



Dear Homemakers,

Happy Fall! I hope you all enjoyed the cooler and wetter summer we had and were able to take some time for needed rest & relaxation.

Enclosed in this newsletter is information on the Homemaker's Fall Council Meeting in Alzada on September 22nd. The Albion 400 Club has a fun day planned for us all. Hope to see you there!

My country road is bordered with rows of sunflowers this year. Probably many of yours are also. What fun to see the birds now enjoying this treat. Here is a quote from Helen Keller that is a good reminder to us all when we are enjoying these sunflowers:

*"Keep your face to the sunshine  
And you cannot see the shadow.  
It's what sunflowers do."*

Lana Buerkle  
Program Assistant

Nico Cantalupo  
Fallon/Carter County  
Extension Agent

**In This Issue:**

- Fall Council Invitation
- Spring Council Minutes
- Making & Storing Fruit Pies
- Family Health Portrait
- Design A Wrap
- Gift Tags
- Lessons of the Geese

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[www.falloncounty.net/  
extensiondw/index.html](http://www.falloncounty.net/extensiondw/index.html)

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)



## ARE YOU A MARTHA OR AN ERMA?

### Martha Stewart to Erma Bombeck:

Hi Erma,  
This perfectly delightful note is being sent on paper I made myself to tell you what I have been up to.

Since it snowed last night, I got up early and made a sled with old barn wood and a glue gun. I handpainted it in gold leaf, got out my loom, and made a blanket in peaches and mauves. Then to make the sled complete, I made a white horse to pull it from DNA I just had sitting around in my craft room.

By then, it was time to start making the place mats and napkins for my 20 breakfast guests. I'm serving the old standard Stewart twelve-course breakfast, but I'll let you in on a little secret: I didn't have time to make the tables and chairs this morning, so I used the ones I had on hand.

While the homemade bread was rising, I took antique candle molds and made the dishes (exactly the same shade of pink as my walls) to use for breakfast. These were made from Hungarian clay, which you can get in almost any Hungarian craft store.

Well, I must run. I need to finish the buttonholes on the dress I'm wearing for breakfast.

I'll get out the sled and drive this note to the post office as soon as the glue dries on the envelope I'll be making. Hope my breakfast guests don't stay too long—I have 40,000 cranberries to string with bay leaves before my speaking engagement at noon. *It's a good thing.*

Love Martha Stewart

P.S. When I made the ribbon for this typewriter, I used 1/8-inch gold gauze. I soaked the gauze in a mixture of white grapes and blackberries which I grew, picked, and crushed last week just for fun.

### Response from Erma Bombeck:

Dear Martha,  
I'm writing this on the back of an old shopping list, pay no attention to the coffee and jelly stains.

I'm 20 minutes late getting my daughter up for school, packing a lunch with one hand, on the phone with the dog pound, seems old Ruff needs bailing again. Burnt my arm on the curling iron when I was trying to make those curly fries, how DO they do that?

Still can't find the scissors to cut out some snowflakes, tried using an old disposable razor . . . Trashed the tablecloth.

Tried that cranberry thing, frozen cranberries mushed up after I defrosted them in the microwave.

Oh, and don't use Fruity Pebbles as a substitute in the Rice Krispie snowball recipe, unless you happen to like a disgusting shade that resembles puke!

The smoke alarm is going off, talk to ya later.

Love Erma



### DID YOU KNOW?

To hasten the ripening of tomatoes, remove flowers that will not develop this season and stress the plants by withholding fertilizer and cutting back on water.

If you must pick tomatoes green, ripen small quantities in a paper bag along with an apple, which releases ethylene, a plant ripening hormone. Another ripening method is to pull the entire plant and hang it upside down, or spread individual fruits on newspaper in a cool environment.

## ESTATE PLANNING WEBINAR

From trusts to taxes and wills to beneficiary deeds, estate planning is as complex and challenging as ever. This fall and winter Montanans will have an opportunity to learn about estate planning using the latest technology. If you have a computer with internet access, you can avoid the winter roads and participate in the hourly Estate Planning Webinars right from your own computer!

