

Golden Roundup

December 2011



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**The
Roundup**

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Tree Decorating

See page 10

Food Safety

For The Holiday and Every Day



Judy Johnson

By Judy Johnson
Richland Extension Agent

Especially important for seniors

-Immune systems and other organs become a bit sluggish with age. Stomach and intestinal tracts may hold food longer, the sense of taste and smell may be altered and the liver and kidneys may not easily get rid of toxins.

-Today's food comes from all over the world and nearly 50% of our food dollar buys food that others prepare.

Leftovers: Cooling, Storing and Reheating

-Always refrigerate perishable foods within two hours. Do not cover hot food tightly. Leave lid or plastic wrap loose so steam can escape. Discard any perishable foods left at room temperature longer than two hours.

-Leftover should be eaten, frozen or discarded within four days. Most frozen prepared leftovers will keep well for two months after which the quality will go down.

-Reheat leftovers until they are hot and steamy. Boil sauces, soups and gravies. If reheating in the oven, set oven temperature no lower than 325°. Do not reheat in slow cookers. When reheating in the microwave, cover the food and rotate it while cooking. Stir food and let it stand for two minutes to let it finish cooking.

Best Advice – When in Doubt, Throw it out.

Ham Alfredo

1/2 lb. ham (fully cooked),
cut into 1/2-inch cubes
8 oz. spaghetti
2 c. broccoli florets
1 10-oz container light
alfredo sauce
1/4 tsp. red pepper flakes
1/4 c. Parmesan cheese,
grated



Ham Alfredo

Cook spaghetti according to package directions. Add the broccoli florets 2 minutes before spaghetti is done. Drain and keep warm. Mix and heat ham, alfredo sauce and pepper flakes over medium heat until warmed, about 1 minute. Add spaghetti and broccoli to the pan and toss to mix. Serve.

Sprinkle with the Parmesan cheese and freshly grated pepper. Serves 4.

Recipe Source: The National Pork Board,
TheOtherWhiteMeat.com

Turkey Hash Brown Quiche

Hash Brown Crust:

1 egg 1/4 tsp. salt

2 c. frozen shredded hash brown potatoes (12 oz.), defrosted in refrigerator or microwave

Filling:

2 c. frozen vegetable blend (12 oz.), defrosted in refrigerator or microwave, drained well

1/2 c. diced

cooked turkey

5 eggs

1 c. milk

1/2 tsp. salt

For crust:

Preheat oven to 375 °F. Beat egg and salt in medium bowl until blended. Add potatoes; mix well. Press evenly against bottom and sides of greased deep 9-inch pie plate. Bake for 5 minutes. Remove from oven.



Turkey Hash Brown Quiche

Place vegetables in crust; top with turkey. Beat 5 eggs, milk and 1/2 tsp. salt in medium bowl until blended. Pour slowly over turkey.

Bake in center of oven about 45 minutes until center is puffed, set, and reaches an internal temperature of 160 °F, as checked by a food thermometer. When quiche reaches the proper internal temperature, remove from oven, and let stand 5 minutes. Cut into wedges. Refrigerate any leftovers immediately.

Recipe Source: Recipe by the American Egg Board

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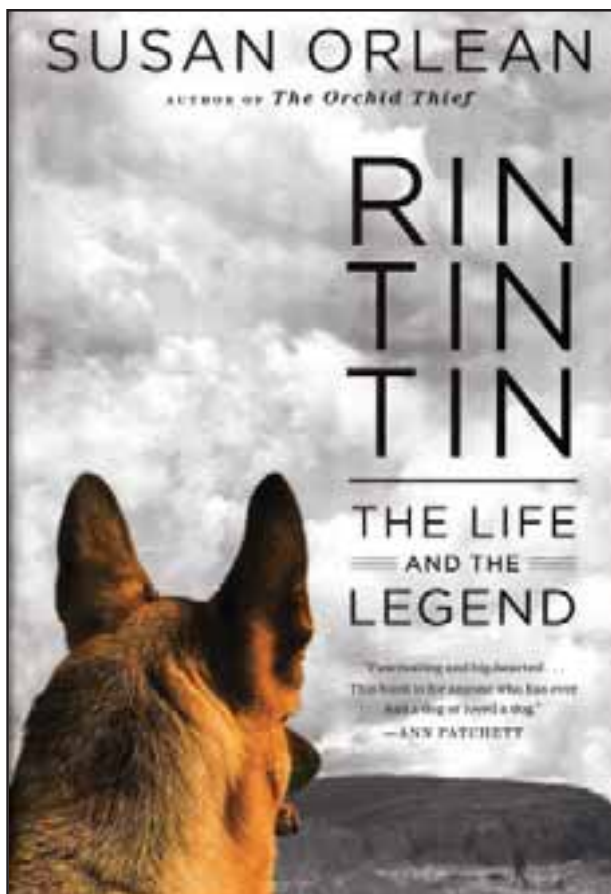
Rin Tin Tin

