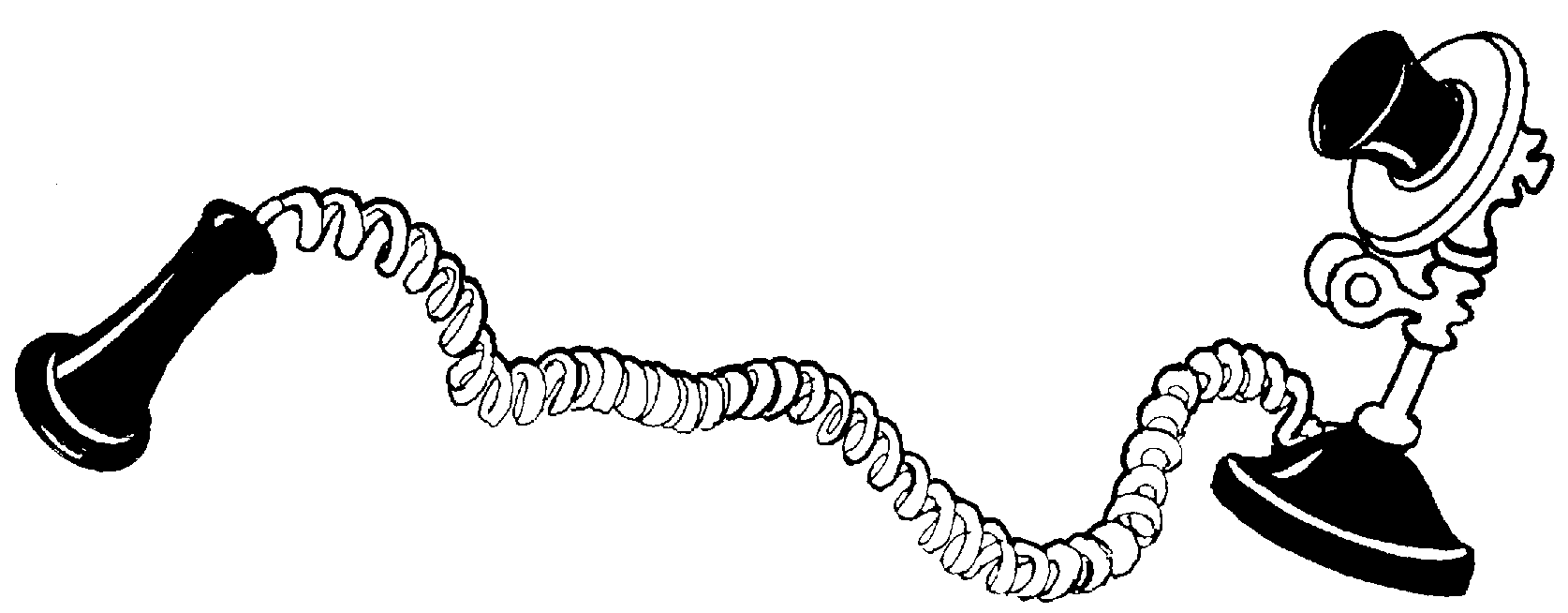
**Gage County Council of Home Extension Clubs**

**1115 West Scott PARTYLINE**

**Beatrice NE 68310**

**402-223-1384**



Visit our website at [http://gage.unl.edu](http://gage.unl.edu/)

March 2017

Dear Friends,

Thanks to all of you who attended the Winter Council meeting.  We enjoyed an evening of good food, beautiful decorations, great fellowship, and a very moving presentation by Sandy Renken, a Freeman High School teacher, who spoke about her trip to Poland and facts about the Holocaust.

Many, if not most, of you have been in an Extension club for a number of years.  One thing my club has discussed, is how long we have been together, what our meetings and programs were like when we started, and how we have evolved through the years.  This is probably true for many of your clubs as well.  And with that thought in mind, please take a moment at your next club meeting and brainstorm some new topics or ideas your club might like to have presented as 2017-2018 lessons.  Or if you would like to share any fun or interesting programs or outings your clubs have experienced, please feel free to contact any of your council officers, as this may help us in planning lessons or activities for the coming year.

Also, if you have any suggestions for worthy organizations you would like our Community Awards to go to, please feel free to contact us with those.

Council Officers will be meeting in the next couple of months to start making plans for the coming year.  This is your opportunity to make suggestions, or possibly implement any changes you would like to see happen.

Thanks again to Lynda Roesler and Dorothy Niemeyer for their service as President and Treasurer.  And thanks to Diane Trout for serving as Secretary and welcome to Harriet VanEngen as Treasurer.