Marsha Goetting, MSU Extension Family Economics Specialist, will present the Webinars from her computer to yours. It's like magic! You'll be able to hear her speak, view slides, and ask questions in the chat room. During the Webinars, Goetting will share highlights from an educational packet she has developed, Estate Planning: The Basics. The packet includes fact sheets on estate planning topics and is designed so that Montanans can learn about estate planning and at their own pace after the session.

The Webinars are scheduled from 5:30 to 6:30PM with a repeat session 7:30 to 8:30 PM on the following dates: September 23, October 28, November 18, January 20, and February 18. For more information, please call the Extension Office (406)778-7110.

# PASSING THE TORCH

## HOMEMAKER'S FALL COUNCIL MEETING

Tuesday, September 22, 2009



Alzada Community Hall

Registration 9:30 AM



**All Clubs - please furnish a doorprize.  
Carter County Clubs - please furnish 2 dozen cookies.**

**Don't forget to bring those Silent Auction Items!**

**Cost of Luncheon - \$8**

**(Carpooling from Fallon County Courthouse - 8:00 AM - Please call 778-7110 if interested)**

## HOW MEN AND WOMEN COMMUNICATE DIFFERENTLY

We often think that women talk more than men but in reality they talk about the same amount. It is the type of talk that they do that differs, says Sandy Bailey, Family & Human Development Specialist with MSU Extension. Men typically talk about topics like work, sports, or solving a problem. Women's talk focuses more on emotions and wanting to help the other person feel better.

Women and men also differ in how they talk to a friend. In a study by Dr. Deborah Tannen, same-sex pairs of preschoolers, school age, and teen-agers, were asked to enter a room, with two chairs and sit down and have a conversation with their friend. The conversations were videotaped. Even without using the audio on the tapes, differences were found. The girls arranged the chairs so that they were sitting facing one another and leaned in to talk to their friend. Boys tended to set the chairs side by side and not look directly at their friend when talking. Clearly, girls are more interested in the emotional connection. Next, when Dr. Tannen had the audio on, the conversations were different. Boys usually tried to "one up" the other on an activity. For example one boy might say, "I went hunting with my Dad and we walked one mile." The next boy would say, "I went hunting with my Dad and we walked five miles." And yet another boy would say, "I went hunting with my Dad and we walked *clear* to the other side of the mountains." Girls on the other hand want to be the same as their friend. For example one girl

might say, "My Mom bought me a new shirt."

The other girl might say "My Mom bought me a new shirt too and it is blue!" Then the first girl might reply "Blue? Mine has blue on it too!"

This again shows how girls are concerned about connection and boys are more concerned with being on top.

Over 90% of our communication is non-verbal, and it provides a great deal of information about what words we are trying to get across.

### Nonverbal communication:

- ~ Provides information about the speaker's mood. Universally we know that a smile means someone is happy.
- ~ It regulates the interaction.
- ~ Nonverbal communication also defines the relationship. With a spouse or partner a person is more intimate. Our body language, facial expression, and the tone of our conversation says more than the actual words. And who is better at reading nonverbal clues? YES, it is women and the research supports this! While there are gender differences, the differences have more to do with gender roles than gender. Women who are in powerful professional positions may not be as concerned with nonverbal communication and some men who are more sensitive are more concerned with nonverbal communication.



# FALLON-CARTER HOMEMAKER'S SPRING COUNCIL MEETING

May 12, 2009

The Spring Council meeting of the Fallon-Carter Homemakers Council was held on May 12, 2009 at the Baker Senior Center in Baker, MT. The theme for the day was "All Mixed Up". The tables were decorated with mixing bowls and spoons and at each place there was a recipe card with the day's schedule on it done in "recipe" style. Several of the ladies in attendance were dressed in mismatched and "mixed up" attire.