A Book Review by Lois Kerr

Who of my generation doesn't remember Corporal Rusty and Private Rin Tin Tin, and the exciting adventures they shared together each week on the Adventures of Rin Tin Tin television series? My sister and I delighted in these adventures and watched avidly each week to share in the thrills experienced by a boy and his dog. So, when I saw the book *Rin Tin Tin: The Life and the Legend* by Susan Orlean, a flood of memories rushed back and I knew I had to read this book.

As Orlean herself remarks in the book, "In the buzzing white noise of my babyhood, a boy on the television was always shouting 'Yo, Rinty', a bugle was always blowing, and a big dog was always bounding across the screen to save the day....I came across the name Rin Tin Tin a few years ago while reading about animals in Hollywood. It was a name I had not heard or thought about in decades, but a shock of recognition surged through me and made me sit up straight, as if I brushed against a hot stove."

I agree with Orlean's assessment. I hadn't thought about the name in years, but when I saw the book, a flood of memories washed over me. I was surprised to learn that Rin Tin Tin was NOT a made up name for a movie dog, but was a real dog who had founded a dynasty of Rin Tin Tins. Lee Duncan, Rin Tin Tin's owner, found Rin Tin Tin the first, along with his litter mates, on a battlefield in France during World War I. The pups were only a week or so old. Duncan



cared for them, saved out two for himself, and managed to bring one of them, the original Rin Tin Tin, home with him at the end of the war. Duncan trained the dog, and Rin Tin Tin eventually starred in silent movies and became famous the world over.

This book fascinated me with the history of Lee Duncan, Rin Tin Tin, and the successive Rin Tin Tins. The book outlines the movie industry as it went from silents to talking movies to television, Rin Tin Tin's rise to fame, his death, and the making of Rin Tin Tin III and Rin Tin Tin IV.

I also learned a lot about the use of animals during World War I. As Orlean points out in her book, estimates show that 16 million animals were deployed in World War I. These animals included horses, camels, mules, homing pigeons, oxen and of course, dogs. Dogs worked in every possible capacity,

including as messengers, Red Cross rescue dogs, cadaver dogs; they pulled carts, carried cigarettes to the troops, and performed many other duties. World War I also exposed the German Shepherd breed to the rest of the world, and the interest in this breed soared.

I found this book extremely interesting, not only for the history of Rin Tin Tin and his progeny, but also because of the facts Orlean presents, the discussion of the movie industry, why animals became so popular in the movies, and of course the information about the making of the television series "The Adventures of Rin Tin Tin".

This is a story about a unique dog, his owner, and the time in which the dog and its descendants lived. As Orlean says, "For me, the narrative of Rin Tin Tin is extraordinary because it has lasted. He is that rare thing that endures when so much else rushes past...it is the continuity of an idea that makes life seem like it has a pattern that is wise and beautiful...I believe there will always be a Rin Tin Tin because there will always be stories. He began as a story about surprise and wonder, a stroke of luck in a luckless time, and then he became a fulfilled promise of perfect friendship, then he became a way to tell stories that soared for years. He made people feel complete."

I recommend this book to anyone who remembers Rin Tin Tin, and for those who like good dog stories.



