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December 2012

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**inside**

- ★ **Natural Wreaths**
- ★ **Family Mealtime**
- ★ **Colony Cooking**
- ★ **100 Yrs Farming**

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[info@roundupweb.com](mailto:info@roundupweb.com)

# Christmas Traditions Around the World

By Tie Shank

Christmas, though a festival of Christian faith, is celebrated (and not celebrated) in various ways around the world by many Christians and many non-Christians alike: Some decorate trees, drink egg nog and sing Christmas carols, while others enjoy a steamy sauna and eat roasted suckling pig. Traditions vary by country and in some cases, even by state and the ways in which they are celebrated around the world are very interesting. Below is a listing of a few countries and the ways in which they traditionally celebrate Christmas. Compare these to your own family traditions and you'll see how interesting they are or perhaps you may decide to try a new tradition this holiday season.

**Christmas in China:** The Christian children in China decorate trees with colorful ornaments made from paper in the shapes of lanterns, flowers and chains. They also hang muslin stockings hoping that Christmas Old Man (or Dun Che Lao Ren), will fill them with treats and gifts. Chinese Christmas trees are called, "Trees of Light." Non-Christian Chinese call this season Spring Festival and celebrate it by preparing and sharing delicious meals and by paying respect to their ancestors. Children receive toys and clothes and watch firework displays.

**Christmas in Denmark:** This day is supposed to be when a mischievous elf called Nisse, can have his fun. Families leave him a bowl of porridge or rice pudding on Christmas Eve to keep his jokes to a minimum. Christmas Eve dinner begins with rice pudding that holds a magic almond inside. Whoever finds the almond receives a prize. A traditional

Christmas Eve dinner consists of goose, red cabbage and browned potatoes, followed by lots of cakes and pastries.

**Christmas in Finland:** Houses are cleaned and many hours are spent baking for this holiday. Fir trees are dropped, tied to sleds and taken home to be decorated. A sheaf of grain is tied to a pole with nuts and seeds and then placed in the garden for the birds to enjoy. The meal begins when the first star appears in the sky. The Christmas tree is set up on Christmas Eve and decorated with candies, cotton, tinsel, paper flags and apples. Many Finnish homes use candles for lighting in the trees. The Christmas festivities are preceded by a famous steamy sauna, after which everyone dresses in clean clothes in preparation of their Christmas dinner, which typically consists of boiled codfish with allspice, boiled potatoes and cream sauce. Also on the menu is roast suckling pig or a roasted fresh ham, mashed potatoes and vegetables. After dinner the children go to bed while the adults stay up to converse and drink coffee with their visitors until about midnight. The children do not hang up stockings and Christmas Day services begin at six in the morning.

**Christmas in Switzerland:** The jingling of bells heralds the arrival of Christkindli – a white clad angel, with a jeweled crown and face veil. Tree candles are lit as she enters each house and hands out presents from the baskets being held by her child helpers. The week prior to Christmas, children dress up and visit homes with small gifts. After the midnight mass service, families gather to eat huge home-made doughnuts called ringli and drink hot chocolate. The Feast of St. Nicholas is celebrated at dusk on December 6<sup>th</sup>.

**Christmas in Czech Republic:** On Christmas Eve, unmarried women practice a traditional fortune telling method called 'Shoe Tossing' to predict their relationship status for the upcoming year. So, if you single ladies would like to give this a try, here's how you do it: Stand with your back to your house door and toss one of your shoes over your shoulder towards your house. If it lands with the toe facing the door it means you should begin making wedding preparations as you will be getting married within the year. If it lands with the heel facing the door it means you're looking at another year of being single. Better luck next year.



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# Sharing the Best Time of the Day, Family Mealtime

By Ludmila Keller

Who doesn't enjoy finally sitting down with family and friends for a delicious holiday meal? Those moments are so special not simply because of the food (though it sure is an important factor), but the opportunity to catch up with our loved ones, sharing laughter and lives.

So, why not share a meal with our family every day? Of course, we cannot cook a 3-course holiday meal every day, but everyday meals don't need to be culinary prize winners to make them special, and there is nothing wrong with leftovers.

