

JOHNSON COUNTY EXTENSION

Cooperative Extension Service Purdue University
U. S. Department of Agriculture Johnson County Extension Office 484 N. Morton Street Franklin, IN 46131

FOR OFFICIAL USE ONLY

Please Deliver by March 3, 2022

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Garden Celebration XVII "Watch Your Garden Grow"

Saturday, May 7, 2022 * 9am - 3pm

Scott & Herring Halls - Johnson County Fairgrounds - Franklin, IN Admission: \$2.00 per person

> 40+ vendors; gardening seminars; food available for purchase. This event is sponsored by the Johnson County Garden Club

& in cooperation with Purdue Extension Johnson County

Facebook: https://www.facebook.com/ JohnsonCountyGardenClubandGardenCelebration/



Spring Edition Mar-May 2022



Chicken soup as medicine?



A warm bowl of chicken soup is a popular go-to when we're feeling under the weather. Is there scientific evidence that it aids in healing? The short answer is no; there aren't any clinical trials that show that chicken soup speeds healing any more than other foods. But when breaking down its ingredients, it does appear a worthwhile remedy to try. First of all, chicken soup is light and easy on the stomach when our appetite isn't great. Second, it provides fluids and electrolytes to prevent dehydration, which can easily occur with a fever. Lastly, a traditional chicken soup recipe supplies various nutrients involved in the immune system: protein and zinc from the chicken, vitamin A from carrots, vitamin C from celery and onions, and antioxidants in the onions and herbs. This is one tasty and soothing food to include when not feeling well and doesn't need a doctor's prescription.

> Published by -HARVARD -T.H. CHAN School of Public Health https://www.hsph.harvard.edu/

Please Note that the 3rd Day of Giving Food Drive has been moved to APRIL 25th hours will still be 9 am to 11 am.

2021-2022 Johnson County Officers

President: Cathy Cook, Trafalgar

Co-Vice Presidents: Barb Blake, Chat-N –Do & Bev Waltz, Trafalgar

Secretary: Jane Miller, Busy Bees & Nimble Thimbles

Treasurer: Kathy Vest , Nimble Thimbles Past President Advisor: Deb Baker, Trafalgar



From your President...

OH so much to do and so little time to do it in....

I am working in several directions and wishing that I had a twin!!

I hope you are looking forward to the many upcoming events that are available to you. Keep reading and join in as many activities and events as you can.

Remember to continue doing good deeds and always be kind! Cathy Cook, President, Johnson Co Extension Homemakers.

Lastly... Reminder the 3rd Day of Giving Food Drive has been moved to APRIL 25th

-hours will still be 9 am to 11 am.

Nimble Thimble's Spring Quilt Raffle will be drawn on Saturday March 5th, 2022 during the Spring Craft Fair. Tickets may be purchased at the March 5th Craft Fair Booth for \$1 each or 6 for \$5.00 or from any Nimble Thimbles' member.



"Welcome to the Farm" Wednesday, March 23, 2022

Please submit this form and payment to "Hamilton County Extension Homemakers"

2003 Pleasant Street Noblesville, IN 46060

Reservations due: Monday, March 14th

Registration (includes meal) is \$15.00 per person.

(Please indicate if there are any special dietary needs on this form)

County & Club Name	
Names of those attending:	Email
Number of Reservations	Amount Enclosed



Welcome to the Farm

IEHA Indianapolis District Meeting

Wednesday, March 23, 2022

Doors open at 9:30 a.m.; Program starts at 10:00 a.m.

Gary Reynolds Barn

21097 Durbin Road, Noblesville, IN 46060

Cost: \$15.00

Menu: brisket, ham, cheesy potatoes, green beans, salad, roll, dessert, drinks

*Wear your farm clothes - jeans, overalls, etc.

Safety protocol will be followed regarding masks, social distancing, and food.

Save These Dates!

