



SUMMER 2010

Dear Homemakers,

Wow—it’s so beautiful and “green” and it’s July!! What a wonderful year for our flowers, trees, and lawns. The hay is amazing! So much to be thankful for...

The Willard Homemakers provided us with a great Spring Council Meeting—wonderful decorations, speakers, and food. It’s always so fun to get together and reconnect.

Hopefully you will find something useful in this newsletter. Please feel free to call our office with any questions you may have.

*Then followed that beautiful season... Summer...
Filled was the air with a dreamy and magical light;
and the landscape lay as if new created
in all the freshness of childhood.*

-- Henry Wadsworth Longfellow

Happy Summer to you all!

Lana Buerkle
Program Assistant

Nico Cantalupo
Fallon/Carter County Extension Agent



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THIS & THAT

◆ **CARTER COUNTY DAYS OF '85**

Giddy On Up—Giddy On Out

August 12th—15th

◆ **FALLON COUNTY FAIR**

Waves of Glory—A Tribute To Our Troops

August 18th—22nd

How about entering an exhibit or two?

Hope to see you at our local fairs.

- ◆ Hazel Padden-Sara Kerr-Minneclair Hoff Memorial Scholarship winners were:
Carter County—Brent Fix
Fallon County—Kelby Newell

- ◆ Raise lawn mower blade height 1/2 inch in hot, dry weather. This encourages turf-grass to root deeper and shades the soil, protecting the crown (where the stem and root meet) from heat stress.

- ◆ Should you want to remove the skin from a peach: Cut a small X in the bottom of each peach. Bring a pot of water to a boil; reduce to a simmer. Add peaches. Wait 30 seconds to 1 minutes then use a slotted spoon to transfer the fruit to an ice-water bath; let soak 5 minutes. Remove skin.

- ◆ When designing your fresh cut flowers, stay away from floral foam. Instead use crumpled chicken wire or criss-cross Scotch tape across the top of your container to hold the floral stems upright. It will help ensure the longevity of your blooms. If water starts to turn cloudy, immediately empty the vase and add fresh water mixed with floral food. Re-cut stems with a sharp knife under warm water before placing them back in the vase of fresh water. Keep your flowers off of the televisions, appliances and heating/cooling units. Keep them away from hot or cold drafts and out of direct sunlight.

Staking Newly-Planted Trees

MSU Garden Guide



It is probably a good idea in our windy area to stake trees right after planting. It'll help keep the tree upright and aid in establishment of a strong, stable root system. But done improperly, it'll cause you never-ending trouble.

Staking the tree tightly may keep it from blowing over, but it may also cause a couple of situations that are detrimental to the tree's health.

Do not fasten the trunks firmly so that the tree cannot move slightly. Firm staking so as to prevent movement in the wind will cause the tree to develop a weak trunk system that will be subject to cracking and wind damage once the guy wires are removed. So the tree has to move slightly to build strength.

To determine the proper staking height of trunks that cannot stand upright without support, hold the lower part of the trunk in one hand, bend the top of the trunk to one side, then release the top. Locate the ties about 6 inches above the lowest level at which the trunk can be held and still return upright after the top is deflected.

Use flexible ties to form a loose loop around the trunk and remove the stakes and ties after a year or so. Supporting too tightly for too long makes the tree weak and unable to support itself properly.

Thanks for attending Spring Council: especially Council Officers (Sharon, Kathy, and Kathy). Thanks to Tara Andrews, Custer County Extension, J.C. Stanhope, Nancy Curry, Deb Barth, and information given by Mindy Murnion & Betty Kusler.

For our Club members for the name tags and favors, meal and desserts and setting up and tearing down. Special thanks to Nico and Lana and Pastor Levi Durfey.

And to all of you for door prizes, silent auction items and cookies. And to Terri Bruha for the special music.

Nancy Curry, Willard Homemakers

Deep summer is when laziness finds respectability. ~ Sam Keen

In summer, the song sings itself. ~ William Carlos Williams

There shall be eternal summer in the grateful heart. ~ Celia Thaxter

ROAD TRIPS Advice for the long and whining road

When your child asks “Are we there yet?,” hand him the map and ask him to figure out how much longer you’ll be on the road. Knowing how to read a map is a valuable life skill that will make your child happier because he has a job to do.

Trucker’s tip: Always travel with a big thermos. Most gas station shops will let you fill it to the brim with coffee for just a dollar or so, which can save you big bucks on a long road trip.

Before your next trip, hit your local library for DVDs and a huge section of audio books for kids. It is such an easy way to save a few bucks, and every little bit helps.

