



“Looking Back 200 years”

Johnson County Extension Homemakers Executive Board
Invites ALL Johnson County Extension Homemakers to:

The County President's Holiday Dinner on Thursday,
December 14, 2023 Mingle time 5:30 pm Dinner at 6 pm.

Please bring s side dish or a desert and the Committee will provide soups for our meal. The location is the Purdue Extension Office Ed Room. We will again this year have a White Elephant gift exchange. You should pick something at your home that you want to give away, wrap it and put your name on the inside or the wrapping. We may even have a game or two to play! Bring a donation if you wish and it will be taken to either the Jo Co Senior Services or the KIC-IT Program. If you plan to attend please RSVP by Dec 7th.

phone (317) 736-3724 the Extension Office

or email cook334@purdue.edu.



Educator Update from Linda Clutz

Hello everyone! I joined forces with Johnson County Extension starting September 18, 2023, and am very grateful to be your new HHS Educator and Johnson County Homemakers Association liaison. I’ve met many of you at recent meetings and events, and thank you all for making me feel welcome. For those of you I have yet to meet, I’m happy to share some bits and pieces about my background. Originally from upstate New York, I moved to Johnson County, IN, in 1992 and worked for the Johnson County Library system. For my next professional adventure, I completed my Master’s in Counseling at Indiana Wesleyan University and worked in addictions counseling and mental health for fifteen years. And now I’m getting started on another professional adventure as the Health and Human Sciences Educator for Johnson County. My interests include visiting state parks, crafting, cooking, reading, and spending time with friends and family.

Some fun facts about me:

I’ve been to every state in the US except Alaska.

I volunteered at the Indianapolis Zoo.

I used to be in 4-H and won a blue ribbon for homemade caramels.

I’m right-handed, but I brush my teeth with my left hand. Always.

My favorite pizza: pepperoni, sausage, black olives, and mushrooms on a thin crust.
(Extra cheese too!)

Linda



Extension
JOHNSON COUNTY

Linda Clutz, HHS Extension Educator
Purdue Extension Johnson County (317) 736- 3724

COPING WITH HOLIDAY STRESS

By Linda Clutz, HHS Educator, Johnson Co.

Thanksgiving has come and gone, but keeping an attitude of gratitude stays relevant the whole year round. Studies show that practicing gratitude reduces stress and depressed mood (Mental Health First Aid USA, November 17, 2022). The holiday season can be especially hectic, busy, and stressful for all kinds of reasons. Finding ways to practice gratitude can be so helpful in keeping a positive perspective. Here are some simple suggestions:

- ♥ Start or end your day by thinking of five things you are thankful for. Meditate on them for five minutes.
- ♥ Contact a friend or relative- and tell them why you are grateful for them.
- ♥ Thank the person serving you at the drive-through or restaurant.
- ♥ Journal about someone or something you are thankful for.
- ♥ Send someone a thank-you note... email or text is fine.
- ♥ Look up quotes about gratitude and write down your favorite one on an index card. Put it on the fridge, by your mirror, or in your wallet and look at it daily. Replace it with another quote when it's time for a change.

The amazing thing about gratitude is that it's catching. The more you express gratitude, the easier it gets... and the more others around you catch the gratitude attitude also. What are some other ways you can be more grateful? How about starting a gratitude challenge with your family? Your workplace? Your friends? Be creative! Have fun with it! True gratitude does not have a season, and we need the benefits of gratitude all year long.

Here's what JC Extension staff are grateful for:

- ***Amy**- education, going to college, and children that went to college
- ***Cathy**- her husband, children, and grandchildren
- ***Emily**- two jobs that help pay for college
- ***Erin**- a healthy family
- ***Heather**- supportive family, healthy lifestyle, and her dog
- ***Linda**- the opportunity to work at JC Extension

Greetings and Happy Holidays to everyone!

A Letter from your County President



My friends,

A warm and special greeting to you all, I want to thank everyone that has stepped up the past months, My Executive Board and Presidents Council are the best!

