

THE MESSENGER

January/February- 2023



Lion's Lunch Schedule

January

25 Amici

February

1 Sunny Circle

8 Friendly Hearts

15 Amici

22 Friendly Neighbors

March

1 Sunny Circle

8 Monrovia

15 Amici

22 Friendly Neighbors

29 Executive Board

April

5 Sunny Circle

12 Monrovia

19 Amici

26 Friendly Neighbors

May

3 Sunny Circle

10 Monrovia

17 Amici

24 Friendly Neighbors

31 Executive Board

Current Calendar

2023

State Board Meeting

- February 10, Friday – ZOOM

2023 Spring District Meetings

- March 20, Monday – Madison District Meeting, Brown County
- March 21, Tuesday – Bedford District Meeting, Jackson County
- March 22, Wednesday – Evansville District Meeting, Vanderburgh County
- March 23, Thursday -Terre Haute District Meeting, Clay County
- March 24, Friday – Indianapolis District Meeting, Hendricks County
- March 27, Monday – New Castle District Meeting, Henry County
- March 28, Tuesday – Lafayette District Meeting, Tippecanoe County
- March 29, Wednesday – Kokomo District Meeting, Howard County
- March 30, Thursday – Michigan City District Meeting, Kosciusko County
- March 31, Friday – Fort Wayne District Meeting, Huntington County

State Board Meeting

- April 6, Thursday – State Board Meeting – Davis Park, Anderson IN

Home & Family Conference

- June 5-7

Cultural Arts Special Project 2023 – FAIRY GARDEN

For 2023, the committee has chosen a fairy garden for the Special Project. The ornament must not be larger than 18"x18"x18" inches in size. It must have been completed in the last two years.

The committee also decided to add an additional category to the regular projects. We will be adding a category for Knitting/Crocheting; this will make 4 categories to include Quilts, Needlework, Other Crafts and Knitting/Crocheting.

We invite each county to choose 1 item for the Special Project and 1 item for the additional craft categories for a total of 2 items entered per county. We look forward to a very successful Home and Family Conference.

Morgan County Extension Homemakers are on the Purdue Extension website!

<https://extension.purdue.edu/county/morgan/homemakersmorgancounty.html>

Visit the website and view the online newsletter! The online newsletter is full of pictures and more!

Check it out!

A few notes from Cindy:

Utensil drawer in the kitchen at the fairgrounds: "Let's keep it this neat and clean, please don't bring additional utensils or pots and pans from home and leave them in the cabinets."

The family of Rose Koon contacted me before Christmas, offering the Homemakers some of Rose's crafting supplies. Tuesday, Kiley, Jadon and I went to Rose's home and filled two SUV's with her things, went directly to the Wilbur Kendall room, unloaded and began sorting. There was a lot. After council, those that could, stayed and continued sorting.

We got everything gone through and it is all locked in the metal cabinets in the kitchen. Ultimately we will sell her items at the yard sale in April and do something special with the money we raise. If anyone is interested in crafting supplies; plastic canvas, yarn, card making supplies, stamping supplies, beads, card stock, florals, ornaments, knitting needles, crochet hooks, glitter, baskets, artist canvases and so much more, contact me.

Your County President-

Cindy

Sew Club: Calendar dates submitted by Bobbie Dirrim

Tuesday January 24th, No February meeting, March 28th, April 18th (change), May 23rd, No June meeting, July 25th, August 22nd, September 26th, October 24th, November 28th, No December meeting. Meetings will be 9am-1:30pm at the Wilbur Kendall Room at the fairgrounds. At the meetings: we will most likely work on 2-4 projects at each meeting so there will be something for everyone.

I was able to get polyester batting donated so anyone who has flannel to donate please bring. I'm hoping to make crib size tie quilts.- Thank you- Bobbie Dirrim



Walking Club:

I would like to send out a very big **THANK YOU** to our Walking Club members. Thanks to all of you and your dedication of turning in your steps/miles weekly to me we stepped **7,092.95** miles in 2022 all for Charity!! We had some great sponsors this year and raised close to **\$1800** for our charities just by turning in our miles! There is now 73 different charities for us to step for, let's keep stepping! Anyone is welcome to join the Walking Club, you can meet up and walk or walk wherever you want and send in your steps/miles to me by text or email. I'm going to set our goal at **10,000** miles in 2023!! Join us!- Amy

You are invited:

Hi everyone,

Amy asked about interesting books we've been reading, and I'd like to use the prompt to invite you to the library's adult book club. We meet every 3rd Monday at 7pm at the main branch in Martinsville. The books are varied each month, and it's a great way to read something new! The group is informal, and there's no pressure to finish the book if it's not for you. Due to MLK Day, our January meeting is next Monday, January 23. Come, enjoy some socialization, and pick up next month's book.

