

THE MESSENGER

May 2024



May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Council Meeting	8	9	10	11
12 Happy Mother's Day!	13	14	15	16	17	18
19	20	21 Be Safe Fast Program	22	23	24	25
26	27	28	29	30	31	

Hello!

Happy Spring! We are moving quickly into summer! I hope everyone has been enjoying the warmer weather, everything turning green, and the flowers popping up and being planted all around.

Thank you to those that attended the May Day program and the Be Safe FAST class! If you were not able to make it to either program, we hope to see you at the next program/event that is held. We need to see about getting the attendance up at the programs, a lot of hard work goes into putting on a program and it's great to show support for the Homemaker Clubs.

If you have any questions about any programs coming up, please let me know,- Thanks!

Have a great day,

Amy



Lions Schedule

May

- 22 Friendly Neighbors
- 29 Executive Board

June

- 5 No Lions
- 12 Monrovia
- 19 Amici
- 26 Friendly Neighbors



Morgan County Extension Homemakers Council Meeting – 05/08/2024

The Council met in the Auditorium of the 4-H building at 10:00 a.m. Those attending were President Denise Walker, 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 and Supply Purchaser Sue Tutewiler. Clubs were represented by: Monrovia President Denise Walker, Amici President Tura LaMar, Friendly Hearts President Karen Ritter and Friendly Neighbors President Diann Vanzant.

The meeting was opened by President Denise Walker followed by leading the Pledge of Allegiance, The Homemakers Creed and the IEHA Mission Statement. The meeting was scheduled for the 7th but had to be cancelled due to the chance of bad weather. Roll call was taken by Secretary Diann with 7 members present and 2 Children.

Secretary's Report Last month's Secretary Report was unavailable due to the absence of the Secretary.

Treasurer's Report The Treasurer's Report dated 4/30/2024 was read by Treasurer Tura. An ending balance of \$4,758.95 was reported in the General Fund for April 2024. A motion was made to accept the Report by Olivia. It was seconded by Sheila.

OLD BUSINESS

Friendly Neighbors President Diann Vanzant reported on May Day on May 2, 2024. It was a very nice day, and we all learned a lot about Morgan County's past. The food was good but wished the attendance could be much better.

Cindy was not available to attend but several said the Indoor Yard Sale was Great!

Olivia told about the Recruitment Event, May 21, 2024. Advertising has been on Facebook, WCBK and the Newspaper.

Olivia has researched having new Homemaker Shirts printed. They will be navy blue Polo with Gold lettering. S-XL will be \$25, over XL \$30. It was decided the County would cover \$10 per shirt. A motion was made by Tura and Diann seconded it.

Home and Family Conference, June 10-12 in Noblesville. Several members plan to attend.

NEW BUSINESS

We will be helping the Mooresville Library Teaching Opportunity. When Cindy can attend it will be finalized.

Olivia brought up that some changes will need to be made to the Fair Hostess Schedule in the new Program books. Please, look for these changes when you receive your book. Also, we discussed having Achievement Day in the evening during May. Olivia made a motion and Diann seconded. Spring Fling will be in Late March. A motion was made by Sheila and seconded by Tura. Other special days will be announced. Events that include food items were popular in the past and we will try to do more of those.

Tura said plans for the Morgan County Fair were in place.

The Teacher's Grant for May will be Lynn Milless, Monrovia K – 1 & 2. She would like electronic boards to replace white boards.

Cindy has volunteered to be the new Money-Making Project Chair.

Olivia suggested "Mom's Night Out" for a new event idea. She has good ideas to make it super special but will need a lot of planning to be a success.

PROGRAM OF WORKS

Health/Nutrition/Safety Chair Joyce Vandagriff talked about Strokes. They can happen at any age and can be mild affecting speech, being able to raise arm and many other symptoms.

CLUBS

Amici – no report

Friendly Hearts – no report

Friendly Neighbors – President Diann Vanzant reported they have planned a May outing. They will have breakfast out and visit the Lavender Farm in Northern Morgan County.

Minutes continued:

Monrovia – President Denise reported they had a very nice Tea for their members.

A motion was made to Adjourn by Tura and seconded by Denise.

Respectfully submitted, Diann Vanzant, Morgan County Extension Homemakers Secretary

We are ordering polo shirts!

