

Health district recognizes service of dedicated employees

Most Morrow County residents believe Morrow County Health District has exceptional employees. It seems the health district would agree.

Three of those employees, Pennie Miller, Cheryl Tallman and Trish Maben, were honored with the Service Excellence Award recently at the annual MCHD Service Awards Banquet held in Heppner.

The Service Excellence Award is given to employees who exemplify exceptional service and go "above and beyond" the duties of their job, Grigg explains. Nominations come from employees and providers throughout the health district and are selected by a special committee.

Pennie Miller oversees purchasing of supplies and medical equipment.

"She starts her day in the wee hours of the morning and is always willing to fill in wherever needed at the drop of a hat," one district employee said.

Not only is she in charge of the purchasing, she also functions as an Emergency Medical Technician-Intermediate, a Nursing Assistant and a Medical Assistant when needed. When she recently had a medical procedure, she came in at small intervals just to keep up with things



(L-R) Pennie Miller, Cheryl Tallman and Trish Maben were honored with the Service Excellence Award recently at the annual MCHD Service Awards Banquet held in Heppner. —Contributed photo

that needed to be done for her job. Coworkers say she always has a smile and an upbeat attitude.

Cheryl Tallman is a Home Health and Hospice nurse. Other health district employees say she always goes above and beyond what is truly necessary to take care of patients and to inspire teamwork among her co-workers. One example of that is a community loan closet in Boardman; Cheryl frequently delivers equipment from the loan

closet to people in the community, often doing it on her own time and without pay. Her quilt group makes quilts of various sizes and delivers them to patients and community members. She is also said to meet all patients where they are in their lives without judgment, and provides them with the best possible care to improve their quality of life and help them make good medical decisions.

Trish Maben is a nurse at Pioneer Memorial Clinic. She always seems to have a smile on her face and a chuckle to go with it. She seems to always be aware of the need to track down missing orders from outside providers who order tests for her patients to be done at Pioneer Memorial Hospital. She is like a calendar when her patients miss their routine tests; she can often be found on the telephone

reminding them they are overdue. When outside telephone calls come to the hospital between 5 p.m. and 8 p.m., and the patient asks if someone just called them, the standard question is, "Could it be Trish?" And 95 percent of the time, the answer is "Yes."

In addition to the Service Excellence winners, another 13 employees were recognized at the banquet for the years of service they have given to the Health District. Those include:

- Sandi Hanna, 40 years of service
- Carl Lauritsen, 30 years of service
- Sue Thompson, 25 years of service
- Kim Thompson, 20 years of service
- Ed Berretta, MD, 20 years of service
- Teresa Flaiz, 15 years of service
- Heather Asbridge, five years of service
- Lori Jones, five years of service
- Russ Nichols, MD, five years of service
- Diana Sharp, five years of service
- Del Turner, five years of service
- Shawn Cutsforth, five years of service
- Warren Rosen, five years of service

"Morrow County Health District believes in its employees and knows that it's the people who make the difference," Grigg says. "The Employee Recognition Committee—Betty Hickerson, Delia Robinson, Tonia Adams, Patty Allstott and Katie Duncan—meets regularly to plan activities and events to show appreciation and recognition to the many people who make the Health District a great place to work."

Wheeler County 4-H to host 4-H shooting sports training

What do you get when you combine two passions, working with youth and shooting sports? A 4-H shooting sports club, of course.

Organizers say 4-H shooting sports teach youth firearm and life skills while participating in a safe, positive and fun environment. Disciplines offered include rifle, pistol, shotgun, archery, muzzleloading and Western Action Shooting.

Not just anyone can start a 4-H shooting sports club, though. Part of the training to become a 4-H shooting sports volunteer includes attending a mandatory State 4-H Shooting Sports training, which centers on the philosophy and training methodology

behind 4-H shooting sports. Curriculum/lesson plans are provided to help guide shooting sports clubs.

Wheeler County 4-H will host one of these State 4-H Shooting Sports Training classes the weekend of May 16-18 in Fossil. This training is offered at various locations throughout the state but has never been held so close to home.

Local residents are invited to take advantage of this opportunity to become a 4-H shooting sports club leader or add a discipline to their existing club. Contact the local OSU Extension Office at 541-676-9642 for more information.

The deadline for registering for the training is Tuesday, May 13.

