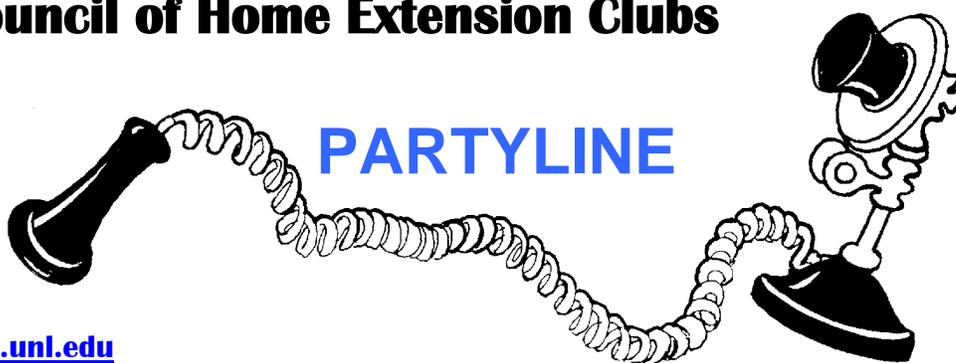


# Gage County Council of Home Extension Clubs

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Visit our website at <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.

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[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
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Hi Hopes (est.1975)

40 years	Marilyn Folkerts
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Monthly Minglers (est. 1959)

45 years	Carolyn Schroeder
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50 years	Shirley Saathoff
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50 years	Kathy Stokebrand
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Seldom Idle Neighbors (est. 1980)

25 years	Elaine Frerichs
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Sunshine Gals

15 years	Caroline Gronewald
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Young-At-Heart (est. 1967)

40 years	Lavae Straub
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50 years	Marlene Damkroger
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50 years	Dorothy Niemeyer
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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.

**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, thawed & drained	1 cup grated Parmesan cheese
	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.

