

# THE EXTENSION LINE

*Bringing University information to the local level to  
strengthen families, spend smart, eat right, and live well.*



Extension - Health and  
Human Sciences



## THANKS FOR THE FAIR!

The Posey County fair has come and gone, and it would not have been such a success if it wasn't for so many of you!

Thank you for all the volunteer work you have done to make our community event so grand! We had a large number of entries for Open Class Exhibits and our 4-H numbers were up this year. See the results in the newsletter.

In the fall, we are bringing back A Matter of Balance class at the Posey County Council on Aging. Be sure to RSVP as soon as possible because this class will fill up fast! Details can be found in the flyer within.

If you have ever volunteered for Reality Store, you know what a fun day it is! Be sure to call our office today to get on the volunteer list. We are looking forward to your smiling faces.



**KRISTEN LOWRY**

**HEALTH AND HUMAN  
SCIENCES EXTENSION  
EDUCATOR**

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Mt. Vernon, IN 47620

## BITS FROM BETH

Wow! We did it! Another successful fair – Open Class and Fair Meals! Major kudos to the committees who planned and the members who helped in any way – you all are AMAZING!!! Take a deep breath, and get ready to take part in our many upcoming events and programs!

Our next Council meeting is Tuesday, August 9, at 9 a.m. at the Community Center. I would like to continue our brainstorming session on how to publicize/market Extension Homemakers to the community. Several members have also expressed an interest in having a day of lessons and/or programs. Please bring ideas on what you would like to learn and how we can set up that day. This has so many fun possibilities!!!

Some of our clubs are working on our “Be Kind” hearts project. Please update us at the meeting!

The Fall District Meeting is Tuesday, August 16, in Warrick County. A flier with all the information is included in this newsletter. Each club president has the information; reservation deadline is August 4 – each club sends their check to our treasurer, Jaina Paciorkowski, who will forward one check to the District host. I hope you all get a chance to attend; these meetings are always fun and filled with information!

Joanna Dickhaut will be presenting a program on bees and their importance in our lives. It will be on September 14. More information is included in this newsletter!!

Thanks for all you do, ladies. You and our clubs are the best advertisement I know for Extension Homemaking and all it has to offer our community!

And smile – it makes others wonder what you’ve been up to!! J

Beth

### Upcoming meetings/events:

**National Volunteer Outreach Network (NVON) National Conference** – July 25-17

**Council meeting** – August 9, 2022

**District IEHA Meeting**- August 16 in Warrick Co.



# DO YOU HAVE **concerns** **about falling?**



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

# PURDUE

UNIVERSITY



**Public Health**  
Prevent. Promote. Protec

Classes will be held Tuesday's  
at: Posey County Council  
on Aging  
**12 - 2 p.m.**

once a week for  
8 weeks  
for 2 hours each time beginning  
September 13

Program limited to 12 participants.

Program is **FREE**

**To register for the class call:**  
Purdue Extension-Posey County  
812-838-1331

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

# Tech Talk

WHEN: SEPTEMBER 6, 13, 20, & 27  
WHERE: ALEXANDRIAN PUBLIC LIBRARY  
WHEN: 10:00 AM CST  
RSVP BY CALLING APL BY SEPTEMBER 1.  
812-838-3286

SERIES OF CLASSES TO TEACH YOU TIPS & TRICKS ON YOUR PHONE TO ENHANCE YOUR COMMUNICATION WITH OTHERS AND HELP PROTECT YOUR IDENTITY. THIS CLASS IS SPECIFIC TO APPLE'S IPHONE.

PLEASE BE SURE TO COME TO THE CLASS WITH YOUR DEVICE FULLY CHARGED.

