



THE MESSENGER

Extra Edition #197 2024



January 2024



Lion's Lunch Schedule

January

31 Executive Council

February

7 Sunny Circle

14 Monrovia/
Volunteers

21 Amici

28 Friendly Neighbors

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Year!!	2 Council Meeting 10:00am	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Member Update

I am currently updating member emails and addresses. Also updating if members are active members or mailbox members. With some of the emails that I have sent out I have received some current information which has been very helpful, thank you! If you are a member and receiving the Friday newsletter I just need a little information:

Name:

Club:

Email address:

Mailing address:

Active Member yes no

Mailbox Member only yes no

If you could just send me an email back with the information I would really appreciate it. If you have Club members that do not receive the weekly newsletter but you have their information, please send me their information as well. Thank you!!-Amy

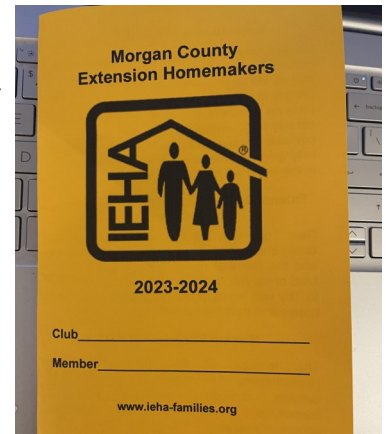
Membership Responsibilities

For the next few weeks the Membership Responsibilities will be highlighted in the Newsletter a few at a time. If you have any questions please let me know, talk with your Clubs President, or Executive Board:

7. Make an effort to try out, at home, something taught at each lesson.

8. Report back to the leader how the lesson was used.

(Member Responsibilities are listed on page 3 of the booklet)



Hello, we were able to meet Tuesday the 23rd, after all.

Terri brought in 8 beautiful kid's outfits. She makes all these from scratch! They will be donated to Patty at "The Red Barn". Someone donated this quilt top. So Sheila tye quilted it and Bobbie sewed a binding around it. The group of Marilyn, Helen, Catherine, Terri and Bobbie, made 13 total adult bibs/ aprons.

The quilt and bibs will be donated to "The Waters" for their memory care unit.— Bobbie Dirrim

Patty from Red Barn accepted the 8 outfits and The Waters accepted the 13 adult bibs/aprons and one lap quilt



“Margaret Figg with the Morgantown Food Pantry accepts some non-perishable food from Dorinda Chapman donated by the Friendly Neighbors at their January meeting.” - Helen Smith

Walking Club

I would like to thank all of our Walking Club members! I really appreciate all of you taking the time to send in your steps and miles to me weekly for Charity! Some of the Charities we helped in 2023 include:

- Alzheimer’s Association
- Project Purple– Pancreatic Cancer
- Make-A-Wish
- Autism Speaks
- The Nature Conservancy
- Action for Healthy Kids
- Feeding America
- Leukemia & Lymphoma Society
- Playing For Change
- St. Jude Children’s Research Hospital

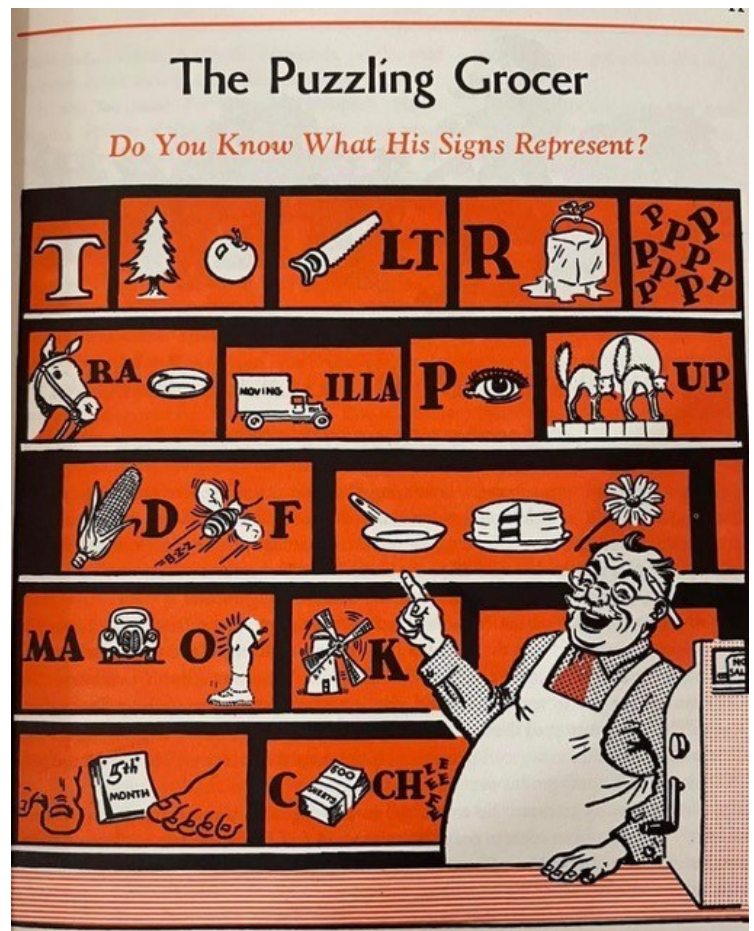
Our goal for 2023 was 10,000 miles for Charity. I’m very excited to say we stepped **20,337 miles!!** Get ready for this... that’s **over 44 million steps** for Charity!! Thank you very much, I’m so proud of our Walking Club!

