



FALL 2022

Dear Homemakers,

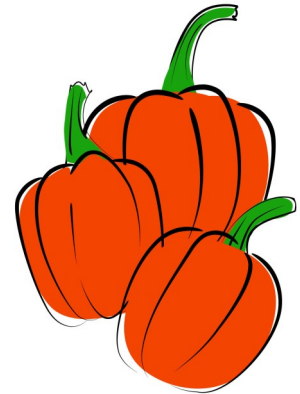
Fall is here, already! Doesn't summer just seem to fly by? I hope everyone had a wonderful summer and is ready for the cooler season.

If you have any suggestions for program ideas, we would love to hear them from you. New ideas are always welcome and appreciated from our members!

I hope you find something of interest in this newsletter. As always, if we can be of any assistance for anything, don't hesitate to give us a call (406) 778-7110, or send us a message on our Facebook page "Fallon/Carter County Extension."

Happy Fall to everyone!

-Amanda, Kodie, & Lexi



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Meet Our New Administrative Assistant, Alexis Rising!

Hi everyone, my name is Alexis Rising. I grew up in Indiana and moved to Missoula in 2018 for college. I moved to Baker about a year ago to be with my now husband on the ranch. I grew up being an active member of the 4-H fair doing 10 years in the Horse & Pony Club at the St. Joe County Fair. My hobbies include hiking, riding horses, and adventuring. During the summers, I rodeo or barrel race anywhere I am able to find one to go to! I have three horses: Maggie, Koda, and Nova and three dogs: Lacey, Wilson, and Fynn. I am looking forward to being apart of this program with all of you and getting to everyone!

- Alexis Rising



THIS & THAT

DID YOU KNOW

- ◆ The state animal of Montana is the grizzly bear and the western meadowlark is the state bird.
- ◆ Montana is the only state that has a Triple Divide. From the Montana Triple Divide, water flows to three oceans: Hudson Bay (Arctic), Gulf of Mexico (Atlantic), and the Pacific Ocean.
- ◆ In 1809 Frenchman Nicholas Appert developed the method for preserving food that we call 'canning'.
- ◆ An instant pot is an all in one appliance that helps expedite the cooking process by pressure cooking, slow cooking, steaming, warming, and sauteing.
- ◆ Eggplants and potatoes are part of the same family.
- ◆ By researching our planet's rocks, scientists have calculated the Earth to be around 4.5 billion years old!

12 DAILY REMINDERS

1. If you set your mind to it, you can accomplish what you want.
2. I am healthy this morning.
3. Quitters never win, and winners never quit.
4. Each day's growth builds up to great outcomes.
5. Surround yourself with positive people.
6. Let go of what you can't control.
7. Be present and in the moment.
8. Appreciate the little things.
9. Laugh often and enjoy life!
10. Today is a new day with new possibilities.
11. Make today count.
12. You are worth it.

LIVE and LEARN and PASS IT ON

Compiled by H. Jackson Brown, Jr.

I've learned that life is like a scooter car; not much happens unless you do some peddling.—Age 79

~

I've learned that most of the things I worry about never happen.—Age 64

~

I've learned that if someone says something unkind about me, I must live so that no one will believe it.—Age 39

~

I've learned that a patrol car behind me always makes me nervous.—Age 25

~

I've learned that every great achievement was once considered impossible.—Age 47

~

I've learned that whenever I decide something with kindness, I usually make the right decision.—Age 66

~

I've learned that if you spread the peas out on your plate, it looks like you ate more.—Age 6

~

I've learned that the great challenge of life is to decide what's important and to disregard everything else.—Age 51

~

I've learned that just when I get my room the way I like it, Mom makes me clean it up.—Age 13

~

I've learned that you shouldn't compare yourself to the best others can do, but to the best you can do.—Age 68

~

I've learned that you should never be too busy to say "please" and "thank you." - Age 36

~

I've learned that a strong code of ethics is as reliable as a compass.—Age 43

~

I've learned that whenever I take a fishing trip, the guy who runs the bait shop always says, "Gee, you should have been here yesterday." - Age 43

~



Amanda's Canning Workshop

Where?

When?

CANNING RING PUMPKINS



Supplies:

- Old canning rings
 - Pipe cleaners
 - Spray paint
 - Hot glue gun/ glue
 - Cinnamon sticks
 - Jute
1. Collect about 12 old canning lids (the bigger you want the pumpkin the more canning lids).
 2. Spray paint the lids in colors that you would like to use.
 3. Arrange the canning lids in a circle in the color order you choose, put pipe cleaner around the center, twist tight and done!
 4. Cut cinnamon sticks to about an inch long and hot glue in the middle as the stem.
 5. Attach jute for the tendrils for the rustic pumpkin look.

Fall Leaf Lanterns

Supplies

- Leaves
 - Old glass piece or glass jar
 - Mod Podge
 - Flameless candle
1. Collect any color or type of leaves that you want in your jar.
 2. Find an old glass piece or jar and clean thoroughly.
 3. Grab your Mod Podge and start getting creative.
 4. Apply the Mod Podge to the leaves and stick on the jar where you want the leaves at.
 5. Stick in candle light and turn on.