It does make me very proud to know we are doing good DEEd's for our senior citizens that are in need. We are definitely an organization of givers; I feel honored to be able to say I am a Johnson County Extension Homemaker.

We just paddled through last year. Get your paddle ready because we are moving very quickly and swiftly into a New Year. Let's get our map out and navigate through Johnson County's last 200 years, and portage across 100 years of Johnson County Extension Homemakers. Achievement Day came and we needed to load our canoes with supplies for our demos and certificates that our clubs have earned. We packed our Hardanger, Beaded Lamp Shades, Zwirnknopfe Buttons and Oshibana Art. We put the Lifejackets on our presenters: Donna McElwain, Susie Keaton, Jane Miller, and Shirley Kirkham so they would have a safe trip. Then we loaded the canoes back up. We retrieve our life jackets and a map for Cathy, Lora Lee, and Bev so they could find and manage the Fall Craft Fair. Which was a huge success there was a steady line of people going thru all day. WE went on a great voyage to Norway, during the Holiday Happenings program. Thanks to Gingham and Trafalgar taking the lead. We learned about how they Celebrated the December Holidays, and even learn new words. Norwegian Christmas dinner is lutefisk. Everyone learn Uff-Da is when something goes wrong and can mean: Oh, my gosh or Oh, brother! Gingham served a Norwegian dinner it was SO good, we welcomed guests from Morgan and Bartholomew County. Well after all of these adventures we are heading back to base camp (Extension Office) for our Christmas Dinner. Oh, the Beavers just delivered a bundle of sticks, so I have things to do.

*Well, as I said, all that is left this year "2023" is our Presidents Holiday ~~lunch~~ **DINNER** on December 14. This year we will again celebrate at the extension office...**BUT the time is 6:00 pm.** We will have soups provided and we are being asked to bring a light side dish and or a desert (like Christmas cookies!) Also, bring a friend and both of you bring your White Elephant gift and come prepared to have a great time. If any one wants to make a donation to the Senior Services or to Kic-It please bring them with you and we will get them to those organizations. I hope everyone will attend. I want to wish you a Merry Christmas and a Happy New Year. Hoping to see you soon!*

*Heart Love,
Dee Kirkham, President,
Johnson County Extension Homemakers*

Scholarships



Scholarship Information For 2024
From Indiana Extension Homemakers Association &
Johnson County Extension Homemakers Association



Ruth B. Sayre Scholarship Information

The Ruth B. Sayre Scholarship is a memorial scholarship of \$500 offered for the purpose of fostering educational development of women.

Country Women's Council-USA sponsors the scholarship. IEHA is a member of CWC. IEHA will only sponsor the applications of Indiana residents.
Due by March 1st

See the IEHA website <https://ieha-families.org/forms-and-applications/scholarships/>

Scholarships available from the IEHA

Career Advancement Scholarship Form

Eight (8) \$750 Scholarships will be given. One (1) as the Eleanor Arnold Award to an IEHA member, one (1) as the Ann Hancock Award to a degree in the medical profession, and six (6) random scholarships.

Read and follow the instructions for completing the application. Applications that are incomplete or that have missing information will not be considered. Scholarships are usually granted for Undergraduate degrees rather than Masters degrees. Scholarships will be awarded with regard to financial need. Former winners may reapply.

Due March 15th

See the IEHA website <https://ieha-families.org/forms-and-applications/scholarships/>

Steps to Success Scholarship from Indiana Extension Homemakers Association

SCHOLARSHIP GUIDELINES

1. Applicant must be a resident of the State of Indiana.
2. Applicant must be admitted or be enrolled in an accredited college or university or an accredited vocational or technical program. This should be a two-year program earning an industry certification in the chosen field.
3. Vocational and technical scholarship applicants must include a letter from school advisor stating that candidate is on track for graduation.
4. Attach the following to completed application:
 - a. Two (2) character reference letters from persons not related to you.
 - b. Official High School transcript of courses completed, including GPA and class rank.
 - c. A copy of the College/School acceptance letter, if courses have not started.
 - d. A copy of acceptance letter to an accredited vocational/technical school.
 - e. A letter of recommendation from your primary technical instructor or director.
 - f. A 500-word essay describing the life skills applicant has developed through high school and community involvement. Include educational background, financial need, volunteer or community service activities and how applicant would benefit from this scholarship.
5. Applications must be postmarked by MAY 1 to be considered. Applications postmarked after May 1 will not be considered.

