Prairie County Homemakers,

This will be our last issue of the Domestic Engineer until September. In the meantime, I look forward to your participation in the Prairie County Fair. Fair dates for this summer are August 2-4. Fair booth themes will be free choice and the Ag Building will be open on Wednesday, July 31st at around 5:00 p.m. for clubs to set up their booths. The annual Homemaker Pie Auction will take place on August 4th at 12:00 p.m. chaired by the Ash Creek Homemakers Club.

I hope you all have an enjoyable summer. Please feel free to stop by the Extension Office any time you have questions.

Sincerely,

Sharla Sackman
Prairie County Extension Agent
Prairie Fare: Do You Know Anyone with a Peanut Allergy?

By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension

“We have someone with a severe peanut allergy on board, so peanut-containing snacks will not be served,” the flight attendant announced.

“Please refrain from eating any of your own snack foods with peanuts as an ingredient for the duration of the trip,” he continued.

I had packs of peanut butter crackers and peanuts in my purse waiting to be eaten. I did not have a chance to eat during my layover, so I was looking forward to a snack. However, despite being a little hungry, I wasn’t about to put anyone’s life at risk for the sake of a few peanuts. In fact, the flight was so turbulent that no snacks or beverages of any kind were served. The beverage cart was kept parked, and I watched a movie to keep my mind off of eating, drinking and the fact that I felt like I was on a roller coaster.

I enjoy peanuts in other situations. When I need a quick snack, I grab a few peanuts to tide me over. Peanuts are an excellent source of protein and fiber, which help you feel full. They contain monounsaturated and polyunsaturated fats, which are heart healthy.

However, peanuts are among the foods most associated with allergic reactions, and the symptoms can range from mild to severe. Typically, some of the proteins naturally found in peanuts (arachin” and conarachin) are associated with their potential for allergic responses.

When a person with a food allergy is exposed to the allergen, the immune system takes action. Peanuts are among the eight major food allergens. The remaining seven allergens are milk, eggs, tree nuts, wheat, soy, fish and shellfish.

For someone allergic to peanuts, mild symptoms may include hives, rash, itchy mouth, nausea, stomach pain, nasal congestion, sneezing and many others. A severe allergy to peanuts may include swelling of the lips, tongue or throat; trouble swallowing; shortness of breath; feeling faint; loss of consciousness; chest pain; and/or weak pulse.

The worst-case scenario is anaphylaxis, when the allergy affects many areas of the body. The person may have tightened airways, a swollen throat, a severe drop in blood pressure, rapid pulse and/or loss of consciousness. Without prompt medical treatment, such as an injection of epinephrine, a peanut allergy can be fatal.

Even tiny amounts of the allergen through breathing or skin contact can lead to reactions.

According to the Food Allergy Research and Education (FARE) organization, 32 million people in the U.S. have food allergies. About one in 13 children (about two in every classroom) has some type of allergy.

Further, the FARE organization noted that childhood hospitalizations related to food allergy tripled from the late 1990s to the mid-2000s.

Those with a peanut allergy need to completely avoid peanuts or foods that may have come into contact with peanuts during the manufacture of foods. Just like cross-contamination in foods, some amounts of peanuts can be transferred from one food to another through contact with utensils, plates and other surfaces.

The federal Food Labeling Act requires that all packaged food products sold in the U.S. that contain peanuts must list the word “peanut” on the label. Look at the ingredient statement for the allergen statement, “Contains peanuts.”

Other foods, such as beer nuts, mixed nuts, peanut oil, nut meats, mandelonas and several other ingredi-
ents, need to be avoided by those with peanut allergies. Mandelonas are peanuts soaked in almond flavoring, by

Although reading food labels is a good idea any time, reading is especially important if you have a food al-

ergy. Remember, too, that ingredients in packaged food products may change without warning, so check ingredi-

ent statements every time you shop. If you have questions, call the manufacturer.

Visit https://www.ag.ndsu.edu/food to see other food allergy fact sheets. Here’s a peanut-free recipe to try.