Here’s another idea for a creative car ride. Buy a package of pipe cleaners in assorted colors from any craft store. Kids love to create with pipe cleaners—making necklaces, swords, bracelets, towers—anything their little minds can think up.

An awesome web site called Hazel Mail, will convert your vacation photo into a postcard and send it anywhere in the world for \$1.50.

Whenever you travel with a baby or toddler, bring along a box of denture cleanser tablets. They are amazing for cleaning pacifiers, baby spoons, sippy cups lids, and anything else that is hard to sterilize on the road. Just fill a glass with warm water, drop in the item, and pop in a tablet. You’re good to go in five minutes.

On road trips in the past, you may have been hit with fees for dialing information (555-1212 and 411) to get a phone number for a restaurant or hotel. Program this number into the speed dial of your cell phone: 800/GOOG411. It’s a completely free telephone information service from Google.

Pack a toy bag with essentials that encourage kids to burn off some of their excess energy at highway stops: a few jump ropes, bucket stilts, frisbee, a couple of inflatable beach balls, and sidewalk chalk (for playing hopscotch and four-square). Pack an inexpensive stopwatch, since kids are more motivated to run to, say, a big tree and back, if you time them.

For squabbling kids in the back of the car, give them a little project they can do together. Give each a roll of low-tack masking tape and tell them they can build a divider between themselves, right down the middle of the back seat. The wall will come down in one fell swoop. No muss, no fuss.

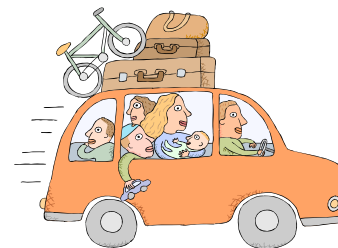
Before going on a family vacation, make up customized word search puzzles for your older child to do in the car or on the plane, using words about your trip and destination. DiscoverySchool.com’s Puzzlemaker makes this simple and fast. You just type in words that you want included, and the program generates a word search puzzle that can be printed out. Easy and fun!

To help an infant sleep in different surroundings, bring key elements from the nursery—such as a night light and portable CD to play “night-night” music and fill the room with a familiar glow.

An inexpensive metal cookie sheet makes the best lap table for a child during car trips. It can be a food tray or a writing desk (the raised edges keep crayons from rolling off). It can be a clipboard with the addition of a clip-style fridge magnet and it’s an instant play table for all sorts of magnetic toys.

Make up your own road scavenger hunt game. Write out a numbered list of 20 things that you’ll likely see on your route. Include vehicles (truck, mini-van, motorcycle, police car), animals and buildings and other roadside items (barn, stop sign, church, fence, bridge). Photocopy the page for every child, and hand each a crayon. For kids too young to read, use pictures instead of words.

Hope some of these tips make your summer traveling more enjoyable!



2010 SPRING COUNCIL MINUTES—May 25, 2010

Nancy Curry gave the Welcome and Invocation, and led the group in the Pledge and the Club Collect, to open the Spring Council meeting of the Fallon Carter Homemakers. The meeting was held at the Baker Senior Citizens and the hosts for the day were the Willard Homemakers, with a theme of "Preservation".



Tara Andrews, Extension Agent from Miles City, gave a very informative food preservation presentation.

Nico Cantalupo gave an Extension Update, giving credit and thanks to Lana Buerkle for all her hard work in Extension. He said the cuts in funding of Extension would not have much impact to our counties. There is an emphasis on growing, or buying locally, and preserving your own food this year. The BLM has allotted money for weed control in Carter County, after a 2-year absence of this funding. Nico also announced Estate Planning workshops to be held in Baker and Ekalaka, November 1st and 2nd respectively. Marcia Getting, one of the Northwest U.S.'s foremost estate planners, will present the 4-hour workshop.

Sharon Higgins, president, called the business meeting to order.

Roll Call was answered with the number present, as follows:

Adventurers: 5	Albion 400: 1	Baker Homecraft/Friendly Homes: 3
Diligent Doers: 0	Homemakers Heritage: 3	Willard Homemakers: 13

A moment of silence was held for Homemakers who have passed away.

A 50-Year Plaque was presented to the Adventurers Club. Dorothy Padden will be recognized, for her 50 years as a Home-maker, at 2010 Fall Council.

Minutes of the 2009 Fall Council meeting were read and approved.