Five (5) \$500.00 scholarships will be given:

Four (4) to an applicant admitted to or enrolled in a state accredited college or university and one (1) to a state accredited vocational and technical program.

See the IEHA website <https://ieha-families.org/forms-and-applications/scholarships/>

Johnson County Extension Homemakers Memorial Scholarship 2024

APPLICANT CRITERIA:

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

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 Homemaker, has influenced and/or encouraged him/her 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 or emailed by April 1, 2024. Mailing address is: Cathy Cook, Johnson County Extension Homemakers, 484 N. Morton Street, Franklin, IN 46131

CRITERIA FOR JUDGING OF ESSAY

Your essay must be two pages, single spaced, 12-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 via phone call and or e-mail.
One scholarship award of \$500 will be awarded.

Johnson County Extension Homemakers Memorial Scholarship Application 2024

Applicant's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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? (yes or no) _____

Degree Sought: _____

Applicant Signature: _____

Date: _____

Printed Name _____

Signature: _____ Date _____

Guidance Counselor OR FCCLA Adult Sponsor's

Johnson County Extension Homemakers use only

Date received _____ Received by _____

Recipes by Chef Margie



Italian Sausage Kale Soup with Cheese Tortellini by-Margie May



- | | |
|---|---------------------|
| 1 large onion, chopped | 1 bag chopped kale |
| 2-3 cloves garlic, minced | ¾-1 cup half & half |
| 1-pound spicy Italian sausage | |
| 1 small pkg. Rana mini cheese tortellini
(available at Kroger) | 2 diced potatoes |
| 2 Tbsp. chicken Better Than Bouillon seasoning and water to cover | |

Sauté the onion and the garlic with the sausage, adding oil if necessary. When cooked, remove excess fat. Add the potatoes and bouillon. Cover with water. Simmer for 20-30 minutes until potatoes are done. Add the kale and the tortellini. You may need to add 1-1 ½ cups extra water. Simmer 5 minutes. Add the half & half. Simmer for another 5 minutes.



Broccoli Birdseed Salad by-Margie May



- | | |
|--------------------------|-----------------------------|
| 1 bunch broccoli chopped | 1 tsp. vinegar |
| 1/2 to 1 cup mayonnaise | 1/2 c. sunflower seeds |
| 1/4 c. sugar | 6 strips bacon, fried crisp |
| 1 med. Onion, chopped | 1/2 c. golden raisins |

Mix all ingredients together.
Then chill a couple of hours before serving.



Wassail by-Margie May



- | | |
|------------------------------|--------------------|
| 64 oz. cranapple juice | 1/4 tsp. salt |
| Small can of pineapple juice | 2 sticks cinnamon |
| 1/4 c. br. sugar | 1/4 tsp. all spice |
| 1/4 c. white sugar | 1/4 tsp. cloves |

Combine all ingredients and simmer in a crockpot.
Serve Warm.



Quiche Lorraine by-Margie May



- | | |
|-----------------------------------|----------------------|
| 9" pastry shell | 1 cup heavy cream |
| 6 slices crisp, crumbled
bacon | ½ tsp. salt |
| 3 eggs | dash pepper |
| 1 extra egg yolk | pinch nutmeg |
| ½ cup milk | 2/3 cup grated Swiss |

Place bacon on bottom of crust.
Mix remaining ingredients. Add custard mixture to crust. Bake 25-30 min. at 350° or until knife comes out clean when inserted near center.
May be reheated. Serves 8.