7-Ingredient Chocolate Granola (Peanut-free)

1 1/2 c. unsweetened coconut flakes
1/2 c. pumpkin seeds
1/2 c. flaxseeds
1 Tbsp. Sunbutter or almond butter
1 Tbsp. canola oil
1/4 c. dried cranberries
1/4 c. semisweet chocolate chips

Sunbutter is a product made from sunflower seeds. When available, it typically is sold near peanut butter in the
grocery store.

Mix together coconut flakes, pumpkin seeds and flaxseeds in a medium bowl; set aside. Heat a large skillet over medium heat, and add canola oil and Sunbutter or almond butter. Add the dry coconut flake/seed mixture to the skillet and stir well. Make sure dry ingredients are evenly coated with the butter mixture. Toast in the skillet for about 10 to 15 minutes on medium-low heat. Pour mixture onto a tray lined with parchment paper, and after a few minutes of cooling, add chocolate chips and dried cranberries, and toss to mix. Chips will continue melting to make the granola creamy and chocolatey. Enjoy with your favorite milk or yogurt, or by itself.

Makes 12 servings. Each serving has 160 calories, 12 g fat, 5 g protein, 11 g carbohydrate, 3 g fiber and 5 mg sodium.
Here are some Humanities Montana speakers that may be of interest for our Fall Banquet. Let the Extension Office or Homemaker Executive Committee know which programs appeal to you.

Mary Jane Bradbury:

**Jeannette Rankin—American Conscience**

Humanitarian, pacifist, and tireless advocate for social reform, Jeannette Rankin was the first woman elected to U.S. Congress, and the only member of Congress to vote against U.S. entry into both world wars. Bradbury, as Jeannette, discusses her journey from grassroots suffragist to being the first woman to participate in United State government. Hear in Jeannette's own words her views on equality and government reform—words that ring true today.

**Kid Gloves and Brass Knuckles: The Life of Nancy Cooper Russell Living History**

Against the backdrop of the social and political reform of the early 1900s, Nancy Cooper Russell was a woman ahead of her time. A self-taught business woman with the ability to take charge, Nancy helped Charles M. Russell become the highest paid living artist of his time. Art historians consistently give her credit for being the reason the world has the extraordinary Russell paintings and sculptures that grace galleries and private collections today. Bradbury brings Nancy Russell to life and shares the story of her chance meeting with the Montana cowboy artist who would become her husband. She describes the world of art that celebrated the myth of the west at the beginning of the 20th century and tells stories about the renowned artists and celebrities the Russells knew as they traveled from New York City to the growing California suburb called Hollywood.

**Me and Martha: Intimate Reflections of Dora DuFran about the Real Life Calamity Jane**

The name Calamity Jane brings to mind an iconic character of the American West. Accounts of Calamity—whose real name was Martha Canary—are legion and she has achieved mythical status in the lore of the frontier. She lived and traveled throughout Wyoming, Montana, and the Dakotas from 1867 to 1903, during some of the West’s wildest days. The voracious Victorian press sensationalized her activities, and as a flamboyant character in popular dime novels, Calamity Jane’s legend grew until the person behind the character all but disappeared. Who better to give us insights about the real story than madam Dora DuFran, a Black Hills pioneer, entrepreneur and close friend of Calamity’s. Ms. DuFran built a successful red light business during the rambunctious early days of the western frontier in Deadwood, South Dakota, and has a unique perspective about how wild it really was. Ms. DuFran knows better than anyone the life of Martha Canary and Calamity Jane, two quite different women, one legendary, one all but forgotten.

**Margaret “Unsinkable Molly” Brown and a Mythmaking Press**

One of the American 20th Century’s most enduring myths, the life of Margaret “Unsinkable Molly” Brown, was largely a creation of the press and a society that craved a very specific type of heroine. Mary Jane Bradbury will explore the legend that formed around Margaret Brown, even in her own lifetime, a myth that has been unraveled to reveal a remarkable woman quite different from the popular story. Margaret was the epitome of the reform era’s “New Woman,” and she used her wealth and fame to work for the social, political and labor reform critical during the early decades of the 20th century. Through her life and the lives of others, Bradbury will discuss the role of the inaccuracies that have shaped our past and inform our present.