Esther Wetzel gave the invocation and Carla Brown welcomed us with a "mix up" of what day it was. Betty Kusler led us in the Pledge of Allegiance and the Club Collect. President Sharon Higgins called the meeting to order. Roll Call was answered by each club's total members and how many were present. The following clubs were present:

Adventures 7 members 7 present

Baker Homecraft 10 members 5 present

Homemakers Heritage 17 members 3 present

Willard Homemakers 15 members 1 present

Albion 400 Club and Diligent Doers Clubs were not present

The minutes of the 2008 Fall Council meeting were read and approved. A balance of \$677.76 was reported in checking and \$800 in savings. Sharon Higgins, in Nita Schallenger's absence, reported \$903.31 in the scholarship fund. There was some discussion on whether to give 2 scholarships in Fallon County this year as there were 12 applicants from there and no applicants from Carter County. Nancy Curry moved and Micky Manion seconded a motion to just give one scholarship in Fallon County, as income from the silent auctions has been down. We will offer 2 scholarships again next year if there are applicants from both counties. The 2009 recipient is Will Sparks from Plevna High School with Elisabeth Kilsdonk as an alternate from Baker High School.

For old business there was a motion made by Nancy Curry and seconded by Sharon Nordahl that we continue to give a \$10 gift to the best 4-H Secretary's book at the Fallon County and Carter County Fairs. The motion carried. For new business President Sharon reminded us that the Albion 400 Club will be the host for the 2009 Fall Council Meeting. Meeting adjourned.

We had a moment of silence for deceased members, Ruth Townsend and Jean Wiseman were mentioned.

A bouquet of beautiful flowers and a certificate were awarded to Betty Kusler for being a 50 year member.

Nico Cantalupo gave an extension update. He thanked Lana Buerkle for all she does in the Extension Office and he commented on the good team effort and harmony with all the staff at the office. He commended the people of this area for their resiliency in the face of the recent spring blizzards, floods and aftermath. He told of several things he will be doing this summer, some of which are: judging livestock shows, testing nitrates, and helping to find a replacement for the Custer County Extension Agent, Kent Williams, who took a position with Stockman's Bank as an Ag Loan Officer.

Carla Brown did the morning program. She shared with us about her position on the Council of Aging organization and what her responsibilities are and what services the group offers. Betty Kusler gave the Grace for our delicious luncheon.

Tara Andrews, the Custer County Extension agent, gave an interesting afternoon program. She gave us instructions on how to make old fashioned Artisan Bread and we all enjoyed a sample. She passed out information on master mixes to have on hand for muffins, coffee cakes, biscuits, pancakes, etc. She also gave tips on meal planning, once a month cooking, saving money at the grocery store, and homemade cleaning agents. All of these things are helpful to save money during the downturn in our economic times.

Several door prizes were given throughout the day and we bid on the silent auction items also.

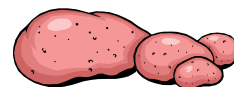
Rosina Owen, Acting Secretary

## HARVESTING POTATOES

Potatoes should not be harvested until the vines have dried to the ground; often following the first killing frost unless induced to die by use of contact herbicides as is often the practice of commercial potato producers. Once removed from the soil, the tubers should be allowed to "cure" in the garden row in the sun for several hours. This allows the skins to toughen and reduce the bruising that may occur during handling.

If washing is necessary they should be carefully washed in running water to remove soil, but should never be brushed since this can result in bruising of the skin and predispose the tubers to storage decay.

To prolong the life of your tubers, store them at about 37 to 39 degrees and 90 to 95% relative humidity. However, if you plan to use your potatoes for chips or sliced fried potatoes, don't store them below 50 degrees. They will deteriorate more quickly at these higher temperatures, but spuds stored at lower temperatures will convert much of their starch back into sugar, which will caramelize in the hot oil used for frying and give you a dark brown or black chip.



## MAKING & STORING FRUIT PIES



**For a two-crust pie**, be sure to use either a double-crust or lattice-top as the recipe specifies. Some fruit fillings require the venting that a lattice-top provides; others, such as apples, benefit from steaming under a top crust.

**Make several slits** in the top of a double-crust pie before baking to allow steam to escape and to prevent excessive bubbling. Or use a small cutter to cut a few decorative shapes from near the center of the top pastry.

**For an attractive glazed crust**, brush the top pastry with milk, then sprinkle with granulated or coarse sugar before baking.



**To protect the edges of the pie** from overbrowning, fold a 12-inch square of foil into quarters. Cut a 7-inch circle out of the center. Unfold and loosely mold the foil over the pie's edge.

