



Presidential Thoughts

Dear Ladies,

Hope all is going well for you. Summer is going much too quickly for me.

There a couple of changes in your program books. On page 15 Jolly Juniors-Robin uses her cell phone number 765-228-6302, on page 16 Sugar and Spice - Cheryl Crose in President and Dine Scholer is VP. Cheryl's address is 105 Greenland Lane, Yorktown 47396. Diane phone number is 215-9582. New Neighbors president Mary Schumcher's address is 6204 W. McArthur Lane 47304. On page 18 the District Meeting is on September 1 not the 2.

I want to remind everyone of our Rada sales. Please place orders with one person in your club and that person send the orders and money to Sharon. This will save you shipping costs. We will be running a promotion from September 1st to November 15th. Remember this is our money making project for our scholarships. Please contact all your friends (and enemies) for orders.

Delaware County is hosting the District Meeting on September 1st. If you can help, please call Susan Griffey for more information.

I have received notification that Living Well Conference will not be held again this year. The lessons will be on-line.

Make A Difference Day is October 23, please brings items for the Food Kitchen to the November 1st Council Meeting. A list is included in this letter.

I am with hope that we will all enjoy each others company at our Christmas party. It will be on December 6th. As usual we will bring items for A Better Way. More information will be sent to you.

Enjoy the rest of your summer and stay healthy

Susan Griffey
President

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Open Class 2021

Fair Report, by Linda Hiatt

Thank you to everyone that volunteered their time to help in any way. Thank you to my committee members Cheryl Crose, Jane Rinker, Linda Gordon, and Nancy Thomas.

This year there were 16 exhibitors and 68 exhibits. The numbers were down 1/3 compared to 2019. During this year think about what you could exhibit. There are many categories for participation.

This year we added Peoples' Choice Award Given in Memory of Carol Pinckney. This year's winner was Clyde Stafford, Jr. with his wood burning exhibit of the Last Supper. It was an

amazing piece. Mr. Stafford was thrilled to win this award. Mrs. Stafford said that it meant so much to them because they had gone to church with Carol.

Champion Winners:

Fine Arts: Clyde Stafford, Jr., wood burning of the Last Supper

Needle Arts: Frances Young, tatted table runner

Hand Knitting: Alice Crouse, Afghan

Counted Cross Stitch: Linda Snell, work titled "Paula"

Sewing: Alice Crouse, apron

Machine Pieced and Quilted: Linda Hiatt, queen size quilt

Cut Specimen: Cheryl Crose, red hydrangea

Basic Crafts: Linda Swanger, basket



Congratulations to all the 2021 Open Class winners!



Club News

Sugar n Spice June Meeting

Eleven members of the Sugar 'n Spice club met on the patio of the Pizza King in Yorktown. President Sharon Stewart presided.

Roll Call was: Where do you wave a flag? Some people have flag holders on their homes, others put small flags in a flower pot, and we see them flying at various businesses in town. And we wave them at parades!

Diane Scholer gave an update on the Rada sales within the club.

Linda Hiatt gave a lesson on how the flag is folded and the symbolism behind each fold.

Marilyn Jones offered devotions on the enjoyment and responsibilities of being a gardener and the similarity of nurturing friendships.

The timing of the pizza order being served and the conclusion of our business was right on target. The service was excellent and the waiters friendly. Thanks to Karen Adkins who organized the orders and collected all the money!

And we thank Sharon Stewart for her duties as president over the years. She has been very organized and attentive to details.

We headed home while it was still daylight.

Sugar N Spice May Meeting

The Sugar 'N Spice Club was able to meet in person at President Sharon Stewart's home.

Linda Hiatt, secretary called for roll call asking us to share the names of our mothers and grandmothers in honor of Mother's Day.

We signed a card sending well wishes to Lola Hale, one of our members who is recovering from a fall.

We spent time shopping from the Rada catalog. The tomato knife was one of the popular items, along with the soup and dip packets.

Carol Owens's lesson was a review of the book "The Lost Kitchen" by Erin French. It is also a TV documentary. It is the story of a self-educated cook who owns a restaurant in Freedom, Maine. Reservations are made three years in advance which indicates how successful she is. Her book contains recipes in addition to her story and can be ordered from Amazon.

Karen Adkins shared devotions telling the many ways God provides for us, if only we are aware.

Sharon served delicious cheese cake with cherries or decadent chocolate cheese cake.

It was a lovely spring evening as we made our way home.

Marilyn Jones
Reporting

The mission of the Indiana Extension Homemakers is to strengthen families through continuing education, leadership development, and volunteer community support.

Soup Kitchen Items:

cheese crackers
peanut butter crackers
beef jerky
small bags of chips
cookies individually wrapped (pre packaged)
applesauce cups
fruit cups

powdered milk
powdered eggs

Cake mixes
Hamburger Helper
Mac and cheese dinners
Rice and vermicelli (Rice a Roni type items)
ramen noodles

paper towels
brown lunch sacks
sporks

Save The Date:

Delaware County 4-H Fair

July 11-20, 2022



A tasty side dish to make in the month of August!

Dates to Remember

AUGUST

August 6-22.....Indiana State Fair

August 11.....Fall District Meeting Registration Deadline

SEPTEMBER

September 1.....IEHA Fall District Meeting

OCTOBER

October TBD.....Past County President Luncheon, 11:30 a.m.