I hope to see you there!— Olivia Vaught

P.S. If you want to participate, but can't make a meeting, you can pick up and return the books at the circulation desk.

Presidential Thoughts ...

Greetings and Happy 2023! (Seems crazy, right?!)

What a wonderful six months this has been as your State President! I have enjoyed this journey so far and am looking forward to continuing my work around the state in 2023. I have had the opportunity to join some counties for events this year. Please be sure to let me know when your counties have events so that I may try to visit if I am available!

Fall District Meetings were such a great time. It's always fun to visit the many areas of the state and hear the exciting things that you are doing in the name of IEHA. Please make sure to mark your calendars for our upcoming Spring District Meetings which are listed in this newsletter.

It's been great to see so many counties and clubs have a social media presence. It is a great way to share what you are doing, and bring curiosity about IEHA, who we are and what we do.

Scattering Kindness the #IEHA Way has really brought happiness to my heart! When I introduced the program at conference in June and kicked it off in July, I never thought it would become what it has. You have truly blown me away! Clubs and counties have been scattering Pocket Hearts everywhere. Some of the messages I have received from those that were gifted a Pocket Heart would bring tears to your eyes and give you goosebumps! The meaning behind them is powerful. We just never know what others are dealing with in their lives. Our Pocket Hearts have reached so many states and have even reached other countries... isn't that amazing. I hope that the idea behind the Pocket Hearts has also encouraged you to engage in other random acts of kindness. I have been trying to share pictures of what clubs and counties are doing on our IEHA State Facebook page when I receive them so be sure to send pictures my way via email, text or messenger. Make sure that you are tracking how many hearts you are making and scattering. At conference, I challenged each county to scatter 1000 Pocket Hearts over the year. Now is the time to start reporting how many you have completed for July through December. There is a report form that all county presidents should have in their Blue Books. It is also available on our website, or you can contact me, and I can email you a form. (Please don't let a form stop you from reporting! You can also email me the information.) The county that scatters the most Pocket Hearts through June 1, 2023, will be recognized at our Home & Family Conference with a special award! If you have not started yet, it's not too late. Even though the winter months are upon us, I want to encourage you to stay active within your clubs and counties for IEHA. There is so much that we can be doing for our organization and our communities. Now is the perfect time to be working on items for Riley Children's Hospital, Cultural Arts entries for Home and Family Conference, and of course, your Pocket Hearts for this year's program. These are just a few things to keep you busy in the coming months.

As always, I hope that you stay healthy, stay safe and stay connected with each other! I look forward to seeing you soon.

Together...Let's Scatter Kindness the #IEHA Way!

Michelle Roberts, State President

Sewing Seeds of Kindness the #IEHA Way

- | | |
|---------------------------------------|----------------------------------|
| **Volunteer at Your local Food Bank | **Mentor a Child |
| **Assist at Your Local Schools | **Tutor Students |
| **Organize a Reading Program | **Help out at a Homeless Shelter |
| **Visit the Elderly | **Donate Unwanted Items |
| **Help with Building Homes | **Coach a Youth Sports Team |
| **Maintain the Environment | **Package Meals |
| **Help Out at Your Local Library | **Support Your IEHA Membership |
| **Give Back to Your Local Foundations | **Spread Some Smiles |

Spring District Meeting

Friday, March 24, 2023

Hendricks County 4-H Fairgrounds & Conference Complex

1900 E Main Street, Danville, IN 46122

Theme: Planting Philanthropy



Registration: 9:00 am

Program: 10:00 am

Speaker: Julie Randall, Family Promise

Cost: \$15.00

RSVP by: March 15, 2023

Menu: Salad Bar, Baked Potato Bar, Dessert and Drinks

Questions? Rosie Lenihan 317-840-2592 or lenihrose1161@att.net

Attendees:

Please bring cleaning supplies to be donated to
Family Promise

Morgan County Master Gardeners Seed Swap

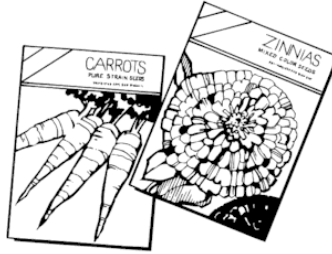
February 4, 2023

Morgan County Public Library

110 South Jefferson Street, Martinsville, IN 46151

12:00 PM to 4:00 PM

Join the Morgan County Master Gardeners for a Seed Swap at the main branch of the Morgan County Public Library in Martinsville. The group will meet up from Noon to 4 pm in the lower level of the library to trade seeds in anticipation of the coming planting season.



