



THE MESSENGER

Extra Edition #200 2024



February 2024



Lion's Lunch Schedule

February

21 Amici

28 Friendly Neighbors



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Groundhog Day	3
4	5	6 Council Meeting	7	8	9	10
11	12	13	14 ♥	15	16	17
18	19 President's Day	20	21	22	23	24
25	26	27	28	29		

Important Dates to remember:

Volunteer Hours are due at the end of the month. Included in the newsletter is a sample of the volunteer form. If you need a form, please let me know and I will be happy to send you one either by email or mail.

Spring District registration is due March 6th. Included in the newsletter is the registration form. Spring District will be in Boone County.

"I Want To Go Again" Award applications are due March 15th. A sample is in the newsletter, if you would like a copy of the application please let me know and I will send one to you by email or mail.

First Timer Award application is due April 1st. A sample is in the newsletter, if you would like a copy of the application, please let me know and I will send one to you by email or mail.

If you have any questions, or need forms, please let me know—Thanks!—Amy

For Club and County Use Only

February 1, _____ through January 31, _____

Club: _____ County: _____

Please keep an account of **ALL** Extension Homemaker Volunteer Community Support deeds and turn in form to your County President by March 1 or County Volunteer Community Support Chairperson by February 15. Attach additional sheets as needed.

STATE PROJECTS – Please include amount or number of items completed or donated, include cash donations.

PROJECT	DONATIONS	DOLLAR AMOUNT (Value)	# of SERVICE HOURS
Back Pack Buddy Program			
IEHA Cancer Research Endowment			
IEHA International Project			
IEHA Supports Military Heroes			
Riley Children’s Hospital and Riley Cheer Guild			
Ronald McDonald House			
NVON Project in Common			
First Books for Kids			
Threads of Compassion Shawls			
Nickels for Indiana Leadership			
Coins for Friendship (Donations to ACWW project)			
TOTAL			

COUNTY PROJECTS – Please include amount or number of items completed or donated, include cash donations.

PROJECT	DONATIONS	\$ AMOUNT (value)	# of SERVICE HOURS
TOTAL			

LOCAL CLUB PROJECTS – Please include amount or number of items completed or donated, include cash donations.

PROJECT	DONATIONS	\$ AMOUNT (value)	# of SERVICE HOURS
TOTAL			

CLUB VOLUNTEER COMMUNITY SUPPORT CHAIRPERSON INFORMATION

Name _____

Address _____

Phone _____ Email _____

Morgan County Extension Homemakers Council Meeting – 02/06/2024

The Council met at the Wilbur Kendall Room, 4-H Building at 10:00 a.m. Those attending were 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, Public Relations Chair Kiley Jackson by phone, 4H Council Representative Amy Runkel. Clubs were represented by Amici' President Tura LaMar, Friendly Hearts President Karen Ritter, Friendly Neighbors President Diann Vanzant.

The meeting was opened by Vice President Olivia Vought followed by leading the Pledge of Allegiance, The Homemakers Creed and the IEHA Mission Statement. Devotions were given by Sheila Puckett reading a segment from The Secret Place. Roll Call was taken by Secretary Diann with 7 present members, 1 by phone, and 2 children.

Secretary's Report- Secretary Diann read the minutes of our last meeting which was January 2, 2024. With no corrections, Tura made the motion to approve the January 2024 Minutes and Karen seconded the report.

Treasurer's Report- The Treasurer's Report dated 1/31/2024 was read by Treasurer Tura. An ending balance of \$4,919.98 was reported in the General Fund for January 2024. A motion was made to accept the Report by Sheila. It was seconded by Karen.

OLD BUSINESS

A new member recruitment event featuring Gentry Martial Arts was brought to the floor by Vice President Olivia. After a discussion of whether the event should be during the day or evening, price concerns running from \$150 to \$400+ with different scenarios, it was decided we would have an evening event. It was felt that attendance would be much better from a recruitment standpoint. Olivia will contact them again for a date, possibly as soon as May. We will need to have a lot of advertising to be a success! A motion was made by Tura to spend up to \$500 on the event. Sheila seconded.