**Place a pizza pan** or baking sheet under a double-crust pie when you put it in the oven to catch any filling that may bubble over.

**Fruit pies should bubble in the center** to be properly cooked — otherwise, the thickener (cornstarch, flour, or tapioca) won't be clear and the filling will be too thin. To see if a double-crust pie is done, look for bubbling around the slits in the top crust.

**So the pieces don't fall apart** when you cut the pie, let fruit pies cool at least two hours before serving. Fruit pies may stand at room temperature for 24 hours. Cover and refrigerate for longer storage.

**To freeze a baked fruit pie**, let it cool completely. Place it in a freezer bag; seal, label, and freeze for up to four months. To serve, thaw the pie, covered, at room temperature. If desired, reheat pie, covered, in a 325 degrees F oven until warm.

**To freeze unbaked fruit pies**, treat any light-colored fruit with ascorbic-acid color-keeper. Assemble the pie in a metal or freezer-to-oven pie pan or pie plate. Place in a freezer bag; seal, label, and freeze for up to four months. To bake a frozen pie, unwrap it and cover with foil. Bake in a 450 degrees F oven for 15 minutes; reduce temperature to 375 degrees F; bake 15 minutes more. Uncover and continue baking for 55 to 60 minutes more or until crust is golden and filling is bubbly.

### AMERICAN BLESSINGS MIX

A unique idea for Thanksgiving is to have children help prepare a packet of "American Blessings Mix" to take home to their family. Similar to trail mix, each ingredient reminds us of a blessing.

**Bugles:** Shaped like a cornucopia, or Horn of Plenty, a symbol of our nation's abundance which we are thankful for.

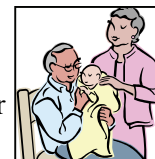
**Pretzels:** The heart-shaped pretzel reminds us of the love of family and friends, and the freedom to pursue our passions in this country.

**Candy Corn:** To remember those before us who toiled in the fields, sacrificed, and at times, went hungry.

**Nuts or seeds:** Another harvest gift that can symbolize our needed diligence to plant seeds of kindness, caring, industry and forthought.

**M & Ms:** Represents the many colors of our nation, a blessing we embrace. Candy also reminds us of our children, a true blessing to us and our nation.

## TAKING YOUR FAMILY HEALTH PORTRAIT




You have your grandmother's brown eyes, and your mother swears your stubborn streak comes from your father. But what about your grandmother's diabetes and your father's high blood pressure?

Your family history plays an important role in your health. Compiling a family medical history can help you and your doctor spot patterns of specific diseases in your family. This information can help you better assess your risks of inherited health problems.

To gather a comprehensive family medical history:

- ◆ **Talk to your relatives.** Explain what you're doing and why. Ask them to be as specific as possible about their own health information. Inquire, also, about deceased relatives.
- ◆ **Include several generations.** Your parents, grand-parents, siblings, children, cousins, aunts and uncles, and nieces and nephews should all make the list.
- ◆ **Branch out.** Note whether the diseases are on your mother's or father's side of the family. Some diseases carry a gender-related risk.
- ◆ **Pay special attention to diseases known to run in families.** These include high blood pressure, diabetes, Alzheimer's disease, kidney disease, cardiovascular disease, and cancers of the breast, ovary, uterus and colon. *Note the age* at which your family member developed the disease.
- ◆ **Consider mental health disorders.** Some mental illnesses, such as depression, chemical dependency and schizophrenia, are thought to run in families.
- ◆ **Don't disregard "unusual" diseases.** Rare diseases, such as cystic fibrosis and sickle cell anemia, also can run in families. Include birth defects, infertility and miscarriages.

Once you've compiled your family medical information, share it with your doctor. Together, you can use the information to spot patterns, predict the disorders you may be at risk of and take action to stay healthy.

 The Surgeon General offers a free online tool for collecting and organizing your family health history. Visit "My Family Health Portrait" at <https://familyhistory.hhs.gov>.