MARCH 2022

- New Club Officer List Due to Cathy Cook
- Johnson Co. E. H. Spring Craft Fair, 9 a.m. − 3 p.m.
- IEHA Spring District Meeting -Hosted By Hamilton Co.

APRIL 2022

- E.H. Executive Board Mtg., 5:00 p.m. Extension Office
- E.H. President's Council Mtg., 6:00 p.m.
- 15-16 First Book Garage Sale, 8 a.m. − 2 p.m.
- Backyard Bonanza

MAY 2022

- 2022-2023 Club Dues deadline to County Treasurer Kathy Vest
- May Day Program and Breakfast ... AT Johnson County Museum 2
- 12 Lunch & Learn 11 a.m.
- Bits and Pieces' articles due to Ext. Office

June 6-8 2022

IEHA'S ANNOUNCES the Home and Family Conference. Plan to attend the 3 day conference. There will be sessions to attend new heritage skills & crafts to learn, you can become i-LEad certified, attend the annual meeting, & enjoy the fun fellowship and so much more.

Conference will be held at the Embassy Suites Located at 13700 Conference Center South Drive Noblesville, IN

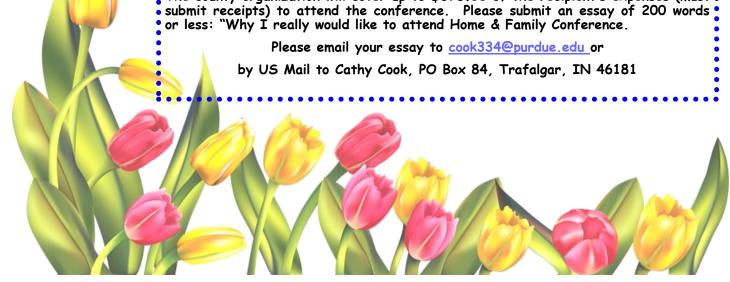
This year the conference will conclude with a Gala Luncheon on Wednesday so your hotel cost will only be 2 nights.

Johnson County Extension Homemakers offers a

"First Timer Award" to attend IEHA Home & Family Conference for members who

have never attended.

The county organization will cover up to \$375.00 of the recipient's expenses (must



18 Bits & Pieces Spring March - May 2022 3 Bits & Pieces Spring March - May 2022







Location: Johnson County Extension Office 484 N Morton St., Franklin, IN 46131

Lessons: "Memory, ForgetFulness, and Aging: What's Normal and What's Not?" @11
a.m. - presented by Christiana Owusu-Ankomah, Shelby County
&
"Simplify Your Life." @ 1 p.m. - presented by Amanda Veenhuizen, Johnson County

Lunch 12 (noon) Sponsored by Johnson Co. Extension Homemakers
Please RSVP by May 4th, 2022
Limited to the first 40 Guests

There is no charge to attend and the lunch is provided by the Johnson County Homemakers. Please call reservations to the Johnson County Extension office (317) 736-3724 or email Cathy Cook at cook334@purdue.edu. Or you may mail this to Johnson County Extension Office, 484 N Morton St., Franklin, IN 46131.

Reservation Form for May 12th Lunch & Learn

Name:			
Address:			
Phone #:			
Email:			

In Person Lunch choice's will be salad or 1/2 sandwich and a cup of soup.

Backyard Bonanza Is Back

We're Grilling & Growing!

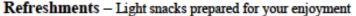


Wednesday - April 20, 2022
Registration starts at 6:00 pm
Program begins at 6:30 pm
At Scott Hall, Johnson County Fairgrounds
\$15 Per Person - Please RSVP by: April 1, 2022

Program

Optimizing Small Garden Area Produce (Mike Harris)

Soil Preparations, Garden Plan Design, Watering Tips and much more.



Pigs in a blanket, BBQ Dogs, Celery/Carrots with Ranch Dressing, Chips, a Sweet Treat, and Water.

Hot-Diggity-Dog (Margie May)

Grill season will be here before we know it. Are you tired of plain old hot dogs thrown on the grill and put on a plain bun? Let me show you some creative ways to prepare America's "Tube Steak".