Churches in Mission updated by Olivia. They would like us to help them teach craft classes or other informative programs. Amy would help us by giving us a class and we would present it to them. Further discussion will be needed.

Monrovia will be hosting the February 14th Lion's. Denise may need some help outside of her club.

NEW BUSINESS

In Helen's absence, we picked a January winner for the Teacher's Grant from the 2 that were available. Julie Sullivan, Title 1 Teacher, South Elementary, was chosen as the winner. The Grant will be used for a 6-month supply of Universal Yum's. (Treats from other countries)

It was mentioned that Volunteer Hours are due March 1 to President Denise.

The Vice Presidents Program Planning meeting has been changed to **March 26**, WKR at 10:00 a.m.

The Indianapolis Spring District meeting @ **Boone County** will be on Wednesday, March 20th .

PROGRAM OF WORKS

Cultural Arts/Heritage Skills Chair Cindy was unavailable.

Education/Scholarships/Grants Chair Helen was not present but sent her information so we could choose January's Teacher Grant winner. We did this under new business.

Health/Nutrition/Safety Chair Joyce told us that if our water softener is in the garage, it should have a cover.

Historian Leadership/Citizenship Membership Chair Sheila reported no new members.

Money Making Project Chair Anne was not present.

Public Relations Chair Kylie reported the Yard Sale Ad on Facebook has reached over 200 people! She will have info in the Newspaper and Radio about this event also!

4-H Council Representative Amy reported 4-H enrolment officially ended on January 15th, but you could continue to enroll anyway.

CLUBS

Amici – President Tura reported they cancelled their January meeting due to bad weather. They are working on plans for the Spring Fling Event.

Friendly Hearts - President Karen reported their club was at a stand-still. With only 3 members, they would like to help with Li-on’s when they were needed.

Friendly Neighbors – President Diann reported they had a nice meeting at the home of Helen Smith. We are beginning to make our plans for the May Day Program.

Sunny Circle – President Cindy was absent.

Krafty Krew – President Cindy was absent.

Sew Club – Sheila reported they were completing bibs for the nursing homes at their last meeting. She also tied a quilt. Next meeting will be 2/27, 9 to 1 at WKR.

Walking Club – President Amy reported she was searching the “Charity Miles App” for local charities we could help to keep our support local. She is so pleased with the numbers being turned in.

Adjourn

Vice President Olivia dismissed our meeting.

Respectfully submitted,

Diann Vanzant, Morgan County Extension Homemakers Secretary

***Registration for Spring District is included in this newsletter, if you need a printed copy please let me know– Thanks!**



“I WANT TO GO AGAIN” AWARD

SPONSORED BY

IEHA PAST STATE PRESIDENTS

The award will pay the winner \$175.00 towards registration to Home & Family Conference this year after proof of registration is received. The objective of this award is to recognize and provide incentive to help to IEHA members who have not attended Home & Family Conference for at least 3 years, but are still active in their county and local clubs.

QUALIFICATIONS:

1. Must have previously attended Home & Family Conference.
2. Must be involved in local club and county organization.
3. Any age may apply.

DISTRICT _____ COUNTY _____

NAME _____

ADDRESS _____

TELEPHONE NUMBER _____ E-MAIL _____

NUMBER OF YEARS OF MEMBERSHIP _____

Your Signature

County President or Educator Signature

PROCEDURE:

Applicant must complete the application and answer all questions.

Part 1: How many years have you been a member of IEHA _____?

Part 2: The last time I attended Home & Family Conference was _____.

Part 3: In about 150 words answer the following:

- a. I am applying for this award because. . .
- b. Give a brief summary of your current IEHA involvement, including county, local and any district or state activities.

DEADLINE FOR APPLICATION: March 15th

SEND TO: Linda Lowe, 635 Melrose Court, Greenfield, IN 46140

Attach your responses to this application.



**INDIANA EXTENSION
HOMEMAKERS ASSOCIATION®**

FIRST TIMER AWARD

Ten (10) awards of \$175.00 are offered by IEHA to attend Home and Family Conference. One (1) Extension Homemaker from each district will be selected. Only those who have never attended the entire conference will be considered.

