

APRIL 2025

1. Present - 13
2. Treasurer's Report: \$2,137.83 - some receipts may still be coming in.
3. Letters - A request has come in from SafeSpot which has lost one of its major funders; they asked if we could make another donation. Discussion on a donation was tabled.
4. Condolence, get well, etc. cards - none needed.
5. Discussion on the issues, projects or events - either upcoming or new ideas
 - IMPORTANT NOTE: Ruth Harris will need some help in setting up and cleaning up for Easter Sunday's Brunch. Help is needed at 8 am. Brunch will be served 8:30-9:30, Mass is at 9:30, and help will be needed for cleanup after Mass. Please contact Ruth if you can help at rharris122@aol.com
 - IMPORTANT NOTE: It was previously decided that ECW would provide the Thursday Crisis Luncheon on July 31. But Crisis will be closed for the month of July. Ruth has told us to keep Crisis Luncheon in mind as she checks the calendar for the year ahead.
 - Linda Schnieder and Teri Canter are still planning a "Crepe Night" where they will serve sweet and savory crepes - donation money will go to Crisis
 - Spring Fling May 24 is an ECW get-together for the Western Diocese. St. Paul's ECW has been asked to give a program on how to hold a collaborative bazaar. Watch for more news and registration info soon (cost should be about \$25 which includes lunch and there will be a silent auction with all proceeds going to women's education). Diane Peabody, Jenny Nelson and Gwen Temple will be presenting.
 - A craft-making workshop is being planned for this summer as a fun get-together with lunch and a chance to make crafts for the holiday bazaar. Tentative dates are Jun 9th (which is the 2nd Monday of the month - the same day on which we would hold an ECW meeting) or July 13 after 10:30 mass. Please let us know which date works best for you.
 - Comments, suggestions on the proposed schedule of next year's programs - Jenny Nelson
 - Local recycling - speaker from the recycling company. What can/can't be recycled, how-to's, etc. (Kendall) - speaker will be coming in September
 - 50 ways to switch away from plastics in your life to avoid microplastics in your bodies and brains - with several useful gifts to get you started. Microplastics are everywhere - oceans, food and water. They end up in our bodies and studies are starting to show links to disease and dementia. (Jenny)
 - Transgendered choices - qualified speaker will be contacted by Carol Canter

- Grieving - and helping others in grief
- Electromagnetic fields (EMFs) - What are they and how do they affect our health? Examples are wifi, digital electric meters, 5G, cell phones, computers, Bluetooth and "smart" appliances and devices.
- Sleep - perhaps the most important health concern
- Taking a better picture - program on the "elements of good photography"
- A fun Christmas activity (perhaps a "dirty Santa" gift exchange) with luncheon
- Travel adventures from our members - anyone who wants may contribute 4-6 photos of someplace they've been that they loved. All photos will be combined in a slide show and each contributor can narrate her travel adventure.

6. Next Meeting -May meeting with Teri Canter and cheese-making and will have cheese for sampling and sourdough crackers from Linda Schneider.

7. Today's Program

- Corey Nelson who founded Seed Oil Free Alliance - which sets standards for seed oil free foods. The alliance certifies food that is seed oil free and does consumer education. These are tips he gave us:
- Kinds of seed oils: soybean, corn, canola, sunflower, peanut, safflower, cottonseed, grape seed, and rice bran. These did not exist before about 1900 when industrialization saw heating and mechanical processes along with large-scale agriculture being developed; these new oils were touted outed as less expensive to make. (For example Crisco is a bran of cottonseed oil). All are high in Omega 6 fats which are linked to high death rates from cancer, heart disease, etc. Canola oil has a lower rate of these Omega fats. But all seed oils are high in polyunsaturated fats which become unstable when heated and form unhealthy compounds. There is some controversy on whether seed oils can be good for you as some believe they can lower cholesterol. Nine out of 10 times packaged or processed foods are made with seed oils. The oils are essentially empty calories and do not have many of the nutrients found in the original food upon which they are based.
- Kinds of oil that are not from seeds: olive oil, coconut oil, avocado oil, butter, and beef allow. All are high in monounsaturated fats which are heart healthy. Of these Corey said extra virgin olive oil and avocado oils are the best. Coconut oil is not too bad, as is butter if you limit them. Butter is 50% fat and 50% water. Coconut oil has a sweeter taste which is good in baked goods. Bacon grease is more salty but has a smokey flavor.
- Oil found naturally in seafood is healthier. Omega 3 is found in wild-caught seafood. Some farm-raised seafood is fed corn and other products.

- You don't have to eradicate seed oils from your diet but they should be limited. And used cold (i.e. not heated) is better, such as when you make a salad dressing. Commercial salad dressings may use a heating process on their oils.
- French fries - beef tallow makes good French fries. And you can always use an air fryer.
- Mayonnaise made with avocados is a good tasting alternative - one recommended brand is Chosen.
- Flax seed oil can be used by blending 1 part oil with 2 parts cottage cheese to make a creamy dressing like sour cream and can be used for dips or as a sweetener.
- Margarine may lower cholesterol but is not a healthy choice because of chemicals.
-