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A Christmas Story

By Lois Kerr

Once upon a time in the early '80s, a young couple with three small children looked forward to Christmas with great trepidation. Father was out of work, Mother washed dishes at the Triangle, so the couple could barely make ends meet, never mind anticipating anything extra for Christmastime. Prospects for a bright, merry holiday looked extremely grim.

Sure, they had a tree - a beat up mess salvaged from the dumpster that resembled a Charlie Brown Christmas tree. Yep, they had decorations - homemade cutouts colored by the kids, along with some strings of popcorn, also made by the family. The parents, in dire straits, worried about Christmas morning, as they knew there would be no gifts left under the tree by Santa for their children.

Then the miracle happened. The true spirit of Christmas arrived in the form of friends bearing gifts, and in a twinkling, lives were transformed.

That young mother, Maria Simons Hodge, now a grandmother and living in Crane, explains, "We were really struggling," she remarks. "We faced a bleak Christmas with nothing for the kids. Then a few days before Christmas in the middle of a snowstorm, there came a knock at the door. Long-time friends from Alexander, Bud and Leona

Erickson, stood at the door, and they had brought a horse trailer full of gifts from friends and neighbors in Alexander."

Hodge and her family received furniture, quilts, home canned food, toys for the kids, and gifts for Hodge and her husband. That Christmas, Hodge truly understood the meaning of Christmas. "It was over-



Maria Hodge displays some of the toys purchased by ABATE for the toy drive, using donations from the community.

whelming," she comments. "Totally overwhelming. The whole community got together to give us Christmas. Bud and Leona were as excited as we were, as they truly enjoyed the gift of giving."

Hodge never forgot that special Christmas. The family eventually got back on its feet, and for the past 18 years, Hodge has done her part to repay that marvelous gift of Christmas that her family received nearly 30 years ago by involving herself in the ABATE toy drive every Christmas.

"I've been an ABATE (American Bikers Aiming Towards Education) member for the past 21 years," Hodge remarks. "Eighteen years ago a handful of us started doing a toy drive. We asked the community for names of families in need, and we bought toys and played Santa. This gave me enormous pleasure, as this was my way of paying back for that very special Christmas we received when my family was struggling."

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Watching the recipients as they received their gifts made all the work and effort involved well worth Hodge's time. "One year, sat in an alley for two hours. We had put gifts on the back porch and a friend and I sat waiting for the family to get home just to make sure they received their gifts," she recalls. "Another year we gave a huge stuffed teddy bear to a resident of ROI. The bear was nearly as big as he was, and he was totally thrilled. That bear really made his Christmas."

ABATE has now joined forces with the Christmas Coalition and Gifts from the Heart to collect toys as this better utilizes resources. "A lot of people began doing toy drives, so we joined forces to make it all work better and to make it easier for everyone," Hodge remarks. "It increased the number of people involved and we now all work together."

This year, toys and gifts for those families in need will be distributed on Dec. 17 at the Masonic Hall. Hodge reminds people that even though the toy drive ends on the 16th, people can still donate cash or unwrapped gifts to the toy drive until the 16th, and they can donate cash or unwrapped gifts to the Salvation Army right up until Christmas Eve. "There are always a few families who miss the toy distribution, or maybe there's a fire or other tragedy," she says. "The Salvation Army will take care of these people, so if you haven't donated yet and want to, you can still give a

gift from your heart."

Hodge passionately believes in the ABATE toy drive and throws herself happily into the job of purchasing toys. "I remember all the bad years, but there was always someone there to help us," she says. "My kids would not have had Christmas without the help from others."

She continues, "I know the desperation and how hard it is to cope around Christmas with no money, so I really enjoy working the toy drive. It gives me huge satisfaction to know some children will get brand new gifts. It's wonderful. I've seen Christmas from both sides, as the one in need and as the one who can share. Sometimes all a family needs is a hand to help them up."

Hodge believes her children also learned a valuable lesson about the meaning of Christmas during the tough years they experienced as children. "My children learned the joy of giving," Hodge states. "Both boys, now in the Marine Corps, work with the toys for tots through the Marines. My daughter in Arizona works with the toy drive in her town."

