

# Inspired *Woman*

December 2012 / January 2013

COMPLIMENTARY COPY

A portrait of a woman with blonde hair, smiling, wearing a dark blue top. The background is a dark blue-grey with faint, repeating text like "It's a woman's life", "Joy", and "Sunset".

**Beth Bakke  
Stenehjelm**

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# Women in Business

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### *Our Mission*

The mission of **Inspired Woman** is to use our  
community presence to celebrate, encourage,  
empower, educate and entertain women.





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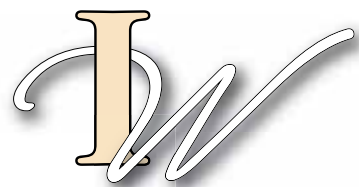
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## Editor's Notes

I have never had a theme for the Holiday issue, but as I listened during some of my interviews, I decided to give this one a sub-theme, "Gift Yourself". You have heard it before – do something for yourself, take care of yourself, take some time... but do you?

I encourage you to gift yourself soon – whether it be an hour long class from the Enrichment Catalog, or signing up for the New York weekend with a friend. (see page 18)

I am really excited about our new Western North Dakota Woman feature. Jessie Veeder was our first "Who Inspires You" winner and I have asked her to bring us a little taste of life out west for each issue.

Thanks for reading and happy holidays!

Deb

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From the Top:

*Beth and her friend Lisa completing the Avon Walk in 2012*

*Beth and Donnie finishing Race Day at Ski for Light*

*Beth's team, The Nodak Sideaches, in Hood to Coast run, 2011*

*Beth leads an IMPACT self-defense class*

*Beth at an FFA event*

# Beth Bakke Stenehjem

## It's a Wonderful Life

*by Deb Seminary*

Beth Bakke Stenehjem lives life to the fullest, and makes sure those around her do the same. Whether she is volunteering at Ski for Light, a four day down-hill and cross-country skiing event for individuals who are visually impaired or mobility impaired, planning an event for the North Dakota FFA Foundation or hosting a party at her home, she just wants everyone to have a good time.

Beth heard about Ski for Light, held in Deadwood, South Dakota, when she worked at the North Dakota Vision Services School for the Blind in Grand Forks. Ski for Light not only attracts participants from North Dakota, but individuals from all over the United States and the world. "Some of the people may be in a wheelchair or missing a limb," she said. "Others are visually impaired or have some other type of disability. It is run by volunteers and they are all amazing."

Beth is a cross country ski guide and has worked with the same individual for nine of the ten years she has volunteered for the event. "His name is Donnie and he is huge," she said. "So when he goes down and we have to get him back up, it is very interesting. Donnie is partially sighted, so we just ski slow and talk."

She said the Ski for Light event is a week full of fun and humor, "It is all adults and we have so much fun. They build bonfires, have snow shoeing,

snowmobile rides, and go out dancing at night," said Beth. "There was one night we were out and I saw this guy who had been hit by a car. He is visually impaired and I asked him if he was all right. He said, in a deadpan voice, 'I didn't see 'er coming.' It is the most fun week I spend all year."

Beth's passion for helping others does not stop at Ski for Light. Another opportunity to help someone came up while Beth worked at the School for the Blind. She gave her coworker, Donna Iszler, a ride to work every day and soon learned Donna was doing self-dialysis three or four times a day. "She is blind," said Beth. "It was crazy. One day she got some air bubbles in it and thought she was having a heart attack. That was when I decided I had to help her."

Donna was put on a list for a new kidney in August 2000. The wait could have been up to five years, so Beth offered one of her kidneys. They were not the same blood type, but the procedure went fine and Donna is now doing great. The two women stay in contact, and usually talk after Donna goes in for her annual checkup, right around the April 25 anniversary of the operation.

Beth attended NDSU for English Education and taught English in McClusky for a year. But she soon felt a different career pull. She had worked part-time in various libraries and loved

the library environment, so she went back to UND and got her library science degree. "I worked in Langdon for two years, then my husband, Wayne, and I got married," she said. "I went to the School for the Blind and worked in the library, then moved to Hillsboro, taught English and worked in the library there. Then I returned to the School for the Blind and became the director of the Media Center. When Wayne was elected (Attorney General), we moved to Bismarck and it was so hard to leave that job."

But Beth would soon find a job that combined her love of helping others and her agricultural background. Beth is from Alkabo, a small town in the northwestern corner of the state. She lived on a farm and was really involved with Future Farmers of America (FFA, see box) in high school. "I was the first female president," she said. "I loved it, and we had great advisors. That was when girls were just starting to take Ag classes instead of Home Economics. It was nice because I wanted to learn how to do welding and carpentry."

That FFA background now serves her well in her position as the Executive Director of the North Dakota FFA Foundation. The Foundation was started in 1980 and provides funds for career development events, scholarships, chapter activities as well as grants for community service work.



Beth's responsibilities include programming and fundraising for the Foundation. She travels to events throughout the state, which allows her to keep in touch with sponsors, donors and prospective donors, as well as chapter advisors. "It's important for us to know what the advisors want," she explained. "If I am going to raise money for something, I want to make sure it is a good idea. I love FFA and I love working with kids and with Ag people because they are just the nicest people ever."

Some of the specific programs the Foundation organizes help students gain valuable, real-life experience. "The Foundation was lucky because it inherited a farm where we cash rent some of it and crop share the rest. The funds the Foundation gets are used for 'fun' things," says Beth. "We give money to students who are starting a Supervised Agriculture Experience (SAE), which is like a job. They may be raising cattle or goats, and they can buy a new calf or goat with the funds they receive. We have a lot of production students who put in for this funding and we focus on production because the man that gave us the farm was in production agriculture. But sometimes we will have someone who mows lawns and we can give them money for a new lawn mower. We had someone who wanted to go into the sheep shearing business so he got money to buy the equipment. Their advisor watches closely to make sure the money is spent where it is supposed to be spent."

Other programs allow people to give by supporting the students involved in the organization. "We also have a program where people donate \$57 to buy an FFA jacket for a student. Last year we gave out 200 jackets. The people who give to this program, give every year. They get a thank you from the recipient and the kids get so excited. Last year, we had a student who kept the name of the donor in her jacket pocket and she actually met them at the state convention and was able to thank them in person."

FFA is offered as part of the high school curriculum and there are over 4,500 students involved across the state. Currently, North Dakota has the

most FFA students per capita in the nation. There are 77 chapters, and in some small towns, like Scranton and Colfax, almost every kid is in FFA. "Minot has four instructors and they have a huge FFA chapter," said Beth. "They have a teacher that is amazing with plants, so they have a ton of kids in the horticulture class who bring many plants to the state fair. It is so different from the Ag classes I took that were mostly carpentry and welding."

FFA members must be enrolled in an Ag education class to be a part of the organization. These classes include horticulture, welding, veterinary science and many more options. "Those Ag education classes are good for everyone to take, especially if they live in a rural area," said Beth. "They teach a lot of leadership skills, which any kid needs. One of our career development events is a job interview. Every kid should do this because we all have to interview for a job sooner or later."

Beth also continues to find a variety of ways to give back outside of her job, including walking in four Avon Walks for Breast Cancer. The Avon Walk is a 39-mile weekend event held in eight different cities throughout the country. "My friend Lisa and I have walked in Washington D.C., Boston and Santa Barbara twice and raised over \$15,000 for those races," she said. "Two years ago we had seven girlfriends in Santa Barbara and all together we raised over \$15,000 just for that race. My mom and two aunts were diagnosed with breast cancer, plus we all have friends that have been affected by it. You have to raise \$1800 to walk, and I like that. If you're going to have a fundraiser, make it good. Plus, Avon makes it easy to give."

Beth is also one of the individuals responsible for bringing the IMPACT self-defense program, [www.ndimpact.org](http://www.ndimpact.org), to Bismarck. IMPACT is a weekend course that not only instructs women on how to physically defend themselves, but teaches them to be assertive enough to speak up if a comment or gesture is unsuitable for a situation. The course talks about using confidence and verbal skills to get out of a situation before resorting to physical fighting.



*Wayne and Beth framed by one of those fabulous North Dakota sunsets*

Beth and Wayne also like to travel and have been to Rome, Paris and other locations in Europe. "Last year my niece lived with us because her parents moved out of town and it was her senior year," said Beth. "We told her if she wants to go to Europe, we would take her. We ended up taking her and her cousin to Paris and we had so much fun."

However, if you travel with Beth, she has one small stipulation to keep the trip a positive experience. "We have these coupons that are kind of a joke, but not really. They are 'complaint coupons' and you only get three. If you use all of them, you go home! So, no complaining is the key. If you're going to spend the money to go someplace, I don't want to spend my time listening to someone complain. You should be making memories."

The couple is also known for their hospitality throughout the year. "We have always liked to have friends over, even in Grand Forks where we had a very small house," said Beth. "Then we moved here and now we have more



## WHAT IS FFA?

(From the National FFA website)

"Future Farmers of America" was founded by a group of young farmers in 1928. Their mission was to prepare future generations for the challenges of feeding a growing population. They taught that agriculture is more than planting and harvesting – it's a science, it's a business and it's an art.

FFA continues to help the next generation rise up to meet those challenges by helping its members develop their own unique talents and explore their interests in a broad range of career pathways.

So today, we are still the Future Farmers of America. But, we are the Future Biologists, Future Chemists, Future Veterinarians, Future Engineers and Future Entrepreneurs of America, too.