The Treasurer's Report was given. The Diligent Doer's donated \$50 to the Hazel Padden Sara Kerr Minneclare Lavender Hoff Memorial Scholarship. Back dues of \$30 was sent in and interest earned on the Council's \$800 CD was \$2.45, giving a checkbook balance of \$853.59 Alice Kay Schweigert moved to accept the Treasurer's Report; Nancy Curry seconded the motion; motion carried.

In the absence of Nita Schallenberger, Rita Knipfer gave the Scholarship Report. 2010 recipients from Fallon County are Kelby Newell, with alternate, Hillary Beach. Carter County recipients are Brent Fix, with Corey Lovec as alternate.

A letter from the Diligent Doers requesting that proper recognition be given for the Hazel Padden Sare Kerr Minneclare Lavender Hoff Memorial Scholarship. The names are often being dropped when announcing the scholarship.

The Kay Hanley Memorial Angel's were discussed, as the price has gone up. Nancy Curry and Linda Logsden formulated a motion to pay the balance over the \$25 designated for this year, and to give the Secretary-Treasurer permission to order angels at market price, in the future. Jean Tronstad seconded the motion; motion carried.

Jean Tronstad moved that the \$800 CD be donated to the Hazel Padden Sara Kerr Minneclare Lavender Hoff Memorial Scholarship fund. Nancy Curry seconded the motion; motion carried. Rita Knipfer will check on this, as her name is on the CD.

A Nominating Committee was appointed for 2010 Fall Council. They are Cam LaBree, Sharon Nordahl and Jean Tronstad.

A discussion was held concerning the Council Constitution. Clubs are to read the constitution before Fall Council and suggest any changes at that time.

Meeting Adjourned.

Times were given throughout the day to bid on Hazel Padden Sara Kerr Minneclare Lavender Hoff Memorial Scholarship Silent Auction items.

Lola Fried offered Grace for the lunch. A 'cream can dinner' (made in a roaster because of the weather), was enjoyed by all.

Terri Bruha entertained the group with some old tunes.

J.C. Stanhope gave a presentation on Cemetery Research.

Nancy Curry gave a demonstration on preserving flowers.



Deb Barth shared the history of her apron and tablecloth collection. The decorations for the day featured her tablecloths on tables set for four, with paper apron favors and chocolate. Centerpieces, used as door prizes, completed the decorations.



Play it safe: look before you light: Before using a gas grill for the first time each year, or any time you fill the tank, check all connections for gas leaks. Mix a little dish detergent with water; spray or brush the soapy water on all connection joints, then turn on the gas. If bubbles form at the joints, there's a leak that needs to be repaired.

You can grill most fruits and vegetables

- ◆ The key for grilling fruits and vegetables is to use low heat. Coals are ready when you can hold your hand about 5 inches above the heat for about five seconds. Try using a nonstick grate, or spray a clean grate with nonstick spray before lighting.
- ◆ Use both moist and dry heat to cook your vegetables. Grill the vegetables until they have nice grill markings on both sides. Remove them from the grill and place into a bowl or pot. Cover tightly with plastic wrap to prevent the steam from escaping for five to 10 minutes. This will finish the cooking process of the vegetables without drying them out.
- ◆ Sprinkle wedges of apple or pear with cinnamon and a touch of brown sugar. Grill for about five minutes per side.
- ◆ For a fun alternative to the summer classic s'mores, cut a 3/4-inch deep slit down the length of an unpeeled banana. Pry the slit open and stuff with 2 tablespoons of chopped dark chocolate or your favorite candy bar. Wrap the banana in foil and grill for about five minutes on each side.

Grilled Corn on the Cob

4 ears corn on the cob in husks
1/4 cup (1/2 stick) butter, softened

HEAT grill to medium-high heat. Husk corn; remove silk. Rinse corn under cold water; shake off excess. Wrap corn individually in foil.

GRILL 15 to 20 min. or until corn is tender, turning occasionally. Remove hot foil-wrapped corn from the grill and stack on a platter to stay warm longer. Let each guest select their own ear of corn and spread it with butter after removing the foil. Enjoy!

Fresh Grilled Vegetables

2 Tbsp. canola oil
2 cloves garlic, finely chopped
3 sweet potatoes, cut into 1-inch sections
3 cobs of corn, cut into 2-inch sections
12 green onions, trimmed



MIX oil and garlic in a large bowl. Add vegetables and toss. Place vegetables in a vegetable basket made for the grill. GRILL 10 minutes, turning twice, until vegetables are tender. Place vegetables on a platter. Serve. 6 servings. 190 calories, 34 g carbohydrate, 6 g fat and 8 g fiber.