Why are family meals so important? Family meals are beneficial for both parents and children. Enjoying meals as a family at home can protect against weight gain and unhealthy eating patterns (such as binge eating or eating too little). But that's not all! Children and teenagers that eat with their parents three or more times a week, eat more vegetables and fruits, eat less fast food and drink fewer sodas than other children. Family meals are also good for our emotional well-being. Studies found that the more often teenagers eat with their families the less likely they are to use alcohol, tobacco or marijuana.

## **Make mealtime a family activity.**

Involve your spouse and children in the meal planning process. Plan ahead of time what you want to prepare for the rest of the week. The more you prepare ahead of time, say at the weekend, the less you will have left to do before dinner. So, make sure you do your grocery shopping on a free day, and then you don't need worry about that later. If your children are older, ask them for their input and give them responsibility. Children can help in the kitchen under your supervision: let them read out loud the recipe, cut the veggies, stir the pot, etc. The older they are the more responsibility you can give them. Cooking can be a fun family activity and great learning process for your children. Why not let your teenage son/daughter decide what will be for dinner on Saturday and ask them to prepare the meal by themselves?

## **Focus on yourself and on each other.**

Turn off the TV and cell phones during mealtime. This is your family's chance to spend time together and get to know each other. For some of us it may even be the only time during the day everyone is in the same room! Don't worry if not everyone likes everything that is on the plate. Most of us are not professional caterers, so this is bound to happen (a lot). This is not about preparing the perfect meal or the perfect moment. This is our time to relax, be together, and of



course eat. The most important thing is to stay positive when planning family meals! Don't let yourself get stressed out. Trust yourself, your spouse and child, and share the love for food with your family.

Extension Service publishes a monthly newsletter, the Mealtime Solutions, which provides great recipe ideas for family meals. If you are interested in receiving this newsletter or would like to find out more information about family meals, contact our new Family and Consumer Science Extension Agent Ludmila at 406-433-1206 or e-mail [Ludmila.Keller@montana.edu](mailto:Ludmila.Keller@montana.edu).

So, let's try to add a little bit holiday to every day!

Quick Chicken Ratatouille (serves 4)

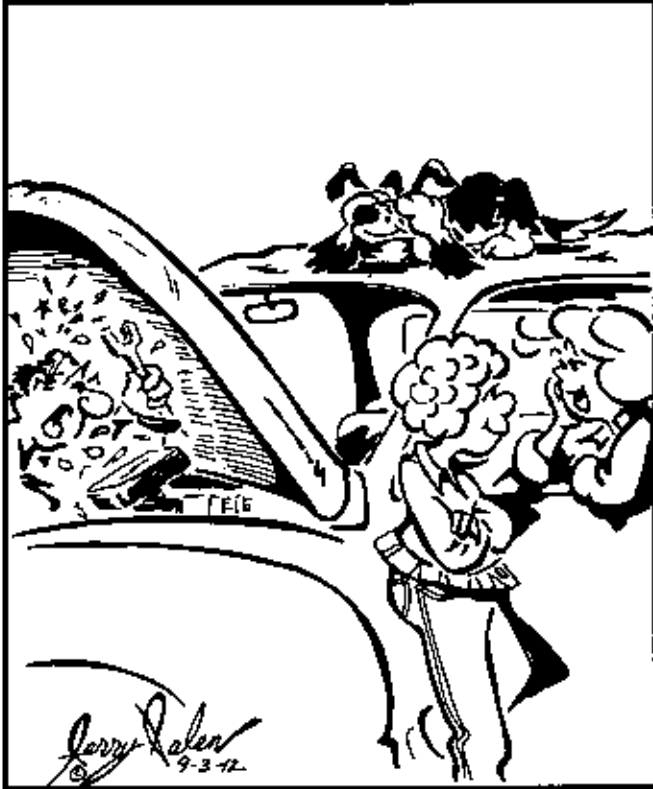
- 1 tablespoon vegetable oil
- 4 medium skinless, boneless chicken breasts, cut into 1-inch pieces
- 2 small zucchinis, unpeeled and thinly sliced
- 1 small eggplant, peeled and cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green pepper, cut into 1-inch pieces
- ½ pound mushrooms, fresh, sliced
- 1 can diced tomatoes
- 1 clove garlic, minced
- 1 ½ teaspoons dried basil, crushed
- 1 tablespoon fresh parsley, minced
- Black pepper to taste
- 1. Heat oil in large non-stick skillet. Add chicken and saute about 3 minutes (or until lightly browned).
- 2. Add zucchini, eggplant, onion, green pepper and mushrooms. Cook for about 15 minutes.
- 3. Add tomatoes, garlic, basil, parsley and pepper. Continue to cook for about 5 minutes or until chicken is tender.

