club to take advantage of fall weather for fun outdoors. His 4-H program for the year includes campouts, hikes, conservation practices, identification of plants and many survival techniques. Call Todd at 989-8493 for more information, or date of first club meeting.

Horse clubs are ready to saddle up and ride in the northern part of the county, with two clubs now available to members in the Irrigon or Boardman area. Barbara Mathis and Sharon Timms have many plans for their club, including drill teams, practice shows, fun rides...all the things for a really good club experience. Sharon Douglas, also is eager for more members in her club in the same area. Call John, 676-9642 for more information on the two clubs.

Leaders are needed for horse clubs in Heppner, Ione, and Lexington. We encourage anyone with an interest in horses and kids, to give us a call for information on leadership in this project.

Other club groups will be re-organizing soon. Anyone with youth, fourth through 12th grades, wanting more information on 4-H membership may call John or Birdine at 676-9642.

Sew With Wool Contests

Registration forms for the "Make It Yourself With Wool" Contest are now available at the county extension office in Heppner. The popular contest is dated for Nov. 17, at Blue Mt. Community College, Pendleton.

This year a new division has been added locally for adults wishing to participate by sewing and modeling wool, wool blend, garments. Anyone 25 or over (youth division are through 24 years of age) may participate. The adult division is for district 14 only (Gilliam Wheeler, Umatilla and Morrow counties) and there is no state division for adults. Judging of the adult division will be in conjunction with the youth Make It Yourself With Wool contest.

The Make It Yourself With Wool Contest for youth is a national contest, sponsored by the American Sheep Producers Council, Inc. and Women's Auxiliary, National Wool Growers Association. District director for the event

is Doris Doherty, Guardane Route, Pilot Rock, 97868, phone 443-6885. Participation in both the youth and special adult division is open to

everyone. Leaders Council Officers Elected South Morrow officers elected recently at the 4-H Council

meeting, to assume responsibilities for the 1979-80 year are: chairman, Jim Hayes, Heppner; vice-chairman, Eileen Padberg, Lexington;

treasurer, Judy Laughlin, Heppner; and secretary, Linda Padberg, Lexington. Officers of north Morrow council are: chairman, Lois

Richards; vice-chairman, Pete Richards; treasurer, Rose Wilson; secretary, Francine Evans, all of Irrigon. The officers of the two councils

make up the executive committee of the council. Food Processor Workshops So many have questions about food processors, or have

purchased one and do not know how to best utilize it, that Extension has scheduled workshops on the topic. Linda (Continued on Page 9)

UMATILLA "VIKINGS" AT STANFIELD

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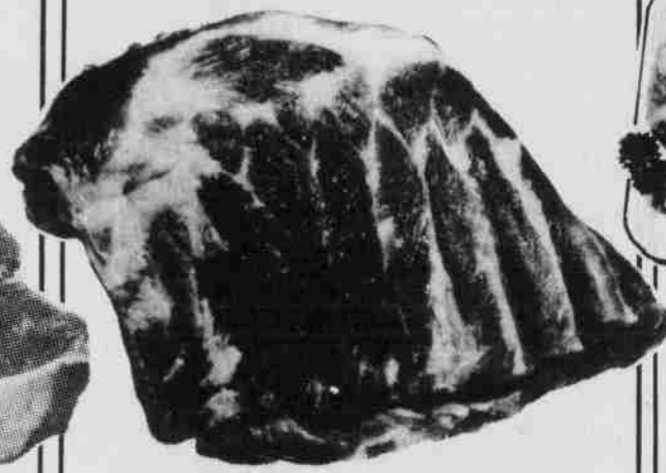
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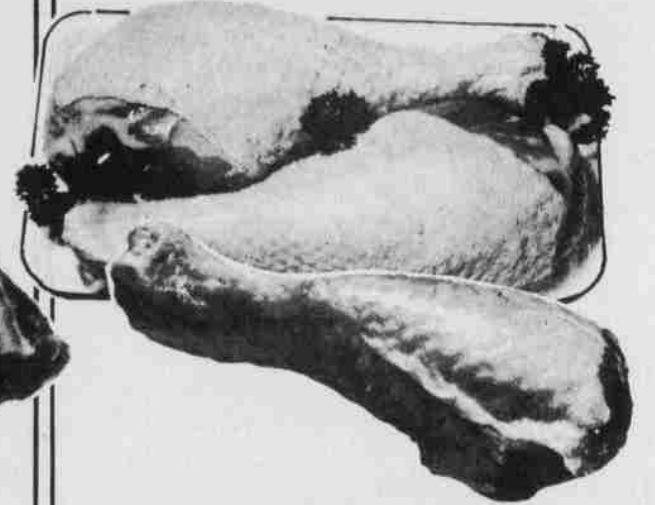
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| PORK LINK SAUSAGE Lennons, Mildly Seasoned | \$1.69 | CHICKEN FRIED STEAKS Armour's Pre-Cooked, Heat & Eat | \$1.39 |
| RED SNAPPER FILLETS Fresh | \$1.69 | PORK PATTIES Breaded, Armour's Pre-Cooked, Heat & Eat | \$1.39 |
| | | BREADED VEAL PATTIES Armour's Pre-Cooked, Heat & Eat | \$1.59 |

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| CRISCO SHORTENING 3-Lb. | \$2.19 |
| BLUE BONNET MARGARINE Quarters, 1-Lb. | 63¢ |
| HUNTS SNACK PACK PUDDING Assorted Flavors, 4.5 Oz. | 99¢ |
| CARNATION HOT COCOA MIX 3 Kinds, 12 1/2-Oz. Pkg. | \$1.39 |
| MRS. BUTTERWORTH PANCAKE SYRUP 24-Oz. | \$1.29 |
| FRISKIES BUFFET CAT FOOD Assorted Flavors, 8 1/2-Oz. | 4 FOR \$1 |

EXTRA CLEANING VALUES

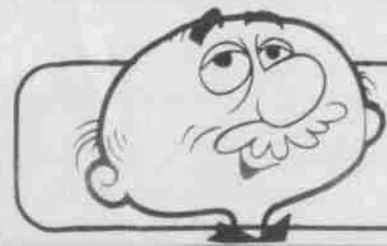
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| CASCADE DISHWASHING DETERGENT 35-OZ. SIZE | \$1.19 | DIAL BATH SOAP WHITE, GOLD OR AQUA, 5-OZ. | 2/ FOR 89¢ |
| PUREX LIQUID BLEACH 128-Oz. Size | 69¢ | WISK HEAVY DUTY DETERGENT Liquid, 32-Oz. | \$1.49 |
| FINAL TOUCH FABRIC SOFTENER 64-Oz. | \$2.09 | | |

DAIRY-DELI SPECIALS

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| WESTERN FAMILY DOZEN AA LARGE EGGS | 67¢ | DARIGOLD YOGURT ASSORTED FLAVORS 8-OZ. SIZE | 4 FOR \$1 |
| WESTERN FAMILY LOAF CHEESE Cheddar Mild or Monterey Jack, 2-Lb. Size | \$3.59 | | |
| KRAFT INDIVIDUAL SLICES American or Swiss Cheese, 12-Oz. Size | \$1.35 | | |
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