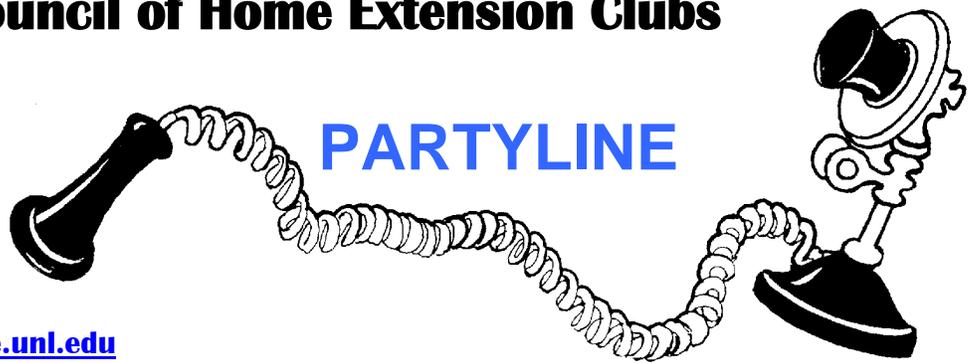


# Gage County Council of Home Extension Clubs

1115 West Scott  
Beatrice NE 68310  
402-223-1384



Visit our website at <http://gage.unl.edu>

April 2017

Dear Friends,

Oops! I'm already making corrections and additions. Please note at the end of this message the correct information for your Council officers, and my sincere apology.

All four Council officers met recently to brainstorm ideas for the coming year. I enjoyed getting to know everyone a little better and was so pleased that everyone had come with such great ideas for lessons or meetings in the coming year. And also with some help from Kayla, I feel we have put together a balanced list of topics for clubs to vote on next Fall. We hope you feel the same.

Since we are celebrating Nebraska's 150th birthday this year, if you have the opportunity, we encourage everyone to explore all Nebraska has to offer. And don't forget mini tours your clubs could take in our local area.

In Beatrice, there's the Homestead National Monument, numerous Antique and Thrift Stores, Beatrice Bakery, Tall Tree Tastings and 3rd Thursdays on 5th Street, and numerous others. Around the Wymore area there is the Welsh Center and Diane's Dresses (not just bridal) and in the Fall...Pinecrest Tree Farm and Hardin's Country Barn. The Rice Lodge and Museum in Odell, and Pawnee City has enough places to visit to fill an entire day. Our club has eaten at Legends in Clatonia and visited Prickly Prairie Succulents northeast of there. Auburn, Brownville, and Peru aren't too far and have fun and interesting places to visit also. Maybe your clubs have gone on tours you would like to share also.

Debbie Ferguson  
Council President  
[402-239-5062](tel:402-239-5062)  
[sdferguson@diodecom.net](mailto:sdferguson@diodecom.net)

Janet Trout  
Vice President  
[402-876-5466](tel:402-876-5466)  
[troutjanet@gmail.com](mailto:troutjanet@gmail.com)

Diane Miller  
Secretary  
[402-989-5655](tel:402-989-5655)  
[dmiller@millersales1.com](mailto:dmiller@millersales1.com)

Harriet VanEngen, Treasurer [402-988-5415](tel:402-988-5415) [vanengen@windstream.net](mailto:vanengen@windstream.net)

**Lessons for 2017**

**Slim by Design** Recently Kayla gave a lesson on “Slim by Design” which was interesting and made good sense on how to eat healthier by organizing our kitchens and modifying our eating behaviors. Also remember to visit Kayla’s website [food.unl.edu](http://food.unl.edu) or her blog [makinghealthierdecisions.com](http://makinghealthierdecisions.com) for a variety of information, recipes, and tips on eating healthier on a budget, and some fun activities.

**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. Maybe you already have been contacted on this, as we need a count on how many will be attending. The Council is providing plants and Nicole will have potting soil, but members need to bring a 6-8” container. There may be prizes for most creative, prettiest, etc. 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 by May 4 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. They would like around 16 dozen. Homemade cookies are appreciated.

## **Volunteer Still 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**

Why does Sunlight darken skin but lighten hair?

Whether we are laying in a tanning bed or sunbathing on a beach, our complexion darkens when exposed to intense UV rays. Curiously though, it does the opposite to our hair. Why? Tanning triggers the production of melanin in your skin. Melanin is a dark pigment that helps filter out harmful UV rays. This reaction is called melanogenesis. It is a process of ramping up the production of more melanin pigment and darker pigmented melanin, therefore producing a tan. The melanin in our hair that gives it its’ color is dead. Your hair can’t produce melanin itself, so once it leaves the follicle, it’s more or less inert. It remains inert until some outside force acts upon it—like hair dye or sunlight. When your hair is subject to long periods of intense sunlight, your hair gets lighter because the UV rays breakdown the melanin molecules into much less

colorful compounds. The melanin in both skin and hair is meant to protect the other tissue, but in the skin it's renewed (skin gets darker) whereas in our hair, it's not.

## Recipe Corner

### Cherry Angel Cream Cake

- 1 (10-12 oz. prepared angel food cake, I have used 2 loaf cakes, and frozen is easier to cut)
- 1 14 oz. can sweetened condensed milk
- 1 cup cold water
- 1 teaspoon almond extract
- 1 (4-serving size) pkg. instant vanilla pudding
- 2 cups whipping cream, whipped
- 2 (21 oz.) cans cherry pie filling

Cut cake into 1/4 slices (1/2" if using 2 loaves); arrange half in bottom of 9X13 baking dish. In large mixing bowl, combine milk, water, and extract; mix well. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spread half over cake slices, top evenly with 1 can cherry pie filling. Top with remaining cake slices, cream mixture, and cherry pie filling. Chill 4 hrs. or until set. Can also be made as a trifle. serves 12-16