Debbie Ferguson                            Diane Trout                             Harriet VanEngen

Council President                           Council Secretary                   Council Treasurer

[402-239-5062](https://mail.google.com/mail/u/0/#inbox/_blank)                                [402-806-2538](https://mail.google.com/mail/u/0/#inbox/_blank)                         [402-228-6084](https://mail.google.com/mail/u/0/#inbox/_blank)

[sdferguson@diodecom.net](mailto:sdferguson@diodecom.net#inbox/_blank)            [troutjanet@gmail.com](mailto:troutjanet@gmail.com#inbox/_blank)           [vanengen@windstream.net](mailto:vanengen@windstream.net#inbox/_blank)

Committee Sign-up         Fall Council Meeting

                                             Decorating——Seldom Idle Neighbors

                                             Entertainment—Country Cousins

                                             Food————-Cortland Homemakers

                                             Nominating Committee—Hi Hopes

                                      Winter Council Meeting

                                             Decorating—-----Monthly Minglers

                                             Entertainment----Sunshine Gals

                                             Food————--Young at Heart

Honor Club-  Young at Heart      50 years

Honor Members-  Cortland Homemakers (est.1936)

                                  10 years              Christy Krueger

                                  25 years              Peggy Snyder

                                  30 years              Rose Blome

                                  50 years              Cheryl Bowman

                            Country Cousins   (est.1973)

                                 20 years               Grace Johnson

                            Hi Hopes              (est.1975)

                                 40 years               Marilyn Folkerts

                            Monthly Minglers  (est. 1959)

                                 45 years               Carolyn Schroeder

                                 50 years               Shirley Saathoff

                                 50 years               Kathy Stokebrand

                           Seldom Idle Neighbors  (est. 1980)

                                 25 years              Elaine Frerichs

                           Sunshine Gals

                                 15 years             Caroline Gronewald

                           Young-At-Heart   (est. 1967)

                                 40 years             Lavae Straub

                                 50 years             Marlene Damkroger

                                 50 years             Dorothy Niemeyer

Lynda Roesler has graciously offered to keep our Member & Club Roster up to date, so if anyone has any changes, such as emails, please let her know.

**Lessons for 2017**

**Slim by Design** will be given by Kayla on Tuesday, March 7th from 4:30-5:30 at the Extension Office.  The program is based on research and reveals how innovative and inexpensive design changes can make it mindlessly easy for people to eat healthier.  We are surrounded by opportunities to change our eating behaviors, and it all starts at home.  Learn how to design your kitchen to support your health goals.  This lesson will be for all members to attend.

**Container Gardening** will be given by Nicole on Monday, April 10th beginning at 4:30 p.m. at the Extension Office for all club members.  Watch for more details later, as the Council will be providing plants for you to take home, and you will provide the container.  The Sunshine Gals Extension Club has graciously volunteered to bring drinks and refreshments for this meeting.

**Main Dish Salads** will be presented by Erin Williams on May 9th at 1:30 at the Extension Office.  This is a Leader Lesson so please inform the Extension Office as to how many from your club will be there.

**Teas** will be given by Janet Murphy from Beatrice and Kathy Stokebrand (Monthly Minglers) in September for all club members.  More Details later.

**Bloodmobile Date**

April dates are 26 & 27——Seldom Idle Neighbors

Cookies should be delivered to the Holiday Inn Express as early as possible.  Doors are unlocked at 6:30 a.m.  Homemade cookies are appreciated.

**Volunteer Needed**

Becky Wenz has been putting the Partyline out for 10 years now and would like to pass the torch to someone new.  If you have a computer, can send emails, and can print and mail copies, you qualify.  She said it takes a couple of hours a month.   Most of it is written by the President.  Costs are reimbursed by the Council.  Please Volunteer.

**Fun Facts**

 Does it take less muscles to smile than it does to frown?

The origin of that phrase is unknown, but one thing is certain.  It isn’t rooted in science.

Several studies have shown it actually takes more muscles to smile.  But they didn’t take into account the amount of energy each muscle uses.  It may take less effort to smile, than to frown.  This is because people tend to smile more often, which means the relevant muscles are in better shape.  Therefore it takes less effort to smile.     :)

**Recipe Corner**

|  |
| --- |
| Spinach/Artichoke Dip  1 (14 oz.) can artichoke hearts, drained & chopped       1 cup mayonnaise  1 (10 oz.) package frozen chopped spinach,                  1 cup grated Parmesan cheese            thawed & drained                                                  2 1/2 cups shredded Monterey Jack                                                                                                cheese  In a medium bowl, mix together artichoke hearts, spinach, mayonnaise, Parmesan cheese and 2 cups Monterey Jack cheese.  Transfer mixture to a greased 1 qt. baking dish, and sprinkle with remaining 1/2 cup of Monterey Jack cheese.  Bake in the center of a preheated  350 degree oven until the cheese is melted, about 15 minutes.  An even easier version is to get Trader Joe’s Spinach/Artichoke dip in the frozen section to have on hand when you get unexpected company. |

|  |
| --- |
|  |