Wranglers play-day results

The Wranglers club held a play day April 27; results are as follows:

Stick-horse Race
3 & under: 1st-Ketch Fennern, 2nd-Axton Hendricks, 3rd-Johnny Ashbeck
4 & 5 year-olds: 1st-Quaid Jensen, 2nd-Healy Hisler, 3rd-Brooklyn Hendricks, 4th-Mary Ashbeck
6 & 7 year-olds: 1st-Hallee Hisler, 2nd-Taylor Palmateer

Barrels
Lead-line: 1st-Irelynn Kollman, 2nd-Quaid Jensen, 3rd-Healy Hisler, 4th-Mary Ashbeck
7 & under: 1st-Blaine McClure, 2nd-Hallie Hisler, 3rd-Holden Sifford
8-11 year-olds: 1st-Blaine Mahoney, 2nd-Brock Hisler, 3rd-Kylee McClure, 4th-Shane Sifford
12-15 year-olds: 1st-Jaiden Mahoney, 2nd-Jacee Currin, 3rd-Ashley Price, 4th-Alexis Villegas

Poles
Lead-line: 1st-Irelynn

Kollman, 2nd-Quaid Jensen, 3rd-Taylor Palmateer, 4th-Mary Ashbeck
7 & under: 1st-Blaine McClure, 2nd-Hallie Hisler, 3rd-Holden Sifford
8-11 year-olds: 1st-Blaine Mahoney, 2nd-Brock Hisler, 3rd-Kylee McClure, 4th-Shane Sifford
12-15 year-olds: 1st-Jacee Currin, 2nd-Jaiden Mahoney, 3rd-Ashley Price, 4th-Alexis Villegas

Figure 8
Lead-line: 1st-Taylor Palmateer, 2nd-Ketch Fennern, 3rd-Axton Hendricks, 4th-Irelynn Kollman
7 & under: 1st-Blaine McClure, 2nd-Hallee Hisler, 3rd-Holden Sifford, 4th-Irelynn Kollman
8-11 year-olds: 1st-Brock Hisler, 2nd-Blaine Mahoney, 3rd-Kylee McClure, 4th-Shane Sifford
12-15 year-olds: 1st-Jaiden Mahoney, 2nd-Jacee Currin, 3rd-Ashley Price, 4th-Alexis Villegas

Bakery Bunch has 'eggcellent' meeting

By Haylie Peterson

The Bakery Bunch met at the Ione Community Church on April 16. Eleven members were present. Club leader Nancy Jepsen talked to the group about cooking with eggs, as it was the Easter season. We took a quiz with facts about eggs and discussed the answers.

The members, assisted by Mrs. Jepsen and Mrs. Lea Rodriguez, made "Dutch Babies." Members said they had fun separating the egg yolks with pop bottles. As the treats cooked, Nancy explained how they had gotten their name.

When the "Dutch Babies" were done, members got to put maple syrup and powdered sugar on them so they could sample them. Most of the members thought they tasted a lot like French toast. They also got to eat Bird Nest cookies.

Participants finished by cleaning up the cooking area before they added the recipes to their notebooks.

LIVE MUSIC
MAY 10 BUCKNUM'S
FILTHY STILL
BILLY COOK
DOG BITE HARRIS
TRAVIS BELLAMY * JAKE ROY

"Greg Walden is fighting to put people back to work in the woods and build healthy communities by breaking through the gridlock and regulation to ensure the certainty of timber supply that our mills need to stay open. That's why I'm supporting Greg Walden."

— Jennifer Krauss Phillippi
Owner, Rough & Ready Lumber

Greg Walden
Vote Greg Walden for Congress in the Republican Primary.
GREGWALDEN.COM
PAID FOR BY WALDEN FOR CONGRESS, INC.

SHINGLES SHOTS
IF YOU ARE OVER 50 AND YOU HAVE NO INSURANCE, THE MORROW COUNTY HEALTH DEPARTMENT HAS FREE SHINGLES SHOTS!
ALSO THOSE WITH MEDICARE, BUT NO PART D ARE ELIGIBLE FOR THE FREE SHINGLES SHOT
IF YOUR PRIVATE INSURANCE DOES NOT COVER THE SHINGLES SHOT AT ALL, YOU ARE ELIGIBLE FOR A FREE SHINGLES SHOT. CALL FOR INFORMATION
MORROW COUNTY HEALTH DEPARTMENT
120 S. Main St. • P.O. Box 799 Heppner, OR 97836
Boardman Clinic (541) 481-4200
Heppner Clinic (541) 676-5421