Hello!

I hope everyone is doing well and staying warm. It is already staying lighter later and the sun is coming up just a little bit earlier!

Spring is right around the corner and lots of programs and events will be happening. If you are looking for something right now, check out the Morgan County Library, there are lots of fun events and programs happening the next couple of months.

I hope everyone stays warm and think Spring!

Amy

Resolutions Made Easier

The kinds of goals you set—and how you find support for them—can make a big difference in your success.

It's easy to keep promises we make to loved ones. This year, here's help keeping the promises you've made to yourself:

Make a list. Write down the ways in which your resolution will benefit your everyday life, and post it where you'll see it often.

Make a team. With many types of resolutions—losing weight, quitting smoking—your doctor or other diabetes healthcare provider can help you safely achieve your goal. Tell friends and family members about your goals. Also consider joining a diabetes support group.

Make a plan. Goals should be SMART: specific, measurable, attainable, realistic, and timely. Simple goal: "I want to eat better." SMART goal: "By the end of January, I want to be recording my daily food and beverage intake at least five days a week."

Make a fuss. Applaud yourself when you succeed.

Make it right. When you slip up, forgive yourself and get right back on track.

Source: <https://www.myfoodandfamily.com/article/000001553/resolutions-made-easier?categoryid=40082>

Chicken and Broccoli Pasta for Two

1/4 lb. whole wheat spaghetti, uncooked

1/4 cup Lite Zesty Italian Dressing

2 cloves garlic, minced

1/2 lb. boneless skinless chicken breasts, cut into strips

2 cups broccoli florets

1/2 cup chopped tomatoes

1/2 cup 2% Milk Shredded Mozzarella Cheese, divided

4 tsp. Grated Parmesan Cheese

Cook spaghetti as directed on package, omitting salt. Meanwhile, heat dressing and garlic in large nonstick skillet on medium heat. Add chicken and broccoli; cook and stir 5 to 7 min. or until chicken is done. Stir in tomatoes and 1/4 cup mozzarella; cook 1 to 2 min. or until heated through, stirring occasionally. Drain spaghetti; place on serving plate. Top with chicken mixture, remaining mozzarella and Parmesan.

Source: <https://www.myfoodandfamily.com/recipe/092215/chicken-and-broccoli-pasta-for-two?categoryid=15678797912094399716>

Make Dinner from What's in Your Kitchen

Looking for a new dish to make for dinner but cannot get to a store? Use what you have on hand to make this delicious dinner meal.

Running out of ideas for dinner at home? Don't want to run out to the grocery? Look in your kitchen. There may be a casserole waiting to be made.

Making a casserole from what's on hand is easy and tasty! Think of foods as part of groups. Pick foods from one of four groups and put it all together.

Starch group: rice, potatoes, pasta are all starches. Potatoes can be fresh whole potatoes or dehydrated mashed potatoes that are made according to the directions. Rice can be white, brown wild or a rice mix without the seasoning packet. (The packet contains a lot of salt). Pasta can be canned pasta, a box of macaroni and cheese, plain pasta, or packaged noodles without the seasoning packet.

Protein group: protein foods include cooked rehydrated dried or canned beans, canned chicken, tuna or salmon. Or leftover cooked chopped chicken, ham or hard-cooked eggs are also protein choices.

Vegetable group: fresh, frozen or cooked vegetables all work. Drain and rinse canned vegetables to reduce the sodium. Thaw and drain frozen vegetables or chop fresh carrots, cabbage or spinach.

Sauce group: choose either a red or white sauce to combine with the other groups. Examples are canned tomatoes, creamed canned soup or a white sauce made from flour and oil (see recipe below).

Optional toppings include breadcrumbs, crushed dry unsweetened cereal, and shredded cheese. These give an extra flavor and texture. Add your favorite spice for added punch.

Now, let's put it all together. Here is one example:

Make Your Own Casserole

Preheat oven to 350 degrees. Wash hands with soap and running water for at least 20 seconds. Spray a 9x11 inch casserole dish with cooking oil spray or lightly oil. In a large bowl, mix one food from each of these groups.

- 2 cups of cooked pasta
- 2 cups or 2 - 6 oz cans of drained tuna or chicken
- 2 cups of frozen peas or mixed vegetables
- 2 cups or 1 can soup mixed with 2 cups of milk or water. Mix and place in a casserole dish.