They will be navy blue with gold or yellow embroidery of the Morgan County Extension Homemakers logo. -

There are 2 styles: unisex or women's cut - Sizes XS-XL are \$15. Sizes 2X and up are \$20. -Payment is due upfront. -

If you want to order a shirt, please contact Olivia Vaught (317-450-3451) by June 4.

State Officers for 2024-2025

IEHA President— Linda Carunchia is retired from the US postal service, she has been a 4-H Leader for 28 years, currently working with Junior Leaders. She is a past Director of Northeast Indiana Homemakers camp and provided crafts and lessons. Linda lives on her family's farm with her husband of 39 years and raises beef cattle, she collects pigs!

President—Elect— Katy Wilkymacky is a eight-year Extension Homemaker from Patriot, IN in Switzerland county. Kathy currently serves as IEHA Vice-President. She has worked with the Public Relations and Membership Activity Committees and the Celebration Committee. Kathy was a Librarian and managed 17 branches, since retirement she has devoted her time to IEHA and has started up a decorated cookie business known as the Cookie Cutter.

Vice President— Janie Keniston has been a member of IEHA for 26 years, she resides in Reynolds, Indiana. She has served her county as the County President, Vice President and the Volunteer Community Support Liaison. She currently serves as a Lafayette District Representative. As the DR. She currently serves on the Volunteer Community Support group committee. She has an accounting degree and works in the accounting field, she enjoys needle felting, knitting, likes to read and learn new things.

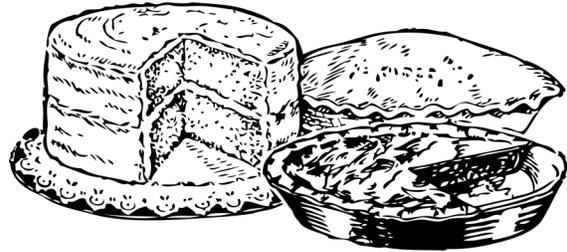
Secretary— Linda has been an IEHA member for 39 years and lives in Liberty, Indiana. She has served Franklin County IEHA as her County's President, Vice President, Secretary and Treasurer, along with being on the boards of the Quilt Show, Audit & Budget, and County Club Night. She currently serves as the New Castle District Representative and served on the Volunteer Community Support, Leadership Focus groups and the Silent Auction Committee.

Treasurer— Michelle Roberts is a 17-year Extension member from Fowlerton, Indiana. She has served Grant County as President, Vice President, Secretary, Treasurer, Education Leadership, VCS Chair, and Christmas in November. She served on the IEHA committees of Young Homemakers, Education focus, Leadership focus, and Membership activity. She has served on the IEHA board as Vice President, President-Elect, and State President in 2022-23. Michelle serves as Clerk Treasurer for the town of Fowlerton handling all monies, accounts, investments, bookkeeping as well as taxes and works with the State Board of Accounts.

Requested recipe from May Day! Recipe submitted by Diann Vanzant

Peanut Butter Texas Sheet Cake

1 cup water
1 cup butter (2 sticks)
1/2 cup peanut butter
2 cups sugar
1 teaspoon vanilla extract
2 large eggs
1 teaspoon baking soda
1/4 teaspoon salt
2 cups all-purpose flour
1/2 cup buttermilk



For the icing:

1/2 cup butter (1 stick)
1/4 cup creamy peanut butter
1/2 cup dark brown sugar
4-6 tablespoons buttermilk (or half and half or milk)
1 teaspoon vanilla extract
3 1/2-4 cups powdered sugar

For the cake: Preheat the oven to 350°F. Generously spray a 12x18-inch sheet pan with baking spray OR rub with shortening then add a tablespoon of flour and tilt the pan in all directions to coat the shortening with flour. Combine water, butter and peanut butter in a medium-large, microwave-safe bowl. Cook on high power for 2-2 1/2 minutes or until the butter is melted. Add the sugar and vanilla, then whisk until well combined. Set aside for 5 minutes to cool. Add the eggs and whisk until smooth then add the baking soda and salt. Whisk until well combined. Add the flour, whisking vigorously until lump-free then add the buttermilk and stir until well combined. Pour the batter into the prepared pan and smooth to an even layer. Bake for 20-25 minutes, until a toothpick inserted in the center, comes out clean and the top feels firm and springs back lightly when touched. Cook for 20 minutes then top with the icing. Spread the icing with a knife to cover the surface. If desired, swirl the icing with the back of a small spoon for a pretty presentation. Serve warm or at room temperature.