Guidelines for First Timer Award:

- Each county will select one (1) First Timer Award.
- County winner application form must be sent to District Representative by March 8.
- Entries will be judged by the District Representative and, if available, her Extension Educator. Additional judges will be used if deemed necessary by the District Representative.
- District Representative must send the one (1) District winner application form to the State First Timer Chair by **April 1st**.
- First Timers will be invited to give a short report at the Fall District workshop.

Applicant Information:

Name _____

Address _____

City _____ Zip Code _____

County _____ District _____

Phone (____) _____

*Use the back of this form to write a short essay of 200 words or less on the topic
“Why I Want to Attend Home and Family Conference.”
Please share your reasons for wanting to attend and how you have benefited from
being an Extension Homemaker member.*



SPRING DISTRICT MEETING

March into Christmas



WEDNESDAY, MARCH 20, 2024

DULL'S TREE FARM

1765 W. Blubaugh Ave., Thorntown, IN 46071

Registration starts at 9:30 a.m. Program begins at 10:00 a.m.
County Presidents arrive at 9:00 a.m. for meeting with State President

Cost: \$22.00

RSVP by March 6, 2023

SPEAKER - KERRY DULL, DULL'S TREE FARM

Menu: Turkey, Dressing, Smashed Potatoes, Green Beans, Christmas Cookies

WEAR YOUR FAVORITE CHRISTMAS ATTIRE

Questions - Patty Nichols - 317-340-7223 or pattynichols55@gmail.com

Checks payable: **Boone County Extension Homemakers**

send payment to:

Patty Nichols, 8053 E. 500 N., Sheridan IN 46069

RSVP by: Wednesday, March 6, 2024

Name: _____ County: _____

Address: _____

E-Mail: _____ Phone: _____

Please list any food allergies: _____



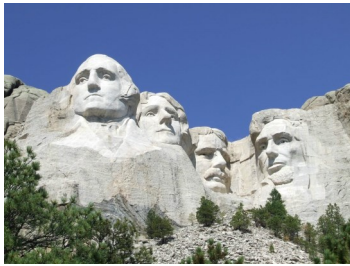
Morgan County Extension Homemakers Indoor Yard Sale

Morgan County Fairgrounds 4H Building
1749 Hospital Drive, Martinsville

The sale will benefit the Homemakers Scholarship Program, offering
Scholarships to graduating Morgan County High School Seniors!

Saturday, April 20, 2024
8:00 am– 3:00 pm
Booth space available

For more information or to rent a space contact:
Cindy Saferight @ 317-682-7062 (call or text)



PRESIDENTS DAY

On the third Monday in February, the United States celebrates the federal holiday known as Presidents Day. The day takes place during the birth month of the country's two most prominent presidents, George Washington and Abraham Lincoln. While the day once only honored President George Washington on his birthday, February 22nd, the day now doesn't land on a single president's birthday.

Across the country, most Americans know the day as Presidents Day. More and more of the population celebrates the day to honor all of the past United States Presidents who have served the country. Throughout the country, organizations and communities celebrate the day with public ceremonies.

NATIONAL RANDOM ACTS OF KINDNESS DAY February 17

Each year on February 17th, National Random Acts of Kindness Day grows in popularity. It is celebrated by individuals, groups, and organizations nationwide to encourage acts of kindness.

The movement of Random Acts of Kindness inspires people every day. As a favorite celebration for many, people everywhere are enjoying doing these acts of kindness. Not only do the acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too!

HOW TO OBSERVE RANDOM ACTS OF KINDNESS DAY

- Pay for the coffee or meal of the person in front of you in line.
- Leave a kind note for someone, no explanation is needed.
- Share words of encouragement. You never know who might need them.
- Drop off a load of groceries at the local food pantry.
- Mail a "thinking of you" card to someone you've not to talk to in a while.
- Send a thank-you note to the local fire department, police departments, or any military personnel.
- Just smile.