Origami Gift Card Holder (Jane Miller)

This cute little card can be used as a greeting card, invitation, or gift card holder. Change the patterned paper and use for a Luau or country theme. Add small buttons, a tie, or a pocket for a darling Father's Day card. Once you learn the folding technique you will be making them for everyone!

Backyard Bonanza 202	2 registration for	Hom	emaker Club members.
Name:		(Please list addit	tional names below.)
Address:			
Telephone:			
\$15.00 per person. No r	efunds. Number in you	ır group X \$15	= \$
If paying for a group, includ	e a list with each name, and	d note if they are a guest	or club member.
Names		Member	Guest
1			
3			
4. ———			

Make checks payable to: Johnson County Extension Homemakers
MAIL TO: Johnson County Extension Homemakers,
c/o Kathy Vest, 7931 George Washington Blvd, Nineveh, IN 46164
Your registration is confirmed with payment.
Space is limited to 40 and payment needs to be received by April 1, 2022.



2022 Quilt Block Workshop

Learn how to make a quilt block, understand how to press a quilt square, learn new sewing skills. See your quilt square on display at the Johnson County Fair.

Date: Saturday, April 30th Time: 9 Am - 12 Noon

Location: Education Room, Johnson County Extension Office

Johnson County Fairgrounds 484 N. Morton Street, Franklin, IN

Fabric and Supplies: Provided by Nimble Thimbles Quilt Club, a subsidiary of

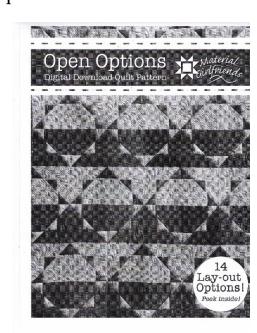
Johnson County Extension Homemakers Association Skills Needed: Basic Sewing Machine Skills Required

Cost: Free

Snacks: Will be provided

Sewing Machines will be provided. Or you may BRING YOUR OWN working sewing machine as long as you know how to thread and operate it properly.

Organized by the Nimble Thimbles Quilt Club Register by calling Becky Kaylor: 317-341-3562 Be sure to register by April 20.



16 Bits & Pieces Spring March - May 2022

5 Bits & Pieces Spring March - May 2022

Johnson County Extension Homemakers

GARAGE SALE





Friday & Saturday — April 15 &16, 2022

8 am—2 pm Johnson County Fairgrounds/Scott Hall

Social Distance will be observed

Rental: \$35 for Friday & Saturday or \$25 for one day only (prepaid)

Booth Size: 10' x 10' Includes 2 tables and 2 Chairs

Contact: Deb Baker Phone: (317)797-0670

Email: bakerds1962@gmail.com

Booth rental confirmed with payment.



Johnson County Extension Homemakers Memorial Scholarship Application 2022

Applicant's Name:	
Address:	
City: State:	
Phone: () Age	:
High School & Expected Graduation Date:	
Is high school transcript attached? (yes or no)	
Name of the school you plan to attend:	
Is your college acceptance letter attached? (y	yes or no)
Degree Sought:	
Applicant Signature:	
Date:	
Printed Name	
Signature:	
Guidance Counselor OR FCCLA Adult Spon	sor's
Johnson County Extension Homemakers use only	
	Received by

Johnson County Extension Homemakers Memorial Scholarship 2022

APPLICANT CRITERIA:

Applicant must be a senior attending a Johnson County High School or be a Johnson County Home School

Applicant must have been accepted into a college, university, or technical/trade school.

All applicants must submit a two-page essay regarding their current high-school involvement / leadership roles and future educational goals and plans. Please include who, if any Johnson County Extension Home-

influenced and/or encouraged you to apply for this scholarship.

If there is a tie in the judging process, the applicants involved will be interviewed by 2 or more Johnson County Extension Homemakers.