For more information or to donate, go to [ndffaoundation.com](http://ndffaoundation.com)

room. We always have people over for the 4th of July, because it is such a great place to watch the fireworks, and Wayne keeps adding things to keep it fun. We usually do Thanksgiving at our house, too. We make the turkey, potatoes and stuffing then everyone

brings something and it just works out. Thanksgiving is one of those holidays where sometimes people have to work that Friday and they can't always be with family. I never want people to think, 'I wish I had someone to spend it with.' There was a guy I met on the

plane, and he had such a great story, I had to ask him to Thanksgiving."

One of Beth's hobbies includes photography which she also likes to share with others. Her Facebook friends enjoy Wayne's sunset, and sometimes sunrise, shots they post. "Back when I had my 110 camera, my mom would say, 'You have to quit taking pictures, it is costing a fortune.' The camera is a way to start a conversation. With my job I get to take pictures of the kids and they will pose. And those sunset photos, we have such gorgeous sunsets in North Dakota and because of where we live, every night is like a little celebration."

And that is just what Beth likes to focus on, celebrating life one day at a time while sharing it with others.



*Deb Seminary is the editor of Inspired Woman.*



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# Bringing Healthcare to Oil Country

by Jessie Veeder



Anita (L) and Vonnie (R) in their clinic

It's 10 a.m. on a Wednesday and the once quiet small town of Watford City has been humming with the sounds of traffic since before the sun came up. Men and women in pickups and SUVs fill up with fuel, business owners open their doors to new customers looking for supplies and long-underwear to get them through the cold winter and the small coffee kiosk across the street has a line five vehicles deep waiting for a shot of caffeine to get them through the day.

Along this busy street, tucked between a quick lube and a Cenex station in the most unlikely place, nurse practitioners Vonnie Johnson and Anita Pederson go over charts and talk with patients about treatment options, vitamins and disease prevention. They meet with mothers who are new to town, student athletes, children with stuffy noses and longtime residents of the community.

And while the women are in the infant stages of fulfilling their dreams of healthcare done their way, they are also fulfilling a desperate need in this booming town.

Welcome to oil country.

Welcome to ANOVA Family Health Center, Inc. where, education, passion

and love of place have come together to create unique quality care in a part of North Dakota that has been stretched to its limits since the discovery of new technology that allows for extraction of oil 10,000 feet below the surface of the prairie, bringing with it new opportunities, new people and new challenges.

Challenges like a population increase that has pushed Watford City from 1,700 residents in 2010 to a projected 6,000 residents today. Meeting the healthcare needs of a new Watford City is a challenge that Vonnie and Anita rise to accomplish every day.

## A dream realized

Vonnie Johnson grew up on a farm outside of Watford City and has held an interest in healthcare since she was a young girl. She recalls sitting around the dinner table listening to adults talk about a relative who had passed away and wondering if there could have been something done to prevent it.

That curiosity and drive to find solutions sent Vonnie to the University of North Dakota where she graduated with her bachelor of science in nursing in 1973 before moving back to Watford City to marry her husband, Dennis, raise three children and work at the local hospital. Later Vonnie earned her masters of science in Rural Health from the University of Mary. Immediately she enrolled in the Family Nurse Practitioner program, which began a career that found her working in small towns across Western North Dakota.

Since finishing her education Vonnie has become an advocate for the role that nurse practitioners play in the healthcare system and a champion for

a community she has known and loved all her life.

It was Vonnie's work at the walk-in clinic in the neighboring town of Williston in the spring of 2011 that opened her eyes to the changes in the healthcare systems of her rural community.

"I couldn't believe how far people were driving to receive care," she said of the patients who would travel over 75 miles one way because they couldn't get an appointment at their local clinics. "I felt terrible."

That feeling and realization was all it took to push Vonnie to act on her dream of opening her own clinic.

Knowing that she was at the end of her career and had the expertise needed to branch out, Vonnie called up fellow nurse, friend and Watford City native, Anita Pederson who was just finishing her masters degree online and working on an internship in Sidney, Montana.

"Vonnie and I have been in and out of each other's lives in our nursing career. She called me up and proposed a partnership," recalls Anita who moved back to Watford City to help care for her grandmother nine years ago before meeting and marrying her husband and raising their two children on a farm near Arnegard. "Immediately in my mind I thought no. I'm going to be a brand new practitioner!"

But the women's camaraderie runs deep and so does their trust in one another. Anita was a student at Watford City High School when she looked to Vonnie for advice as she chose a career path and then again when she made the decision to go back to graduate school while raising a family.



"Vonnie has truly been my mentor for many, many years. I've been very comfortable telling her my fears, and one of my biggest fears was being a new practitioner with a new practice," said Anita

But Vonnie assured Anita that she would give a good five years to the practice and provide Anita advice and guidance as she grew comfortable in her new role.

"I told her, you can do it and I can help," said Vonnie.

Anita's trust in her mentor helped ease her fears and the two women began working on a plan that found them scouring their changing community for the much coveted and hard to come by space they needed.

"I spent an entire weekend calling people I knew that might be able to help," laughed Vonnie. "When we looked at this place, it was an old body shop and nothing about it looked right."

But the women had a vision they were determined to realize and this September they opened their doors to a space beautifully transformed and a practice focused on professional care, education and preventative health and wellness.

### Here for the long run

ANOVA Family Health Center, Inc. might be in the most unlikely place, but it's in the most capable and caring hands.

Ask the women what they think about the changes in their community and you will find their own personal stories help them relate to the diverse patients they see every day.

"We would not have this opportunity if it weren't for what's happening with the industry," said Anita. "I love this community, I want to see the best for it and we can say with pride that we are going to remain here for the long run."

Vonnie echoes those sentiments and adds with pride her own personal story of growing up with a father who worked for a seismograph company in the 1950s, a career that found her family living in every state between North Dakota and Texas over the course of three years before moving back to the Watford City area so he could work in the oil industry.

When Vonnie treats a patient who works as a truck driver or on a drilling rig, she not only has compassion, but a true understanding of what their life and work conditions might be like.

"These people are here to make a living, they've left their families and their homes to come here because the economy is so bad in other places," said Vonnie who admits she talks to them as if they were her own children, telling them to drive safely so they can get home to their families. "I think they appreciate that someone cares."

ANOVA Family Health Center employs two part-time nurses, a receptionist and a clinic manager. Though they've only been open a few months Vonnie and Anita have plans to expand and grow with the increased need.

For more information visit: [anovafamilyhealth.com](http://anovafamilyhealth.com)



*Jessie Veeder is a singer, writer and photographer who lives and works on her family's cattle ranch in Western North Dakota with her husband, Chad.*

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# STYLE

## What's Hot Right Now

### According to Carol at Roots Boutique...

Ponchos are really selling in my store along with skinny jeans, infinity scarves. Military detailed jackets/coats are a trend as well.

*Roots Boutique is located in Spaces, 122 East Main, Bismarck.*



### From Susan at Lillians...

SCARVES! Funky chunky scarves, infinity scarves, plain scarves, patterned scarves, wool scarves...

FABULOUS HANDBAGS are ALWAYS IN FASHION!!!! With Hobo bags, satchels, cross-body bags, totes,

clutches, convertible satchels, bucket bags and more, handbags are no longer just for holding your "things in" but are an "accessory to your outfit!"

Tunics and leggings are "in"...get yourself a couple pair of great boots

and pair them with your favorite leggings or jeggings; toss on a casual or dressy tunic and you are set!

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# Career Corner

by Deb Seminary

*Mobile pet services are becoming mainstream in the Bismarck-Mandan area. Inspired Woman talked with two entrepreneurial women who have recently started businesses that are literally 'going to the dogs'.*

## Claudia - Dakota Canine Massage and Treats



*Daisy gets a massage*

Claudia Jahraus is a Certified Canine Massage Therapist. She travels to her clients' homes, which adds to the calming aspect of massage. "My favorite part of the appointment is coming into the house," said Jahraus. "I get the best welcome, the dogs see me coming and are always so happy to greet me. Some even seem to know the day I am coming as they look out their window waiting."

Jahraus did some pre-course work, then went to Colorado for a four day course to become certified. It took her a total of six months to get her certification.

One of her clients, Daisy, a five year old Irish Soft-coated Wheaten Terrier, has been getting massages for a little over two months. Daisy was displaced with her family during the flood and has not been the same since. "Prior to the flood the doorbell did not bother her (now she barks)," said Daisy's owner Deanna Reiten. "Different things changed, but she is slowly coming back to her old self."

Massage can benefit dogs the same way it benefits humans. It helps with circulation, their muscles and organs. "A lot of people that contact me have a dog with a hip or joint problem, or have dogs that are nervous or afraid of things," said Jahraus. "I have athletic dogs as customers as well. Massage is a good preventative measure for injuries."

Massage can help with a dogs' emotional health, also. "With massage they seem to focus better and calm down," said Jahraus. "They get used to behaving while being touched, which helps for grooming, vet visits, competitions, or just going for walks and being with their human family. But, I want to make sure that people know massage is never a substitute for veterinary medicine."

"Massage is very complimentary to total pet care," said Reiten. "Some people don't believe in massage or chiropractors, and that's ok, but it works for us. After Daisy's massage, she is very relaxed and takes a lot of naps."

The entire session usually takes an hour. The massage itself only takes about 20 minutes, if the dog cooperates and remains on the table the entire time. Sometimes a dog will jump off the table or need to go to the bathroom, so Jahraus budgets extra time for that and to talk with the pet owners for a bit. Plus, the dogs get one of her treats at the end of the session! She recommends at least four sessions to see the benefits of massage.

Jahraus's dog treats are made with rice and soy flour and contain no wheat, soy, artificial sweeteners, added sugars, hydrogenated fats or preservatives. She makes them in several flavors and sells them at various vendor shows and SusieQs Craft Emporium at 411 Main Street, Mandan. Look for the treat of the month on her website and facebook page.