She concludes, "It is wonderful. That Christmas in 1982 changed our lives. Now that I can help others, this gift of giving truly makes my Christmas and reminds me of the true meaning of the season."

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Tree Decorating

Integral Part Of Christmas Season

By Lois Kerr

Decorating a tree or trees at Christmastime has become a much-loved tradition for most of us. For many people of my generation, Christmas memories center around the tree and decorating its branches with cherished ornaments used year after year. Those ornaments came in all shapes and sizes, as the array of potential decorations for a tree were nearly limitless. Ornaments consisted of handcrafted items along with store bought ornaments of all colors and shapes.

Decorations are limited only to people's imaginations and preferences. People may decorate trees with cookies or fruit, or use ornaments made of glass, porcelain, plastic, fabrics, or other materials. Stars, bells, wreaths, elves, sleighs, angels garlands, tinsel, candy canes; the list of potential decorations stretches into infinity, but this selection of ornaments has the capacity to turn an ordinary tree



Christmas trees come in all sizes, shapes and themes. My illuminated ceramic Christmas tree provides a nice addition to Christmas decorations, and provides a nice soft light at night.



This tree decoration, designed and cross stitched by my sister, is one of my all time favorite ornaments. This beloved decoration, along with many other ornaments that have been hand made or bought for me by friends and family through the years, adorns my regular tree at Christmastime.

This ornament, also designed and cross stitched for me by my sister, ranks high on my list of favorite ornaments.

This decoration, along with a dozen other outhouse ornaments, decorates my Crane



Christmas tree each year. Looking at this tree always brings a smile to my face.

into a festive work of art.

Many of the younger generation seems to purchase new decorations and ornaments each year, but most of us retain much loved ornaments, packed carefully away each year at the end of the holiday season and stored until the following December. When Christmastime rolls around again, we pull them out of their storage containers, dust them off, and hang the ornaments on the tree to enjoy them again.

I keep my ornaments from year to year, and each and every one of them has special meaning for me. Each ornament was either hand crafted by family or friends, given to me by family or friends, or are remnants from Christmases from long ago. When I pull out my tree decorations each December, I don't notice the frayed edges or the scratches that mar some of these ornaments. Instead I remember happy Christmases decorating the tree with family, or recall a special friend who gave me a particular ornament. This in turn sparks memories of times spent with that particular friend or family member. I also rediscover ornaments that I had forgotten about since the previous year, and when I pull that ornament out of the box, it is like discovering an old friend.

Some people design theme trees. My regular tree has no theme, as each ornament is unique and speaks only for itself, such as the cross stitched Doberman ornament that my sister made for me.

However, I do make one theme tree every year, always using the same theme and the same ornaments from the past year with the possibility of the addition of a new ornament or two, depending on what I find available that year, or on what my sister decides to make for me. Outhouses and barns have always intrigued me, so a few years ago my sister cross stitched an outhouse ornament for me that I proudly displayed on the tree. The following year she made me another outhouse ornament, and two good friends also each bought me an outhouse ornament, and the tradition began. For the past three years, I've decorated my special Crane Christmas tree, which consists of a forked pine branch, devoid of needles,

hung with my various outhouse ornaments. While outhouses may not appeal to everyone, I love my Crane tree and it sits at the foot of the steps to welcome me home.

My Crane Christmas tree, combined with my regular tree decorated with ornaments given to me by friends and family, along with my fiber optic tree and my illuminated ceramic tree all satisfy my needs as far as having festive Christmas trees to help me celebrate the holiday season.



My Crane Christmas tree.

A Valued Gift



Staci Miller

Submitted by Staci Miller

By definition, *the philanthropic spirit always finds an appropriate form of expression.*

We see this philanthropic spirit clearly each time we witness the desire of a child determined to give a gift to a parent or teacher. That determination will always find the perfect way to express itself. And whether it is another tie for dad to add to his collection or an apple for a favorite teacher, the value of the gift is beyond measure.

Many often lament the fact that as we age many of our child-like characteristics seems to fade. Thankfully, however, the philanthropic spirit that seems to reside somewhere in the heart of everyone does not dissipate with age.