BIG
Thank You!

Moving into 2024.... What should our goal be??? I would like to hear from you, what should our goal be for 2024??? Send me a number and let’s go for it!



Thank you to the ladies of AMICI for the wonderful meal they prepared and served at today’s MNL meeting..Thank you for all you do in our community! -Dave Rinehart– Facebook



Can you figure this puzzle out?

This fun puzzle page was sent in by Denise Walker!

Stuck on one?? answers are on the last page:)

COMMUNITY SEED SWAP

SATURDAY FEBRUARY 3RD, 2024,
1-4 PM, IN THE MARTINSVILLE
LIBRARY BASEMENT MEETING ROOM



Open to all Garden Enthusiasts! Bring seed to share if you can. Please label your seed for identification. Ex. Pole Bean, Blue Lake



Jump into Spring! Don't miss the 29th Annual GardenFest

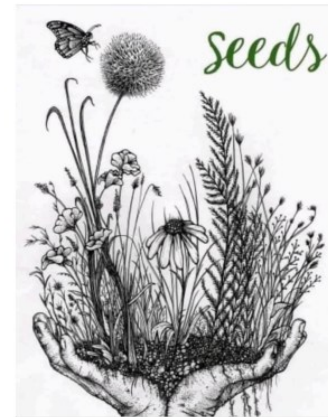
March 16 9 am-3 pm
Bell Intermediate Academy
1459 E Columbus St, Martinsville
\$2 Admission

- Buy pansies and other cool season flowers to start your spring garden
- Shop our garden vendors to prepare for gardening season
- Educational Presentations by the Morgan County Master Gardeners
- Free seeds and tree seedlings available while supplies last



Morgan County
Master Gardeners

Morgan County Master Gardeners



INVITES YOU TO ATTEND: BASIC INDOOR SEED STARTING CLASS

FEB 24, 2024 - 1PM

MORGAN CO LIBRARY BASEMENT MEETING ROOM
110 S Jefferson St. Martinsville. IN 46151

January Garden Calendar

Home (indoor plants and activities)

Keep holiday poinsettias and other plants near a bright window. Water as top of soil becomes dry.

Increase humidity around houseplants by grouping plants together, placing them on a pebble-water tray or running a humidifier.

Check stored produce and tender flower bulbs and roots for rot, shriveling or excess moisture. Remove and discard damaged material.

Repot houseplants as they outgrow current pots.

Garden (flowers, vegetables and small fruits)

Send for seed catalogs for the garden.

Sketch your garden plans on paper, including what to grow, spacing, arrangement and number of plants needed.

Order seeds and plants as early as possible for best selection.

Wood ashes from the fireplace can be spread in the garden, but don't overdo it. Wood ashes increase soil pH, and excess application can make some nutrients unavailable for plant uptake. Have soil tested to be certain of the pH before adding wood ash.

By: Rosie Lerner

<https://www.purdue.edu/hla/sites/yardandgarden/january-garden-calendar/>



INDIANA 4-H QUALITY LIVESTOCK CARE

To exhibit **BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY,** and **RABBITS**, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training **OR** the online Youth for the Quality Care of Animals program (YQCA).