### Don't Throw It Out Yet!

- ~ For that little jam left in a jar—add a couple of tablespoons of warm water or juice for a quick fruity sauce for pancakes and waffles.
- ~ Traces of Dijon mustard in the jar—For an instant salad dressing, add 1 part vinegar to two parts oil, salt, and pepper to the jar. Cover and shake.
- ~ Crumbs at the bottom of the cereal, cracker, or cookie box—If they're sweet, you can mix them into a crumb crust, add them to your French toast before you cook it, or sprinkle them on ice cream. Savory varieties can be used to coat chicken (as can the taco-shell crumbs or potato chips at the bottom of a bag).
- ~ A pickle jar full of juice—Add fresh cuke strips (or carrot or celery sticks or trimmed green beans) and make new pickles.
- ~ Stale bread—Slice thinly or cube; toss with olive oil, salt, and pepper, and dry completely in a 350 degree oven for croutons to serve with your soup or salad.
- ~ Leftover whipped cream—Freeze dollops on a cookie sheet and use later for dessert topping or as a treat in a cup of coffee or hot cocoa.



### Rocky Mountain Sewing & Craft Festival



September 24, 25 & 26, 2009

Shrine Auditorium  
1125 Broadwater Avenue  
Billings

THREE Days of Fun  
& Creative Sewing Ideas!

For more information, please stop by  
the Extension Office for a brochure.

# DESIGN A WRAP

Delicious for breakfast, lunch, or dinner

## Directions

- 1) Choose one of the items in the wrap list as the shell. Get ready to load it with delicious, good-for-you foods!
- 2) Next, choose 1 or more condiments and spread on one-half of the wrap.
- 3) Decide which protein appeals to you and place it on top of the condiment.
- 4) Choose a cheese, exploring low-fat versions of this calcium-rich treat.
- 5) Now, the fun! Load your wrap with delicious veggies and whatever else sounds good to you.
- 6) Fold your wrap up and over the filling, fold the two sides in, and pull at the bottom. To keep the filling from pushing forward, keep pulling the rolled part toward you. This also helps make a firm roll.
- 7) Sit down, relax, and ENJOY!

## WRAP:

- Tortilla (whole wheat, corn, flour, red pepper, or spinach)
- Pita bread (or other soft, flat bread)
- Large lettuce leaf

## CONDIMENT:

- Low-fat mayonnaise or salad dressing
- Mustard
- Pickle relish
- Olive oil and vinegar
- Low-fat cream cheese
- Salsa
- Hummus
- Cranberry sauce
- Jam, jelly, or fruit spread

## PROTEIN:

- Beef (sliced roast or cooked ground)
- Turkey or chicken (sliced or salad)
- Tuna or salmon (canned or salad)
- Any leftover meat, poultry, or fish
- Egg (sliced hard boiled or salad)
- Beans or tofu slices
- Peanut butter

## CHEESE:

- Cheddar, Swiss, Colby, Provolone, Monterrey Jack, or American
- Crumbled feta, blue, or gorgonzola
- Fresh or grated mozzarella
- Grated Parmesan or Romano

## VEGGIES (sliced or grated):

- Lettuce, cabbage, spinach, mushrooms, peppers, carrots, celery, tomatoes, onions, avocados, or cucumbers
- Cole slaw or other prepared salads

## OTHER:

- Pickles, pickled veggies, or jalapenos
- Thinly sliced apples or pears
- Sunflower seeds or crushed nuts
- Sprinkled herbs and spices
- Ground flax seeds



## SUNRISE BREAKFAST WRAP

- 1 Tbsp. fat-free cream cheese
- 1 whole-wheat tortilla
- 1/2 oz. thinly sliced ham
- 1 egg
- 1 Tbsp. salsa

Spread cream cheese over tortilla. Place ham over cream cheese, and microwave on high for about 15 seconds or until hot. Heat a small skillet over medium heat and spray with nonstick pan spray. Scramble the egg. Top ham with scrambled egg and salsa. Roll up tortilla and enjoy.