As a nation, Americans continually set new records for charitable support. Richland County and the surrounding area thrive in part because of a pervading generosity.

Indeed, the work of the Foundation for Community Care depends on private individual expressions of support that come our way in countless forms. Each year, hundreds respond. For many the response includes a generous gift of time and energy through volunteerism. Of course, many find material ways to express their support through gifts to our annual fund efforts.

In fact, there are many ways that you can make a gift to the Foundation for Community Care. The most common is the way hundreds choose to express their support each

year by simply writing a check or giving cash. Many of these same individuals and families plan today for a future gift that comes in the form of a bequest that is articulated in the last will and testament.

These two ways of giving represent either end of a charitable spectrum – the first providing immediate support and the latter representing a final communication of a philanthropic heart. But between these two points on the giving spectrum there exist a number of other ways in which friends provide critical support to this organization. Often the way that a gift is made can have dramatic impact on helping to meet the long and short-term objectives of a donor.

Almost every gift to a qualified charitable organization comes with certain tax benefits. In many situations it is possible to receive more than just a charitable income tax deduction. Indeed, certain ways of giving make it possible to bypass capital gains taxes on appreciated assets, significantly reduce estate taxes, and even establish a whole new source of income for you and your family.

When it comes to expressing your philanthropic wishes, you may find that a dollar's worth of value can be dramatically increased. The critical ingredient is careful planning.

The Foundation for Community Care will help match the ideal gifting strategy with your objectives. We will provide you with confidential information that will ensure that you get all of the tax benefits that our laws provide. We will also help you plan the timing of your gifts for maximum value to you. For more information on how you can leave a legacy in our community, stop by our office at 221 2nd St. NW, Sidney, call 406-488-2273, or send us an email at smiller@foundationforcommunitycare.org. We will provide you with a personalized illustration that will ensure that you get all the tax benefits that our laws provide.

One thing is certain, no matter what form your philanthropic expression may take, there is no way we can adequately express the value of your friendship and support.

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Fairview Memories

The Fairview News

THURSDAY, DECEMBER 14, 1933

AN INDEPENDENT NEWS PAPER

154 Men Work On Richland County Projects Under Civil Works Plan

At a meeting held in Billings under the director of state administrator of public works, the Richland county delegation composed of the mayors of Sidney and Fairview, the chairman of the board of county commissioners, and a representative of the relief committee were given detailed rules and regulations governing the civil works administration.

The allocation of 154 men for Richland county is based on the number of able-bodied men on the relief rolls of Richland county for the months of October and November. The state of Montana was allocated 14,000 men for civil works project s to be taken from the relief rolls. The state of Montana had 18,000 men on the relief rolls, which made it necessary to allow each county only 71 percent of their able-bodied men for these projects. Federal rules and regulations are very specific and define in stating that those taken from relief rolls must have received orders for relief during the months of October and November, and on or before Nov. 24. All relief cases occurring after that date can not qualify. If it is found that Richland county's quota cannot be secured from the relief rolls due to numerous

reasons, the remainder will be secured from the national employment office.

The rules and regulations allow for the employment of only one able-bodied man from each family. This means that 154 families in the county will be provided with some means of income.

No aliens can be given work. However, those having taken out their first papers may be included. In selecting men, preference is given to ex-service men who are resident of the county and have dependents.

The scale of labor is 60¢ per hour for unskilled labor, and \$1.20 per hour for skilled labor. No man is allowed to work more than 30 hours per week. A farmer working with a team is allowed 60¢ per hour for the man and 25¢ per hour for the team. The rate for hire of trucks has not been definitely established. In all projects, the maximum of human labor will be used in lieu of machinery, wherever practicable. The projects tentatively approved for Richland county are: graveling and grading 55 blocks of the streets of Fairview, hauling gravel and dirt to raise the level of the present school grounds at Fairview, graveling 110 blocks of the city streets of Sidney, transplanting trees and graveling the school grounds at Sidney, graveling the streets of Lambert, graveling the

streets at Savage and raising the level of the school grounds at Savage, graveling approximately 50 miles of the county roads in the three commissioner districts.

