

THE MESSENGER

Extra Edition #204 2024



March 2024



Lion's Lunch Schedule
March
27 Amici



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Council Meeting	6	7	8	9
10	11	12	13	14 International Day	15	16
17	18	19	20 Spring District	21	22	23
24	25	26 VP meeting WKR	27	28	29	30
31						

Hello!

Happy Friday! I hope everyone has had a wonderful week. The newsletter today is full of pictures, programs, and upcoming dates! Spring time is a busy time! Hope everyone gets to come and enjoy the fun and bring a friend:)

The VP meeting is coming up on Tuesday. If you have not filled out the forms, please take some time over the weekend to call your club members, if needed, and fill out the papers. This really helps the VP meeting go smoothly and making sure the clubs get the programs they are interested in hosting for the 2024-2025 year. Thank you!

I hope everyone has a wonderful weekend.

Have a great day,

Amy





February Homemakers Helping Teachers Grant winner: Joslyn Roberson, a Kindergarten teacher at Northwood Elementary in Mooresville. Her grant funds will be used to purchase a Tonie Reading System for the classroom. Congratulations Joslyn!-Helen

The December 2023 Homemakers Helping Teachers \$100 Grant winner was **Cathy Tomlin**, a 3rd/4th Accelerated Class teacher at Tabernacle Christian School. She purchased a piano keyboard for her classroom. –Helen Smith

The students have absolutely loved having the piano in the classroom. We have had competition specials played by students competing this school year as well as accompaniment for birthday songs. Students are signing up for piano lessons because of having the piano and a piano teacher came and gave a presentation to the class.

The piano is played almost every day. Thank you SO VERY MUCH for the grant money to purchase the piano for the students in the classroom. They LOVE it!

Cathy Tomlin



Indianapolis Spring District Meeting




Indianapolis District County Presidents



Morgan County Extension Homemakers attending
Spring District

Attended but missing from picture: Cindy Saferight,
Rhonda Smith and Sue Tutewiler

"It was a lovely "Christmas" Day at Dull's Tree Farm in Thorntown. Boone County hosted a great Spring District meeting where we learned about what went into making the Dull Farm a success—over 55,000 trees! What a lovely family that puts faith before finances."- 

Denise

The Indianapolis District donated \$1000.00 to the Christmas Trees for the Troops program!



State President Peg Peter showing off the Bee
themed quilt to be given away at Conference



International Day 2024



Speaker– Rhonda Smith

Thank you to those that attended International Day! Rhonda did a wonderful job speaking and everyone enjoyed trying several Vietnamese dishes!



Vietnamese Egg Rolls

40 spring roll wrappers
1# ground turkey
2# ground pork
20oz shredded cabbage
20oz shredded carrots
4oz minced onion
2 bundle's cellophane noodles
2T sugar
6T fish sauce
1T pepper
1T cornstarch
1T garlic powder
2 eggs

1. Soak cellophane noodles by pouring boiling water over them and let soften for 20 minutes. Cut into 1" pieces when they're soft.
2. Mix Turkey and pork. Add sugar, cornstarch, garlic powder, and pepper and mix.
3. Mix in eggs and fish sauce.
4. Mix in carrots, cabbage, onion and cellophane noodles.
5. Heat oil to 350*
6. Add about 3oz of filling to moistened spring roll wrappers.
7. Cook 4-5 minutes until golden brown.

Sue Tutewiler was asked to submit her recipe after bringing it to International Day– Thank you, Sue!

Greek Style Loaded Hummus

2 cups store bought hummus
1/4 cup Kalamata olives (pitted and chopped)
1/2 cup sliced cucumber (1 quarter my slices)
1&1/2 cups cherry or grape tomatoes sliced in half
1 small red onion (thinly sliced)
1 clove peeled and minced garlic
1/2 T. oregano
salt to taste
1/4 cup olive oil
1/2 cup crumbled Feta cheese

Place all ingredients except Feta cheese and hummus in a large zip lock bag, seal and shake to coat evenly with the olive oil, set aside. Spread hummus on a large platter, spread the veggies from the bag over the hummus, crumble the Feta cheese over the top of the veggies. Serve with pita chips or slices of cucumber. Enjoy!

Cindy Saferight was asked to submit her recipe after bringing it to International Day– Thank you, Cindy!

Morgan County Extension Homemakers Council Meeting – 03/05/2024

The Council met at the Wilbur Kendall Room, 4-H Building at 10:00 a.m. Those attending were President. Denise Walker, Vice President Olivia Vought, Treasurer Tura LaMar, Secretary Diann Vanzant: from Program of Works were Membership Chair Sheila Puckett, Health/Nutrition/Safety Chair Joyce Vandagriff and Education/Scholarships/Grant Chair Helen Smith. Clubs were represented by: President Tura LaMar, Friendly Hearts President Karen Ritter, Friendly Neighbors President Diann Vanzant and Monrovia President Denise Walker.