Dakota Canine Massage and Treats is offering an introductory price through February 1st, 2013 - get four massages for \$100.

Contact Claudia at [Claudia.Jahraus@yahoo.com](mailto:Claudia.Jahraus@yahoo.com), call or text 701.425.6489 or find her on facebook at Dakota Canine Massage and Treats / [dakotacaninemassage.com](http://dakotacaninemassage.com).



*A few of Claudia's dog treats*



# Jacque - Pet Agree, Mobile Grooming Spa

Jacque wishes she would have started her business several years ago. She had worked at Petsmart for a little over six years and managed their grooming department for five. "I wanted to give the dogs all of the attention I could, but there were too many distractions in the shop environment and dogs were stressing out a lot," she said. "I always wanted MY dog to be treated the best, so I want to give that to other dogs and their families."

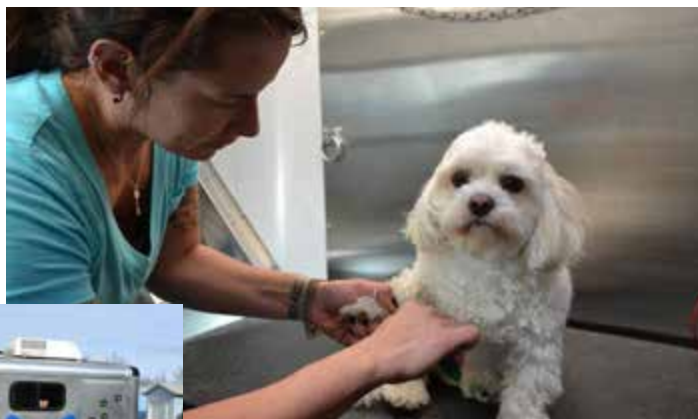
There are no laws or guidelines regulating dog grooming in the state of North Dakota. Unfortunately that means anyone can buy a clipper and say they are a groomer. Jacque went through training with the Petsmart corporation and has also spent countless hours with books, DVDs and online resources to learn her craft. "You have to know a breed's temperament, their structure and how to cut and style each one," she explained.

The biggest advantage to using Pet Agree is the convenience. Jacque pulls up right outside a client's home and gets to work. "Dog owners don't have to worry about picking up or dropping off," she said. "It is a lot less stressful for the dogs, plus they get more attention and lots of love."

Jacque also enjoys getting to know the families. She does require that owners be home for the first few visits, but after a relationship is developed, she will work out arrangements to groom when an owner is not present on a case-by-case basis.

Jacque lives in Glen Ullin, and services Glen Ullin, Hebron, Bismarck, Mandan, Almont, Lincoln and other small communities in between. If there is a town that has five or more dogs that need grooming, she will definitely go there. She will work evenings and weekends, by appointment only.

The Pet Agree trailer was custom made so every space is utilized. The trailer is fully insulated with a heated water tank and equipped with an air conditioner for year round



*Aston gets his nails trimmed*



groomings. It is self-contained, carrying everything Jacque needs, from water, power and all of her tools.

Some of the services she offers include baths, deshedding, nails trimmed, nail grinding, ears cleaned, toothbrushing, flea and tick treatments, hair dye, nail gems and nail polish. She has products for dogs with allergies and dry skin, smelly dogs, even skunked dogs.

Prices are based on location, size of dog (no weight limit) and services performed. She can give a starting quote over the phone. "Sometimes people will text me a photo of their dog and that will help me give quotes, but it is hard until I meet them in person," she said.

The holidays are a groomers busiest time of year. (You may be out of luck by the time this issue goes to print). Jacque recommends calling at least two weeks in advance.

For more information visit [thatsmygroomer.com](http://thatsmygroomer.com) or [facebook.com/NDpetagree](https://www.facebook.com/NDpetagree). Contact Jacque at [jacque@thatsmygroomer.com](mailto:jacque@thatsmygroomer.com) or 226.9888.

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# Gift Yourself...

## With a Photography Class Designed Just for Moms

Nicole Elliott began her photography career when she was 16 years old. "It was a completely different art form back then," she said. "I studied under a master photographer for more than five years and I just loved the art of what photography was then. I love it now, but it is such a different world."

She said her photography has grown and evolved, especially since she became a mother. "It was put on hold after we moved to Bismarck, but then I had my girls and my love for what photography was became something completely different," said Elliott. "Now I am not just photographing seniors, families or kids, I am photographing my children, which to me is total beauty."

She said she has found her niche, and discovered what inspires her and how to stay true to that. She does styled shoots and works very closely with her clients to make sure their shoots are extremely reflective of them and their family. Elliot said she wants her photos to tell a story. "Within the last three years I have thought, 'what am I really passionate about?'," she explained. "When I photograph dancers, for example, every part of my being comes alive. Dancers are my favorite subject to photograph. It is one art form combined with another."

Photographers never stop learning, said Elliot, and she takes a workshop every year. Last year she took a workshop with Me Ra Koh. "She is an amazing, nationally known photographer," she said. "She teaches workshops for photographers and also for moms. She has this big heart for moms, to teach them and empower them with the skills they need for taking better pictures of their family and their life."

Me Ra Koh emailed Elliott a few weeks later, putting out a call for teachers to hold workshops throughout the country. "I have always had a passion for teaching, and I was one of







the lucky ones chosen for this region, and one of 15 in the nation," said Elliott. "We use her curriculum coupled with our images and knowledge to teach two different workshops, a Budding Confidence Workshop and a Growing Confidence Workshop."

The workshops begin in January and Elliot will teach them in her studio. The Budding Confidence workshop is a half day event and is geared for the point and shoot or camera phone user. Participants will learn basic techniques on how to take better photos. The Growing Confidence Workshop is a full day event for DSLR users. "So many moms have these amazing cameras and have no idea how to use them," said Elliott. "We dive into lighting, and more technical and creative details."

The classes are designed to not only teach techniques, but find each person's inner creativity. "Every mom is a photographer," explained Elliott. "They wear all of these hats and one of them is 'principal photographer,' whether they chose it or not. I believe everyone has a creative spirit and this is an outlet for them to use it."

For additional information or to register for a photography class, visit [www.studioelliott.com](http://www.studioelliott.com).

(All photos by Studio Elliott)

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*Hollis Mackintosh Heid checks for proper form in a Pilates class*

## Take an Enrichment Class

**Editor's Note:** For years, every time the Bismarck State College (BSC) Enrichment catalog came out, I paged through it and thought, 'oh, it would be so much fun to take that class' or 'I have always wanted to try that.' For years it was just thoughts, no action. Until this fall when I finally did it. I signed up for Ballet for Adults and Pilates. I am hooked.

The Enrichment classes offered by BSC are designed to broaden an individual's personal, professional, cultural and recreational interests. A wide variety of classes are offered each fall, winter and spring for those looking to both try something new or pick up an old hobby or interest.

According to Robin Thorstenson, program manager, some of the most popular classes are Digital Photography, Cake Decorating and Metalsmithing. "We try to repeat classes that are popular or fill up quickly," she said. "However, at least 25 percent of the offerings are new."

Paula Graner, who teaches classes in the Professional Development category, has enrolled in several classes over the years. "I have taken business courses for my job," she said. "Then I decided to take cake decorating. It was fun and I did it with one of my friends."

Thorstenson said the classes are social as well as educational. "I see the same groups of people taking classes together," she said. "Sometimes mothers and daughters take a class. That is their time."

Lisa Soma took the "Be Your Own Barista" course and really enjoyed it. "I learned exactly how to froth the milk by listening to the sounds it makes," she said. "The instructor taught us a lot of things you would never think of. And, I do take the time to make coffee at home the way I learned in class."

Soma and her husband also took the "Pawsitively Puppy" class. "Betsy Hamkens teaches it and it was so much fun," she said. "We had the class in the automotive center. There were 15 to 18 people and their dogs. It was neat to see the dogs interact. That was a commitment, because it was six weeks long."

Times and days of the classes can make it difficult for some people to fit them into their busy schedules. Both Graner and Soma noted they would like to take more classes, but they just could not squeeze them in. "We are trying to schedule some later in the evening, and even on Saturdays," said Thorstenson. "We realize some people work late during the week."

The Winter catalog will be available at the end of December, and around 35,000 will be mailed out. "Before the catalogs are distributed an email is sent to previous participants to let them know registration for the new session is open," said Thorstenson. "At least 100 people sign up in the first couple days."

Soma likes the idea that you can take a class and see if you have an interest in its subject. It is a small investment of time and money to check out a potential new hobby or learn a new skill. Graner appreciates the opportunity to connect with friends, not just during class, but before or after.

Whatever the reason, program participants and coordinators said the enrichment classes are worth exploring and there is something for everyone including Assisting Aging Parents, Zumba, Yoga, Batik, Crochet, French, Sign Language, Golf, Bridge, Dance and much more.

For additional information, visit [bscenrichment.com](http://bscenrichment.com)

# Tasteful, Elegant, Relaxing



Homeowners Dennis and Cindy Haider enjoy this comfortable custom-built home in Mandan. Here they have three distinct eating spaces - patio, deck and breakfast nook.



Archways are repeated throughout the home, softening the lines. The see through fireplace is a nice touch and warms several areas in the house. The cherry mantel matches the cabinetry in the kitchen.





Faux painting treatments add drama to barrel ceilings in the entry and dining room, as well as walls throughout the home.



Imagine beginning and ending your day in this spa-like atmosphere!