More Recipes
by
Chef Margie



Pumpkin Crunch by-Amie Wojtyna



- | | |
|-------------------------------|-----------------------|
| 1 pkg yellow cake mix | 1 tsp cinnamon |
| 1 (15 oz) can pumpkin | 1/2 tsp salt |
| 1 (12 oz) can evaporated milk | 1/2 c pecans, chopped |
| 3 lg eggs | 1 c butter, melted |
| 1 1/2 cup sugar | Whipped topping |

Combine pumpkin, evaporated milk, eggs, sugar, cinnamon, and salt in a large bowl. Mix well and pour into a greased 9 x 13 baking dish. Sprinkle dry cake mix evenly over mixture. Top with pecans and drizzle melted butter over all. Bake at 350 for 50-55 minutes or until golden brown. Cool and serve chilled with Whip topping.



Pumpkin Pancakes by-Olivia Cassidy



- | | |
|------------------------|--------------------|
| 1 1/4 c flour | 1/8 tsp nutmeg |
| 2 T. baking powder | 1 egg |
| 1/2 tsp. cinnamon | 6 T. pumpkin puree |
| 1/2 tsp. ground ginger | 2 T. melted butter |
| 1/2 tsp. salt | 1 c. milk |

Mix together flour, sugar, baking powder, cinnamon, gr. Ginger, salt, nutmeg and cloves. Add egg, pumpkin, butter and milk; mix. Cook on greased surface 3 minutes per side, serve with warm syrup and butter.

More Recipes
by
Chef Margie



Brunch Sausage and Apple Ring by-Margie May



2 lbs. sausage 1/4 c. onions, minced
1 c. cooking apples finely chopped
1 1/4 c cracker crumbs 2 eggs, slightly beaten
1/2 c. milk

Combine all ingredients and mix thoroughly. Press lightly into a greased ring mold (4 1/2 cup size). Turn out into a shallow baking dish. Bake 1 hour at 350 degrees. Freezes well after baking.



I Just Love Cooking with My Friends!!

May your Kitchen be Merry and Bright!

Buttery Classic Spritz Cookies

Ingredients:

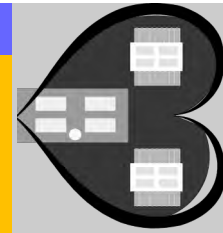
1 cup (224g) unsalted butter, room temperature
3/4 cup (155) granulated sugar
1 large egg
1 tsp vanilla extract
1 tsp almond extract
2 1/4 cups (293g) all-purpose flour
1/2 tsp salt
Red gel icing color, optional
Green gel icing color, optional
Sprinkles



Instructions:

1. Preheat oven to 350°F (180°C). Line baking sheets with silicone baking mats. I don't recommend parchment paper with these cookies. You want the cookie dough to stick to the surface you press them onto and parchment paper is non-stick. Set cookie sheets aside.
2. Cream the butter and sugar together in a large mixer bowl on medium speed until light in color and fluffy, about 3-4 minutes. You should be able to see the mixture lighten in color and get a creamy texture and know it's ready.
3. Add the egg and mix until well combined.
4. Add the vanilla extract and almond extract and mix until well combined.
5. Add the flour and salt and mix until the dough is combined, then remove the bowl from the mixer and finish combining with a rubber spatula, if needed. Do not over mix.
6. If coloring some of the cookie dough, divide it into parts. I used white, red and green, so I divided it evenly into three parts.
7. Use the gel icing color to color the dough. Add small amounts to begin with, then add more as needed. You can always add additional color, but can't remove it if you add too much. Adding too much liquid will thin out your cookie dough a bit.
8. Add one of the colors of cookie dough to your cookie press and follow the directions for your press to set it up. Hold the cookie press perpendicular to your cookie sheet and press out the cookies. They can be fairly close together, since they don't really spread.
9. Decorate the cookies with sprinkles, if desired.
10. Bake cookies for 5-8 minutes. I prefer them nice and soft, so I went with 5 minutes, but feel free to increase that time and adjust based on your oven.
11. Remove from the oven and allow to cool on baking sheets for 4-5 minutes before transferring to a wire rack to cool completely.
12. Store cookies in an air tight container for up to about 1 week.

Bits and Pieces Publication Reminder



Any Johnson Co Extension Homemaker or any Club may use the newsletter to publicize EH activities or educational opportunities.