All projects approved for civil work must be of such a nature that they can start immediately and be completed before Feb. 15. The projects must also be ones that can be put into immediate use.

Pay checks will be issued each week for Richland county from Glendive. K. E. Burleigh, who has been in charge of the relief office at Sidney, will be paymaster for five eastern Montana counties. Mrs. Ethel Bolan will be responsible for the accounting and keeping the time slips for each project.

*Reprinted as published in Fairview Times
Thurs. Dec. 14, 1933*

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Influenza “flu”

By Kathy Helmuth, RN, BSN

Julie Brodhead RN, BSN

The Richland County Health Department is saying that it is never too late to get vaccinated against influenza and that getting it now is especially important because the holiday season is here.

All of our staff is encouraging Richland County residents to get their vaccine. “As families gather for the holidays, it is very important to immunize yourself and your family members.” “Everyone who has not yet received the seasonal influenza vaccine should do so before the holidays. The flu vaccine is the most effective and safest way to remain immune to influenza viruses.”

Vaccination remains the cornerstone of preventing influenza. Influenza can spread rapidly as people begin to travel throughout the holiday season. Individuals who are ill can unknowingly expose vulnerable individuals to the influenza virus. While some people suffer minor complications from influenza infection, the elderly, infants, and those with underlying chronic health conditions can experience complications that can lead to hospitalization and even death. Richland County Health Department recommends annual influenza vaccination for everyone except babies younger than 6 months and those with unusual allergies and medical conditions.

Influenza is a highly contagious respiratory infection caused by influenza viruses. When a person with

the flu coughs or sneezes, the virus becomes an airborne contagion – waiting to be inhaled by anyone nearby. The risk of infection is greater in highly populated areas like schools, daycares, and work settings. You can also get the flu by touching a contaminated surface like a telephone or a door knob, and then touching your nose or mouth. The influenza virus usually enters the body through mucus membranes in the mouth, nose or eyes.

Sudden onset and severity of symptoms are hallmarks of the flu and help to distinguish it from other illnesses, like the common cold. Other indications include chills and fever, headaches, muscular aches and pain, cough, and runny nose. Sometime these symptoms are accompanied by vomiting or diarrhea.

This year's influenza vaccine protects against the three virus strains likely to be most common during the upcoming season and includes the same virus strains for last year's influenza season. The effectiveness of the vaccination lasts throughout the entire influenza season.

People wanting more information may call Richland County Health Department at 433-2207 or consult their health care provider. Influenza vaccine is still available at Richland County Health Department with regular clinic hours on Mondays, Tuesdays and Wednesdays from noon-4:30 p.m. We will be closed on two Mondays, Dec. 26 and Jan. 2.

Re-Do Holiday Leftovers

By: Stephanie Lachapelle

AmeriCorps VISTA Volunteer, RCHD

You don't have to have the same foods over and over. Try these simple re-dos with holiday foods.

Mashed Potatoes

-Combine with a little chopped onion and beaten egg; form into patties and pan fry for delicious potato cakes.

-Sauté green onions and puree with chicken stock and leftover mashed potatoes for a delicious winter soup. Add leftover or frozen vegetables if you like.

Baked Sweet Potatoes

-Mix a cup of mashed sweet potatoes into your favorite muffin or quick bread recipe.

-Mix chilled, mashed sweet potatoes with beaten egg. Roll into cylinders and coat with panko bread crumbs. Pan-fry until hot and crispy for sweet potato croquettes.

Cranberry Sauce

-Mix into applesauce and serve hot with pork chops.

-Mix with plain or vanilla yogurt for breakfast or a fruit dip.

-Stir in chopped nuts and serve with crackers and cheese.

Vegetables

-Mix parmesan cheese in with vegetables; add to beaten eggs for a healthy omelet.

-Mix with white sauce or cream soup and leftover meat. Put over baked potato for a simple meal.

Rolls and Bread

-Dice up for bread pudding.

-Put in food processor for bread crumbs. Freeze to use in meatballs, casseroles or meatloaf.

-French toast. Dip bread in egg, milk, vanilla and cinnamon mixture and pan fry until crisp. Top with cranberry yogurt sauce.

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