# A Slice of Inspiration

## Tracy's Sanctuary House

Tracy's Sanctuary House was created by Tracy Rittel's family after her death in a car accident. The accident happened in Fargo, far from home, and her family saw the need for a place where they, and others in their situation, could deal with their pain and/or grief in private.

When a family member experiences a medical emergency, a hotel may not be the most inviting place for their families to be together. Tracy's family wanted to create a hospitality house with a home away from home atmosphere.

The house is set up with communal living spaces, kitchens and baths on both levels, even a laundry. The five bedrooms are private and there is a beautiful yard and chapel space that allow for quiet time and reflection.

Since December of 2005 over 1500 families have been served by Tracy's Sanctuary House. Most families stay for 24 to 48 hours, depending on their situation. "In 2007 we also opened it up to cancer and dialysis patients," said Kelsey Zottnick, Tracy's daughter and Assistant Executive Director of the House. "We saw a high need for those that come from out of town and may need treatment several times a week. They can stay here for up to six weeks while they are doing their outpatient treatments."

Tracy's Sanctuary House is run by volunteers and operates strictly on private donations. They ask those that stay

to donate what they can, the rest comes from local organizations or individuals. "Sometimes an organization will pay a utility bill for a few months," said Zottnick. "Toiletries are donated and volunteers make little packets to leave in the rooms. We also stock the pantry with non-perishable

food items and we provide towels, since in emergency situations people don't grab things as they are rushing out the door."

Each year Tracy's Sanctuary House holds a Holiday Open House. This year it will be held on December 8th, from 11:00 am to 3:00 pm. There will be a quilt auction at 1:00. "The house is always seasonally decorated and this year students from Northridge

Elementary will be creating ornaments for the trees," said Zottnick.

Zottnick works with Mid Dakota Clinic, the two hospitals and Bismarck Cancer Center to ensure people know Tracy's Sanctuary House is available when needed.

*Tracy's Sanctuary House is a 501(c)3 non-profit organization. Donations can be mailed to Gate City Bank, 304 E. Rosser, Bismarck (indicate Tracy's Sanctuary House on check) or mailed directly to the House at 908 N. 8th Street, Bismarck. To volunteer, email [tracyssanctuary@gmail.com](mailto:tracyssanctuary@gmail.com) or contact them by visiting [tracyssanctuary.com](http://tracyssanctuary.com)*



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*Gifts from Jeff's kids,  
Christmas 2011 (after  
his not-so-subtle hints)*

# Gift Giving Guide for Men of a Certain Age

*by Jeff Eslinger, man of a certain age*

For those who may have any doubts about the saying, "it's the thought that counts," I invite you to attend church the Sunday after Christmas. You will see men wearing ties that were clearly picked out by a loving child or grandchild, and will rarely, if ever, see the light of day again. Church is a great "catwalk" for ties with wild floral prints or little tractors. Truth be told, we enjoy showing off these ties - once or twice - and only at church.

If you are no longer a child, however, buying gifts for the guys in your life can be daunting. And the older we get, the daunting-er. Younger guys might be a little fussier, especially about gadgets and technology, but they don't have as much stuff, so you have a decent chance of guessing right. Older guys are actually less fussy, but they have more stuff, and to make matters worse, you've used up all your best ideas over the years.

For the purposes of this article, let's assume your guy isn't one of those easily impressed, easy to please types that will get a thrill out of any shiny new gadget. Let's assume you've pulled some hair out over this guy. Don't be discouraged. Just keep these guidelines in mind and you'll be fine.

## **Guideline 1: The thoughtful gift card.**

What is the opposite of "it's the thought that counts?" Gift cards, right? No one has ever said, "Oh how thoughtful!" to the giver of a gift card. But it doesn't have to be that way. You can give a gift card or gift certificate that will be appreciated. The key is to be specific. You may not know anything about his favorite hobby to show him you care about helping him enjoy it. Personally, I like to support small, local businesses, so a gift card or certificate from a local specialty shop is perfect. Online specialty stores can be good, too but the older the guy, the less appealing online shopping may be.

An example of being specific is that a sporting goods store might be a safe choice, but even better would be a specialty shop that focuses on just one activity, like a golf pro shop, gun store, fishing tackle shop...you get the idea. A good bet is any place that offers custom services, accessories or instruction. The older the man, the more specific you need to be. They not only have everything, but they also know everything (even if they don't) so they're probably just going to get the newer version of something they've worn out. Don't worry...they are impressed that you are thoughtful enough to enter just a little into "their world."

## **Guideline 2: NEVER offer to shop with him.**

Some people like to give a gift card or cash and then offer to take the person shopping. These people are not men. Men are hunters, not gatherers. We go into the woods, kill our prey and drag it back to the cave. We shop the same way. Even armed with a gift card, guys know what they want and where it is. The entire shopping episode will be over in minutes. Don't be offended if your thoughtful, specific gift card does not result in a day of browsing through all the choices offered in the shop. If he's going to hang out there, it will be to shoot the breeze with the guys in the store, but not to browse. You have not given him a day at the spa. You have given him a spear, and he knows how to hunt.

## **Guideline 3: Give him a nudge.**

Young guys are ready to challenge the world and try anything, so they're easy to nudge. Buy a young guy a cowboy hat and he'll go riding; maybe even buy himself a horse. Buy him a bow and he'll climb a tree and shoot a deer. As guys get older, though, they get set in their ways and it's harder to nudge them into anything new (long-time wives already know this). So try this:

If he's a hunter, talk to his hunting buddies and find out what they think he's missing out on. Maybe if he you gave him a duck call, he'd try ducks instead of just pheasants.

Books or magazines might be a good way to nudge him. If he loves the Discovery Channel, get him their magazine, or Popular Science. Ditto for History Channel. There are at least one million different magazine titles for every living human, so if you try hard enough, you'll be able to subscribe him to Left-Handed Monkey Wrench Collectors Quarterly.

And finally, consider renovating one of his favorite but long-forgotten items. There's probably some old "junk" in the back of the garage or attic that you could polish up or even have professionally reconditioned. Golf clubs, tennis racket, telescope, or any dust-covered item that looks like he once gave it a good try is a good candidate. If it looks like it was top quality "back in the day," it's something he'd like to get back to, with a little nudge from you.

## **Guideline 4: Ask**

Not all guys are big on surprises. You know your guy. If he's the type, just ask him what he wants, and go get it. You may not be able to relate to this, but trust me: if he hasn't bought it for himself but still wants it, he'll be thrilled to get it. If you're lucky, you can drag a few different ideas out of him so he won't know which one you decide to give.

My point, if I have one, is that it's the thought that counts. You just have to know where to direct your thoughts, and I hope these guidelines are helpful.

See you in church.



*Jeff Eslinger is a Bismarck writer. His articles are posted at <http://blog.360.yahoo.com/jeffeslinger>.*

# CrossFit

## Building Strength, Confidence and Community

by Kylie Blanchard



The gym's atmosphere is electric, energetic and in a state of constant movement as participants race from exercise to exercise against the clock. This is CrossFit and it has people moving, motivating and pushing the limits of their physical abilities in Bismarck-Mandan and across the globe.

"CrossFit is constantly varied, functional exercise performed at high-intensity and scaled to skill and ability," says Brian Reinke who, along with his wife Kim, owns CrossFit Bismarck. "We scale workouts and make them absolutely as safe as we can, because technique is our focus. We coach our participants through every workout."

Participants enter the gym where their daily workout is written on a large whiteboard. The workouts are provided by the main CrossFit website, [www.crossfit.com](http://www.crossfit.com), and are modified according to the gym's resources and equipment, notes Reinke. The daily workouts are an endless combination of exercises ranging from pushups and sit ups to dead lifts and rope climbs. After an initial warm-up and practice of the day's skills, the clock starts ticking and the workout begins.

"You do the workout at your own pace, but you are with a group and that keeps you going," says Reinke, adding the key to CrossFit is that every workout is different. "Your body never knows what it is going to be doing."

"We take everyone above and beyond what they think they can do. Participants set goals and smash them," he continues. "We are working to develop an incredibly fit community."

In 2007, Reinke was working as a personal trainer when a client showed him the CrossFit website and workout videos. "I was fascinated," he says. "What I saw totally blew me away. I tried a workout the next day and was devastated at how poorly I did."

He started studying the workout's techniques and showing a few clients what he was learning. "It was so fun and so hard. We were learning there really was no limit to what we could accomplish."

As interest in CrossFit grew among his clients, so did the need for a space to teach the classes. "I decided I had to bring this to other people and I opened a small shop. In early September, we opened up our new shop with triple the floor space and more equipment."

CrossFit Bismarck is open six days a week, often offering seven classes a day during weekdays as well as class opportunities one day each weekend. "We also have open gym over the noon hour and modify our workouts to accommodate the lunch hour group," says Reinke.

Along with running CrossFit Bismarck, Reinke is also a firefighter. "On days when I am not at the fire station, I am usually at CrossFit from 5:30 a.m. to 7:30 p.m.," he says. "I wouldn't have it any other way. CrossFit is unique, it's hard, it's incredibly rewarding and it is a lot of fun."

Cathy Fuller began participating in CrossFit in October 2011 and says it has

changed her idea of fitness. "I turned 40 last year and I needed a change in my workout routine. I stepped into CrossFit and the rest is history," she says.

Fuller has lost 30 pounds and says she has experienced many other benefits. "It's given me a lot of confidence to try things I would have never tried and to be pushed out of my comfort zone and know everything will okay. It has just changed my frame of mind."

The group setting of the workouts is a component Fuller says is important to her CrossFit success. "The camaraderie is incredible and I've met the most amazing people here. If you are competitive, you will try to beat people with your workout time; but yet, you are cheering each other on during your workout."

