

LIFESTYLE JUNCTION

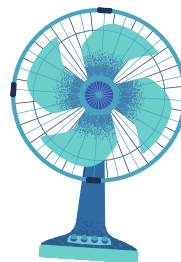
JUNE 2022

Summer is finally here and boy am I thrilled!! I hope you are all enjoying being outside and soaking up some sunshine and warm weather. I hope everyone has their calendars filled with all the exciting activities in the upcoming months that, Randolph County Purdue Extension has to offer.



June is National Safety Month and gives the opportunity to focus on your health and safety. I want to share some safety tips to keep in mind this Summer. Here are a few ideas:

- Wear Sunscreen
- Stay Hydrated
- Use Insect Repellent
- Prepare First-Aid Kit
- Don't Ignore the Weather



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Try jotting down a Summer bucket list for you and your family! This could be activities around your house or maybe even some day trips spending time together. Make sure to add the 2022 Randolph County 4-H Fair to your Summer bucket list!!



Save the date: July 15-22, 2022

[HTTPS://INFO.TOTALWELLNESSHEALTH.COM/](https://info.totalwellnesshealth.com/)

Extension Homemakers Nook

Message from the President

Hi Homemakers, I just returned home from Home & Family Conference. It was a good one, I have some new things to share later.

Don't forget the 4-H Fair is July 15-22, 2022. If you have not turned in when your club will work and how many people, please let me know as soon as possible. Don't forget to invite family and friends to help, also the extra shift that any of you can work.

There will be a food stand meeting on June 20, 2022 at 5:30 PM. The kitchen cleanup is on July 11, 2022 at 8:00 AM. Committee members, Presidents, Vice Presidents, and any volunteers are expected to come or send someone in your place.

- Marie Jackson, RC Extension Homemakers President

We are looking for help providing meals for families during Strengthening Families Program. This is a 7 week long program and the families eat dinner at the beginning of the night.

If your Extension Homemakers Club would be interested in taking a night to prepare a meal please let me know! I would greatly appreciate your help!! Call 765-584-2271 or email robin389@purdue.edu to sign up for a slot.

Available Dates: September 27 & October 11, 2022



Calendar of Ext. Homemakers Events

June

- 6/20 - Food Stand Committee Meeting @ 5:30 PM in CR
- 6/29 - Open Class Committee Meeting @ 2:00 PM in CR

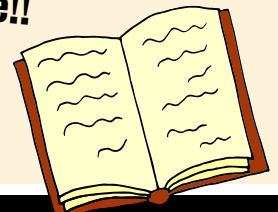
July

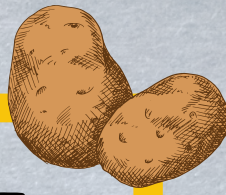
- 7/12 - Sewing & Fashion Review Open Class Judging
- 7/14 - 7/15 - Open Class Exhibits Judging (See schedule for times)
- 7/15-7/22 - 2022 4-H Fair

August

- 8/19 - District Meeting in Franklin County

Open Class Books are available to pickup in the office!!





Summer Cookout

TUESDAY, JUNE 28 @ 12 PM

Location: Outside by the stage behind the Best Way Disposal Center - Randolph County Fairgrounds

Cost: \$10

**To Register:
Call 765-584-2271
By June 24th**



Come enjoy an afternoon learning lesson about summer cookouts and grilling options. We will grill our lunch, discuss fun Summer recipes, and grilling tips!

**Come out and enjoy
some tasty lunch and sunshine!!**



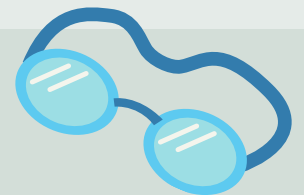
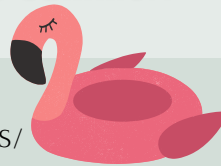
Water and Pool Safety



[HTTPS://WWW.POOLSAFELY.GOV/PARENTS/SAFETY-TIPS/](https://www.poolsafely.gov/parents/safety-tips/)

School is out and Summer is here!! Lots of people are heading to the pool or the lake for a day trip or even a weekend get-away with the family!!

Here are some water and pool safety to keep in mind this Summer.



Never Leave Children Unattended In/Near Water

- Try and designate one official adult water watcher to supervise the children in the water. This will be their only task and they give full attention to it.