**Almeda Bradshaw:**

**The Importance of Her Voice: Song in the Lives of Mountain Women**

Meet Emma Bell Miles, a bride of Appalachian poverty, and hear the songs sung by the women she lived among on Walden’s Ridge, TN. At the turn of the 20th century, these women were the bearers of folk song tradition. They were the keepers and teachers and they passed on a distinct female point of view as they experienced poverty, hardship, economic exploitation, sexual subjugation and limited opportunities. Their songs, filled with humor, sadness, victory and heartache, remind us of our common humanity and of those who live even today disenfranchised, overlooked and ignored.
Into the Sunset: The Forgotten Cowgirl Singers
Dale Evan’s success as Queen of the West is owed to a century of cowgirls in show business. Made sensationally popular by dime-store novels and touring Wild West troupes, a public love affair began with the clean-cut cowgirl image which allowed women a respectable avenue into show business. From Mary Ann Whittaker’s horseback exhibitions in the 1850s, to the Wild West Shows and vaudeville acts of the early 1900s, to the pioneer radio and recording artists of the 1920s, meet the forgotten women entertainers who wore buckskins and boots while yodeling their way into America’s heart.

Homes & Honky Tonks: Post WWII Women in Country Music
For working class country folk, honky tonk music became their voice of loneliness and alienation as men and women coped with the stress and adjustments of life after the atomic bomb. 1950s suburban conformity, meant to help normalize the family unit, only contributed to feelings of victimization for both sexes. Examine how PTSD, then unrecognized, contributed to the dysfunction of families and learn how Kitty Wells, Patsy Cline, Loretta Lynn and others responded in their songs to the social changes of post-World War II America.

Philip Burgess:
Evelyn’s Water: The Woman Who Sang with Ferlin Husky
Burgess tells the story of Evelyn, a woman-child who came out to eastern Montana in 1911 and, at the age of fifteen, married a homesteader named James Moore. She immediately became pregnant, but they lost their homestead before she could give birth. James and Evelyn spent the next ten years living in shacks on rented land and working for other farmers, with Evelyn taking a break every year or two to have a baby, until they were able to buy another farm in 1922. Drought caused crop failure after crop failure, and in 1934 Evelyn launched a one woman letter-writing campaign to convince the government to build an irrigation project for the area. Her letters bore no fruit until 1935 when, in desperation, she wrote to Eleanor Roosevelt, figuring that if she wrote to the president, “It would perhaps go in the waste basket.” Mrs. Roosevelt replied immediately, and two weeks later the feds showed up on Evelyn’s doorstep, and the project was begun. It was about this time that Evelyn had the last of her eleven children, all of them born at home, and only four of them with a doctor present. In 1962, Evelyn was selected Montana’s Mother of the Year and flown to New York where she and similarly honored women from other states were guests at a luncheon where she sat at table with John Glenn’s parents and sang a duet with Ferlin Husky.

Anne Foster:
Alcohol, Corsets, and the Vote: A Conversation with Mary Long Alderson
In celebration of the Montana women’s suffrage centennial, join suffragette, temperance worker, dress reformer, and journalist Mary Long Alderson for a conversation. Chairwoman of the Montana Floral Emblem campaign, president of the Montana Christian Temperance Union, and a leader in the Montana Woman Suffrage Association, Mrs. Alderson is an eloquent and passionate speaker. Drawing from her own editorials and other writings, she explains the benefits of votes for women as well as the evils of drink and tight lacing.

Chere Jiusto:
Hand-Raised: The Historic Barns of Montana
The historic barns of Montana are a threatened part of our heritage. To capture their history and encourage their preservation, Chere Jiusto, Christine Brown and photographer Tom Ferris collaborated on the award-winning book Hand Raised: Historic Barns of Montana, released by Montana Historical Society Press in 2011. Chere Jiusto and Christine Brown have dedicated their careers to preserving Montana’s historic places, as director and education director with the Montana Preservation Alliance. MPA championed this decade-long project, which traces the agricultural history of Big Sky Country and celebrates the craftsmanship that went into building these icons of rural life. This conversation includes an overview of Montana’s barn-building history, stunning photographs of barns from across the state, and the stories attached to some of Montana’s most memorable, photogenic, and historic barns.
Dementia is a progressive, irreversible disease of the brain affecting millions of Americans. The disease destroys brain function, which over time leads to a decrease in purposeful abilities.

