

Heart Lines.....Your link to Purdue Extension

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Purdue Extension
Madison County
Health & Human Sciences

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Anderson IN 46017
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**July
August
2021**



*If you are
not
barefoot
you are
Overdressed!*

-Unknown

**New Castle
Fall District Meeting**



September 1, 2021

Delaware County Fairgrounds (Heartland Hall)
1210 N. Wheeling Ave.
Muncie, IN 47303
Cost: \$13.00

Registration opens at 8:00 a.m. program begins at 9:00 a.m.

Registration due August 25th to:

Peg Peter
3411 E. 8th Street
Anderson, IN 46012



Fall Event

September 15, 2021

1:00 - 3:00 p.m.

Madison County
4-H Farm Bureau Building

No registration required!



2021 Fair Information

- Non-perishable items must be checked in on **Monday**, July 19th from **1:00p.m. - 6:00 pm** for judging. **Note:** If non-perishable items come in on Tuesday, they will be considered late entries and will only receive a green ribbon
- Enter Gate B -2nd entrance off of 4th Street and drive to the 4-H Building to unload projects. You can make your way to the building on the south side of the barns.
- On Monday, July 19th, 2021, there is **no charge** for entry **before 3:00 p.m.**
- Food, Gardening, & Flowers check-in is on **Tuesday**, July 20th from **7:30 a.m. to 9:00 a.m.**. **Check-in will be located only at the SOUTH entrance of the Farm Bureau 4-H Building.** **NOTE: No one will be allowed to enter the 4-H Exhibit Hall or Fair Office until the building opens at 9:30 a.m.**
- For baked products: Layer cakes must be iced. **NO FRUIT FILLINGS OR PUDDING FILLINGS** are allowed. No puddings, eggs, cream cheese or whipped cream should be used in icings.
- Garden exhibits/vegetables: please review guidelines in the 4-H 970-W gardening supplement before submitting the exhibit.

General Fair Information – Green registration forms are due now to **Peg Peter**. If you haven't sent them in yet, please do so. It helps speed up the entry process. **DO NOT** send her money or Blue Entry Tags.

- Recipes for food projects need to be placed on fair exhibit or plain recipe card. Please be sure to include club name, your name and phone number, along with the recipe name. **Place all recipes in zip lock bag for protection.**

Clubs will earn extra points for reading fair rules at a club meeting.

All exhibits must have 2 completed Blue Entry Tags when they are checked in at the registration table. This is to help the line go faster. Make sure the Blue Entry Tags are completely filled out and ready BEFORE coming to the 4-H Building. If you are bringing projects in for other club members make sure the Blue Entry Tags are completed for them as well. Food items need 3 labels (because of the auction). Don't forget the .50 cent entry fee on each item, except foods. Entry fees are collected when you bring your projects to the registration table.

Ribbons and comment sheets for food items will be given to only one member of each club when they pick-up their projects. Food projects wrapped for display will have a purple, blue, red or white sticker in place of the ribbon.

Friday, July 23rd - Project Release

All Extension Homemaker exhibits will remain on display until Friday, July 23rd. Exhibits must be picked up on Friday, July 23rd between 11:00 - 1:00. **NOTE:** Exhibits must be signed out by the person taking it!

Looking Ahead

July 5, 2021 - Office Closed

August 4, 2021 E.H. Council

11:30 bring a sack lunch and include a drink

September 1, 2021

District Meeting (Delaware County)

September 15, 2021

Fall Event (Fairgrounds)

October 21, 2021

Craft Expo (Fairgrounds)

Plant Sale at the Fair

July 19-24, 2021



Hopefully you have your plants ready and growing for the fair! Please identify and label your plants with planting and care instructions. This helps so much! If you deliver your plants prior to 10:00 a.m., you can drive your vehicle up to the tent or 4-H building. This helps with traffic problems. Following are the designated days for your clubs to drop your plants off at the fair:

Monday - Budget Benders

Frankton Homemakers

Tuesday - Gilman

Wednesday - Modern Homemakers

Thursday - Profit & Pleasure

Suburbanites

Friday - Willing Workers

If your club is not mentioned above, please bring your plants on a day convenient for you.

For questions contact:

Kimberly Powless

765-620-4642

Be sure to leave a message and I will get back with you.

August Council Meeting
Wednesday, August 4, 2021

11:30 a.m.



First United
Methodist Church
1215 Jackson Street
Anderson, IN 46016

Bring a sack lunch and drink!
Social Distance will be observed.



Craft Expo

October 21, 2021

10:00 - 3:00

Madison County

4-H Farm Bureau Building

Questions call: Kay Smith - 765-620-5610



Dear Extension Homemakers,

We have reached our busy season as Extension Homemakers! As your new president for Madison County Extension Homemakers, I want to first thank Susan Shuter, our outgoing president, for leading us the past 2 years. Susan really stepped up to the plate and faced the challenges of 2020/2021, lifting our spirits, keeping us together and up-to-date with information to bring us back to our somewhat new normal. Thank you, Susan!

I hope you are all planning to exhibit a project at the fair July 18-24th. Don't hesitate to enter a food item! We still want and need to raise money for our Lula Boone Scholarship fund, and plan to do so by having a bake sale, accepting free will donations for our food items. This being said, we do need to work together and have hostesses to assist with the food and donations. The food auction has always been our means of raising money to support young scholars. You should have received your guidelines and entry information, forms and recipe cards from your club president by now. If not, they are available at the Extension Office.

Having mentioned the scholarships, we did not have any applicants for 2020. Therefore, we used the funds we had and were able to give two scholarships for 2021. It was a difficult decision, as we had several candidates. Both recipients are 10 year members and are studying nursing at IU Kokomo. They are both graduates of Frankton High School, Kenzie Fisher and Katy Thresher. They both attended and were recognized at Achievement Night.