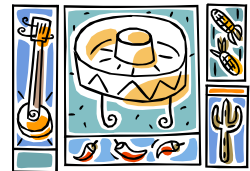
If you could add extra flavor to grilled meat, would you be tempted to try the recipe? If the recipe added nutritional value without a lot of extra calories, would you consider it even more? Would you try the recipe if it could substantially decrease the amount of potentially cancer-promoting compounds that could form during grilling?

If you answered "yes" to any of these questions, consider using a marinade when you grill.

- ◆ Allow about 1/4 cup of marinade per pound of meat. Marinate in a refrigerator, not on the counter.
- ◆ For tender cuts, such as tenderloin, rib eye or sirloin, allow up to two hours for marinating. For less tender cuts, allow at least six hours (up to 24 hours) for marinating.
- ◆ Turn the meat in the marinade occasionally for even flavoring.
- ◆ If you want to use some of the marinade for sauce after the meat is cooked, reserve some *before* you put meat in it.

Here's a Tasty Southwest Flair Marinade:

1/4 c. prepared salsa
2 Tbsp. chopped cilantro
2 Tbs. fresh lime juice
1 Tbsp. vegetable oil
1 clove garlic, minced
1/4 tsp. ground cumin
1 pound steak or chicken



Combine all ingredients and mix well. Use to marinate steak or chicken in the refrigerator. Makes four servings (enough to flavor 1 pound of meat). Each serving has 35 calories, 3.5 g. fat and 1 g carbohydrate.


Make sure you are grilling meat to the recommended temperature:

Beef/Pork: Roasts, Steaks & Chops: 145°
Ground Beef/Pork: 155°
Poultry: 165°
Raw sausages: 160°
Reheat ready to eat sausages: 165°



NEVER partially grill meat or poultry and finish cooking later.

Here are some ideas to freshen up your home for summer:

1. **First impressions are everything.** Spruce up your front door—things like a fresh coat of paint, a new knocker or even a shiny knob work wonders. Make sure your doorbell works too. 
2. **Refresh your walls with vibrant colors.** Pick a room in your home and designate it the “summer room.” Repaint, refresh and rejuvenate the walls with a luscious, incredible hue found in a vibrant summer bloom. Muted yellows, soft blues and vibrant greens are great choices.
3. **Recycle fabrics and textiles.** Lighten up any room by trading heavy fabrics for light and airy ones. In the living room, for example, take down your old drapes and replace them with an open weave such as chiffon or organza. Change out dark throw pillows and slipcovers by adding crisp white, a bright solid or even modern, floral patterns. Check out remnant tables for material for recovering pillows and banding drapes.
4. **Bring the beach into your home in a simple way.** Buy some synthetic coral. It lasts longer than real coral, is more eco-friendly, comes in amazing colors and costs a lot less. Try mounting coral on wooden stands, framing them or using them as centerpieces for your dining room table. Try a giant clamshell as a decorative bowl.
5. **Fix up an old ceiling fan.** Have new blades installed, or just clean out and repaint the old ones. Not only will the fan look more attractive, but your air quality will also improve.
6. **Declutter for a quick makeover.** Just like little squirrels, we hunker down and store our goods during the winter. But come summer, your home can get cluttered with knickknacks, heavy blankets and bulky furniture. Put some of it away in storage. Larger, clutter-free spaces create the impression of a bigger house.
7. **Let the sun shine in.** Strategic placement of a mirror can add an enormous amount of natural light in your home. If possible, hang a large mirror in the living room directly where the sun beams in. In addition to bouncing light, it creates virtual space and overall appeal to a small room.
8. **Follow the three R’s: refurbish, repaint, recycle.** Being eco-friendly takes simple smarts and small steps. By reusing items such as old furniture, frames and artwork, you can make your own contribution to saving our planet—while saving money.

Birdbath in a Flash

Create a splash with this easy birdbath, made from two terra-cotta pots and a saucer.

What you’ll need:

- Two different sizes of terra-cotta pots (a 12-inch pot over a 16-inch pot works well)
 - Larger terra-cotta saucer
- Overturn the pots and stack them, putting the smaller pot on top of the larger one. Set the saucer on top and fill it with water. You’ll have an instant attraction for robins, chickadees, and other warblers!

Tomato & Potato Blight

Barry Jacobsen, MSU Plant Pathologist

Weather conditions in Montana are ideal for late blight, the disease that caused the Irish Potato Famine in the 1840s. “Gardeners should be aware that conditions have been ideal for the late blight over much of Montana the past few weeks,” says Jacobsen. He explains that the disease is favored by temperatures in the 60s to 80s with frequent rains and heavy dews, and it can be devastating to both tomatoes and potatoes.