1. This certification must be done on an annual basis
2. Members must be registered **BEFORE** attending a training
3. Members may attend any training dates listed on this flyer
OR a training in another county
OR complete the online YQCA training

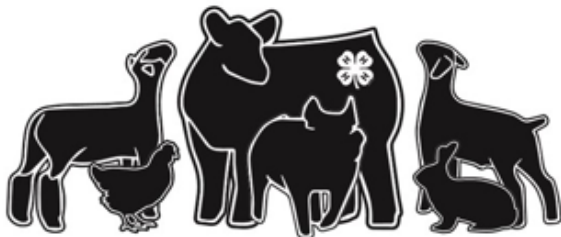


If training through YQCA, you must be certified by July 1, 2024. <https://yqcaprogram.org>

Morgan County 4-H Livestock Quality Care Trainings are held at the Morgan County Administration Building at 6:30 pm. Register ahead of the training in "Events" at 4honline. <https://in.4honline.com>

- April 9, 2024
- May 9, 2024
- May 22, 2024
- June 13, 2024

Fees for these classes are sponsored by the Morgan County 4-H Adult Leaders. Be sure to thank them!



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



Wednesdays
February 7, 14, 21, & 28
1:00pm - 2:00pm
Virtual lunch and learn
Bring your lunch and join us.

To Register visit:
<http://tinyurl.com/FebruaryBeHeartSmart>

THE **BE HEART SMART** PROGRAM IS FOR ANYONE WHO WANTS TO REDUCE THEIR RISK FOR HEART DISEASE. LEARN HOW TO MONITOR YOUR RISK FACTORS FOR HEART DISEASE AND MAKE SIMPLE CHANGES TO YOUR DAILY ROUTINE THAT WILL IMPROVE YOUR HEART HEALTH. THIS PROGRAM IS FOUR 1-HOUR LESSONS TAUGHT BY A PURDUE EXTENSION EDUCATOR.

WWW.EXTENSION.PURDUE.EDU/CASS

Frozen Pipes?

INDIANA PREPARED

Tips for thawing frozen water lines in your home

- Keep the faucet open. Water will begin to flow as you treat the frozen area, which will help to melt more ice in the pipe.
- Know where the main water valve is located. If the frozen pipe is broken, turn off the main valve until the leak is repaired.
- Apply heat to the frozen portion of the pipe using a hair dryer, heating pad, or space heater. *Do not use open flame such as a blowtorch or propane heater due to fire and carbon monoxide hazards!*
- Apply heat until full water pressure is restored. Call a plumber if you can't get the pipe to thaw, or if you cannot reach the frozen section.



Cauliflower Herb Soup

1 pound cauliflower florets (washed and trimmed)

4 medium potatoes (peeled and cubed)

1 large onion (chopped)

3 cups low-sodium chicken broth

2 cups low-fat (2%) milk

1/2 teaspoon black pepper

1/2 teaspoon hot sauce

1-1 1/2 tablespoons balsamic vinegar

2 teaspoons fresh rosemary leaves (chopped), or dried rosemary (crushed)

2 teaspoons thyme (dried or fresh)

1/2 cup diced smoked cooked ham (optional)

salt and pepper to taste (optional)

1 1/2 cups toasted croutons (optional)

1 1/2 tablespoons salted butter (garnish)

1 tablespoon chopped chives (garnish)

Place cauliflower in a large deep saucepan, cover with water, and bring to full boil over medium heat.

Reduce heat, cover, and cook cauliflower until it is barely tender. Drain immediately.

Add potatoes, onion, chicken broth, milk, ground pepper, and hot pepper sauce, then return mixture to simmer.

Cook for about 20 to 25 minutes until all vegetables are fully cooked (you should be able to easily pierce a potato with a fork).

Remove from heat and cool briefly. Carefully place 1 1/2 cups hot soup mixture into a blender and blend on low, then increase the speed to high until the mixture is smooth. Pour the blended mixture in another pan.

Blend remaining cooked soup as described above.

Heat blended soup in pan over low heat. Add 1 tablespoon of the balsamic vinegar and all the rosemary, thyme, and ham (if using). Bring to a simmer and cook for about 15 minutes. Adjust seasonings to taste with additional vinegar and optional salt and pepper.

To serve, place 1/4 cup (optional) croutons in the bottom of soup bowl or large mug. Ladle in hot soup and garnish with 1 teaspoon butter and chopped chives.