For the icing: Combine the butter, dark brown sugar and peanut butter in a medium-large microwave-safe bowl. Cook on high power for 1 minute. Whisk well then return to the microwave for another minute. Add 4 tablespoons of the buttermilk (or half and half or milk) and vanilla. Whisk well to combine. Add 3 1/2 cups of powdered sugar and whisk until smooth. You're looking for a fairly thick but still pourable icing. If too thick, add a bit more buttermilk. If too thin, add a little more powdered sugar and stir again until nice and smooth.

Silent Auction

The 2024 Conference will be here before you know it. One of the FUN things to do while you are there is to participate in the SILENT AUCTION. While you are doing your spring cleaning, think about what you can donate for the SILENT AUCTION. The committee would like to receive at least one donated item from each county. Any member who would also like to donate would be appreciated. We would like theme baskets containing several items, new or gently used items, or collectables. The competition of bidding against a fellow member is FUN. Remember, the proceeds from the auction go towards the expenses of the Conference.

Growing Annual Flowers

Department of Horticulture—Purdue University Cooperative Extension Service

Most home gardeners consider annual flowers among their favorites. Although annuals only live for one year, most provide season-long color, making them a good value. Annuals come in a wide array of colors, shapes, and sizes. Marigolds, petunias, and impatiens are among the most popular, but there are many other annuals that are both practical and easy to grow.

Uses

The term “annual” describes plants that go through their entire life cycle—from germination to seed production—in a single year. Because they last only one growing season, annuals are versatile members of the garden. In addition to offering a diverse palette of color on their own you can also:

- Plant annuals among perennials or shrubs in a new bed where you need to fill spaces between small, developing plants.
- Use annuals to add accent in planters, boxes and urns (next year you can pick a new pallet!).
- Plant them over fading spring flowering bulbs. Annuals add color in summer without interfering with next spring’s flowers.
- Grow annuals in a garden for summer cutting or for drying to make winter arrangements.
- Create a temporary low-growing hedge or border of annual plants along a foundation.

As you choose annuals to plant, think about color, form and texture. For example, you can choose lacey *Nigella* for a dainty effect or bright, coarse coneflowers for a bolder presentation.

Although most annuals bloom all season, there are some that offer only seasonal interest. The sweet pea and other cool-weather annuals quit blooming in the heat of summer. Coneflowers begin their show in mid to late summer. Pansies can be planted in fall to provide early spring blooms.

Location

Most flowering annuals grow best in full sun and well-drained soil. Sun-loving plants that are grown in shade tend to be spindly and produce fewer flowers. Likewise, shade-loving annuals tend to get leaf scorch and flower poorly when grown in too much sun.

Few annuals will thrive when planted in wet, heavy soil. Before you plant, check to see how well the soil drains. Dig a hole 10 inches deep and fill it with water. If the water drains quickly, you have a droughty soil. Adding organic matter will aid water and nutrient retention. If the water drains after an hour or two, you have a well-drained soil. If the water stands overnight, you have poorly drained soil and may need to consider constructing raised bed. Choose plants that can thrive in the environment you have.

Soil Preparation

If you’re working ground that has remained unplanted for at least a year, add organic matter, such as peat moss, compost, or well-rotted manure the previous fall. For established planting beds, add organic matter several weeks before planting in spring. Spade or till the top six to eight inches of soil, thoroughly incorporating the organic materials.

To start annuals from seed directly in the garden, level the bed and rake it smooth after tilling. Remove all stones, clods, and old plant refuse.

To plant annuals into a bulb or shrub bed, cultivate only lightly. You can add a little organic matter to help annuals become established, but excessive cultivation will damage the roots of established plants.

If you plant to grow your annuals in containers, use new potting mix each year. Try a mix of garden loam, sphagnum peat moss and vermiculite or perlite (1:1:1 by volume) or use commercially available mixes. Containers should be large enough to provide adequate space for root growth and must have drainage holes in the bottom to allow excess water to escape.