October 23.....Make a Difference Day

NOVEMBER

November 1.....Council Meeting

November 16.....Deadline for Christmas Luncheon Reservations

DECEMBER

December 6.....Christmas Luncheon

Ramen Noodle Cranberry Coleslaw

Ingredients

1 cup peanut or canola oil

3/4 cup sugar

1/4 cup cider vinegar

1 head Chinese or Napa cabbage, thinly sliced

1 small head red cabbage, shredded

1 small red onion, halved and sliced

3/4 cup dried cranberries

1 cup salted peanuts or sunflower kernels

1 package (3 oz.) ramen noodles

Directions

1. Whisk together oil, sugar, & vinegar until smooth. In a large bowl combine cabbages, onion, and cranberries. Pour 1 cup dressing over coleslaw; toss to coat. Refrigerate, covered, for several hours. Cover & refrigerate remaining dressing. 2. Drain coleslaw. Discard seasoning packet from noodles. Break noodles into small pieces; add to coleslaw. Stir in peanuts & remaining dressing; toss to coat.

“Baffled by those symbols on your laundry tags?”

HERE IS WHAT THE SYMBOLS ACTUALLY MEAN.



Washing Instructions



Machine Wash, COLD



Machine Wash, COLD Permanent Press



Machine Wash, COLD Gentle Cycle



Hand Wash



Machine Wash, WARM



Machine Wash, WARM Permanent Press



Machine Wash, WARM Gentle Cycle



Do Not Wash



Machine Wash, HOT



Machine Wash, HOT Permanent Press



Machine Wash, HOT Gentle Cycle



Bleaching Instructions



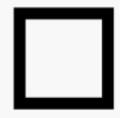
Bleach as needed
Any bleach, like Clorox, may be safely used.



Do Not Bleach
No bleach product should be used including detergents with bleach - or follow bleach package test procedures to test for bleach safety.



Non-chlorine Bleach as needed
Use only a color-safe bleach, like Clorox 2.



Drying Instructions



Tumble Dry, NO HEAT



Tumble Dry, Permanent Press, NO HEAT



Tumble Dry, Gentle Cycle, NO HEAT



Do Not Tumble Dry



Tumble Dry, LOW HEAT



Tumble Dry, Permanent Press, LOW HEAT



Tumble Dry, Gentle Cycle, LOW HEAT



Line Dry



Tumble Dry, MEDIUM



Tumble Dry, Permanent Press, MEDIUM



Tumble Dry, Gentle Cycle, MEDIUM



Drip Dry



Tumble Dry, HIGH



Tumble Dry, Permanent Press, MEDIUM



Tumble Dry, Gentle Cycle, MEDIUM



Dry Flat



Ironing Instructions



Iron, Steam, or Dry, with LOW HEAT



Do Not Iron with Steam



Iron, Steam, or Dry, with MEDIUM HEAT



Do Not Iron



Iron, Steam, or Dry, with HIGH HEAT



Dry cleaning Instructions



Dry clean
May appear with additional letters and/or lines.
Take this item to a professional dry cleaner.



Do Not Dry clean

Food For Thought...

It's true; you can create a diet that caters to brain development, cognitive function, and slowing the aging process to lessen your risk of conditions such as Alzheimer's disease.

Here are ten inspiring brain foods for your diet...

1. Spinach

Aside from building lean muscle, this particular leafy green is touted with slowing cognitive decline associated with aging and the risk of developing Alzheimer's disease.

2. Eggs

Eggs are considered a super food—the whites are protein rich while the yolks contain a precious water-soluble nutrient called choline, which improves memory, focus, and overall cognitive performance.

3. Red Meat

I know you're used to hearing all the reasons why not to eat red meat. Well here's a convincing reason to dig into a nice, lean piece of steak—iron! Studies show that healthy levels of iron improve mental function; while iron deficiency blocks oxygen flow through the body and brain, causing mental fatigue.

4. Walnuts

You probably already guessed that walnuts are a rich source of omega-3 fatty acids (healthy fat), but did you know that they're also extremely high in antioxidants, which promote brain function? So sprinkle them on salads, your morning cereal, or grab a handful for a brain-boosting crunch.

5. Yerba Mate Tea

You already know that herbal tea promotes energy, weight loss, and so much more. Well a certain brew, yerba mate, will also curb your mid-afternoon slump. The South American tea leaves cause a similar energizing affect on the brain to caffeine, but don't follow the spike in energy with burn out.

6. Lentils

Red, orange, green, and brown, this colorful legume is super rich in folate, a type of B vitamin that enhances brain power and increases the dopamine function within brain, to boost both performance and mood.

7. Beets

Roast them, pickle them, bake them—whatever you do with beets when you eat them you're getting a blast of genius to your brain in the form of natural nitrates. This root veggie actually encourages fresh blood flow to the brain, which in turn, boosts mental performance.

8. Oats

Cookies, energy bars, muffins, oatmeal—oh my! The body and brain love this healthful source of glucose more than any other. That's why food scientists recommend oatmeal for breakfast to fill you up and keep your body and brain powered all morning long.

9. Sardines

This little fishy is jam-packed with EPA and DHA, two types of omega-3 fatty acids that help you focus thanks to boosting brain cells and neurotransmitters. If you're not fussy on fish, try taking a daily fish oil capsule instead.

10. Flax

Sprinkle a few teaspoons of flax seed or flax oil in your morning smoothie or breakfast cereal to get a healthy dose of alpha-linolenic acid (or ALA) fat. Not only will you boost the performance of your cerebral cortex, the area of the brain that registers touch and taste; it also repairs damage or stress to brain and nerve tissues.