

Ione students attend Tribal Arts and Crafts Fair



Janie Pond, tribe whip lady, greets Ione Elementary group at Mission.

On May 6 kindergarten through fourth grade students at Ione Elementary attended the Ninth Annual Umatilla Tribal Arts and Crafts Fair at Mission. This field trip was the culmination of weeks of inten-

sive study of native American arts, crafts, legends and other aspects of the culture, said a spokesperson from the school. At the fair, students were personally met by Bill McLean, judging coordinator, and escorted on the tour by

Janie Pond, whip lady of the tribe.

The children attended the art showing at the Yellowhawk Clinic building and then enjoyed displays of Indian crafts and traditional food of herbs and roots displayed by the women of the tribe. Vivian Peters of Yakima, Wash. displayed her fashion designs incorporating Indian motifs in traditional and modern dress, including basketball warm-ups and cocktail dresses.

In the longhouse the group was given an exhibition of traditional Indian dancing and the story that accompanies each dance. Tribal members accompanied the dancing by playing a large drum.

Following the exhibition, the tour group was invited to learn the owl dance and the circle dance, of friendship, which was thoroughly enjoyed by all, the spokesperson said. Several families had baskets, beadwork, leather work and blankets on display in the longhouse. Everyone agreed it was one of the most enjoyable, informative, and interesting field trips they had ever had the privilege of attending, she said.

Upon their return, the children wrote stories, drew pictures, sent thank-you notes to the hosts.

In addition to the students, adults attending were Laura Broderick, who made the arrangements for the trip, Betty Rietmann, Barbara Adams, Diana Kincaid, Darlene Meyers, Maryann McElligott and Dot Halvorsen.

Pre-school screening clinics slated

Morrow County School District is sponsoring Pre-school Screening Clinics this month in Boardman, Irrigon, Ione and Heppner. Speech, hearing, language, vision, motor skills, and child development screening test, as well as dental and immunization information will be provided in the clinics free of charge.

Children entering school for the first time this fall are encouraged to attend the clinics. Children younger than age four or five are also welcome to attend, especially if parents have any concerns about their child's speech, hearing, vision, motor skills, or growth and development, said a district spokesperson.

Clinics will be held at Sam Boardman Elementary School Monday, May 23, A.C. Houghton Elementary School in Irrigon Tuesday, May 24, Ione Elementary School Wednesday, May 25, and Heppner Elementary School Thursday, May 26.

Parents must call school between 9 a.m. and 3 p.m. to schedule an appointment for their child. Numbers to call are: in Boardman 481-7383, Irrigon 922-3321, Ione 422-7131 and Heppner 676-9128.



Carrie Nance, Ione fourth grader, learns friendship dance from tribal host.



Native American children demonstrate the eagle dance.

Ione Garden Club visits Walla Walla

On Tuesday, May 10, seven Ione Garden Club members motored to the Walla Walla, Wash. area to visit Lavender Hills Herb Farm, run by Ron, Marie, Frank and Tina Batson.

Lavender Hill Herb Farm is a small, family-owned operation located on the Batson family homestead on Mission Road just two miles from College Place, Wash. and six miles from the Walla Walla city center. It is about three miles from the Oregon state line.

Though the Batsons have grown herbs for their own use for a number of years, they began expanding and seriously growing a larger variety of herbs in 1979. They now grow over 150 different herbs on their organic farm, reported an Ione club member. They presently have plants of about 100 varieties in the spring, including nine different mints, 14 ground covers, eight lavenders and 17 scented geraniums. Many have been propagated in their solar greenhouse from seed while others are grown in outside beds.

In their shop they offer a fine variety of unique herbal products including over 100 herbs and spices, over 30 fragrant oils, and many hand-crafted gifts, the Ione spokesperson said.

In front of the shop and greenhouse is a delightful garden of raised beds and grassy walks. Each bed is a collection of labeled plants with a specific purpose. There is a cook's garden, the medicine garden, tea garden, insect repellents, a grey garden and others. Visitors are invited to pinch and smell.

Mrs. Batson gave each garden club member a little booklet called "Herbal Renewal" in which she has listed herbs according to usage, shared herb recipes, and

Former Ione woman wins cook-off

A former Ione woman, Sandi Richardson of Bend, is the 1983 winner of the Oregon Beef Ethnic Cook-off with her recipe for Scandinavian Meatballs with Dill Sauce.

The contest, in which Richardson competed with six other finalists, was held at the Northwest Food Fair at Memorial Coliseum April 30. Richardson will attend the National Beef Cook-off in Bismark, N.D. in September.

Scandinavian Meatballs with Dill Sauce is a combination of "two or three" recipes, including a Scandinavian meatball recipe that she has used for years, but with an update since she substitutes

yogurt for sour cream in the recipe, and adds water chestnuts for texture and interest. According to the winner, the recipe is both economical and easy to prepare—even to making the meatballs ahead, baking and freezing. When it is time to serve, they can be baked in the oven, or reheated in a microwave oven while preparing the sauce.

A menu suggestion is serving the meatballs and sauce over wild rice, along with a tossed green salad.

As top winner, she will receive a trip to the National Beef Cook Off to compete for further honors, and a quarter of beef.

Richardson is the daughter of Mr. and Mrs. Louis Carlson, Ione.

Her recipe follows. Scandinavian Meatballs With Dill Sauce

- 1 1/2 pounds lean ground beef
- 2 eggs, beaten
- 1 cup heavy cream
- 1/2 cup rye bread cubes
- 1/2 cup grated apple
- 1/2 cup chopped raisins
- 1/4 cup chopped almonds
- 4 teaspoons chopped green onion
- 1 teaspoon salt
- 1 teaspoon white pepper

Dill sauce:
 1/4 cup butter
 1/4 cup flour
 2 cups beef bouillon
 1 1/2 teaspoons dried dill weed
 1 cup sliced water chestnuts
 1 cup plain yogurt

Gently but thoroughly mix together ground beef, eggs, cream, bread cubes, apple, raisins, almonds, green onion, salt and pepper. Shape into 2-inch meatballs and place on roasting rack in roasting pan. Bake 10 to 15 minutes at 400 degrees of until brown. Place meatballs in chafing or serving dish and pour dill sauce over top.

To make dill sauce, melt butter in a small saucepan. Stir in flour. Add bouillon, salt and dillweed. Cook over medium heat until thick. Remove from heat; stir in yogurt and water chestnuts.

Heppner Soroptimists elect new officers

Soroptimist International of Heppner elected new officers on Thursday, May 5, announced club spokesperson Gail Burkenbine.

Elected for 1983-84 are: Mary Goheen, president; Christy Lovgren, first vice-president; Vi Wilgers, Barbara Bloodsworth, recording secretary; Molly Rill, corresponding secretary; Pat Hyatt, treasurer; and Gail Burkenbine, director, a two-year term.

Installation of officers and initiation of new members

LoRayne Bowman, Barbara Hayes and Chris Limanen will be held on Friday, June 17, at the Heppner Elks Lodge.

In other news, seven members of Soroptimist International of Heppner attended and took part in a Northwestern Regional Conference of Soroptimist International of the Americas at Ashland on April 22-24.

Those attending were Jackie Allstott, president, Pat Hyatt, Vi Wilgers, Mary Goheen, Lenma Smith, Gail Burkenbine and Clista Venard.

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