Calories 200, Fat 7g, Cholesterol 220mg, Carbohydrate 19g  
Sodium 510mg, Fiber 1g

## TURKEY AVOCADO WRAP

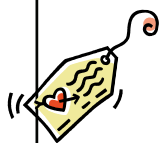
- 1 whole-wheat tortilla wrap
- 1 Tbsp. fruit chutney, cranberry sauce, tart fruit spread or salsa
- 2 oz. roasted turkey breast, sliced
- 4 thin tomato slices
- 2 Tbsp. shredded, low fat cheddar or pepper jack cheese
- 1 tsp. minced cilantro (optional)
- 1/4 avocado, sliced into wedges

Spread tortilla with chutney or optional above. Cover with sliced turkey and then tomato. Sprinkle with cheese and cilantro if using. Place avocado wedges across the bottom of the tortilla, 2 inches from the edge. Fold the bottom of the tortilla up and over the avocado, fold the two sides in, pull at the bottom and roll.

Calories 380, Fat 11g, Carbohydrate 38g, Sodium 460g,  
Fiber 8g

## FUN GIFT TAGS

Gift tags can be shaped from one of last year's Christmas cards to create a cost-effective tag for your gift. Mount the shape on sturdy cardboard or card stock, then pen a holiday message.



Plain tags can be store-bought or use card stock to cut your own unique shapes. Don't forget the decorative-edge scissors to give paper tags an even more special edge. Designs can be stamped, embossed, dressed up with markers, colored pencils, or even glitter glue pens. Embellishments such as bells, sequins, ribbons, beads, and charms will make the gift tags extra special. Replace the strings in the tags with ribbon or wire for an even more interesting look.

How about a photo gift tag? Or even a picture from the recipient's past? You won't need a "To" for this one!

Make photocopies of elegant fabric and cut into small rectangles for tags. Punch a hole in the corner and add a pretty ribbon to finish.

Purchase small round Christmas balls, and write the recipient's name on the ball with a metallic pen. Secure to the present with ribbon.

Mount a gift card on the top of a box using photo corners. These not only look elegant, but they make the card the focal point of the present.

Tie two candy canes together with a ribbon. Secure a small card to the middle of the canes before attaching to the top of the present.



Recycle gorgeous gift wrap by cutting it into larger-than-usual gift tags. If the paper is too thin to use alone, glue it to the front of card stock, or cut around motifs and glue them to the cards.

Get out the cookie cutters. These holiday tools are great for creating more than cute Christmas cookies. Trace cookie cutters in fun holiday shapes (think candy canes, stars, trees, and stockings) for super-simple gift tags. Big chunky shapes work best.

Use a hot-glue gun to attach buttons (vintage or not) to the top of a package in a tree shape. Ivory colored buttons on natural or brown wrapping paper makes a stylish yet romantic combination. For a more colorful effect, combine jeweled buttons on colored paper. To remove the buttons from the paper, place the discarded gift wrap in a plastic freezer bag in the freezer—the buttons will pop off.

## LESSONS OF THE GEESE



In the fall when you see Geese heading south for the winter flying along in a "V" formation, you may be interested in knowing what science has discovered about why they fly that way. It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following.

By flying in a "V" formation the whole flock adds at least 71% greater flying range than if each bird flew on its own. Quite similar to people who are part of a team and share a common direction, get where they are going quicker and easier because they are traveling on the trust of one another and lift each other up along the way. Whenever a Goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone and quickly gets back into formation to take advantage of the power of the flock.

If we have as much sense as a Goose, we will stay in formation with those who are headed in the same way that we are going. When the lead Goose gets tired, he rotates back in the wings and another Goose takes over. It pays to share leadership and take turns doing hard jobs.



The Geese honk from behind and encourage those up front to keep their speed. Words of support and inspiration help energize those on the front line, helping them to keep the pace in spite of the day to day pressures and fatigue. It is important that our honking is encouraging. Otherwise it's just—well...Honking!

Finally when a Goose is sick or wounded and falls out, two geese fall out of the formation and follow the injured one down and protect him. They stay with him until he is either able to fly or until he is dead, then they launch out with another formation to catch up with their group. When one of us is down, it's up to the others to stand by us in our time of trouble.

If we have the sense of a Goose, we will stand by each other. We will stay in formation with those headed where we want to go. The next time you see a formation of Geese, remember their message that "It is indeed a reward, a challenge and a privilege to be a contributing member of a team".

(Author Unknown)