Another appeal of CrossFit includes the fast pace of both its workouts and results, says Kayla Haugen, an avid athlete at CrossFit Bismarck who also helps coach classes. "Many people these days want things fast," she notes. "Right here you can get fast results. Within the first week, you will see changes in your body."

Because CrossFit workouts race the clock, they are designed to be shorter than conventional workouts, says Haugen, adding most participants are finished in less than 30 minutes.





*Brian Reinke checks form and offers encouragement and instruction*

"Each workout actually builds on the other workouts," says Callie Bjork, a certified coach at CrossFit Bismarck. "They are all working together to increase your movement and strength. Workouts are geared at functional movement, strengthening the muscles you use every day."

Both trainers say the variety in the workouts helps to keep participants excited about CrossFit. "Sometimes you get in a rut at the gym, but that doesn't happen here," says Haugen.

"We never have anyone walk in and leave bored," adds Bjork. "It's fun to experience that increase in your strength, conditioning and confidence, and it's fun to have great people to work out with."

CrossFit is open to all abilities, and Fuller encourages everyone to try it regardless of their fitness level. "That first day you come in is the hardest day," she says. "You may feel

intimidated, but everyone has been through it and they are so supportive."

CrossFit is much more than just an intense workout, adds Reinke. "What we build in CrossFit is a community. There is incredibly bonding amongst blood, sweat and tears, and it is happening all over the world."

## Getting Started

First-time participants receive a free first lesson and base-line workout. New clients then start with Foundations, a series of four foundational movements classes led by a certified CrossFit coach. This is a one-time cost of \$150.

After completing Foundations, clients receive a free week of workouts and then pick a membership option: three workouts a week for \$99 per month, an unlimited visits membership for \$119 per month, or a frequent visitor punch card at \$50 for five visits.

Discounts are available for married couples, multiple family members, military, firefighters, law enforcement officers and students.

CrossFit Bismarck is located at 1422 Industrial Drive, Suite B. For additional information visit [www.crossfitbismarck.com](http://www.crossfitbismarck.com) or call 751-3210.



*Kylie Blanchard is a local writer who loved her CrossFit workout experience and definitely felt it the next day!*

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# Triathlons: Are You Up For This?

by Shelly Preszler

**"Slow and steady wins the race."** This mantra may have worked for the Tortoise, but in a triathlon it will just help you finish, perhaps close to last.

I have wanted to "compete," a term I use loosely, in a triathlon for the past 15 years. I still remember it like yesterday when I asked my friend, Cathy, "Should I attempt the triathlon in Eureka, South Dakota next month?" "What is it?" she asked. "Oh you know, swim  $\frac{1}{4}$  mile, bike 12 miles and finish it by running three miles." I replied casually, as if it were as simple as slapping together a PB&J. I had just given birth to our fourth child and thought it would be fun, like cliff diving or hang gliding. She looked at me and shook her head no, then passed the platter of freshly baked chocolate-chip cookies, and that was that.

Looking back on that scene I now realize she was truly my guardian angel. At that time I was a poor swimmer and a little weak on both biking and running. I can only imagine me clinging to a dingy in Lake Eureka. With four young children in tow, training would have been next to impossible.

Fast forward 15 years, two more kids and fifteen extra pounds and enter in my new neighbor, Karin. I remember meeting her and realizing we were the same age. I wondered out loud, "Wow, how do you stay so slim and trim?" I couldn't help but compare her sleek body to mine, secretly wondering

how my body could have looked had I taken the road less traveled. One without the many detours of glazed donuts; half eaten Happy Meals and the remaining candy in my kids Halloween buckets. How could one overlook my hail-dented thighs associated with a steady stream of cheeseburgers and fries? She mentioned she was an avid swimmer, who liked to compete in triathlons. Could this be a new guardian angel sent directly from Heaven to look after this gal with a goal who needed a ton of guidance?

## The Swim

She suggested we meet at the Aquatic Center the following Thursday morning at 5:30am. Not being one to take any chances with her new recruit, she offered to pick me up at 5:20. She casually added, "Hey Shell, make sure and have a one piece suit, goggles, and a swim cap." Now, here lies the challenge for all women: the suit. In talking to women about triathlons most say it's the swim that keeps them from trying. But, I beg to differ. It's putting on the swimsuit. Seriously, pulling the shoulder straps up and over in the morning is truly the hardest part of the workout for me and then backing into the pool so no one is able to see what lies behind me.

Karin is a true cheerleader. Although I struggled and coughed up most of the pool the first day, she said she was encouraged by my efforts. By the end of the month, I was able to swim one lap without taking a break. Great! Now I only needed about eight more for Eureka. I secretly wondered if I would ever make it. We cut our practice short one day, when I spotted my daughter's high school track team across the pool. I bribed Karin with all the spare change in the bottom of my workout bag if she would bring me my towel. She looked at me confused and asked, "Ending so early?" "Yes," I gulped as I made a speedy back-ended retreat to the locker room.

I remember being warned over and over again prior to the triathlon, about the flailing around that takes place during the swim. "Hey, Shell, there will be lots of commotion, but don't panic, just float on your back if you get flustered." Nothing, I tell you, nothing, could have prepared me for the full-grown, furry man who swam over me and then, kicked me in the head! My friend, Lori, also a newbie, heard me gasp out a few choice words and encouraged me through her frightened and furious paddle to continue on with the race.

## The Ride

I often joke that I'm built for comfort and not endurance, but 12 windy miles on a bike proved otherwise. For you ladies out



Training partner Karin (L) with Shelly (R)



there willing to give this a whirl, a mountain bike can be great for training, but leave them at home on race day. I was fortunate to borrow a road bike from Karin and it truly was much appreciated! The bike ride went well until I turned a corner and began veering uphill in a 28 mile an hour wind, only to be blown off my bike and roll down the hill like Jill. It was quite humorous, as three male volunteers were at the corner. I managed to get on the bike again but was unable to peddle. "Hey miss, you may want to shift to a lower gear." As I made my way past them I heard one remark, "Don't worry ma'am we didn't see a thing!"

In the last triathlon of the summer I actually gained some speed and started cruising by other bikers. Wow, I'm actually passing people, I thought to myself. I sat up a little straighter. All of sudden I heard a clanking sound and looked down to see that my chain had come off! Pride goes before a fall, I remember my mom saying and with that I stooped down to try to put my chain back on. My husband's term of endearment for me is "mechanical genius," and with that I prayed, "Dear Jesus help me get this chain back on." Three minutes and 10 bikers later I was back in the race!

## The Run

I was also blessed to have a running partner. My friend Sarah and I trained for a half-marathon, another crazy goal of mine. The Mickelson trail in South Dakota is still riddled with my blood, sweat, and tears, as well as part of a goo energy pack that exploded all over my body during the race. I joked I would have ran much faster had there been bears chasing me to lick the honey-like goo from my body. When I crossed the finish line that day, I looked and felt like I had given birth to all six kids at once! Never, is the next time I have scheduled to run a 1/2 marathon. Sarah, on the other hand, is a gal who can literally run for miles or perhaps days. She never let me quit during training, even when I begged her and moaned that I couldn't feel my legs anymore. She would just smile and say, "My house is just around the corner. I promise." There were days, I swear, she had moved her house to Cleveland. She was also a born encourager. A high point for me was cheering for her in the Bismarck Half-Marathon this fall, cowbell and all.

Whenever I feel I'm running too slowly I recall the old men sitting on the back of a tailgate in Eureka yelling at me when I asked for directions. "Hey lady, the turn's up there and you

better pick up the pace!" It took everything for me not to yell back. I was too tuckered out, as I had just swam a ¼ mile, biked 12, and had just begun the three-mile run, which was an uphill climb, literally!

I learned a lot about myself this past summer. What had started out as a physical goal, ended up being a spiritual journey. By the end of the summer I had competed in three triathlons, even one with my husband, Todd and Jonathan, our son. Hoping one day to make this a family affair. I also ran my one and only ½ marathon with my good friend, Ann. When the runs and rides were long, it became a peaceful and quiet time where I was able to pray for family, friends and myself. I also thanked God I was healthy enough to compete in the races. I found out I just might have a healthy dose of perseverance after all. I was also encouraged by the bible verse, "I can do all things through Christ who strengthens me."

I'm often asked about training equipment. The basics are simple: swimsuit, cap, and goggles for the swim. I also purchased a Triathlon suit, which is not only comfy but it also covers a multitude of sins. The biking requires a road bike, which can be borrowed or rented for race day. Good running shoes are a must. Friends to train with and encourage you, priceless!



*Shelly Preszler resides in Mandan with her family where fresh chocolate chip cookies trump a triathlon any day!*

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WHO INSPIRES YOU?

# My Greatest Spiritual Teacher

**Editor's Note:** This was an entry in the 2012 'Who Inspires You' contest.

by Deana Mack



Janice Pierce



Deana and her mother, Janice

The year was 1973 and I was a shy, seven-year-old. I had just received my first and only Barbie doll. She had one outfit. I went outside to play with some of the neighborhood girls, toting along my Barbie that I was so proud of. We lived in a tiny little house with one large bedroom for a family of five. My parents barely made enough money to pay the rent at that time, so any toys we had were held in high regard, and very valued. That Barbie meant a lot to me at age seven.

I entered my group of friends with all the pride in the world, feeling I was now special with my new Barbie doll. In a matter of minutes, I discovered that all the other girls had quite a few Barbie dolls, not just one, and they also had

Ken dolls, Barbie campers - it seemed like the entire Barbie world was at their disposal. My one little Barbie doll was insignificant and that was exactly how I felt as well. My "special" feeling vanished instantly.