Please submit your information to Cathy Cook by email at: cook334@purdue.org or you may also drop off your article to the Extension Office on or before the issue's deadline.



2024 Newsletter Submission Deadline

February 15-Spring Mar/ May

May 15-Summer June/August

August 15-Fall September /November

November 15-Winter December / February

WINTER HOME SAFETY TIPS

Check your Smoke and Carbon Monoxide Detectors

Test and change the batteries at least once a year. Smoke detectors need to be replaced every 8-10 years and the carbon monoxide detectors will last 3-5 years.

Check your Furnace Filter and Schedule a Furnace inspection

Furnace filters should be replaced more often in the winter months. It improves the quality of the air you breathe and will be more energy efficient. The furnace inspection will ensure that the heating system is functioning properly and prevent system breakdowns and costly repairs.

Ensure Proper Ventilation

Clean your dryer vent and the bathroom and kitchen exhaust fans.

Check outdoor exhaust vents for water heaters, furnaces and fireplaces.

Keep these vents clear of ice, snow and leaves which will allow gases from the home to vent to the outside.

Prevent Water Pipes from Freezing

Pipes on exterior walls are most likely to freeze. Consider installing pipe insulation. Close shut off valves that lead to outdoor faucets. If it becomes very cold, let cold water drip from the indoor faucet and leave cabinet doors open to allow warm air to circulate around the pipes.

Safety Tips continued on pg. 13

Warm Your Car Outside

Always warm your car up outside of the garage, to prevent build up of carbon monoxide and other harmful gasses.

Clean the Gutters

Make sure the gutters are free of leaves and other debris. Ice build up can cause damage to the roof or your home.

Ward Off Germs and Illness

Viruses and colds are most common in the winter months. Keep antibacterial soap and hand sanitizer on hand. Encourage your family to wash their hands multiple times per day. Cover your mouth and nose when coughing and sneezing. If you are sick, stay home to prevent the spread of the viruses.

Remember to take time to enjoy the winter season. Get outside, take a walk, build a snowman and make new memories with your friends and family.

Submitted by Donna McElwain

Club Reports: Doing good deed's for the senior citizens of Johnson County, our most precious generation.



Creative Circle

This club invited the East Fork Players to come to Morning Pointe to entertain the residents on Oct. 23. Twenty-five residents enjoyed the music and singing. Many sang along and one resident got up to dance. Margie May, one of our club members, sang a couple of songs with the group. Her brother and sister are in the musical group. We thank her for inviting them. It was a fun evening.

Club Reports *Continued*:
**Doing good DEEDs for the senior citizens of Johnson County,
our most precious generation.**



Gingham Homemakers Club

Represented by Carmen Dougherty and Carol Funkhouser, delivered homemade cookies and health care items to Cedar Creek (formerly Christina House). The staff there was VERY appreciative.

Providence Homemakers

The Providence club prepared holiday treats for the 100 + residents of Homeview Health and Rehab Center in Franklin. We have been doing this for several years, celebrating 4 or 5 holidays each year. Residents enjoy the treats and we are pleased to be a part of their days.



*We have done it again!
We are doing good deeds for the
senior citizens of Johnson County.*

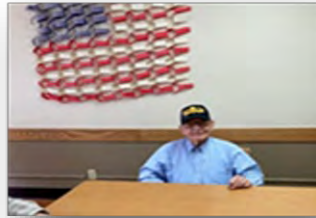
Club Reports *Continued*:
**Doing good DEEDs for the senior citizens of Johnson County,
our most precious generation.**

Homecrafters Club

Rita Tapp, Punky Corbin, Kathy Wood, and myself went to the Greenwood Health Center to deliver candy, items for their bingo games, such as trinkets and puzzle books, and playing cards. We walked around the center talked to the residents and took pictures. One of the men was a POW in Vietnam, another man, was a pilot. It was an inspiring day.