4. Enjoy.

Recipe Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

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By Jerry Palen



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# A Valued Gift



**Staci Miller**

**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 seem 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 2<sup>nd</sup> Street NW, Sidney, call 406-488-2273, or send us an email at [smiller@foundationforcommunitycare.org](mailto: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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We ask our readers to submit stories, photos and advertising for publication. Photos are always welcome.

The address is P.O. Box 1207, Sidney, MT 59270 and the email is [info@roundupweb.com](mailto:info@roundupweb.com) or any of the other emails we have listed. The phone number is 1-406-433-3306 or toll free 1-800-749-3306. We also appreciate your advertising.

The Golden Roundup is distributed the Wednesday closest to the middle of each month. The January news and ad deadline is January 9.

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# Cooking For A Colony



**Annie Marie Walter and Barbara Walter stand inside their canning room where hundreds of jars of neatly stacked fruits and vegetables are stored for consumption by the Colony members.**

**By Jaimee Green**

Some of us fret over what to cook for an average sized family of four or five. We stress over how to keep the meals exciting, healthy and enticing enough to make sure everyone willingly eats it. And for many, the thought of cooking for large groups of people is enough to put us over the edge with frayed nerves and nervous stomachs. So, it's difficult to imagine what kind of pressure a person might feel cooking for 56 people every day of the year with the exception of Sunday; for years to come.

It seems natural that when Annie Marie Walter was promoted to Head Cook for the Prairie Elk Hutterite Colony of Wolf Point, she had mixed emotions. She was proud. And, she was fearful.

She knew it was an honor to be given this job because it meant the Colony members had faith in her culinary capabilities and expertise. Yet, it was also a huge responsibility. One she is still adjusting too. "That very first day I wondered to myself, 'what am I doing here.' I'd rather be anywhere but here in this kitchen. It was nerve racking," she recalled.

Her mornings begin at 5:30 a.m. with a cup of coffee and long 'to do' list. Ovens need turning on. Counters need a

good wiping. Stewing vegetables need chopping. Sauces need stirring. Meats need thawing, seasoning, marinating and plenty of time in the broiler. And once all of that is complete, it's already time to start thinking about the next meal that needs preparing. And the cycle continues.

In an effort to limit wasting food, Annie Marie carefully plans her meals so that everything is eaten. If left over stewing meat is available, it will be used for roast beef sandwiches the next day or incorporated into a soup or other side dish.

Though it took some time for her to get into the rhythm of her new job, she was not a newcomer to the kitchen, having started learning how to cook with her mother, Annie, when she was 17 years old. Cooking is a vital part of life in the Colony for the women. Most begin cooking in the kitchen when they reach the same age.

The kitchen is run on a fluctuating schedule with two women serving as cooks for one week and then rotating out into other chores such as baking and cleaning. Since becoming Head Cook, Annie has been taken out of the rotation and only focuses her efforts on planning the meals for each week, making the menus and preparing the meat of the day. It keeps her plenty busy. "I miss seeing all of the



women more often. Now I am in the kitchen all day so I don't get to visiting with all of them as much as I would like," she said.

Of course, even before Annie assumed her new title, everything still ran smoothly in the kitchen. The work in the kitchen runs much like a well oiled machine, fast, efficient and clean. With large industrial sized appliances more fitting of a chain restaurant than a household, Annie has plenty of stainless steel apparatus, stove burners and refrigerator space to get the job done. But, you won't find any pre-made boxes of stuffing, scalloped potatoes or the sinister, Ham-burger Helper taking up space in her cupboards. Nope. Everything's made from scratch. And, it's most likely every ingredient in the freshly prepared meals was raised or grown right on their farm.


Annie Marie became Head Cook following a vote made by the men of the Colony. "We were happy to see her become head cook because her father, Darius, is in charge of the finance and she has always had some input into what the kitchen might need or other things we wanted for cooking," said Rose Anna Walter, a Colony Member.