The meeting was opened by President Denise Walker followed by leading the Pledge of Allegiance, The Homemakers Creed and the IEHA Mission Statement. Devotions were given by VP Olivia from a Daily Devotional reading for this date. Roll Call was taken by Secretary Diann with 9 present members and 2 children.

Secretary's Report Secretary Diann read the minutes of our last meeting which was February 6, 2024. Sheila made a motion to approve the minutes as read. It was seconded by Karen.

Treasurer's Report The Treasurer's Report dated 2/29/2024 was read by Treasurer Tura. An ending balance of \$4,958.95 was reported in the General Fund for February 2024. A motion was made to accept the Report by Helen. It was seconded by Karen.

OLD BUSINESS

In last month's minutes, we chose Julie Sullivan of South Elementary to receive the January Teacher's Grant. Upon delivering the Grant it was discovered she is no longer teaching at South Elementary. Since we only have one additional application the award will be awarded to Vivian Wayland, Green Township Elementary Special Education Resources for a Laminator for their classroom. (This was approved earlier this month by our County Officers by email) A motion was made by Helen to approve the request and 2 nd.by Sheila.

The Indoor Yard Sale, April 20, will only need one soup in a crock pot and 2 dozen cookies per Club. One more meeting before this event.

Our Gentry Martial Arts recruitment event will be May 21 in the Auditorium from 6:00 to 8:30. We will use the first 20 minutes to tell those present about us. The cost of the event will be \$275.00 for the instructors. We will need a flyer to pass out. It will be open to men and women 16 years and older. The office will print the flyer. We will need to decide on refreshments and Logo items we could share during the event. We may need to incorporate Logo items into the budget. It was also mentioned we could sell grab bags! Our budget is \$500.

We need to begin doing lessons again. We tabled the lessons to think about when and how often to have them. Need to discuss with membership.

Olivia shared her very nice article that was published in the Martinsville Neighbors March 2024 edition.

NEW BUSINESS

Every Club needs to have a representative at the VP Program Planning Meeting on March 26th at 10:00 at the WKR.

International Day is March 14th. Monrovia will be our Hostess. It will have a Vietnam Theme. A lunch pitch-in and Door Prize (\$5 - \$10) will wrap up the event.

The Indianapolis Spring District Meeting is March 20th and will be in Boone County. Several from our County plan to attend.

President Tura (Amici) said they are planning a great Spring Fling on April 11th .

Treasurer Tura has submitted several ideas for us to spend our money wisely. Her ideas were given to each President to discuss with their club. We will continue this discussion next month.

Denise shared several items she learned when she attended the Spring District Planning Meeting. The conference will be held in Noblesville again this year on June 10 -12. We could put together a basket for the silent Auction. The IEHA Website has been updated. Our Indianapolis District Retreat will be held at Waycross on September 17 – 18. Plan to attend this great overnight.

Our special item this year will be a table runner. If you would like to enter, bring it to May Day so we can pick a winner to go to Conference in June. Placemats will be next year's item.

Purdue has a book that will be available for 1st books. It is titled "Too Many Pillows".

Program of Works

Cultural Arts/Heritage Skills Cindy absent.

Education/Scholarships/Grants Helen had a new application. We Awarded the Teachers Grant to Joslyn Roberson, Northwood Elementary, Kindergarten for a Tonie Reading System as our February winner. Helen shared that Friendly Neighbors will be presenting a \$200 Scholarship winner in Helen Perry's Honor.

Health/Education/Safety Joyce advised that you cover your car bob with aluminum foil so thieves will not be able to hack it while it is in your car.

Historian Needs filled.

Leadership/Citizenship Needs filled.

Membership Sheila says, no new members.

Money Making Projects Anne is working on planning a tea.

Public Relations Kiley had to work.

Volunteer/Community Support Needs filled.

4-H Council Representative Amy couldn't attend.

CLUBS

Amici – Working on putting together 'Spring Fling'.

Friendly Hearts – Karen reported they were standing by to work when needed.

Friendly Neighbors – Diann reported on their May Day plans.

Monrovia – Denise putting the finishing touches on their International Day.

Sew Club – No March meeting.

Sheila made the motion to Adjourn with Tura seconding.

Respectfully submitted, Diann Vanzant, Morgan County Extension Homemakers Secretary

Morgan County Extension Homemakers upcoming events: Spring Fling, Indoor Yard Sale, May Day, and Boundary Setting and Deterrence Class!

EVERYONE IS WELCOME!

SPREAD THE WORD! BRING A FRIEND!



MORGAN COUNTY EXTENSION HOMEMAKERS PRESENTS:

Morgan County May Day

featuring

MORGAN COUNTY HISTORY CENTER & MUSEUM

**Learn about Morgan County's riveting history
from the people who curated the museum.**

THURSDAY, MAY 2, 2024

REGISTRATION 9:30 AM

PROGRAM BEGINS 10:00 AM

MORGAN COUNTY FAIRGROUNDS, WILBUR KENDALL ROOM

PITCH-IN LUNCH PROVIDED BY EXTENSION HOMEMAKERS

MORGAN COUNTY EXTENSION OFFICE: 765-342-1010



Purdue University is an equal opportunity/equal access/affirmative action institution.