I remember coming home to my mom crying about the experience of only having one doll and one outfit. She listened attentively and I could see the look of anguish on her face as her eyes welled up with tears, also. She never went to bed that night, even though she had to be to work at 6:00 am. She spent all night long sewing and making me outfits for my Barbie. She also managed to crochet some outfits as well. I woke up in the morning to find all these little Barbie outfits by the

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side of my bed. They were sewn and crocheted so well, they looked like she had purchased them at the store.

This story is only one tiny example of how my mother, Janice Pierce, has inspired me, and continues to inspire me every day. She has always been a shining example of self-sacrifice to meet the needs of her children.

A girl has one irreplaceable mother who conveys her first lessons in womanhood. Whether she embraces or rejects those lessons, chances are she'll yearn all her life for the tidal force of her mother's love and the comfort of her mother's approval.

My mother is my inspiration not because of the heroic deeds she has done, it is more about the kind of mother and human being she is. She created an environment for her children that was stimulating, passed on a sense of responsibility to all of us, and raised us to have a deep compassion for all human beings. She made us truly understand that you need to be kind to everyone because everyone is fighting some sort of battle inside.

My mother has always been my best friend. As I reflect upon my own parenting skills and the similarities between us, the one thing that stands out is that my mother had the ability to be my biggest cheerleader. Although the same holds true for myself, I feel like I am constantly worrying about my



*Janice and Deana*

kids and trying to protect them from their own mistakes.

My mother had the ability to be my mentor as well. She let me figure out most things on my own, draw my own conclusions, and stood on the sidelines in case I needed her. She was able to light the way by sharing her life experiences with me, rather than being too eager to protect me. She loved us kids unconditionally, but made sure we understood that the rest of the world wouldn't.

The other amazing thing about my mother is her resiliency. She always had the most uncanny ability to stay upbeat and optimistic no matter what she was going through in life. She

radiated faith in the redemptive power of positive thinking that everything could be fixed, worked out, and be okay. She conveyed this art to me as well. Because of this, she gifted me with the ability to constantly try to rise above circumstances that were not always the best. I can still hear my mother's words resonating in my head, "you are not your circumstances."

I once read that when a child's mother enters a room, that child is unconsciously asking herself, 'Do my mom's eyes light up when they see me? Do they think I matter?' I think that holds true of adult children as well. Another reason my mom is my inspiration is that her eyes do more than light up when her children enter the room - they sparkle and radiate so much raw love. I believe the choice to become a mother is the choice to become one of the greatest spiritual teachers there is. My mother, Janice Pierce, continues to be my greatest spiritual teacher and is truly my inspiration. She is my Inspired Woman.

---

*Deana Mack is the Business Office Manager at St Alexius Heart & Lung and a wanna-be writer. She is a wife, daughter, sister, and mother of 2 boys - Sam (age 15) and Jack (age 12).*

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# Inspired by Granny Jane

by Michelle Mielke



*Granny, Jane Jabs with Sophie on her 85th birthday*

**Editor's Note:** This was an entry in the 2012 'Who Inspires You' contest.

the explosion, my grandmother was severely burned, her newborn baby girl suffered burns and her youngest son, age 3, died in the fire.

My grandmother spent a year and a half recovering in Rochester. My dad and aunt stayed with their paternal grandparents. My grandmother was only able to see my dad once during that entire time and didn't see my aunt until she got out. I look at my 20 month-old daughter and think about what it must have been like to leave a first grader and 2 month-old and come back to a 3rd grader and a 20 month-old. When she finally got out of the hospital, they also didn't have a place to stay so they had to squeeze into her parents' tiny house.

I knew about the accident growing up but it wasn't talked about much. Only now that I am a mother myself can I even begin to grasp the heart-wrenching pain she must have gone through. Just thinking about it, tears flow freely from my eyes. Not only did she have to try to recover herself but she was mourning the loss of a child and had to be away from the other ones for a long time during their early childhood years.

But Granny Jane didn't let it define her. She still finds the positive in life because as she says "what is the point of focusing on it?" Many times I think about her advice when I have some trivial problem in my own life that I am spending too much time and energy on.

Growing up, we would always hear Granny whistling as she went about her work. She was a busy farm wife - she kept house, cooked for the men,

took afternoon lunch out to the fields, mowed lawn, gardened, did crafts, sewed, she even ran a ceramics shop out of her basement!

I remember thinking that Granny Jane was such a cool grandma. She has a great sense of humor. I don't know if she'll remember this but she would have burping contests with the grandkids. She let us play wheelchair derby with her wheelchairs, which consisted of us racing the wheelchairs down a gravel hill. She had a special candy cupboard we liked to get into and if we asked if we could have some candy, she would just say "Eat it up!" Many times she took care of us when we were sick and she could always make us feel better with her humor. I remember lying on the couch with used tissues all around me and she jokingly said "Pick up your snotrags!"

My brother and I worked at the farm during the summers. I use the term "worked" lightly because many times we would be hanging out with Granny when we should have been out doing something my dad set up for us. We couldn't help but want to spend time with her.

Granny created gifts for all five grandkids. I know we all received coats she personally knitted when we were younger. She also made us something called a quillow (a quilt that can fold into a pillow) one Christmas. She was at the store getting all the materials and telling the store clerk about her plans, not knowing one of her grandchildren was behind her in line. He asked "What are you making for your grandkids?" She turned around and said "quillows, aaaak!" (He found out early that year.)

One of the inspirations in my life is my grandma, whom we affectionately call "Granny Jane." She lived through the Depression and personal heart-ache and pain. But for as long as I can remember, she has always been full of "vim and vigor" as she might say about others.

She grew up and got married to my grandfather, Howard, who was a farmer near Devils Lake. They had three children, two boys and a girl. They probably lived a typical farm lifestyle.

But then something horrific happened. A truck delivering gasoline to the farm rolled down the hill and struck the house, where it caused an explosion and fire. My father, age 6 and the oldest boy, was away at school. My grandma was in the house with the other two children. As a result of





*Granny out fishing with family on Devils Lake*

She is a forgiving grandma. We were the typical clumsy kids. We broke her favorite cookie jar. The boy cousins were wrestling, snapped the flower off her plant and tried to fix it with Scotch tape. I'm positive we broke more than

one of her ceramic creations. She forgave all.

Granny Jane and Grandpa Howard did everything together. They went to church every Sunday. Thursday nights were reserved for "stag night" at the

Elks. Grandpa Howard passed away in 1998 and though I know she misses him dearly, she still continues on with her positive outlook on life.

At nearly 85, she is still active – she does quilting at the church, goes out for family breakfasts, makes her way around town for shopping, goes on trips with the local bank's senior club, goes out fishing on the lake with family and much more. There is no grass growing under her feet!

And, she knows how to email. Yes, email. She is never afraid of learning something new, which is another great quality she possesses. Maybe I'll have to teach her how to text!

Despite the cards that life handed her, Granny Jane has always been a positive, upbeat person and I am truly inspired by that.

Love ya Granny!

---

*Michelle Mielke lives in Bismarck with her family and has always been interested in writing.*

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# Norwegian Cookies

by Pam Vukelic

The season of traditions, family gatherings, and perhaps most of all, family remembrances is upon us. Perhaps your memories include these three popular Norwegian goodies. The Norwegian tradition of *sju slags* dictates that at least seven kinds of cookies be prepared for the holidays. You will be nearly half-way there once these have been prepared.

The delicacies described below share many of the same basic ingredients. You will note the absence of spices common to cookies (e.g., cinnamon, nutmeg, and cloves) but you can certainly add them if you wish. Cardamom would be a common choice for a Norwegian treat. These cookies are unique primarily because of the specialized equipment required in their preparation.

## Rosettes

- 2 large eggs, slightly beaten
- 2 t sugar
- 1 c milk
- 1 c flour (sifted after measuring)
- ¼ t salt
- 1 T extract (lemon, vanilla, or almond)

Combine eggs, sugar, and milk. Stir well. Add flour and salt. Beat until smooth (should be the consistency of heavy cream). Add extract. Chill. Dip rosette iron in batter and then immerse in hot oil. Fry until light golden brown. Drain open-edges-down on paper towel. When cool, dip in granulated sugar. Makes 50-60 rosettes

### Tips for best results:

~ Sift the flour to be sure there are no clumps of flour in the batter.

~ After all ingredients are combined, chill the batter for at least a couple of hours, but preferably overnight to give the flour an opportunity to fully absorb the liquid. This helps to make the rosettes as thin as possible.

~ Preheat the oil to 370 degrees F, and just before beginning to fry the rosettes, preheat the iron by letting it stand briefly in the hot oil.

~ Pour the batter into a loaf pan and place the loaf pan inside a 9x13" pan in which you've placed water and ice cubes. Keeping the batter cold facilitates getting the thin coating of batter on the iron which yields paper-thin rosettes.

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~ Use a two-pronged iron until your batter is almost gone, then pour the batter into a small flat-bottomed bowl and use only one of the prongs of the iron.

~ Be very careful the batter does not go over the top of the iron as it will then not release.

~ Stored in a tightly covered container rosettes will keep for weeks so they can be made early in the season.

## Krumkake

3 eggs	1/2 t salt
1 c sugar	1/2 t vanilla
1 c whipping cream	2 c flour
1 T melted butter	

Beat eggs. Add sugar, cream, melted butter, salt, and vanilla. Stir in flour until smooth. Place heaping teaspoon-full of batter on pre-heated iron. Bake until light golden brown. Roll around wooden mold while still warm. Makes 60 krumkake

### Tips for best results:

~ Use an electric iron for better heat control. These irons also typically make two krumkake at a time, a big advantage over the irons that set atop a stove burner and make only one at a time.