INSTRUCTIONS FOR COMPLETING APPLICATION:

Attach the following to the application:

A copy of your essay

High school transcript

Acceptance letter to college/university/technical/trade school

**Note that applications that are incomplete or have missing information will not be considered.

The application must be signed by your Guidance Counselor or FCCLA adult sponsor (if applicable). Application packet must be mailed by April 15, 2022. Mailing address is: Cathy Cook, Johnson County Extension Homemakers President; 484 N. Morton Street, Franklin, IN 46131.

CRITERIA FOR JUDGING OF ESSAY

Your essay must be two pages, single spaced, 14-point font, Times New Roman, and answer the following:

How are you currently involved at school? Explain your school's role in developing leadership and life skills necessary for a successful future.

Outline the career path you have chosen.

If you have decided to pursue a Health and Human Services / Family and Consumer Sciences career, are you a FCCLA member?

Share your future educational goals and plans and why they are important to you.

If an interview is needed the following criteria will be considered in the interview:

Does the interviewee present themselves in a professional manner? Does the interviewee make eye contact and answer all questions thoroughly? Is the interviewee able to explain their future educational goals? Is Health and Human Sciences/Family Consumer Sciences going to influence their future?

The winner of this scholarship will be notified By May 1, 2022 via phone call and e-mail. One scholarship award of \$500 will be awarded. Spring Johnson Co Extension Homemakers

First Book for Kids GARAGE SALE

Friday/April 15 and Saturday/April 16, 2022 8 a.m. to 2 p.m.

Scott Hall - Johnson Co. Fairgrounds - Franklin

For Office Use Only Booth # Date Received Check #/Cash Receipt #

MAIL FORM & PAYMENT TO: Kathy Vest 7931 George Washington Blvd. Nineveh, IN 46164

Ouestions -Deb Baker 317-797-0670 bakerds1962@gmail.com

BOOTH SIZE: 10x10 Friday & Saturday (2 days) = \$35 each booth Friday only (1 day) = \$25 each boothSaturday only (1 day) = \$25 each booth No Refunds EACH BOOTH INCLUDES: Two tables and two chairs

(Please	print	clearly)

rease prime element,				
endor Name				
ldress				
ty	State		Zip	
lephone No	_ Phone	No		
mail				
pes of items being sold (example: kids			othes, misc., etc	e)
ase check sale days and indicate numb	er of booths ne	eded below:		
Friday & Saturday, April 15 & 16	Number of bo	oths needed	x \$35 =	:\$
Friday ONLY, April 15	Number of bo	ooths needed	x \$25 =	\$
Saturday ONLY, April 16	Number of bo	ooths needed	x \$25 =	\$
ave enclosed a CHECK or MONEY Of omemakers) for full payment of the bo yment in full and all booths are sold on	oth space. I un	derstand that	no booths will	be held without
gnature	— — — A	mount Paid		Date

14 Bits & Pieces Spring March - May 2022 7 Bits & Pieces Spring March - May 2022

May Day "Hats Off to Homemakers"

Monday May 2nd, 2022 Johnson County Museum of History 135 North Main Street, Franklin Registration-8:30 am / Program-9:00 am







The program this year will pertain to Hats and History of hats at the Kentucky Derby, a museum curator will be presenting our program.

Please wear a hat to compete in our hat contest

Breakfast is being catered by Chat N Do.

We will have the Cultural Arts Show, & Winning items will go to Home & Family Conference to represent Johnson County.

We will be installing new county Officers during the May Day Program.

Creative Circle is planning and hosting this year.

The cost per person is \$15.00 and RSVP no later than April 15th.

Please use the form on the next page to send in your club or individual registration.

Financial Management Tips and Tricks

gleaned from our Purdue Extension Where Does Your Money Go? Program

Money determines what you eat, where you live, how you travel, what you wear and all of the fun things you do. All of those things require you to make decisions about how you spend your money. Managing money takes skills that are learned. If you spend money like 40% of families today, as fast as it comes in, you may find yourself in debt when unplanned expenses occur. Here are some tips and tricks for setting yourself up for success in making good financial decisions in the future.