Be Safe *FAST*

(Fear Adrenaline Stress Training)



FREE

Boundary Setting & Deterrence Class

Learn to:

- Stop over 80% of all conflicts before they get physically violent
- Recognize the key pre-incident indicators of a potential threat
- Be aware of attack distance, angles, and methods to avoid letting them be set against you
- Not look like an easy target
- Use your voice and establish boundaries to de-escalate or deter violence



Olivia Vaught 317-450-3451



MorganCoExtensionHomemakers@gmail.com

*Purdue University is an equal opportunity/equal access/affirmative
action institution.*

May 21, 2024

6pm - 8:30pm

Morgan County
Fairgrounds
4-H Auditorium

Ages 16 to 100

This course will be NON-
PHYSICAL but will be
REALISTIC in other ways to give
participants practice and
confidence to apply these
strategies in real life.



**MORGAN
COUNTY
EXTENSION
HOMEMAKERS**



LIVING WELL

calendar

31 Ways to Live Well during Living Well Month

NEAFCS

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>PURDUE UNIVERSITY</div> <div>Extension - Health and Human Sciences</div> <div>www.purdue.edu/hhs/extension</div> </div>				<div>1</div> <div>Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)</div>	<div>2</div> <div>Practice being still for 5 minutes today (Try out some breathing exercises)</div>	
<div>3</div> <div>Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment</div>	<div>4</div> <div>Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)</div>	<div>5</div> <div>Try a new vegetable today or try a familiar vegetable in a new way</div>	<div>6</div> <div>Take 5 minutes to do some flexibility exercises</div>	<div>7</div> <div>Swap one sugar sweetened drink for water</div>	<div>8</div> <div>Give 3 compliments today</div>	<div>9</div> <div>Write down 5 blessings or things you are grateful for</div>
<div>10</div> <div>Do 10 body-weight squats and 10 jumping jacks</div>	<div>11</div> <div>Do some research to learn about a culture that is different than yours</div>	<div>12</div> <div>Be aware of your feelings. Express them to people you trust</div>	<div>13</div> <div>Reach out to someone you care about. Make a date to get together</div>	<div>14</div> <div>Be well at work - Set goals for your career and start taking steps to achieve them</div>	<div>15</div> <div>Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same</div>	<div>16</div> <div>Explore public events in your community and discover what to get involved</div>
<div>17</div> <div>Find a book to read and read 1 chapter today</div>	<div>18</div> <div>Forgive someone who has wronged you</div>	<div>19</div> <div>Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)</div>	<div>20</div> <div>Declutter, donate, and recycle things you don't need or use anymore</div>	<div>21</div> <div>Find an opportunity to appreciate nature today</div>	<div>22</div> <div>Nurture your spiritual wellness. Ask yourself what values are most important to you</div>	<div>23</div> <div>Do 10 pushups (or modified pushups) and 10 sit-ups today</div>
<div>24</div> <div>Take a mental health break at work and go for a walk outside or in the hallways</div>	<div>25</div> <div>Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk</div>	<div>26</div> <div>Get outside and soak up some vitamin D. Find a park or trail and take a walk</div>	<div>27</div> <div>Make a budget for April. If needed, talk to a financial advisor to get started</div>	<div>28</div> <div>Have a plant-based meal today</div>	<div>29</div> <div>Schedule any doctors visits, exams, or check ups that you have been putting off</div>	<div>30</div> <div>Bring a homemade lunch to work today rather than buying fast food</div>
<div>31</div> <div>Have dinner with your family, friend, or neighbor with no smart devices</div>						

LIVING WELL

2024 Living Well Weekly Schedule

PURDUE UNIVERSITY

Extension

Week 4

Sunday	Find a book to read and read 1 chapter today
Monday	Forgive someone who has wronged you
Tuesday	Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)
Wednesday	Declutter, donate, and recycle things you don't need or use anymore
Thursday	Find an opportunity to appreciate nature today
Friday	Nurture your spiritual wellness. Ask yourself what values are most important to you
Saturday	Do 10 pushups (or modified pushups) and 10 sit-ups today

LIVING WELL

2024 Living Well Weekly Schedule

PURDUE UNIVERSITY

Extension

Week 5

Sunday	Take a mental health break at work and go for a walk outside or in the hallways
Monday	Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk
Tuesday	Get outside and soak up some vitamin D. Find a park or trail and take a walk
Wednesday	Make a budget for April. If needed, talk to a financial advisor to get started
Thursday	Have a plant-based meal today
Friday	Schedule any doctors visits, exams, or check ups that you have been putting off
Saturday	Bring a homemade lunch to work today rather than buying fast food