

THIS 'N THAT

Williams County Extension Homemakers Newsletter

Family & Community Education

APRIL 2011



NDSU
Extension Service
North Dakota State University

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TIDBITS

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I will be heading to Bismarck on Tuesday for 4-H and Family Consumer Science training through Thursday. Our training on Thursday will include a new *Positive Aging* lesson, Aging ND resources, *Talking to Children About Money* and a variety of personal finance lessons. Tuesday and Wednesday will cover 4-H and youth issues.

Spring is a busy time for 4-H'ers and our office. Next week is our county Consumer Choices contest, April 29th is our county Communication Arts Contest and May 6th is our county Fashion Revue. I invite you to join us at Bethel Home for the Fashion Revue at 6:00pm to see our projects in Sew & Show, Buy & Show and Decorate Your Duds which will be modeled by the contestants. Six participants will be chosen to compete at the ND State Fair in July.

The school year is quickly coming to an end which means that the UMV Fair is coming fast, too! The fair board is looking for volunteers to work in the office answering the phone and questions. Volunteers will receive free passes and recognition. I know that we have Homemakers members who would be GREAT at this. I will also be calling for volunteers to help with the 4-H judging on June 20th so mark your calendars! Happy Easter and Happy Spring- I think it is here ...

Mary



CALENDAR

April 12-14	Mary at 4-H & FSC training in Bismarck
April 13-25	TSC Paper Clover promotion; Purchase a Paper Clover for \$1 at TSC with proceeds to ND and Williams Co. 4-H
April 13-26	JC Penney Round Up for Williams County 4-H (make a purchase and donate your change!)
April 18 6:00pm	Spring Homemakers Council Meeting & Pot Luck at the James Memorial Library
April 24	Easter
May 6 6:00pm	4-H Fashion Revue at Bethel Home Community Room- come see the 4-H'ers clothing projects

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SOY FOODS MONTH

April is National Soyfoods month and a great time to discover soyfoods if you are not familiar with them.

All soyfoods begin with the soybean. Soybeans are considered a legume, and are the only legumes that provide a 'complete' protein with all nine essential amino acids.

HEALTH BENEFITS OF SOY PROTEIN

- Soybeans are low in saturated fat and cholesterol free
- They are rich in vitamins and minerals, including folic acid, potassium and fiber
- Soy protein directly lowers LDL (bad) cholesterol 3% - 5%
- It's recognized as part of a healthy diet by the U.S. Food & Drug Administration and American Heart Association
- Research suggests it may play a role in preventing or reducing cancer
 - just one or two daily servings of soyfoods during childhood or adolescence may reduce cancer risk as an adult up to 50%
 - Consumption of soy foods may reduce breast cancer
 - Men who eat soy foods daily may be less likely to develop prostate cancer, and soy food consumption may also inhibit the growth of existing tumors



HOW TO COOK SOYBEANS

Conventional Method

Soak soybeans overnight, covered with water. Drain water. In a large pan filled with six to eight cups of water, cook soybeans for approximately two hours on low heat. Drain well, rinse and cool. One cup dried soybeans will expand to about 3 cups.

Microwave Method

Place the soybeans and water in a microwaveable container and cover tightly. Microwave on High for 10 minutes or until the water is hot. Cook for approximately two hours on 20 percent power, stirring every 15 to 20 minutes. Drain well, rinse and cool. One cup dried soybeans will expand to about 3 cups.

For more
information on
soyfoods contact
the ND Soybean
Council

www.ndsoybean.org

GARLIC AND ONION DIP

2 cloves garlic, minced	1/4 to 1/2 c. green onions, chopped
1/2 cup olive oil	2 tbsp lime juice
1/2 tsp dried basil	2 c. parsley, chopped
2 c. shelled Edamame, boiled, drained (save the liquid)	1/4 c. sesame seeds (optional)

Puree all ingredients in food processor or blender at low speed. If mixture is too thick, add a small amount of cooking water from beans. Chill. Serve with raw vegetables or chips.

Makes 1 1/2 cups.



FINANCIAL LITERACY MONTH

April is National Financial Literacy Month, and it couldn't have come at a better time. Consumers are feeling more pinched each week with rapidly increasing gas and food prices and sluggish economic growth. According to a recent survey by Career Builder, 77 percent of American consumers are living paycheck to paycheck.

Financial Literacy Month is the perfect opportunity for individuals and families to change their financial situation by learning about important financial matters like creating and managing a budget, paying down debt while saving for emergencies, and creating achievable financial goals. NDSU Extension Service is committed to bringing you the financial education you need to reach your financial goals.

The following five steps will help you on the path toward financial wellness:

Make a commitment. Changing your relationship with money is not an easy task; it takes hard work and a strong commitment. Visit FinancialLiteracyMonth.com and take the pledge to start on the path toward financial security.

Assess your financial situation - A simple quiz can help you understand your current financial position. Knowing where you are today will help you determine the best path toward meeting your financial goals.

Get organized - Getting your financial house organized is a great way to begin on a clear path toward financial wellness.

Set priorities – Understanding the difference between needs and wants will help you establish financial priorities and set realistic goals.

Live on a budget – Spending less than you earn is easier said than done, but a solid budget is the most important element of any successful financial plan.

When the urge for spring cleaning strikes you, remember to clean-up your finances too. Get your budget and financial documents into tip-top shape!



The important thing to remember while on your journey to financial freedom is to stay flexible. Revisit your financial plan often and make changes as needed.

**SPRING HOMEMAKERS COUNCIL MEETING- 18TH
JAMES MEMORIAL LIBRARY**

All Williams County Homemakers are Cordially Invited to the Spring Meeting & Potluck

- 6:00-6:30 Registration
- 6:30-7:00 Potluck Dinner—Please bring a dish to share
- 7:00 *1911-2011, Celebrating 100 Years of Books, Art & History at the James Memorial Art Center*
- Business Meeting
- Awards

Homemaker Honorees 2010

- 35 Years
Ione Schmidt
- 40 Years
Carol Hauser
- 45 Years
Betty Anderson
- 50 Years
Karel Johnson

James Memorial Art Center
presents
“Through the Quilter’s Eye”
By Women of Artistic Vision

April 5th–April 29, 2011

Gallery Hours
Sunday–1:00 pm–5:00 pm
Tuesday–Friday–8:00 am–1:00 pm

621 First Ave. West * Williston ND



Gallery Talk/ Trunk Show
Friday, April 15 * 7–8:00 pm