"Fall is proof that change is beautiful"

LOCAL RECIPES

Crock Pot Oatmeal

- ◇ 2 cups milk
- ◇ 1/4 cup brown sugar
- ◇ 1 tablespoon butter
- ◇ 1/4 teaspoon salt
- ◇ 1/2 teaspoon cinnamon
- ◇ 1 cup rolled oats, regular
- ◇ 1 cup chopped apple
- ◇ 1/2 cup raisins, optional

Wake up to the smell of apples and cinnamon!

Spray or butter the inside of the crockpot. Put ingredients into crockpot and stir. Cover and cook on low overnight.

Serve with milk. Makes 4 servings

Slow Cooker Pumpkin Pie Pudding



- ◇ 15 oz. can solid pack pumpkin
- ◇ 12 oz. can evaporated milk
- ◇ 3/4 cup sugar
- ◇ 1/2 cup buttermilk baking mix
- ◇ 2 eggs, beaten
- ◇ 2 Tbsp. pumpkin pie spice
- ◇ 2 tsp. vanilla
- ◇ whipped cream

Mix together all ingredients except whipped cream. Pour into greased slow cooker. Cover. Cook on low 6-7 hours, or until thermometer reads 160°. Serve in bowls topped with whipped cream.



Baker Montana History

Its beginning was in the early 1900's with the coming of the Milwaukee Railroad. Baker's original name was Lorraine, after the daughter of a railroad official. It was renamed Baker in 1908, in honor of A.G. Baker, Milwaukee Railroad's construction engineer for Eastern Montana.

⇒ 1908- The town started as a campground because surface springs and grass were abundant. In 1908, businesses were first established, and the first post office opened under the supervision of Robert Pearce. That year railroad crews built a dam to trap the water from the springs for the steam engines and Lake Baker, now called Baker Lake, was formed.

⇒ 1913- The town attracted more businesses and by 1913 there were about 1,000 residents in the town. Agriculture was the economy's mainstay. The population grew as homesteaders settled where large ranches failed.

1915+- A quiet market town for farmers and ranchers, Baker's fortunes changed in 1915 when natural gas was discovered while a water well was being drilled.

⇒ With the coming of oil production, the town grew. The town boomed during the late 60s and 70s. At one time the population grew to around 2,500 people with over 4,000 in the county.

BLAST FROM THE PAST

FALLON-CARTER HOMEMAKER'S SPRING COUNCIL

May 13, 2008

The Spring Council Meeting of the Fallon-Carter Homemakers Council was held May 13, 2008 at the Senior Citizen's Center in Baker. The theme for the day was "Bee Happy—It's Spring". The room was decorated with bright yellow tablecloths and bumblebees.

President Sharon Higgins called the meeting to order and the group recited the Pledge of Allegiance to the American Flag. Reverend Rod Kilsdonk gave the invocation, which was followed by reciting the Club Collect. Roll Call was answered by five of the six clubs, with attendance as follows:

Adventurers: 6/8 members; 2 guests

Albion 400: 1/11 members

Baker Homecraft: 6/11 members; 1 guest

Homemakers Heritage: 4/13 members

Willard Homemakers: 4/18 members

The minutes of the Fall Council Meeting were read and approved. The Treasurer reported a balance of \$661.09 in checking and \$800 in Savings. A check for \$8 was received to cover additional members dues for the Diligent Doers Club.

Scholarship Report: Nita Schallenberger reported that there is a balance of \$985.52 in the Scholarship Fund. Last year's recipients, Jennifer Markuson (Carter County) and Dallas Newell (Fallon County), were each paid \$200. The silent auction at Fall Council brought in \$238.

Old Business: Nita Schallenberger moved we spend no more than \$25/Angel on Kay Hanley Memorial Angels, to be awarded at Fallon and Carter County Fairs. Jean Tronstad seconded the motion; motion carried.

New Business: Alice Kay Schweigert moved the previous secretary and the present secretary be on the bank accounts, so there are two signatures. Linda Logsdon seconded the motion; motion carried. Sharon Nordahl moved to put the Spring Silent Auction Funds in the Scholarship Fund. Rita Knipfer seconded the motion; motion carried.

The Spring '07 Silent Auction money (\$99.20) went to a cause for Fallon County. Spring Silent Auction funds will now go to the Scholarship Fund, so to be fair, a donation to Carter County was discussed. Linda Logsdon moved to give a one-time donation of \$100 to Carter County for a charitable cause of their choice. Alice Kay seconded the motion; motion carried. The Carter County members present at the meeting decided to donate this \$100 to the Ambulance Fund in Ekalaka.

A Moment of Silence was held for Homemakers members who had passed away. In his Agent Update, Nico Cantalupo talked to the group about wills and estate planning, and gave a general update.

Galina Wolenetz gave an interesting presentation on "Spring in Russia". She shared many beautiful photos of her homeland with the group. She is from a "Small" town in Russia...about 150,000 in population.

Betty Kusler gave the Grace for the noon meal, which was prepared and served by the Baker Homecraft/Friendly Homes club.

Bev Schell of "Bumble Bee Floral" gave a demonstration on floral preparation. She made two floral wraps and an arrangement. Drawings were held for the floral arrangements, and were won by Sharon Nordahl, Shirley Barth and Vivian Pinnow. Bev handed out some sheets that told the meaning of flowers, and shared that the Bubble Bee symbol is for resourcefulness and prosperity, working together and enjoying the sweetness of life!

Della Brockel, Ruth Townsend, Sharon Higgins, Galina Wolenetz, and Lana Buerkle won Door Prizes.

Meeting Adjourned. Secretary Kathy Stieg