Place in oven. Cover and bake 50 to 60 minutes. Remove from the oven. Uncover, sprinkle ½ cup dried breadcrumbs and 2 tablespoons olive oil. Bake for 10 more minutes uncovered until brown and until a food thermometer reads 165 degrees F. Serves 6 - one-cup servings.

Make Your Own White Sauce

- 2 tablespoons canola oil
- 2 tablespoons flour
- 1 cup nonfat milk

Use this easy white sauce whenever a recipe calls for a can of creamy soup, such as cream of mushroom soup. In a saucepan, heat the oil. Add the flour. Add the milk gradually. Heat to boiling and stir constantly until the mixture is smooth and bubbly. Remove from heat. Yield 8 servings, serving size 1 ounce.

Source

Make Your Own Casserole, University of Minnesota Extension- SNAP-Connection This recipe was developed by University of Minnesota Extension Center for Family Development Staff. 2018

Source: Quick and Easy Meals Using Household Staples. Penn State Extension. 2014

Caring for Birds in the Winter

Many people think all the birds fly south for the winter. They might be very surprised to learn just how many birds live in our area all year round. Some birds even come to our area in the winter, then spend warmer months further north. Like all other living creatures, their survival requires food, water and shelter. Even if you live on a small suburban lot, there is still quite a bit you can do to help the birds make it through the winter, and encourage them to stick around your yard.

Ways to help winter birds

1. **Leave leaf litter lie on the floor of your gardens:** Most overwintering songbirds spend much of their time foraging through the leaf litter on the floor of your garden looking for the tiny insects and insect eggs that will sustain them throughout the long cold. If you painstakingly clean every leaf off your garden in the fall, you are destroying the birds' main food source.

2. **Provide thick growth:** Birds take shelter in the protective boughs of evergreens or within any shrubs that provide thick growth. Juncos and tree sparrows often take shelter on the ground under the warm boughs. They especially appreciate a stand of several evergreens massed together.

3. **Clean your birdhouses then leave them up for the winter:** Many birds take shelter from the wind in an empty birdhouse. Chickadees and downy woodpeckers especially enjoy enclosed cavities. Clean out your bird houses of any old nesting material at the end of the summer. To help prevent disease and possible parasite infestation, wipe them down or spray them with a ten percent Clorox solution.

4. **Provide native plants with edible fruit, berries and seeds:** Most native perennials provide seed heads which birds eat throughout the winter. Rudbeckia, coneflowers, Salvia, Coreopsis, sunflowers and most daisy-like flowers are some of their favorites. Also, asters, ironweed, goldenrod, mountain mint and many grasses provide needed food for the birds. Sure, you may want to deadhead some of these for prolonged blooms throughout the summer, but starting in late summer, let the seed heads stand.

Native hollies, Viburnum, beautyberry, spicebush, chokecherry, and Virginia creeper do their part by providing berries for hungry birds throughout the winter. In shopping for some of these shrubs, always look for the natives. Most have non-native cousins that the birds will ignore. Any well-informed nursery person should be able to help you in selecting the native. If he doesn't know, ask to speak to the manager, or shop a different nursery.

Some trees that provide fruit that birds love include American crabapples, serviceberry, mulberry, eastern red cedar, and dogwood. If you enjoy seeing songbirds in your garden, make it a late New Year's Resolution to add some of these plants to your property in the spring.

5. **Keep bird feeders filled:** This is the time of year when bird feeders are really appreciated. They will probably need to be re-filled every day. It's important for the feeders to be close to shelter where small birds can quickly find refuge from predators, however, not so close that a cat can hide within the thick branches then jump out to grab the unsuspecting bird.

Keep in mind that different bird species have different feeding requirements. Some prefer a hanging feeder while others require a tray feeder. The base of a tray feeder should be screened to allow water to pass through so seed does not get mildewed and rot. Suet is especially important in cold weather because it supplies fat for warmth. Woodpeckers, Flickers, and Nuthatches love the unsalted peanuts. Please note that **bread is junk food for birds**.

6. **Provide drinkable water:** One of the most important things is providing water. Birds need drinkable water which is often difficult to find in icy weather. I use a birdbath heater which has worked well for many winters. It prevents the water from freezing, even on the very coldest days. The bath is a very busy place!

All these suggestions not only help our bird friends, but provide us with entertainment on long winter days. Obviously, planting native trees and shrubs is not something you can do today, but investing in a feeder, suet holder, birdbath heater, or birdhouse is something you could do immediately. Then plan ahead to invest in at least one native tree or shrub to add to your landscape in the spring.