Of all the causes of death, dementia is one disease that cannot yet be cured, prevented or treated effectively. Although most people develop symptoms of dementia after age 65, some individuals may experience signs of dementia in their 30s. Those afflicted with early onset dementia experience a greater initial loss of cognitive abilities such as deficits in attention, visual information interpretation and language. The rate of decline for early onset dementia is faster than in those individuals with later onset dementia.

Dementia is an umbrella term that includes many cognitive loss conditions which decrease and destroy brain function over time.

Alzheimer’s disease is the most common type of dementia. Caused by damage to the nerves in the brain and their eventual death, it has an expected progression of 8-12 years.

Vascular Dementia (multi-infarct) is caused by damage to the blood supply to the nerves in the brain and is spotty and unpredictable.

Lewy Body Dementia (LBD) results in movement problems, including falls and stiffness. LBD is characterized by visual hallucinations, nightmares and fluctuations in day-to-day functionality.

Frontal-Temporal Dementia effects include rapid changes in feelings and behaviors, difficulty with word finding and problem behaviors including poor impulse control (Heather McKay, 2018).

Different forms of dementia bring different symptoms and behaviors. However, there are some universal traits. One is that the brain begins to shrink and stop working, which affects everyone’s lives. The most common universal characteristics include:

- Memory loss, initially the most recent memories, but eventually all
- Diminished language skills; often some basic skills remain
- Dementia steals the ability to understand what others mean and say
- Reasoning and logic are lost
- The familiar begins to seem odd and frightening
- Impulse control is diminished, as are emotional and mood control.

Risk Factors for Dementia

Age: 65 and older is most common, early onset can occur in the 30s, 40s and 50s.

APOE-e4 gene: Individuals with this gene are three times more likely to develop Alzheimer’s dementia.

Family History: Those with parents or siblings with dementia are more likely to develop the disease than those who do not.

Mild Cognitive Impairment (MCI): Individuals with MCI are more likely to progress to dementia than those without MCI.

Traumatic brain injury: Brain injury increases the risk of developing dementia.

Cardiovascular disease: Brain health is closely related to heart health. Care should be taken to avoid cardiovascular risks such as smoking, obesity, diabetes, hypertension, high cholesterol and inactivity.

Limited Education: Researchers believe that more years of education builds a cognitive reserve that help individuals better compensate for changes in the brain that may result in dementia.

Lack of Social and Cognitive Engagement: Remaining socially and mentally active may support brain health and reduce the risk of dementia.

Nationally, dementia is the sixth leading cause of death. While deaths from heart disease have
decreased 11 percent between 2000 and 2015, deaths from dementia have increased 123 percent. Nearly six million Americans live with dementia, a number that is projected to rise to nearly 14 million in the next 30 years.

Currently, over 16 million Americans are providing unpaid care for those affected by dementia, devoting an estimated 18.4 billion hours of care valued at over $323 billion (Alzheimer’s Association, 2016).

In Montana, nearly 20,000 residents are affected by dementia and this number is expected to increase to 27,000 by 2025. In one year, Montana’s 50,000 caregivers invest 55 million hours of unpaid care for their loved ones affected by dementia. Everyone will be affected by dementia at some point in their lives either directly or indirectly (Montana Chapter, Alzheimer’s Association).

Distance creates sparse resources for caregivers and patients in some areas of Montana. Because caregivers play such an important role in the lives of those living with dementia, it is important to provide resources when possible. Providing care for patients can be all-encompassing and affect every aspect of a caregiver’s life. Many demands are placed on caregivers. They face tests of resiliency, problem solving, patience and stamina, and maintaining emotional and physical health is a challenge. Finding support and maintaining a high level of self-care can help caregivers in a stressful and emotional journey.