~ Opening the iron before the krumkake are cooked may result in folds in your product.

~ Roll immediately around the wooden mold as once they have begun to cool they will crack. (My dad made a small wooden cutting board just the right size to use as a rolling platform.)

~ Stack seam-side-down to keep them closed.

## Sandbakkels

1 c sugar	1/2 t cream of tartar
1/2 c powdered sugar	4 c flour
1 c butter	salt
1 c shortening	almond or vanilla extract
2 eggs, beaten	

Cream the sugars, butter, and shortening. Add the eggs; mix well. Stir in the cream of tartar, flour, salt, and extract, mixing by hand. Press the dough into sandbakkeltins evenly and thinly. Place on baking sheet and bake at 375 degrees F for approximately 10 min. or until light golden brown. Cool briefly and turn over onto cooling rack. Pinch the tin slightly to help release the cookie or tap bottom with a knife.

### Tips for best results:

~ Chill the dough. Break off a small piece and press a thin layer of dough on bottom and up sides of tin, turning the tin as you are working. (I remember hearing that my Grandma Legreid's thumb was permanently flattened due to all the sandbakkels she had pressed into tins in her lifetime.)

~ Do not wash the tins after use; simply clean with paper towel. Properly seasoned, they will not need to be greased.



*Pam Vukelic is a food and nutrition instructor with Bismarck High School.*

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# Family Recipes

## Tips for making family favorites

**Editor's Note:** A big thank you to Mary Pat Archuleta for sharing her family recipes with us. Her helpful hints and history behind each recipe are a fantastic addition. She was gracious enough to allow me to photograph her while she cooked her Shepherd's Pie and we had fun reminiscing about our days in the NDSU Concert Choir together.

## Autumn Pumpkin Pie

This is an old, old recipe from the Betty Crocker's Pie Parade. My mother received this cookbook as a new bride and used many of the recipes in this small old cookbook. My mother even made copies of the best recipes for all of my sisters and I so that these recipes wouldn't be buried, but remain in our family.

Beat together:

- 1 & 3/4 C. mashed, cooked pumpkin--may be canned (15 oz)
- 1 & 1/3 C. sweetened, condensed milk (15 oz)
- 1 egg
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. ginger
- 1C. hot water

Pour this mixture into a pastry lined pan (see Never Fail Pie Crust) and bake at 375 for 50-55 minutes.

(Note: When I've made this wonderful pie, I double the recipe for a deep dish pie. When I make this at Thanksgiving, I always quadruple it (4 cans pumpkin, 4 cans sw. cond milk, etc.) and I fill two deep dish pies, and a smaller third pie plate. Then, I use only 3 cups of hot water instead of 4. It's a bit thicker but turns out just right! I take one pie to our Thanksgiving family gathering, keep one for us at home and take the third pie to a neighbor as a surprise!)

## Sour Cream Raisin Pie

This recipe has been in my family now for 5 generations! My great grandmother Elsie Haugen made this when I was a girl and I loved it. Her mother, Ida, brought this recipe with her from Germany.

She gave it to her daughter Elsie, who gave it to Lucille (my grandmother), who shared it with Linda (my mother), and now to me. Today, my daughters, Bridget and Rachel make it. Guess what? Rachel's daughter is named "Elsie". Something tells me she'll enjoy this recipe too!

Stir together in a large bowl:

- 1 C. sour cream
- 1/2 C. raisins
- 1 C. sugar
- 1/2 tsp. cloves
- 1/2 tsp. cinnamon
- 3 egg yolks, and 1 egg white
- (Option: 1 WHOLE egg, plus 1 Tbsp. flour – I always use this option)

Pour into an unbaked pie shell, and bake at 350 degrees for about 40 minutes. If you are a meringue person, you could whip together the leftover egg whites, add sugar and cream of tartar and brown under your broiler until golden and voila! You have pie.



# Mary Pat's Shepherd's Pie

When I make this I cannot count on ANY leftovers! I've tried several Shepherd's Pie recipes, and this one is a combination of about three different versions, so I call it mine. The thing I like about this recipe is that it calls for potatoes, hamburger, carrots, bacon, mushrooms...items I usually have on hand in my fridge and pantry. It's also a pretty quick recipe, a basic "no-brainer", and satisfying to all!

2-3 pounds of potatoes, peeled and cut into chunks  
1 large ladle of potato water (from the boiled potatoes)  
salt and freshly ground black pepper  
1-2 Tbsp. good olive oil  
3/4 to 1 lb. pound of good bacon (I LOVE LOVE LOVE Cloverdale Pepper Bacon!) Slice this into small pieces before browning!  
2 lbs ground beef (lean please)  
1 large onion, roughly chopped  
8 oz. (1 small package) button mushrooms, quartered  
3 or 4 carrots, peeled and chopped or sliced to 1/4 in. thick  
bay leaf  
2-3 Tbsp. butter  
2 heaping Tbsp. flour  
2 C. beef stock - I almost always use Kitchen Basics brand  
2-3 Tbsp. Worcestershire sauce  
- to taste

1/4 C prepared horseradish  
1 egg, beaten  
chives, chopped (fresh or dried)  
paprika

Place the potatoes in a medium sized pot. Cover them with cold water, salt and bring to a boil. Cook until fork tender, about 15-18 minutes.

Drain, (saving a big ladle of the potato water), allow potatoes to cool slightly. Mash them, adding in the potato water, beaten egg, and horseradish. Season with salt, to taste, freshly ground pepper and set aside.

\*Hint: If you are a bleu cheese fan, you can SUBSTITUTE 1/4 c. crumbled bleu cheese for the horseradish, and Oooh, that's good, too!

## While potatoes are cooking:

In a large Dutch oven or large, deep frying pan heat the olive oil until it's warm — add the bacon pieces. Brown well, about 5 minutes. Remove and drain on a paper towel lined dish. Drain all but about 2 Tbsp. of the bacon fat. Add ground beef and brown, about 4-5 minutes. Add bay leaf, carrots, continue to cook for 1-2 minutes. Add onion and mushrooms, continue to cook until tender. Season with salt and pepper.

## While meat is cooking:

Heat a small saucepan to medium heat and melt the butter. Whisk the flour into the butter and cook 2 minutes. Whisk in the beef stock, worcestershire sauce and add salt and pepper if you wish. Thicken for 5-6 minutes. Watch it carefully. Pour this gravy mixture into the meat mixture and turn on the oven.

If you wish to finish this dish in your large Dutch oven or frying pan, you can spread your mashed potatoes right over your meat mixture, top with the chives, paprika and bake.

I sometimes, transfer the meat mixture into two smaller dishes/oven casserole type dishes, and "frost" mixture with the wonderful mashed potatoes if I want to take this to a potluck event. That way, I can finish the baking at my destination. Do what works for you!

**A shortcut:** If you aren't crazy about doing lots of dishes, add your beef broth, worcestershire, into your cooked meat. Sprinkle with the flour and cook that gravy right into your meat mixture. You don't need the butter if you do it that way.

Many recipes say to just put this under the broiler to brown the top. I like to bake for about 15-20 minutes at 350 degrees to be sure those carrots are fully cooked and all the flavors can marry.

An awesome family meal. A "hit" every time!

# Never Fail Pie Crust

I received this recipe from my wonderful Aunt Jean Rask. It was her mother, Zola Fillmore's recipe and honest to goodness, it never fails!

1 C. Flour  
1/2 C. Shortening (I cut one pre-wrapped stick of Butter flavored Crisco in half--so easy!)  
Dash of Salt  
3 Tbsp. VERY COLD WATER  
(I put ice cubes in a bowl with water as I'm getting my cupboard prepped and ready to combine this recipe)

This is a single pie crust. If you want a two-crust pie, don't double in the same bowl. If I'm making multiple crusts, I set out 3 or 4 bowls, putting the first three ingredients listed above in the bowl in the order given. (Wait with the water until after this next step).

"Cut" the shortening into the flour and salt, using a pastry cutter until the mixture forms small pea-sized pieces. Add the COLD water, combine quickly with a fork. Gather it all into a 'ball', using your hands shape it into a 5 in. diameter 'patty'. It should be at least an inch thick. In warm weather, or if I'm doing multiple crusts in an evening, I put this into a bowl, (or wrapped in waxed paper) and put in the freezer for 3 to 4 minutes before I roll it out - helps on a humid, hot day or a warm kitchen!

Put 1/4 c. on a pastry board, if you have one, or right onto your clean countertop. Coat both sides of the 'patty' with the flour and get rolling! Working quickly, roll in all directions until you have a pastry that will exceed your pie plate diameter by about an inch. I always fold my pastry in half, to a half moon and then again, into a triangle so as not too break the pastry. Line your pie plate and if you want to get a little fancy with the edges of the crust, you can play around to get a fun design with your fingers. Pour in your filling and bake!!

# Collage

## Kara Guidinger Metal Artist

When Kara Guidinger and her family moved back to North Dakota she decided she wanted to become a stay at home mom. After working as an engineer out of state, she was ready for a break. "I loved being a stay at home mom, but I realized I am a really driven person and needed a hobby, a challenge," she said. "I never saw myself as artsy, but I have always loved nature, flowers and leaves."

She found an outlet by working with Preserved Petals in Minot. She would dry flowers, maybe from a funeral arrangement or wedding bouquet, and put them between glass as a keepsake. "Then I told my husband I would like to incorporate metal with the glass pieces and he figured out what tools I needed," explained Guidinger. "I got my first set of metal stamps and began making pieces that could hang on the same cord as the petals. I started enjoying the metal work more."