We are in the process of arranging the May Day breakfast, we are in charge of decoration, name tags, and registration. We will hold the



event at the museum in Franklin. Our speaker will be Rob from the Artcraft he will talk about the Artcraft and the history. We will be having Bobby Lasiter from the rehab center come to talk to us about keeping our joints healthy.

Happy Holidays.

Chat-N Do

Chat-N-Do takes 2 baked angel food cakes to Franklin Meadow Nursing Home every month to celebrate the residents' birthdays.

This month November we did our 2nd good deed by taking items we collected from our members to donate for bingo prizes.

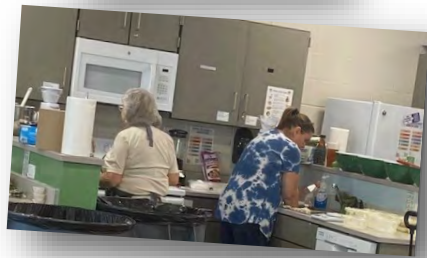


Club Reports *Continued*:
**Doing good DEEDs for the senior citizens of Johnson County,
our most precious generation.**

Trafalgar Homemakers:

Our club with the help of many friends and family members spent a day at the Greenwood Middle School and made 200 pumpkin rolls that the members took orders for. This fundraiser raised funds that will be donated to local organizations and schools during this upcoming year.

Trafalgar Club did make arrangements with Hickory Creek in Franklin to do crafts with the 30 + residents on November 16 but due to Covid at the facility we have postponed that activity. We hope to reschedule it very soon.



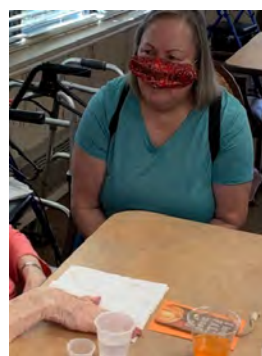
Our Crew & our Spiritualism Bowls We are not sure why the spell check changed Spatula to Spiritualism!





Nimble Thimbles' Doing Good DEEDs in October

On October 30, the club did our October DEED by celebrating Halloween with residents of Murphy's Special Care and The Garden at the Otterbein in Franklin. For those who don't know, these units are home to folks dealing with dementia. We were not allowed to take pictures of the residents, with one exception, Carol Chappel, seen in the picture with event chairperson Ann Glass. We spent time socializing with the residents, while they ate cupcakes and consumed orange punch. They were given a Fall décor item for their room, examples were cinnamon scented items, a pumpkin decorated mug rug, and a holiday card since they don't often get mail. Club members floated around visiting with different tables and residents talking about their favorite Halloween memories, of trick or treating, creating costumes from items in their home, or carving pumpkins. Members also heard stories about their lives and families where they grew up. One club member played hymns on the piano where several residents joined in singing. The residents seemed to enjoy their time at the party and reminiscing and all the members who participated expressed how much they enjoyed the time in each unit. In addition to Ann, other participating members who participated are pictured: Becky Horton, Pam Kissel, Elaine Lybarger, Carol Kubinski, Jo Johnson, Sally Aikin, Madeline Hendrix, Malinda Wolfe, and Vicki Craig.



9 Tips to fend off holiday stress:



The holidays are a time for family and cheer, but making sure the house is clean, the food is ready, and the presents are wrapped and ready to be opened can be overwhelming. These factors can bring unwanted stress and depression in a time meant for happiness.

Some important, practical tips can help minimize the stress that accompanies the holidays. These tips may even help you enjoy the holidays more than expected.

Through the endless parties, cooking, shopping and cleaning, try taking one of 9 steps to ensure you have a stress-free holiday:

1. Plan ahead.

Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.

2. Say no.

With holiday commitments, it is OK to say no to a few or all of them. It also will help relieve some stress. Try sharing your to-do list with other family members.

3. Plan spending.

The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the rest of the year.

4. Create relaxing surroundings.

Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.

5. Maintain healthy habits.

The holidays are notorious for ruining healthy habits. A short workout each morning will help your decision-making throughout the day. Encourage your family to try snow shoeing or sledging to get in extra exercise. Eat healthy snacks like fresh fruit or vegetables throughout the season and to fill up before a dinner party or celebration with tempting, but unhealthy, foods.