HOW TO READ FOOD NUTRITION LABELS



NUTRIENT CLAIMS

- These are based on serving size.
- “Excellent Source Of”, “High”, “Rich In” are products that contain 20% or more of the Daily Value.
- “Good Source”, “Contains”, “Provides” are products that contain 10-19% of the Daily Value.

CALORIE TERMS

- **Calorie Free:** Less than 5 calories per serving.
- **Low Calorie:** 40 calories or less per serving.
- **Reduced Calorie:** At least 25% fewer calories per serving when compared to regular product.
- **Light/Lite:** One-third fewer total calories, or 50% less fat per serving.



SUGAR TERMS

- **Sugar Free:** Less than ½ gram of sugar per serving.
- **Reduced Sugar:** At least 25% less sugar per serving when compared to regular product.
- **No Sugar Added:** No sugar or sugar-containing ingredients have been added. May contain sugar alcohol, artificial sweeteners, or naturally occurring sugars such as in fruit juice.

SODIUM TERMS

- **Salt/Sodium-Free:** Less than 5 milligrams of sodium per serving.
- **Low Sodium:** 140 mg of sodium or less per serving.
- **Very Low Sodium:** 35 mg of sodium or less per serving.
- **Reduced Sodium:** At least 25% less sodium than regular product.
- **Light in Sodium:** At least 50% less sodium than regular product.
- **No-Salt-Added:** No salt is added during processing. Products may not be salt/ sodium-free unless stated.



FAT TERMS

- **Fat-Free:** Less than ½ gram of fat per serving.
- **Low-Fat:** 3 grams of fat or less per serving.
- **Reduced-Fat:** At least 25% less fat when compared to regular product.

CHOLESTEROL TERMS

- **Cholesterol-Free:** Less than 2 milligrams of cholesterol per serving and 2 grams or less of saturated fat per serving.
- **Low Cholesterol:** 20 milligrams or less of cholesterol per serving and 2 grams or less of saturated fat per serving.



REFERENCES:

[HTTPS://WWW.FDA.GOV/FOOD/FOOD-LABELING-NUTRITION/LABEL-CLAIMS-FOOD-DIETARY-SUPPLEMENTS](https://www.fda.gov/food/food-labeling-nutrition/label-claims-food-dietary-supplements)



Extension - Health and
Human Sciences

PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL ACCESS/AFFIRMATIVE ACTION INSTITUTION.

Food Labeling: What's in there, anyway?

This is a lesson available to all Clubs and members. Let me know if your club would like to learn more about Food Labels!

Frosted Luminaries with Faux “Snow”

Use textured epsom salt and Mod Podge to make these gorgeous mason jar luminaries! These are easy and so pretty for winter.



Supplies needed:



- Mason jars
- Mod Podge Satin
- Epsom salt
- Fir branches– collected and trimmed to size with scissors
- Small wood slices
- Twine
- Scissors
- Hot glue gun and glue sticks
- Flameless candles
- Paintbrushes
- Spoon

Prepare the Jars: Clean the glass with mild soap and warm water and let dry or Clean the glass with rubbing alcohol and cotton balls (or similar) and let dry. The reason for the prep is because oils and dirt can get onto glass and stay there, and they can cause problems if you try to Mod Podge the glass.

Put your epsom salt out on a plate on your work surface. Paint a medium layer of Mod Podge on the jar in consistent, quick strokes. You want to work quickly because Mod Podge starts to dry pretty quickly, and you don't want to have to do a bunch of layering of the salt. It will get clumpy on your final winter luminaries. Roll the jar in the epsom salt, all the way around. Push down slightly. Bring it up out of the epsom salt. Use a spoon to pour salt over areas of the jar that may not have gotten salt. You can also use a small paintbrush to add to blank areas and then sprinkle a little salt on it. Just be careful not to add too much Mod Podge. Clumping salt doesn't look great, especially with votives. Keep in mind that if you miss a few areas, it will be hardly noticeable! Let your winter luminaries dry for several hours.

Cut a length of twine that is long enough to wrap around the jar mouth around 6 – 7 times. Start wrapping. Tie it once at the halfway point, then tie it again at the end. Tie the twine into a bow. Use a hot glue gun to attach the branches to the front of your winter luminaries. Then place the small wood pieces on the front.

Place the LED tea lights into your new mason jar luminaries for a warm glow!