- Spending Leaks-buying too many wants before paying your bills and providing necessities such as food, housing, and transportation
 - Are you aware of your spending leaks? For me, it's my morning coffee. I have been working on getting better at making my coffee at home but occasional I will still get my medium caramel iced coffee from McDonald's. This is a definite leak for me, \$2.47 at a time. If I was to completely stop this I could save me roughly \$75.00 a month or \$900 a year!
- Financial Management Systems
 - "Envelope budgeting"-tracking your expenses by using an envelope to track/write down all of your expenses. Have you tried tracking your expenses before? Give it a try! No matter how you pay, write down on your envelope what it was and how much. This can be time consuming but it can help you discover some of your "spending leaks" and adjust your spending-savings plan in the future.
 - Free Personal Finance Apps- prefer an electronic tracking approach? You can utilize several free services. Personal finance banks have apps that can help you track your money, create a budget, and more. Mint is another free service that is a great tool and is helpful if you have multiple accounts because it will organize all of those in one location. You can set budget categories and set spending and saving goals. Truebill is fairly new app that you can use to see all of your expenses and cancel subscriptions that you may have and may not be using anymore. They offer a free service and then if you want to upgrade there is a small fee for their premium app. Always be sure to check out all the details on any online app before using their services. There are countless wonderful tools/apps and resources available to explore!
- Couponing and Savings Apps
 - Couponing is extremely helpful in saving extra funds. There the traditional paper coupons in the mail. There are also digital coupons as well such as on the Kroger App. You can "clip" digital coupons and use those on your next purchase when you use your Kroger plus card. Other grocery stores may offer similar services as well.
 - Fetch- free app that you can use to upload a picture of your receipts from any store or restaurant and receive special offers, gift cards back, etc. I recently found out about this service and it is a very user-friendly resource to use and save you some extra money as well. https://www.fetchrewards.com/
- Set SMART savings goals
 - SMART: specific, measurable, attainable, realistic and assigned a time line

Educator Update:

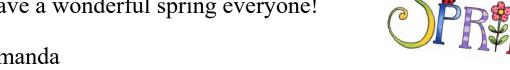
Hi everyone! Hope you all are doing well. I am ready for spring. Bring on the warmer temperatures! It is great to be back to work but I am also very thankful to have had some time off soaking up all the baby snuggles with Dawson. His big sister Lanie absolutely adores him and calls him her "baby Dawson." It is precious!:)



We have several exciting events coming up! I am working on scheduling several programs. Also excited to join you all in your Extension Homemaker events coming up! Sounds like the Craft Fair, the May Day Breakfast, and Backyard Bonanza (just to name a few) are going to be wonderful events!

I am currently working on getting trained and certified to teach "Where Does Your Money Go?" Program and thought this would be a great topic to include in my article here in this newsletter. I am looking to offer this program here once I am certified. So if you are interested in learning more about financial management and learning how to make good financial decisions in the future then be sure to check out this program.

Have a wonderful spring everyone!



Amanda

Registration form for Monday May 2nd. May Day

Contact Name & Phone#	Club
Number Attending x 15.	00=
Names of attendees:	
<u>1</u> .	
2.	
1. 2. 3. 4. 5.	
<u>5.</u>	
Make your Check payable to -Johnson Omail this form and your club or individukathy Vest, 7931 George Washington B	ual payment to-



May Day Breakfast **CULTURAL ART SHOW** May 2, 2022, Where: the Johnson County Museum



I want to encourage everyone to bring your homemade items. Quilts, Needlework, Crocheting/ Knitting, or Crafts/Miscellaneous any items that fit into these categories you can enter at May Day in the Cultural Art show.

Our special Cultural Art this year is YARD ART or YARD ORNAMENT. The size requirement is 16 x 12 either length or height. So... get your creative minds working and come up with something you would put in your yard.

