

MARCH 2025

1. Present - 9
2. Treasurer's Report - \$2,137.83 with one outstanding receipt.
3. Received a card from Steve Jackson saying they appreciated the Valentine's Gift bag.
4. Steve Key, partner of Jim Lyall send to Taupe Gallery should get a condolence card.
5. Discussion on issues, projects or events - either upcoming or new ideas
 - a. Reminder that suggestions for programs for next year should be sent to Jenny Nelson who is heading the Program Team. Each person doing the monthly program needs to get help for presenting the program and leading the business meeting.
 - b. Announce that the Planning Team for this year's holiday bazaar is off to a good start. Our date has been set as Nov. 8. The same 4 churches will be involved and we have 4 more churches who have expressed interest. We ask all crafters in our parish to start working on things they can donate to the bazaar. And we want to have a children's table where inexpensive items under \$3 can be bought by young shoppers.
6. Motions and Votes - asking for a motion if a new policy or disbursement of funds is needed. Asking for a second. Calling for a vote.
 - a. Terry proposes that ECW sponsor the Crisis meal on the 5th Thursday in July (the 31st). Pasta and lettuce or bean salad luncheon could be served. Linda will take care of the food and call for volunteers to help provide items or serve or clean up. Recommend reimbursing members for providing the meal up to \$200.
7. Reminder about next month's program
April 14 program with Cory Nelson on healthy and unhealthy cooking oils.
8. Today's Program - Linda Schneider: Vegetarian and Vegan recipes and substitutes.

What's the difference between vegetarian and vegan meals? Vegetarian recipes do not include meat - they get their protein from eggs, dairy or beans. While Vegans will not eat anything produced by an animal, including dairy products, eggs, honey, etc.

Tips for substituting ingredients are: 1. Vegetable oils can be used in place of butter. 2. Coconut and almond milk can be used instead of cow's milk or cream. 3. Ground cashew nuts (unsalted) and commercial cheese substitutes can be used in place of cheese. 4. Use vegetable broth instead of chicken broth - you will lose some protein but you will not lose flavor, it will just be a different flavor. 5. Mushrooms are good in place of meat - chop them finely and sautee them in olive oil until they've lost most of their moisture - use 2 times as much mushrooms as meat. 6. Portobello mushrooms can be used in place of specialty, more expensive mushrooms. 7. Lemon juice is a great substitute for

salt - add it to your recipe near the end of cooking. 8. Evaporated milk can be used in place of cream. 9. Nutritional Yeast is a good way to add protein. 10. Complete proteins, which are very important in your diet, beans and dairy products are could substitutes for meat.

Linda handed out copies of a booklet with 16 recipes. More copies are available at the parish office.