Mulching- Mulching flower beds not only makes them look better, it conserves moisture, reduces weed growth, and can help moderate soil temperature. Common mulches include straw, wood chips or shreds, ground or crushed corn cobs, pine needles, and black plastic mulch. Apply 2-3 inches of mulch around the plants after soil has had a chance to warm. Black plastic mulch will warm the soil and is particularly effective for heat-loving plants such as petunias, marigolds, and zinnias.

Pinching- Most annuals benefit from pinching, resulting in more flowers during the growing season, even though it may remove blooms initially. The first pinch should remove the top inch or two from the growing tip, leaving 3 or 4 leaves. Greenhouse-grown transplants have usually been pinched by the grower so check the plants at purchase time. Many annuals that bloom all summer will benefit from additional pinching throughout the summer to keep them compact and full of blossoms.

Cultivation- Lightly cultivate soil early in the season to break the crust that forms on the surface. After the plants are growing vigorously, stop cultivating. When you cultivate large plants you may damage some of the shallow feeder roots. Cut weeds off with a shaving stroke at the soil surface instead of pulling them. Pulling weeds usually brings other weed seeds to the surface, where they will germinate. Mulching will eliminate the need for cultivation.

Watering- Generally, plants need a single watering of 1 inch of water each week. Watering with a sprinkler or soaker hose works better than with a hand-held hose since it can take 1-3 hours to provide sufficient water. Allow the water to penetrate at least 6-8 inches into the soil. Soaker hoses are most efficient, since they apply the water slowly and directly to the soil, reducing water loss to runoff and evaporation.

Flower Removal (Deadheading)- Annuals are prolific bloomers on their own but removing old, faded blooms every 5-7 days will help encourage additional blossoms. This is called deadheading. When you leave spent flowers untouched, the plant puts its energy into developing seeds rather than into producing more flowers. In some cases, the fruits or seeds are themselves ornamental and you'll want to let them develop. Ageratum, calendula, cosmos, marigold, pansy, rudbeckia, scabiosa, and zinnia respond especially well to deadheading. - By: *Michael N. Dana and B. Rosie Lemer*

Annuals selection tip:

Select Complementary Flowers and Foliage: Creating the best color combinations in your flower garden design can be tricky. A good place to start is the **color wheel**. For example, gardens planted in shades of the same hue, like pink, are pleasing to the eye. Colors next to each other on the color wheel, like purple and red, look good together. So do colors across from each other, like purple and yellow. Foliage can provide much-needed texture and color for visual interest when blooms are wilted away.

What are the easiest flowering plants to grow?: How easy a plant is to grow and care for often depends on your landscape and the location of your home. That being said, some flowering plants have a reputation for being great for beginners, or anyone looking for a low-maintenance (but beautiful) blooming garden. They include catmint, aster, zinnia, impatiens, coneflower, chrysanthemum, and more.

Morgan County 4-H Creates Permanent Scholarship Endowment

Additional Funds Dedicated to County Endowment for Local 4-H Needs In the spring of 2023, the Morgan County 4-H Council received some very unexpected and exciting news. A long-time Morgan County resident gifted a sizable amount of her estate to Morgan County 4-H. When the Council met to determine how to utilize the funds, one theme emerged – the desire to do something that would impact Morgan County 4-H youth far into the future. Rena Sheldon, long-time CED and Extension Educator, is grateful for the gift and the impact it will make. “We were certainly not expecting to receive a large donation from an estate,” Rena said. “But with the help of the Indiana 4-H Foundation, we were able to quickly make it into something very special for future generations.” The Council used \$100,000 of the gift to create an endowment to be used for youth scholarships. “This endowment will fund four \$1,000 scholarships each year – forever,” shared John Sighting, who was the Council Treasurer at the time the gift was made. “It will be an honor to see those students receive this funding.” An additional \$90,000 was used to fully fund the Morgan County Endowment established by Chris Parker, who was also an Extension Educator in the county. That income generated from that endowment will be used to support the greatest need of Morgan County 4-H programs – in perpetuity. “It’s difficult to know what we will need in 20-50 years, but having that source of constant funding makes all of us feel better about the future,” shared Rena. “When the estate executor gave us the funds, she told us to go do something big, and I’m proud to say we did!”