Teach Children How to Swim

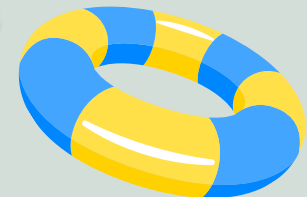
- Swimming is not only fun, it can be a lifesaving action to take. This Summer check into swimming lessons for children.



CHECK IT OUT FOR CHILDREN SWIMMING LESSONS!!

Teach Children to Stay Away From Drains

- Make sure children are not playing near drains in pools or spa. Their hair, limbs, or bathing suits could get stuck.



Install Proper Barriers and Covers Around Water

- Make sure a fence is surrounding the pool or spa on all sides, so children can't climb. Install door alarms from house to pool area, and keep covers in working order.





GOAT YOGA

**RANDOLPH COUNTY
4-H FAIR**

- **When:** July 20th @ 7 PM
- **Where:** Show Ring at the Randolph County Fairgrounds
- **Who:** \$5 for ANYONE wanting to participate!!
- **Register:** Call 765-584-2271 to save your spot!

Space is limited to first 35 to register & each participant will need to fill out a waiver & consent form

**Tom Batt will lead a
Beginners Yoga Class!!**



The Recipe Corner

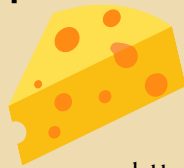
Razy Apple Grilled Cheese

Ingredients:

- 3 Tablespoons Raspberry Jam
- 1/2 Teaspoon Water
- 2 Tablespoons Salted Butter, Softened
- 2 Slices Bread (Your Choice)
- 1 Slice Swiss Cheese
- 1 Slice Smoked Gouda Cheese
- 6 Slices Peeled Gala Apple



Servings: 1 Grilled Cheese



Original Recipe Indiana Dairy Association

<https://winnersdrinkmilk.com/recipes/razy-apple-grilled-cheese/>

Instructions:

- 1.) Heat skillet to medium-low.
- 2.) Stir together raspberry spread and water until well combined.
- 3.) Butter one side of each bread slice. Then, place one bread slice, buttered-side down in the skillet.
- 4.) Spread raspberry sauce on 1st slice of bread then top with Swiss Cheese. On 2nd slice of bread, arrange apple slices on top of Gouda cheese.
- 5.) Cook until golden brown, then flip and cook other side until golden brown. Remove from skillet, cut, and Enjoy!!

Fun Fact!!

June is National Dairy Month!!

Enjoy a glass of milk, grilled cheese, yogurt, or ice cream!!



Upcoming Programs

**FREE Diaper
Distribution from
5:30-7 PM or
while supplies
last!**

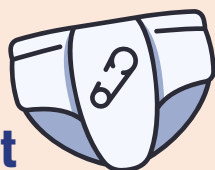


**1ST ANNUAL
RANDOLPH COUNTY
BABY CONTEST**



WHEN: JULY 17, 2022

Made possible by:



- Second Harvest
- Children's Advocate Center Randolph County
- Purdue Extension Randolph County

**WHERE: ON THE STAGE @ RANDOLPH
COUNTY FAIRGROUNDS WINCHESTER, IN**

**TIME: REGISTRATION @ 6:30 PM- IF NOT
TURNED IN EARLY
CONTEST STARTS @ 7:00 PM**

COST: \$5

**BE ON THE LOOK OUT FOR
REGISTRATION FORMS SOON!!**

SERVSAFE FOOD HANDLER CLASS & EXAM OPPORTUNITY

WHEN: JUNE 30, 2022

**WHERE: RANDOLPH COUNTY FAIRGROUNDS
WINCHESTER, IN 47394**

TIME: 5:00 - 8:30 PM

COST: \$40

FOLLOW LINK TO SIGN UP: [HTTPS://CVENT.ME/Y1GBZO](https://cvent.me/y1gbzo)



**THIS COURSE IS NOT INTENDED FOR FOODSERVICE MANAGERS.
TO OBTAIN YOUR FOODSERVICE MANAGER CERTIFICATION,
SERVSAFE FOOD HANDLER SATISFIES TRAINING REQUIREMENTS
FOR HOME BASED FOOD VENDORS OUTLINED IN INDIANA HOUSE
BILL 1149.**

PRESORTED
STANDARD
US POSTAGE PAID
WINCHESTER, IN
47394
PERMIT NO. 15



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