Developing a personal support plan is recommended for those in a caregiving role. An effective plan may include some or all of these steps:

1. Ask for and accept help
2. Focus on what you can provide, remove guilt for what you can’t
3. Set realistic, SMART goals (specific, measurable, attainable, relevant and timely)
4. Update caregiving skills
5. Join a support group
6. Make use of available resources
7. Plan for self-care
8. Watch for signs of caregiver stress

A free packet of information with Montana-specific information called “Legal and Financial Steps and Resources for Caregivers and Others Concerned About Memory Loss” is available from MSU Extension. Included in the packet are MontGuides (fact sheets) about financial powers of attorney, wills, letter of last instruction, Medicaid and long-term care costs, providers orders for life-sustaining treatment, and more. The Montana Alzheimer’s Association has also provided three brochures and information about their 24/7 phone help line. An explanation about the Montana Caregiver Act is included courtesy of Montana AARP. For a copy of the packet, contact khayes@montana.edu, call 406-994-3511, or visit www.msuextension.org/alzheimer to order.

There are many opportunities to find a deeper sense of reward in a caregiving role. It takes an individual with unique skills to manage the daily tasks. As the disease progresses and the patient seems less appreciative, caregiving can become what seems like a thankless task. Perceived in the right frame of mind however, the caregiving journey can include life-affirming rewards in addition to the challenges faced.

### 10 signs of caregiver stress

If you experience any of these signs of stress on a regular basis, make time to talk to your doctor:

1. Denial
2. Anger at the person
3. Social withdrawal
4. Anxiety about the future
5. Depression
6. Sleeplessness
7. Exhaustion
8. Irritability
9. Lack of concentration
10. Health problems
Winter damage is widespread throughout Montana on evergreens this year (spruce, Douglas-fir, and pines). The damage consists of tips of the newest needles turning yellow, red, or red-brown (Fig. 1). Entire branches might also be affected. The browning is from the outside inward (Fig. 2). The windward sides are most strongly affected.

Winter kill or desiccation occurs when the amount of water lost by the foliage exceeds the amount picked up by the roots. Periods of wind can cause increased water loss during late winter and early spring when the roots are still frozen and the conifers are transpiring through their needles. Winter kill and desiccation are also common when there is a large fluctuation in daytime and nighttime temperatures.

These symptoms, although they appear alarming, will be less obvious as soon as the tree pushes the new growth and/or drops its dead needles. As long as the buds are soft and green, there is still good growth and life in the tree. The trees will recover. It is important to make sure your trees are watered throughout and regularly during dry periods, especially into the fall.
Ornamental Grasses Take Root In North Dakota
By Laura Kourajian lkourajian@yahoo.com

Growing grass in North Dakota has come a long way from the sweeping swaths of fescues and bluegrasses that covered backyards like a fitted sheet. In the 1970s, landscape architects on the east coast of the United States embraced ornamental grasses that were growing in popularity across Europe. This trend was led by Karl Foerster feather reed grass, Calamagrostis x acutiflora (Fig. 1). With its upright vertical form, clumping habit and feathery flowers, it is named after Karl Foerster, a German nurseryman. He reportedly discovered this plant in the Hamburg Botanical Garden in the 1930s and introduced it into commerce in 1950.

Karl Foerster feather reed grass is still a staple in many landscapes and gardens in North Dakota, where it has proven hardy and provides interest during our winters. However, new varieties of ornamental grasses are coming on strong. There are sedges (Carex spp.), tufted hair grass (Deschampsia cespitosa), Chinese silver grass (Miscanthus spp.), blue oat grass (Helictotrichon sempervirens), switch grasses (Panicum spp.), fountain grasses (Pennisetum spp.) and bluestems (Andropogon gerardii and Schizachyrium scoparium). Fescue (Festuca spp.) is still around and also comes in an ornamental form, a low growing clumping blue grass “Elijah Blue.”

Annual grasses can fill open spots in gardens, add color and often serve the “thriller” role in containers, while perennial grasses are growing in popularity in North Dakota landscapes. “Once they’re established, they’re very low maintenance and very drought tolerant,” said Esther McGinnis, NDSU Extension horticulturist. “They engage all the senses; they sway in the wind, they have motion, they make a sound.” (That special rustling sound made by the grass as it sways is called “susurration,” McGinnis said.)