She begins with large, 3x3 foot, pieces of metal and cuts them down to manageable pieces. Guidinger uses sterling silver, copper, brass and bronze since the cost of gold is just too prohibitive. Her garage studio is meticulously laid out, the tools of her trade scattered between work spaces - metal shears, disc cutters, hammers and more.

After she cuts the metal into the shapes she wants, she begins stamping. Each letter is stamped individually, she has alphabet stamps in various fonts as well as design stamps. "It is really fun as I go along and add more letters to the pieces," Guidinger said. "I am very much a perfectionist and when I first started, if a letter got just a little



*A drawer of letter stamps, which Kara uses to . . .*

*stamp and create names, dates, quotes . . .*

*. . . and it turns out like this!*

bit off I would wonder if that was ok. I have learned that imperfections are part of the hand-made craftsmanship."

She really likes giving a boring sheet of metal texture. "Putting texture into my pieces, giving them life, is probably my favorite thing to do," she explained. "After I finish stamping, sulfur oxidizes the metal and adds detail and definition to the stamps."

She is self-taught through this whole journey - trial and error, looking online and reading books. She began in 2006 and her first show was Art In the Park in Mandan. During her many shows she has had people ask if they can have her jewelry in their retail locations. Keeping those stores stocked ensures she is always creating. "This was a hobby and has turned into more than that now," she said. "I am telling myself that after the holiday rush I should take some time off. I think it is good for the creative soul to rest and regroup."

Even Guidinger's husband, Guy, has an artistic streak. He has a woodworking shop and has made several pieces for their home. They grew up on farms in the Mohall/Lansford area and were high school sweethearts. That farming background may have prepared her for



this artistic step. "I was a hands-on farm kid," says Kara. "If I was pulling wire, during a free minute I would take the scrap wire and make rings and just mess around with it. I have always had a love of copper, it is very earthy."

Those that follow Guidinger know she is constantly evolving and trying new things. The next thing she is looking at pursuing is wall art. Her creative soul may never be at rest.

To see more of Kara's creations, find retail locations and for information on ordering, visit her facebook page at [facebook.com/klgdesigns](https://facebook.com/klgdesigns).



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# ARTS & CULTURE EVENTS

For event details, go to [CulturePulse.org/Bismarck](http://CulturePulse.org/Bismarck)

## December

**Ceramics Workshop** December 1  
The Arts Center Jamestown

**Art Classes** December 1-21  
Theo Art School  
Children-Adults

**Member Holiday Show** December 1-22  
Bismarck Art Gallery Association

**Christmas Concerts** December 1-2  
University of Mary

**Brass Quintet Rush Hour Series** December 4  
Bismarck-Mandan Symphony Orchestra

**Intersection Trio** December 5  
Dickinson Area Concert Association Dickinson

**The Movie Game** December 5-9  
Bismarck State College

**Open Mic Night | Music, Poetry, & More**  
Rhythm Records December 6

**"Disney's Beauty and the Beast" Broadway Musical** December 6  
Bismarck Civic Center

**"Inspecting Carol"** December 6-16  
Dakota Stage

**"Second Foot in the Door" Exhibit** December 7  
Bismarck Downtown Artist Co-op

**The Nutcracker** December 7-9  
Northern Plains Dance

**Organ Recital with Dr. Beverly Everett** December 9  
Bismarck-Mandan Symphony Orchestra

**Holiday Concert** December 11  
Bismarck State College

**Art Uncorked** December 13  
Theo Art School  
Adults 21+ only

**Holiday Concert** December 13  
Bismarck-Mandan Symphony Youth Orchestra

**Holiday Concert** December 21  
Dakota Stage

**Six Appeal Concert** December 22  
Bismarck Art Gallery Association

**Sesame Street Live | Elmo's Super Heroes** December 28 -30  
Bismarck Civic Center

**New Year's at the Belle** December 31  
Belle Mehus City Auditorium

## January

**"Put a Bird on It" Exhibit Opens** January 4  
Bismarck Downtown Artist Co-op

**8th Annual Blizzard Bluegrass Weekend** January 11-12  
Bismarck State College

**"A Chorus Line" Broadway Musical** January 15  
Bismarck Civic Center

**Hollywood Blockbusters** January 19  
Bismarck-Mandan Symphony Orchestra

Please go to [CulturePulse.org](http://CulturePulse.org), then the SouthWest ND Region for more details on these and more events. Culture Pulse is free website for those listing events and those looking for events. It's North Dakota's guide to Arts and Culture. The South West ND Region is sponsored by the Bismarck Parks and Recreation District, Dakota West Arts Council (DWAC) and Arts North Dakota (AND). If you have questions, please contact Eileen at [dwac4arts@hotmail.com](mailto:dwac4arts@hotmail.com).

**A NEW arts and culture web experience is coming soon!**





## Herbed-Mustard Topped Beef Roast

### Total Recipe Time: 2 to 2½ hours

- 1 beef top round roast (3 to 4 pounds)
  - ¼ cup plus 3 tablespoons Dijon-style mustard, divided
  - 2 tablespoons chopped fresh thyme, divided
  - 1 teaspoon coarse grind black pepper
  - ⅓ cup reduced-fat or regular dairy sour cream
  - 1 tablespoon olive oil
  - ⅓ cup minced shallots
  - Salt
1. Preheat oven to 325°F. Combine ¼ cup mustard, 1 tablespoon thyme and pepper in small bowl. Spread mustard mixture evenly over all surfaces of beef roast.
  2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 325°F oven 1½ to 1¾ hours for medium rare doneness.
  3. Meanwhile, combine remaining 3 tablespoons mustard and sour cream in small bowl; set aside. Heat oil in small saucepan over medium-low heat until hot. Add shallots and remaining 1 tablespoon thyme. Cook and stir 4 to 5 minutes or until shallots are tender and begin to turn golden. Remove from heat; stir into mustard mixture. Season with salt, as desired.
  4. Remove roast when meat thermometer registers 140°F for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 20 minutes. (Temperature will continue to rise about 5°F to reach 145°F for medium rare.)
  5. Carve roast into thin slices. Season with salt, as desired. Serve with mustard mixture.

**Makes 6 to 8 (6-ounce) or 12 to 16 (3-ounce) servings**

**Cook's Tip:** For 12 to 16 servings, mustard mixture can be doubled. Prepare mixture in a medium saucepan.

For nutrition information and other recipes to help you celebrate, please visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

## Where to find us



[BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)



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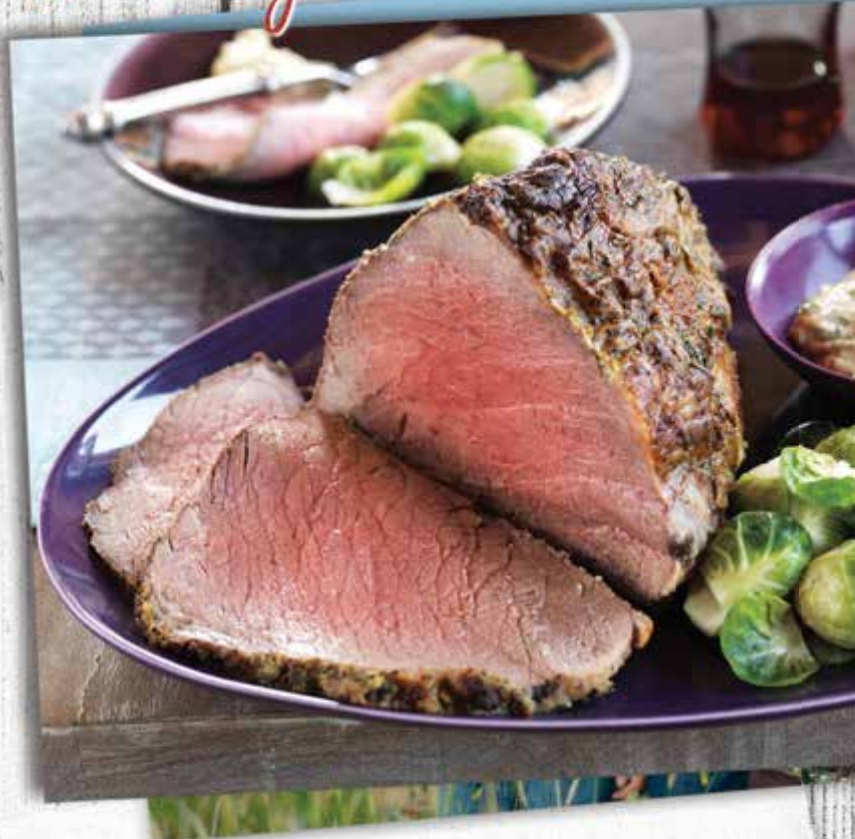


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# BEEF.



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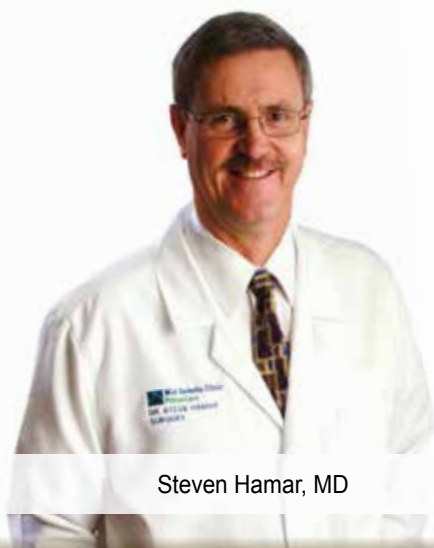




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