Eat-the-Rainbow Vegetable Soup

2/3 cup no-salt-added tomato sauce
1 1/2 cups frozen lima beans
1 cup matchstick carrots
1 cup chopped yellow bell pepper
1 cup chopped plum tomatoes
1 cup packed chopped spinach
2 1/4 cups reduced-sodium vegetable broth
3/4 teaspoon Italian seasoning, divided
3/4 teaspoon garlic powder, divided
3/4 teaspoon crushed red pepper, divided
3 pinches salt, divided

Step 1: Divide tomato sauce among 3 (1-pint) canning jars (or other microwaveable airtight containers). Top each with 1/2 cup lima beans and 1/3 cup each carrots, bell pepper, tomatoes and spinach. Cover and refrigerate for up to 3 days.

To prepare 1 jar of soup: Add 3/4 cup broth to the jar; sprinkle with 1/4 teaspoon each Italian seasoning, garlic powder and crushed red pepper and a pinch of salt. Microwave, uncovered, on High in 1-minute increments, stirring after each, until the soup is steaming hot and the vegetables are tender, 4 to 5 minutes total. Let cool for 5 minutes before serving.

<https://www.eatingwell.com/eat-the-rainbow-vegetable-soup-8391242>

Rainbow Veggie Wraps

4 (8 inch) multigrain tortillas or wraps
1 cup prepared olive hummus
2 ounces thinly sliced Cheddar cheese
1 ½ cups baby spinach
1 cup sliced red bell pepper
1 cup broccoli sprouts
1 cup thinly shredded red cabbage
1 cup julienned carrots
Green goddess dressing for serving

Step 1: Spread each tortilla with 1/4 cup hummus. Top each with one-fourth of the Cheddar, spinach, bell pepper, sprouts, cabbage and carrots. Roll up each wrap.

Step 2: Slice the wraps into 1-inch rounds. Serve with dressing for dipping, if desired.

<https://www.eatingwell.com/recipe/272728/rainbow-veggie-wraps/>

THE MILK TRADITION

“Winners Drink Milk” is considered one of the most beloved phrases and traditions in Indiana and all of sports.

The tradition started at the Indianapolis 500[®] by driver Louis Meyer simply requesting buttermilk to quench his thirst after the 1936 race. The Drink of Milk has since evolved from a thirst satisfying beverage to a ceremonial hand-off with an Indiana dairy farmer giving the iconic, glass bottle of milk to the winner with over 250,000 people watching in-person and more worldwide.

Each year, two Indiana dairy farmers carry out the “Winners Drink Milk” tradition in the Victory Circle of the Indianapolis 500[®]. The dairy farmers represent their colleagues’ hard and dedicated work to bring the nutritious drink to so many. A

‘Rookie’ is selected each year, who spends the first year “training,” and delivers bottles of milk to the winning Chief Mechanic and the winning Team Owner. The following year the Rookie becomes the official Milk Person and is given the honor of handing the ice-cold bottle of milk to the winning driver of the Indy 500[®].

The drivers are asked for their milk preferences before the race: fat-free, 2% or whole milk. Whole milk is the most popular choice by the drivers.

The milk tradition began with a simple request. When Louis Meyer, the first three-time winner, won his second Indy 500 in 1933, he asked for a cold glass of buttermilk to quench his thirst. Yes, buttermilk. Three years later, Louis repeated the win and was photographed drinking his buttermilk. For the next two decades, the Milk Foundation presented milk to race winners off and on. But in 1956, Tony Hulman made the Bottle of Milk a permanent part of the Victory Lane (now Circle) celebration.

Today American Dairy Association Indiana has the honor in helping to provide the milk that gets handed to the winning driver. Each year, an Indiana dairy farmer is selected to be the person who gets to hand over the bottle of ice cold milk to the winning driver. This is a two year commitment with the first year being a “rookie” year, and the second year being a “mentor” year. The rookie hands a bottle of milk to the winning driver’s chief mechanic and team owner; the “mentor” hands a bottle of milk to the winning driver.

The drivers are polled before the race for their milk preference in the event they are the winner. The choices are between skim, 2% or whole. We don’t have the option of buttermilk today but have heard through the grapevine some drivers would choose that option if it were available. Proving how strong and meaningful the traditions are at the Indy 500!

Source: <https://winnersdrinkmilk.com/events-contests/the-tradition-of-milk/>

