

We would love some feed back on these “fun” fund raising ideas and also how best to use the school for the community.

Our first event will be an antique doll show by local doll expert Trish Friez and will probably be held at the school sometime in May along with “high tea”.

Historic School’s recent newspaper articles included the Leader on February 12th “Group hopes to preserve historic schoolhouse”, West Shore News “Montana Historical Society honors Big Arm School preservation” and a letter to the editor from Paul Maurer on behalf of the fund raising committee.

Written endorsements have been received from the Lake County Commissioners, Flathead Reservation Area Historical Society, Montana Preservation Alliance, Lake County Superintendent of Schools, and also supported by the National Trust for Historic Preservation.

The Montana Preservation Fund grant application was submitted on January 30th; we should hear if we are successful by March 15th. The Association thanks George Bailey for all of his hard work and organizational skills in submitting the application.

Historic Items Donated: Ross Hoyt has donated the original teacher’s desk and a set of encyclopedias circa 1880 to our future school museum. Alison Meslin will donate some home schooling books from 1913 era. If you have education or local history related items please consider donating or loaning to the museum. We are still hoping for more photographs.

Sweatshirt Designs there have had some requests to change our T-shirts, sweatshirt and cap design. Paul Maurer has suggested “Big Arm the Center of the Universe”, others want to continue with our “Flathead Monster” logo, other suggestions are Big Arm with a fish or sail boat or other local animal or bird. We would like your input, please help with suggestions. We have 6 sweatshirts left in various colors and sizes, the price is \$26, these make great gifts. Call 849-6628.

Recycled Aluminum Cans: we really appreciated the many bags recently left at the fire hall. Food cans and cat food cans can be recycled but they must be washed with labels removed. The recycle center just recently rejected a whole bunch and unfortunately they had to be taken to the regular dump. Thank you and thanks to Ron Roberts for organizing.

Special Get Well Wishes go to Helen Leishman and Joan Jarrett we wish you both a speedy recovery.

Exercise Class is held Wednesday’s at 9:30am at the fire hall. Call Amy to confirm 849-5209. \$2 per class

Line dancing is not just for cowgirls and cowboys anymore. More and more people are discovering line dancing as a great low impact exercise. You don’t need a partner to line dance, just some comfortable shoes and a willingness to have some fun. Also you get a chance to exercise your brain while you are exercising your body. Studies have shown more and more that a great way to prevent Alzheimer’s and senility is by learning new things and by exercising your brain in different ways. So kick up your dancing heels and come join the line dancing at the fire hall on Mondays at 6:30pm..... Amy Edwards

Community Coffee Hour is held the second Thursday of each month at 10:30am. This informal occasion is a great way to meet new neighbors and catch up with old friends.

Community Recipes: Do you have a favorite recipe you would like to share? Tried a new recipe which is delightful? Are you looking for a recipe?

How about a 5 minute chocolate cake (have not tried this yet) add 4 Tbs flour, 4 Tbs sugar, 2 Tbs cocoa to a large mug and mix. Add an egg, mix, add 3 Tbs milk 3 Tbs oil, mix well. Add 3 Tbs choc chip and dash of vanilla, mix. Microwave 3 minutes at 1000 watts. Will rise over mug. Please let us know if this is as good as it sounds!



Riddles: 1. My tail is long, my coat is brown, I live in the country, I like the town. I can live in a house or live in a shed, and I come out to play when you are in bed. What am I?

2. What do you call a fairy that hasn’t taken a bath?

Nutritional Tips: February is National Heart Month which is a time to reflect on how we care for our own heart, for those around us, even children. Heart disease begins early in life, particularly in males and usually manifests itself when a man is in his 40’s or older, after the damage is done. A healthy heart is the result of good genes, the right food choices, lots of physical activity and knowing how to deal with stress. Although we can’t do much about genetics, physical activity, food choices and stress are things we can control.

The type and amount of fat we eat is a major factor in heart healthy eating. Saturated Fat comes primarily from animals and dairy products of which cheese and milk fat are major culprits. Saturated fat in the diet increases LDL levels or “bad” cholesterol which leads to plaque formation. Eat more beans or plant based proteins, fish, skinned poultry and low fat dairy foods. Use canola and olive oil for cooking in small amounts as it is high in calories. Heart healthy foods include: Beans, peas and barley, soybeans and soy based foods (not soybean oil), fruits and vegetables, salmon, tuna, sardines and mackerel, red grapes and small amounts of grape juice, nuts like almonds, walnuts, pecans and hazelnuts (small amounts as they are high calorie), green or black tea, onions, scallions, shallots, garlic and leeks.

Small changes can make a big difference over time. So get to the “heart” of the matter and start now and take steps to improve your family’s heart healthDeb Raunig



For Sale Dayton garage/shop propane heater 2400BTU, ceiling mounted. Model #3E403B made between 1998 & 2002. Please mail written offer to Polson Rural Fire District Treasurer, PO box 11 Big Arm, MT 59910.

Items for Sale? Looking for a specific item? How about using this space to connect with your neighbors. This newsletter reaches over 250 homes.

Save your unwanted items for the community yard sale. You can donate them to help pay for the school preservation or rent a table to sell your own wares. More expensive items will either be auctioned off or put in a silent auction. We hope to have this event sometime in June.

Think Spring! Robins have been sighted!