"Never before was there a head cook designated for this Colony since the move. So, it just took more work for the two women cooking. Now, I wonder how they got by without one. Having a Head Cook makes it easier for the two cooks because they aren't running all of the time. Instead they can focus on their main priority which is the side dishes," Annie Marie said.

The tradition of Head Cook is nothing new for the Colony. It just took a few years to find the right fit. Before Annie Marie took over the position it had been vacant for nearly seven years. Before the Colony split and members came out to live in Northeast Montana, Mary Walter worked as the head cook back in Surprise Creek starting in 1967. She was 31 years old when she began and for 25 years she loved her job. She remembers getting up early to get breakfast ready. She would then plan and prepare the lunch meal and head back to the kitchen at 3:30 p.m. to start preparing dinner. By the time she got the kitchen cleaned up and stocked for the next day it would be nearly 7:00 p.m. "I miss it now. But for those who don't like it as Head Cook, too bad. You've got to do it for the Colony if that's what they want," she said. Mary stepped down as head cook in 1992 following surgery on her rotary cuff which made heavy lifting difficult.


Of course, once Colony members reach the age of 50 they can retire from the kitchen if they want to and just help with other chores like cleaning. But many Colony women continue with their duties well past the conventional age of retirement. "There is a Head Cook for a Colony in the state of Washington that is 70 years old who still works and cooks for 110 people," recalled Barbara Walter.

The Colony split from the Surprise Creek Colony in 2006 when it became too large with 125 members and is located some 15 south of Wolf Point.



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The **SATURDAY** Walk-In Clinic will continue to be located in Suite 110 from 9:00AM - 12:00PM with rotating providers.



# Over a Century of Farming

Vernon Boline



**By Tie Shank**

Vernon Boline is no stranger to hard work and manual labor. His family homesteaded the land he grew up on in Oliver Township over a century ago and he never left. While Vernon worked for neighbors on their farms, his brother farmed the family land until he had a stroke and could no longer work. Vernon then stepped up to the plate, took care of his brother and ran the farm. At the time, they had 40 to 50 head of cattle, grew wheat, barley and some oats. There's

more to the story though.

In 1948, Vernon was baling for an elderly couple who lived down the road. He had just purchased a new belt for the baler. He was told it was the right belt, but it didn't seem to fit correctly. It would continuously clog up with weeds and then stop. With all of the starting and stopping, Vernon was getting disgusted. He jumped down and began pulling the weeds out of the belt. As he loosened the weeds, the belt began to move, catching the button on his sleeve and

pulling his arm in to the rubber roller all the way up to his shoulder. He remembered seeing a piece of angle iron and he grabbed it and held on for dear life while trying to pull his arm out. With all the strength he could muster, he pulled his arm out to his elbow and continued fighting to hold himself back. Finally, the rubber roller burnt off and burnt his arm off with it. His arm never bled.

When asked what his thought was at that point Vernon replied, "I looked down and my arm wasn't even bleeding, but right then, I didn't care about that arm at all. I was alive."

He then walked over, shut the machine off and walked to the farmer's house. The man was out in the field working but thankfully, his wife was home. Vernon went to the door and told her what happened. The lady couldn't see well enough to dial the ambulance so she began walking away from him. Vernon asked, "Where are you going?"

The lady let Vernon know her husband had once told her if she ever needed help while he was working the field, to open the garage door and he'd see it and come in. She then commented she could probably dial her brother in law and he would call the ambulance for her. The Ray ambulance was there within minutes and took Vernon to the hospital.

For Vernon, the entire incident happened so quickly that much of it seemed unclear. Many things ran through his mind in those few minutes his arm was being pulled in to the baler. In a matter of seconds, his entire life changed. He now had to learn to do everything with one arm, including

run the farm. If anybody could do it, Vernon could. He was determined and focused and he knew the farm couldn't run itself.

He married late in life to a wonderful woman who already had three amazing daughters. He couldn't have asked for better daughters. They were as close as if they'd been his biological children.

He began raising Quarter horses nearly fifty years after his farming accident. He'd halter break them and sell them as yearlings. This is the part of farming he loved the most, but unfortunately he had to give it up last year. With the help of his Border Collie, Schep, Vernon continues to board horses for his neighbor and dear friend, but is no longer farming.