Don't forget the plant sale at the fair! One of our largest contributors, The Barnyard Greenhouse, has retired and closed. Please bring plants on your club's designated days so we have a fresh supply throughout the week.

I want to take a moment to say a very special thank you to my Gilman Club sisters for all their support at Achievement Night and always. It is my hope that each of you enjoy a special bond with the members of your clubs. I look forward to visiting each of the clubs in the coming two years, getting to know you all more. Kindness is my heartfelt theme and you will notice it in your books. Above all, remember to be kind to yourself, it makes it easier to share and by sharing kindness, your heart will be filled with joy.

Have courage. BE KIND ~ Cinderella's Mother

Kimberly Powless
President
765-620-4642

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Color _____ Bloom time _____
Water ____ Perennial ____ Annual ____ Bi-annual ____
Ground cover ____ Grown for foliage _____
Notes _____

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Eat Better for Less

Gear Up for Healthy Summer Fun

Did you know?

In Indiana, 91.4% of the population do not eat enough vegetables and 88.5% do not eat enough fruits.

Also, American children spend on average 7½ hours of their spare time each day in front of a screen. This includes watching television, playing video games, and using a computer, tablet, or smartphone.

This summer, let's make it a goal to eat more colorful fruits and vegetables and to get our bodies up and moving.

Fresh Ideas to try more Fruits and Vegetables:

Rainbow Potluck: Invite friends and family over for a Rainbow Potluck and ask each person to bring a fruit or vegetable dish of a specific color. Your serving table will look beautiful, and you'll be teaching everyone an important lesson: Vary your fruits and vegetables. Why? Eating fruits and veggies in a variety of colors — red, orange, yellow, green, blue, purple, white, and brown — helps everyone get the nutrients needed for good health.

Try-Day Friday: Having friends over on a Friday evening? Serve one unfamiliar summer fruit or vegetable for everyone to taste, such as Asian pears, dried black currants, steamed green soybeans (edamame), guavas, or anything else you can find! Why? This is a fun way to encourage everyone to try new fruits and veggies.

Get Moving with these Ideas:

Dance Tag – Play a game of Freeze Tag, but instead of remaining “frozen,” tagged players must do fun dance moves until re-tagged.

Outdoor Fitness – Use everyday items such as jump ropes, toy hoops, playground equipment, stepping stones, or stairs to create an obstacle course. For an energy boost, add heart-pumping music.

Glow Dance Party – Get some glow sticks or flashlights and keep the party glowing — and going — when the sun goes down.

Balloon Dance Party – Have a dance party with a balloon, but don't let it touch the ground.

Berry Jams Party Bites



Ingredients

- 3 whole-grain English muffins
- 6 tablespoons peanut butter or sunflower seed butter
- 1 cup fresh or frozen (and thawed) strawberries, sliced
- ½ cup fresh or frozen (and thawed) blueberries

Directions

1. Using a fork, gently split English muffins in half, and toast if desired.
2. Spread 1 tablespoon of peanut butter on each English muffin half.
3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
4. Serve immediately or chill until served.

Options

1. Instead of strawberries and blueberries, use bananas for a delicious twist.
2. Allergic to nuts? Use sunflower seed butter in place of peanut butter.

Resources: <https://www.rmff.org/wp-content/uploads/2019/03/20190307-Obesity-ObesityReport2019-AltatumBMFFObesityReportFINAL.pdf>; https://fns-prcd.azurseedgenet/sites/default/files/in/sfm_r3fmguideprint.pdf

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

Dear Madison County Extension Homemakers:

I thought I should send a note explaining a few changes to this year's county fair and the entries you plan to submit.

First of all, nothing has changed on the list of items you plan to enter into the fair. All the categories remain the same. We will still be at the 4-H building accepting non-perishable entries on Monday, July 19 from 1:00 pm to 6:00 pm. We will accept perishable items (foods, live flowers, garden entries, etc on Tuesday, July 20 from 7:30 am to 9:00 am. After 9:00 am on Tuesday, any item brought in will be considered late, and will be awarded a green ribbon. Then the judging will begin. We estimate the Homemaker's Exhibit will be ready to open after 3 pm on Tuesday, with all ribbons awarded.

You are encouraged to preregister your items using the green colored sheets your presidents picked up at the May President's Council Meeting. Please do not send me your blue tags or your entry fees. Those are needed on Monday and Tuesday. (there is no entry fee for food items)

Here is where the change happens. We cannot have a food auction on Tuesday evening as we have in the past. This causes a problem because the fair food auction is the main source of money for the Lula Boone Scholarships we try to award every year. In past years we have given two or three scholarships to graduates of Madison County, and we would like to continue doing so, and I think we have designed a good plan to accomplish this task.

Instead of a food auction, after the food items have all been judged we will have a bake sale of all items submitted. We will not put a price on the items, but we will ask for a free will offering from the people purchasing the item, assuring them 100% of the revenue from the bake sale will go to scholarships for Madison County.

In addition, if you would like to sell a non-perishable item, like a wreath, quilt, afghan or holiday ornament, you could place a note on it that you were willing to sell the item for a free-will donation to the scholarship fund. I don't know that we could release the non-perishable item til Friday, but that's still a possibility.

Our goal is to raise \$2000 + for scholarships, so your entries in the fair are very important. As always, if you only want to have your item in the bake sale, and not judged, that is also ok.

If you have any further questions, please give me a call at 765-623-9752 to talk about it.

Sincerely, Peg Peter

Fair Exhibit Chairperson