All that attend May Day will vote for Cultural and for Special Cultural Arts (Yard Art or Ornament)

Each county is allowed ONE (1) entry in one of the four categories: Quilts, Needlework, Crocheting/ Knitting, or Crafts/Miscellaneous

Each county is allowed one (1) entry in the special project category.

If you have questions please feel free to call.



See you at May Day!! Dee Kirkham Volunteer Community Support Focus Group

LOOKING BACK IN TIME

The following came from a News Paper Article:

50th ANNIVERSARY OF CLUB HONORED BY SISTER GROUP

Clark Township – The Clark Co-Workers home demonstration club entertained its sister club, the Clark Township club, with a joint meeting Monday evening at the Rocklane Christian Church. The meeting was in honor of the 50th anniversary of the Clark Township Club.

Mrs. Norian Adams, Mrs. Margaret Baker and Mrs. Robert Shrum, welcomed guest and presented each with a yellow mum corsage. During the evening each guest was invited to select a delicate handkerchief from a decorated basket.

Mrs. Roy Dougherty opened the evening with the welcome, Mrs. Myrl Becker, Co-Worker president, introduced the county officers present and officers of the guest club.

Mrs. Carroll Groves the program, "Present Television." The first act was two hillbillies, portrayed by Mrs. Larry L Coffman and Miss Sanira Bennett. The special appearance of the Beatles was portrayed by Mrs. Leroy Doffman, Miss Ann Becker, Mrs. Fred Clowe and Mrs. Wilbur Leavell.

Mrs. Ross Becker narrated the "Queen for a Minute" program. Contestants were Mrs. Ed Morris, Mrs. Richard Carpenter, Mrs. Clarence Ault and Mrs. Bryon McClain. Mrs. Morris was selected the queen. She received several gifts.

Mrs. Don Purkhiser concluded the program by telling of the events of 50 years ago. She was dressed in a costume representing that time. She led the group in singing popular songs of the early 1900's.

Serving about 50 from the refreshment table were Mrs. Dale Jones, Mrs. Joe Dougherty and Mrs. Donald Harbert. The table was centered with yellow mums and candle centerpieces, Yellow punch carried the 50th anniversary theme. Cookies were also served.

A Letter from cooperative Extension Service, Franklin, IN – January 29, 1964 Dear Project Leader:

The project lesson on Women's Tensions will be given on February 12, 13 and 14. Two project leaders from each club are expected to pick up the lesson at one All-day 9:30am - 11:30am and 1:00pm - 3:00pm

Choose the day that is most convenient for you. The lesson will be given as follows:

February 12 (Wednesday) – Greenwood Baptist Church, 101 W Main St, Greenwood

February 13 (Thursday) – Scott Hall, Fairgrounds at Franklin

February 14 (Friday) – Scott Hall, Fairgrounds at Franklin

Dr. Dorothy Mumery, Family Life Specialist from Purdue University, will be presenting the lessons.

Attendance points will be awarded, so if you are unable to attend, please send a substitute. Sincerely, Helene B Reyburn, Co Ext Agent, Home Ec.

With LOVE from my HEART Shirley Kirkham, Jo Co Past President

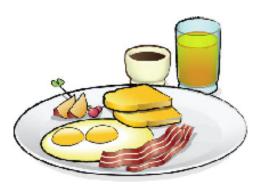


Extension - Johnson County

Johnson County Annual Agriculture Day Breakfast

Wednesday, March 16, 2022

7:30 am in Scott Hall on the fairgrounds





Please join us in recognition of agriculture's importance to us all.

Breakfast catered by Rolling Pin Caters

Cost is \$1 per person

Advance registration required By March 8, 2022

to sspeedy@purdue.edu

or 317-736-3724

- We will be following CDC guidelines. All attendees are expected to wear a face covering when not eating/drinking.
- Please notify us in advance if you have any disability-related needs or dietary preferences. We will do our best to reasonably accommodate.

Purdue University is an equal access/equal opportunity university