When asked what he thought of the economy, the oil boom and what it's done to his community, his response was, "In my opinion, we need a lot more smaller farmers. This country would be a lot better off. There aren't many cattle farmers anymore and we see it in the meat prices. People would be surprised at how things would change if we had more farmers." Vernon is not impressed by the oil boom. He feels it's nice for some people because they get some money out of it, but he also thinks it's more misery than it's worth. It seems to be a constant battle over mineral rights. He states, "This used to be nice country, but the oil business has really changed it." He did, however, make sure I knew what great neighbors he has. They've helped him out many times throughout the years and they keep him stocked with homemade baked goods.



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# Iversen Uses Nature at Christmas Time

**By Ashley Harris**

All the things in nature have more than one use, whether it's for food, products, or even for decoration. Patti Iversen has been donating to the Parade of Trees Auction for 4 or 5 years now, and she always uses natural elements. "It's my own version of recycling," she stated. She started using all-natural elements when she saw some of the store windows using them for decorations. She thought it was a great idea so she started doing that also.

She spends half her summer looking for the elements she will be using for that year's donation. She said, "It's a multi-faceted project. I'm glad to help the community and I get exercise while I'm collecting the materials."

The last few years Iversen has donated a wreath. She spends numerous hours collecting the materials and about 3 hours actually assembling the wreaths. "It's fun to go out and find the materials," she stated. One of her favorite materials to use is lilac seed pods after the lilacs bloom.

Iversen has also donated a wreath to the Wine & Food Festival the last 2 years as well. "It's a way to be helpful to organizations and the community," she stated.

Look for her creations at the next Wine & Food Festival and Parade of Trees.

**Iversen's 2010 donation was made out of local grasses and plants.**



**Iversen's 2012 donation, made with dried berries was a hit at the Parade of Trees.**





# Fairview Memories

**The Fairview News**
**THURSDAY, NOVEMBER 6, 1941**
**AN INDEPENDENT NEWS PAPER**

**The Fairview News**  
**Thursday,**  
**November 6, 1941**

## **Defense Courses Available for Young Men Beginning Nov. 17**

National defense training course for the young men of this community will begin Monday, November 17, in the farm shop building of the local school system, stated Lawrence Gill, high school faculty member, this week.

The course will start at 7p.m. and all young men who are not attending high school are eligible to register and are urged to do so immediately. Those wishing to enroll should leave their name with Mr. Gill or Mr. Haney at the school or with Albin Peterson, at the Farm & Home Service. Mr. Peterson is the instructor.

Training to be offered will include all types of general repair and maintenance on automobiles, trucks and tractors, as well as the designing and building of racks and trailers, etc., and the care and repair of farm machinery.

Enrollment will be limited to 15 men and those registering later may not be accepted because facilities are lacking to handle a larger class. There will be no tuition fee or other charges for those taking the defense training courses.

## **North Dakota Girl Wins Beauty Contest**

Ruby Mitten, 19, of Cartwright, graduate of the State Teachers college, finds herself winner in a beauty contest.

It appears that the soldiers of the 164th infantry regiment at Camp Clairborne, Louisiana, organized a contest to see which had the prettiest girl writing letters to him. Photographs of the girls were submitted to duly constituted judges, and Miss Mitten was adjudged to be the comeliest of the lot. Sergeant Vern Lang, Williston, is the recipient of her letters at the camp.

**The Fairview News**  
**Thursday,**  
**February 5, 1942**

## **Long Underwear Is Secret To Sidney's Success**

Empty seats and echos had little to do with dampening the style of basketball played here Wednesday night between the Sidney long

underwear and the Fairview Merchants.

Only a few fans witnessed the event which was won by Sidney 27-50, but it was the opinion of everyone, including officials, that the advantage of long underwear kept the boys hot and was responsible for Fairview losing the game. Likewise, the Sidney boys felt completely at home in their togs and could concentrate on the game while the merchants frequently fouled when they mistook the large brown flap button on the visitors' underwear for the basketball.

Dean Turner, Danny Price and the other boys have a good squad but up until last night had no edge on the locals. There were no dressing room odds before the game started.

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