The first symptoms of the disease are small, dark, circular to irregularly shaped lesions commonly occurring first on lower leaves, although under epidemic conditions all leaves may be infected. The lesions will expand rapidly to large dark brown spots with a pale green to yellow water-soaked border. On a cool damp morning there may be a white, velvety mold growth visible on the underside of these leaf spots. Lesions can also occur on stems, usually where infected leaves attach to the stem.

There are no resistant varieties available to homeowners and the only control is to spray plants with a fungicide such as maneb, zineb, mancozeb or chlorothalonil on a weekly basis. The fungicides are available at garden stores under a wide variety of names.

Heavily blighted plants should be removed and disposed of in the trash. Spores of the late blight fungus are rain splashed or blown in wind currents from infected tissues and can go many miles.

Watering Tip *Robert Gough*

To check the soil moisture for trees and shrubs, push a steel rod into the ground without twisting or wiggling and see how far it penetrates. If the rod easily penetrates 10 inches into the soil there is enough water. If the probe penetrates only 5 inches, apply water soon.

With all of the drastic weather we have had this summer I contacted Chuck Lee, local Disaster Emergency Coordinator and he supplied us with the following information:

TORNADO MYTHS & TRUTHS

MYTH: Areas near lakes, rivers, and mountains are safe from tornadoes

TRUTH: No place is safe from tornadoes.

MYTH: The low pressure with a tornado causes building to “explode” as the tornado passes overhead.

TRUTH: Violent winds and debris slamming into buildings cause most structural damage.

MYTH: Windows should be opened before a tornado approaches to equalize pressure & minimize damage.

TRUTH: Leave the windows alone. The most important action is to immediately go to a safe shelter.

MYTH: If you are driving and a tornado is sighted, you should turn and drive at right angles to the storm.

TRUTH: The best thing to do is to seek the best available shelter. Many people are injured or killed in their vehicles.

MYTH: People caught in the open should seek shelter under highway overpasses.

TRUTH: Take shelter in a sturdy reinforced building if at all possible. Overpasses, ditches, and culverts may provide limited protection from a tornado, but your risk will be greatly reduced by moving inside a strong building.



Tornado Safety Rules

- * In a home or building, move to a pre-designated shelter, such as a basement.
- * If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside.
- * Stay away from windows.
- * Get out of automobiles.
- * Do not try to outrun a tornado in your car; instead, leave it immediately for safe shelter.
- * If caught outside or in a vehicle, lie flat in a nearby ditch or depression and cover your head with your hands.
- * Leave a mobile home and go to the lowest floor of a sturdy nearby building or storm shelter.
- * Occasionally, tornadoes develop so rapidly that advance warning is not possible. Remain alert for signs of an approaching tornado such as a dark, often greenish sky, large hail, or a loud roar similar to a freight train.
- * Tornado Watch: Tornadoes are possible in your area. Remain alert for approaching storms. Tornado Warning: A tornado has been sighted or indicated by weather radar.

LIGHTNING MYTHS & TRUTHS

MYTH: If it is not raining, then there is no danger from lightning.

TRUTH: Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. This is especially true in the western US where thunderstorms sometimes produce very little rain.

MYTH: The rubber soles of shoes or rubber tires on a car will protect you from being struck by lightning.

TRUTH: Rubber-soled shoes and rubber tires provide NO protection from lightning. The steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.

MYTH: People struck by lightning carry an electrical charge and should not be touched.

TRUTH: Lightning-strike victims carry no electrical charge and should be attended to immediately.



Lightning Safety Rules

- * Postpone outdoor activities if thunderstorms are imminent. This is your best way to avoid dangerous situations.
- * Move to a sturdy building or car. Do not take shelter in small sheds, under isolated trees, or in convertible automobiles. Stay away from tall objects such as towers, fences, telephone poles, and power lines.
- * If lightning is occurring and a sturdy shelter is not available, get inside a hard top automobile and keep the windows up. Avoid touching any metal.
- * Utility lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliances. Use phones ONLY in an emergency.
- * 30/30 Rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- * How far away is the thunderstorm? Count the number of seconds between a flash of lightning and the next clap of thunder. Divide this number by 5 to determine the distance to the lightning in miles.

If Caught Outdoors and No Shelter Is Nearby

- * Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding.
- * If you are in the woods, take shelter under the shorter trees.
- * If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie down.
- * If you are boating or swimming, get to land and find shelter immediately!