There are two types of grasses: warm season and cool season. Warm season grasses are those that typically grow best when temperatures are between 80-95 degrees F and do most of their growing in the summer, and bloom in summer. Cool season grasses grow during spring and fall, when temperatures are cooler, and go dormant during the heat of summer. They bloom in spring.

Alan Zuk, associate professor in the Department of Plant Sciences at NDSU, conducted a three-year study of tall warm season grasses starting in 2010. The study followed 15 native and ornamental grasses in exposed sites on the campus at NDSU in Fargo in the eastern part of the state, and at the Northern Great Plains Research Laboratory south of Mandan in the western part of the state. The study showed big bluestem (species) (Andropogon gerardii), the big bluestem cultivar “Pawnee” and silver banner grass (Miscanthus sacchariflorus) survived all three years at both locations. Those that didn’t survive included giant miscanthus (Miscanthus xiganteus), Chinese silver grass (Miscanthus sinensis) and hardy pampas grass (Saccharum ravennae). That’s good information for the backyard gardener, as well as North Dakota nurseries, to know.

Other things to keep in mind when choosing an ornamental grass, McGinnis said, are the mature height and width of the grass to ensure a planting location where it won’t get crowded or crowd out other desirable plants. Ornamental grasses should be planted in full sun, though there are a few grasses that can take partial shade, she said. And consider that grasses may have winter interest potential as many are sturdy enough to stand over the snow season. An increasing number of the newer cultivars don’t lodge, McGinnis noted. Lodging happens when the grass falls over, lying flat against the ground. If a grass is subject to lodging, cut it back in the fall. If it doesn’t lodge, leave it standing and it will provide golden winter interest in the landscape.

Ornamental grasses with red coloring are starting to turn landscapers’ heads, though “anecdotally we don’t think they’re hardy enough for North Dakota,” McGinnis said.

Another consideration for landscapers: Is it well behaved or invasive? “There are some that are invasive. I’ve seen blue lyme grass take over a flower bed,” said McGinnis. Other grasses that are considered invasive include ribbon grass (Phalaris arundinacea, Fig. 2) and the silver banner grass that did best in Zuk’s study. The latter grass is very hardy in North Dakota, but will require a gardener’s diligence to keep it in check.

Grasses that are worth a try in North Dakota landscapes include:

- Big Bluestem (Andropogon gerardii, Fig. 3), also called turkey foot because the panicle resembles a turkey foot.
- Little Bluestem (Schizachyrium

Fig. 1 Calamagrostis x acutiflora

Fig. 2 Phalaris arundinacea
scoparium). Blue Heaven is one type that is selected in the wild in Minnesota and propagated through tissue culture.

- **Sedges** (*Carex spp.*): There are about 2,000 species within that genus, and about 80 of them are native to North Dakota. Two of them — *Carex pensylvanica* (a good ground cover in dry shade, Fig. 4) and *Carex muskingumensis* (palm sedge, Fig. 5), with its interesting seed head) may matter in North Dakota, McGinnis noted.

- **Deschampsia cespitosa**, generally called tufted hair grass, is good for ground cover and can take partial shade unlike many ornamental grasses.

- **Miscanthus ‘Purpurascens’** (Fig. 6) is often called flame or purple flame and has feathery white plumes.

- **Helictotrichon sempervirens** is commonly called blue oat grass. It has silvery shimmery blades and is easier to keep alive than the fescues, McGinnis said. It does well in sandy soil.

- **Panicum virgatum** (Fig. 7), also known as switchgrass. There are only a couple that are hardy enough to call North Dakota home. Northwind has proven itself, though it may be harder to get established, said McGinnis.