February Coffee & Craft Workshop

February 17, 2024

Jimmy Nash City Park
360 N. Home Avenue Martinsville, IN 46151

Price: \$10

Time: 10:00am-12:00pm

Join Martinsville Parks & Rec at Jimmy Nash City Park for a fun Coffee & Craft Workshop on February 17, beginning at 10 am. Participants will enjoy coffee and creating a bracelet! Must be age 14 or older to attend. Cost is \$10 per person and covers coffee and project materials. Must pre-register online at martinsvilleparks.com.

4 protein mistakes to avoid

IGNORING PLANT PROTEIN

Plants have more of it than you think! That's not just nuts and beans, but rice, oatmeal and veggies like peas and broccoli.



BEING SCARED OF EGGS

Eggs can be included as part of a heart-healthy diet. Enjoy 1-2 eggs a day as a high-quality protein.



GETTING STUCK IN A RUT

Get protein from different sources to maximize nutrients, like omega-3s from seafood and choline from eggs.



RELYING ON BARS AND POWDERS

Protein is already in many foods. Plus, bars and powders are often more expensive than whole foods.



Egg Nutrition Center is a national supporter of American Heart Association's Healthy for Good initiative.

LEARN MORE AT
[HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)

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Microwave Omelet In a Mug

Cooking spray

1 large egg

2 large egg whites

2 tablespoons fat-free milk

1/8 teaspoon salt

1/8 teaspoon pepper

1/4 cup packed baby spinach or other greens, coarsely chopped or torn

2 tablespoons chopped tomatoes

1 tablespoon finely chopped red onion

1 tablespoon finely chopped bell pepper

1 tablespoon chopped green onions



Lightly spray the inside of a 12-ounce (or larger) microwaveable coffee mug with cooking spray. Add the egg, egg whites, milk, salt, and pepper to the mug. Using a fork, whisk together. Stir in the spinach, tomatoes, red onion, and bell pepper. Microwave, covered, on 100% power (high) for 1 minute. Microwave in 30-second intervals (to prevent overcooking) for 2 to 3 minutes, or until the eggs are puffy and set. Top with the green onions. Serve immediately.

Baked Lemon Garlic Salmon Recipe

For Salmon:

2 lb salmon fillet

Kosher salt

Extra virgin olive oil

1/2 lemon, sliced into rounds

Parsley for garnish

For Lemon-Garlic Sauce:

Zest of 1 large lemon

Juice of 2 lemons

3 tbsp extra virgin olive oil

5 garlic cloves, chopped

2 tsp dry oregano

1 tsp sweet paprika

1/2 tsp black pepper



Heat oven to 375 degrees F. Make the lemon-garlic sauce. In a small bowl or measuring cup, mix together the lemon juice, lemon zest, extra virgin olive oil, garlic, oregano, paprika and black pepper. Give the sauce a good whisk.

Prepare a sheet pan lined with a large piece of foil (should be large enough to fold over salmon). Brush top of the foil with extra virgin olive oil.

Pat salmon dry and season well on both sides with kosher salt. Place it on the foiled sheetpan. Top with lemon garlic sauce (make sure to spread the sauce evenly.) Fold foil over the salmon (seam-side up).

Bake for 15 to 20 minutes until salmon is almost completely cooked through at the thickest part (cooking time will vary based on the thickness of your fish. If your salmon is thinner, check several minutes early to ensure your salmon does not overcook. If your piece is very thick, 1 ½ or more inches, it may take a bit longer.)

Carefully remove from oven and open foil to uncover the top of the salmon. Place under the broiler briefly, about 3 minutes or so. Watch closely as it broils to make sure it doesn't overcook and the garlic does not burn.)

Cook's Tip: Once you remove salmon from the oven, if it still appears underdone, you can wrap the foil back over the top and let it rest for a few minutes. Don't leave it too long, Salmon can easily go from under-cooked to way over-cooked quickly.

How do you know if Salmon is ready? The USDA recommends a minimum internal temperature of **145°F**, which should be measured at the thickest part of the fillet.

<https://www.themediterraneanandish.com/lemon-garlic-salmon-recipe/>

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>