6. Share feelings.

Spending a holiday after a loss in the family can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss.

7. Respect differences.

Family members will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities, and replace tension with something productive.

8. Be realistic.

You are only one person, and you can only do so much. Be realistic with how much you can handle this season. Forget about perfection, and relax and enjoy the company surrounding you.

9. Take a break.

Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body, and can relieve physical tension and stress. Holidays are meant to be a fun, enjoyable time with friends and family. These tips can help ensure you truly enjoy your holidays when stress starts to set in.

Mayo Clinic Health System-

Peter Reisner, M.D. is a [Family Medicine](#) physician in [Chetek](#), Wisconsin.

LOOKING BACK IN TIME

The following article was printed in the 2012-13 Winter issue of Bits and Pieces. This article was originally from Clark Township Scrap Book February 1939

News Article

RECREATION SCHOOL PLANS RELEASED BY OFFICIALS

Program for a recreational school to be held at the Franklin city building assembly hall next Monday, February 20, has been released by Miss Dorothy Laatz, County Demonstration Agent, one of five leaders who will serve as instructors.

The school will begin at 10 o'clock in the morning, with a one-hour class in direction of community singing, in charge of Mrs. Artie Henry, county social and educational of Farm Bureau and Miss Laatz.

At 11 o'clock, a one-hour class on games suitable for seated audiences will be directed by Miss Margaret Morris (Margaret Handy) and Jack Huffman, both of Clark Township, who are active in Rural Youth organization work.

Show Plays, Stunts

Lunch hour will be observed at 12 o'clock noon, and immediately after the meal exhibits will be shown of 500 or more plays and stunts for social gatherings.

A class in dramatics will open the afternoon session, at 1 o'clock. Mrs. Squire Parker well known county Home Economics leader and active in Farm Bureau will direct the class. Short stunts will be studied and a play-let, "Uncle George Pops In," will feature the hour class.

At 2:15 o'clock Miss Morris (Mrs. Handy) and Mr. Huffman will be in charge of a class in the study of active games for audiences either outdoors or in a large building where play facilities are located.

Distribute Pamphlets

After classes are dismissed at 3:30 o'clock, a pamphlet of play-lets and general information, entitled "Play and Be Happy," will be distributed to all those attending, along with mimeographed copies of songs and material for social meetings.

Miss Laatz announced today the meeting would be open to all social and educational leaders of Farm Bureau, all 4-H club leaders, all Farm Bureau directors, and one representative from each of the 22 Home Economics club in the county. Representatives of the Home Ec clubs will be chosen by membership of the clubs, and all persons designated to attend are urged to be present.

Classes and information given at the school will be based on information recently received by the five leaders at a recreational school for the district at Indiana University.

With Love from the HEART
Shirley Kirkham, Past Co President



**JOHNSON COUNTY EXTENSION
HOMEMAKERS**

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

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Calendar of Up Coming Events.....

December 2023

- 14 Johnson County President's Council Holiday Dinner 5:30 pm Education Rm Extension Office
- 22-25 Extension Office Closed Christmas Holiday (Our office is closing on the 21nd at 12noon)

January 2024

- 1 Happy New Year– Office closed January 1st
- 15 MLK Day– Office Closed

February 2024

- 8 Executive Board Meeting 5:30 pm
- 8 Pres. Council Meeting 6:30 pm
- 15 Bits & Pieces articles due at Extension Office
- 19 President's Day –Office Closed

MARCH 2024

- 1 Deadline to send in names of new club officers
- 2 Johnson Co Spring Craft Fair, 9:00 am to 3:00 pm, Scott Hall
- 20 IEHA Spring District Meeting – Boone County

APRIL 202

Do a good DEEd for elderly residents of Johnson County

- 11 Executive Board Meeting 5:30 pm
- 11 Pres. Council Meeting 6:30 pm
- 12-13 First Book Garage Sale
- 17 Backyard Bonanza 6:00 pm Registration & 6:30 pm Program