**Resources:**


McGinnis, Esther, 2015, Ornamental Grasses for North Dakota, presentation to nursery growers conference.
P. C. HOMEMAKERS SPRING COUNCIL MEETING

April 24, 2019 7:00 p.m.  P. C. Courthouse

President Arlene Morast called the meeting to order. The Pledge of Allegiance and Women's Creed were recited. Roll call was answered by council officers – President Arlene Morast; Vice-President Lois Pfiefe; & Treasurer Nancy Birkholz; club officers from Ama de Casa – Lois Pfiefe, Dorothy Schroeder, Yvonne Moos & Suzanne Thomason for Jan Warner; Ash Creek – Sandy Sperline, Patty Trask for Marian Strobel & Nancy Birkholz; Cabin Creek – Eileen Nielsen & Chele Harrington; and Fallon – Diane Ehman & Ann Marie Davis and County Agent Sharla Sackman.

Minutes of the Fall Council meeting were read and approved. The Treasurer’s report was given & accepted with an ending balance of $872.21. The bake sale/luncheon netted a profit of $1238.46 which was presented to the Save Our Pool fund.

BILLS/CORRESPONDENCE – None

REPORTS – The fall banquet was rated as a success by all the clubs.

The clubs exchange of ideas included some of the following activities – putting on a Christmas party for the nursing home residents, planting flowers at the cemetery, donating to various community projects, cleaning designated museum rooms, making new county road signs, attending concerts and plays and fair awards.

Eileen reported that the Christmas potpourri was a success. The spring potpourri with Jody Haidle, Becky Vetter and Patty Trask was equally successful. Being inspired by the spring potpourri Eileen shared some projects she completed.

Lois Pfiefe gave an in depth report on the bake sale/luncheon held in February. Despite the weather it was very well attended. She had a detailed summary to be used for future luncheons. One suggestion for chairing and co-chairing this money making project was made for the clubs to think about. These being that each club rotates like the band stand maintenance and decorating. Or have two clubs share the responsibilities – one town club & one country club.

UNFINISHED/OLDBUSINESS – There was some discussion on the band stand outlets and why only one was in working order. Lois made a motion seconded by Eileen to have Co. Agent Sharla contact an electrician to check them out. Motion carried. Ama de Casa is in charge of maintenance this year and Fallon does the Christmas decorating.

The P. C Fair is August 2-4. The “free choice” booth theme is agreeable to all clubs. Ash Creek chairs the pie and baked goods auction. There were 3 suggestions for the proceeds recipient which were voted on as follows – after school drama club – 2; fairgrounds – 8; and hospital foundation - 3. There was also a vote to give the proceeds two 1 or the top 2. The
vote was top 2 recipients – 3 or for 1 recipient – 7. Chele made a motion, seconded by Dorothy to retain 10% of the proceeds for the councils account. Motion carried.

ONGOING BUSINESS -- Sharla is to have several Humanities programs listed in the May DE for the clubs to choose for the fall banquet entertainment. The executive council will then make a decision at the fall council planning meeting.

Eileen Neilsen reported she is a 50 year homemaker club member this year. If there are any other 50 or 60 year members, it should be reported to the extension office.

There will be a Christmas potpourri and a spring potpourri again this coming year.

Some new programming ideas for this coming year are a visit to Jody Haidle’s year this summer, David Grahm’s art projects and the possibility of making barn quilts.

Nancy handed out a new nursing home resident listing with 2 names left to be picked. Each club now had the following number of residents – Ama de casa – 4; Ash Creek – 5; Cabin Creek – 4; Fallon -5. There was discussion on activities and reasoning on why there are no decorations put up all over for the holidays. It was explained that the P.C. Nursing Home is classified as a swing care hospital which is under different rules and regulations. Some ideas to brighten up the living area were holiday table decorations, have a designated bulletin board for holiday or seasonal decorating and possibly planting flowers in the patio area.

Lois had a listing of the museum rooms for the clubs to sign as to which rooms each club cleans.

ANNOUNCEMENTS – The Fall Council meeting will be held at the Fallon Fire Hall with the Fallon Homemakers in charge of refreshments.

President and treasurer positions are up for election at the fall meeting. Nancy announced she would run again for second term as treasurer. There will need to be a new president as Arlene has already served 2 terms.

Meeting adjourned to refreshments served by Cabin Creek.

Respectfully,

Nancy Birkholz, Acting Secretary