

**2016-2017  
Officers**President  
Becci BarlowPresident Elect  
Donna FisherSecretary  
Kathy TuckerTreasurer  
Lily HillDirectors  
Lynne Wolverton  
Connie Gibson  
Peggy JensenPJ Rep &  
Newsletter  
Carol Hirsh &  
Sharon ComstockChaplain  
Rose PennerDivision Chairs:  
Fund Raising  
Connie GibsonProjects  
Roberta YackoMembership  
Lynne Wolverton

## Mark Your Calendar

Fri, June 23	12-1 Veteran's Coalition Luncheon
Mon, June 19	6:00 at Civitan....installation of officers
Mon, Jul 3	6:00 Social at Panera's
Jul 5-8	PI International Convention in Las Vegas
Mon, Aug 7	6:00 meet at Lily's for pool party and dinner



## Upcoming Birthdays

June 7 Donna Fisher  
 July 14 Sharon Comstock  
 July 27 Janet Baird

## New Year Starts in July

Don't miss the June 19 meeting! Our new officers will be installed.

Officers for 2017-18

President Donna Fisher

President Elect Carol Hirsh

Secretary Mona Lingafelter

Treasurer Roberta Yacko

2 Yr Director Sharon Comstock

1 Yr Director Becci Barlow

1 Yr Director TBA

THANKS to each of these officers for accepting a leadership position!

In addition to installing the new officers, you will have an opportunity to help define the new Prairie Pilot year. We will be brainstorming ideas geared toward making our club more exciting, inviting, visible, and effective. Come ready to express what YOU think will make us better! EVERY IDEA IS IMPORTANT.....WE WANT TO HEAR FROM YOU! The brainstorming is the first part of developing a strategic plan for improving our organization. So get busy and think about changes you would like to see implemented.

*It's never easy to say goodbye to those you have grown fond of...but sometimes it's necessary. We are losing four of our valued members. They have done so much to make our club better!*

**To Connie Gibson, Peggy Jensen, Mary Malone, and Kathy Tucker we say: THANKS for all you've done for and with Prairie Pilot! You will be sorely missed but hopefully you will feel comfortable coming back to see us whenever the opportunity arises. You've enriched our lives!**

**“DON'T  
CRY BECAUSE  
IT'S OVER.  
SMILE  
BECAUSE  
IT HAPPENED.”**





By Sharon Comstock

Are you tired of all the "New" items, technology, cures that you come across almost daily??? I'm not so sure all this "New" stuff is good, or even necessary. Ahhh, the GOOD OL' DAYS!!! Well, I've come across something that has been around since Hippocrates that works and may be more healthy for us today than many of the "new" items being advertised as cures. APPLE CIDER VINEGAR with the "Mother". When I started researching this apple cider vinegar, I remembered my Grandmother having this in her kitchen, and she made a drink from it during the heat of the summer. I couldn't remember the name, so I started looking online and found it is called Switchel. It is known by other names as well, Haymakers punch is one you may have heard it called. It was around before all the sports drinks, and does the same thing, helps replace electrolytes in your body . The BEST part is it tastes great! The recipe can easily be adjusted to meet your own personal taste and needs. And it is very easy and inexpensive to make. I will bring in a sample for everyone to try at one of our next couple of meetings.

Just for fun, I'll list some of the other top uses for Apple Cider Vinegar, besides replacing electrolytes in your body. If you're interested in more information on this, come talk to me at the next meeting and I'll be more than happy to share what sites online where I have found more information and recipes.

Other health-promoting benefits of Apple Cider Vinegar:

1. Sooth an upset stomach....The pectin contained

in apple cider vinegar is known to sooth intestinal aches, spasms, and pain.

2. Eliminate pesky hiccups....It is possible that the strong acidic nature of this vinegar helps to prevent spasms that cause hiccups
3. Sore throat cure...the strong acid content can help to kill the bad bacteria causing your sore throat by gargling with this vinegar.

So TRY IT, you might just LIKE IT!!!

## Ginger Honey Switchel Recipe

Prep 5 mins Yield 4 cups

Author : Wellness Mama

A fermented drink that combines the benefits of apple cider vinegar, raw honey (or molasses), and ginger for a refreshing and electrolyte drink.

### Ingredients

- 2 tablespoons unfiltered apple cider vinegar with "the mother" (Braggs brand)
- 3 tablespoons raw honey or blackstrap molasses (or more to taste)
- 2-inch piece of fresh ginger root, peeled and finely minced
- 4 cups of water (or 2 cups water and 2 cups seltzer water if using)
- 1/2 of a fresh lime, juice and zest

### Instructions

1. Mix all ingredients in a large jar, shake well and place in the refrigerator overnight.
2. To serve, pour over ice or add seltzer water if desired.

TASTY, REFRESHING, AND OH SO HEALTHY

*August Social at Lily's*

*Bring a salad and your swimsuit if you'd like to cool off in the pool!*

*Mon, August 7 at 6:00*