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**BEE-AWARE  
BEE- INFORMED  
BEE THE BUZZ ABOUT THE  
HONEY BEE!**

**WHERE-** ALEXANDER PUBLIC LIBRARY:  
MEETING ROOM B

**WHEN-** SEPTEMBER 14, 2022

**TIME-** 10:00 A.M.

**PRESENTER:** JOANNA DICKHAUT;  
BEE KEEPER ASSISTANT AND IEHA MEMBER

PLEASE CONTACT JOANNA WITH ANY QUESTIONS  
OR CONCERNS AT 812-205-5731

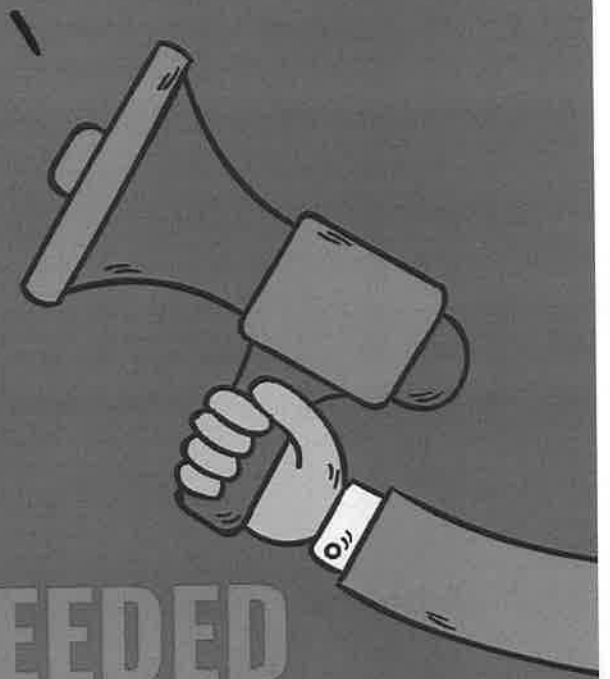




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Extension

# REALITY STORE



## VOLUNTEERS NEEDED

On Thursday, October 6th, the Purdue Extension-Posey County Office staff is assisting MVJH & NPJH with Reality Store for ALL Posey County eighth grade students and volunteers are needed. Reality Store is a hands-on student activity that is very close to "real life" in one hour. Through pre-activities, students choose a career. Upon arrival at Reality Store, students open a checking account and begin their journey, going from booth to booth making financial decisions and gaining an economic appreciation to their future.

**JOIN OUR  
TEAM!**

Please consider volunteering for this worthwhile and fun activity! Volunteers are needed 7:30 AM - 2:00 PM and lunch is provided. Call the Extension Office at 812-838-1331 or email [ldeshiel@purdue.edu](mailto:ldeshiel@purdue.edu) to volunteer or to learn more.

T H U R S D A Y

**6TH**

OCTOBER 2022

Mt. Vernon Junior High

# PARENTS FOREVER

Parents Forever is an educational program for families experiencing divorce, separation, or a change in custody.

## 2022 DATES

**June 7** 9:30-1:30 CST / 10:30-2:30 EST  
EVPL Central  
200 SE Martin Luther King Jr Blvd, Evansville

**June 15** 12:00-4:00 CST / 1:00-5:00 EST  
Food Court Meeting Space  
Davies County 4-H Grounds  
14-H Way, Washington

**June 23** 8:00-12:00 CST / 9:00-1:00 EST  
Dubois County  
(exact location TBD)

**July 7** 12:00-4:00 CST / 1:00-5:00 EST  
Boonville Warrick County Public Library  
611 W Main St., Boonville

**July 19** 9:30-1:30 CST / 10:30-2:30 EST  
Vanderburgh County  
(exact location TBD)

**August 3** 8:00-12:00 CST / 9:00-1:00 EST  
\*\*BILINGUAL - English/Spanish\*\*  
Dubois County  
(exact location TBD)

**August 18** 9:30-1:30 CST / 10:30-2:30 EST  
Vanderburgh County  
(exact location TBD)

**September 7** 8:00-12:00 CST / 9:00-1:00 EST  
Dubois County  
(exact location TBD)

**September 28** 9:30-1:30 CST / 10:30-2:30 EST  
Alexander Public Library  
115 W 5th St, Mt Vernon

**October 11** 2:00-6:00 CST / 3:00-7:00 EST  
Pike County 4-H Building  
1211 W State Rd 56, Petersburg

**October 26** 8:00-12:00 CST / 9:00-1:00 EST  
\*\*BILINGUAL - English/Spanish\*\*  
Dubois County  
(exact location TBD)

**November 10** 12:00-4:00 CST / 1:00-5:00 EST  
Food Court Meeting Space  
Davies County 4-H Grounds  
14-H Way, Washington



Extension

For more information:  
812-435-5287 or  
brotherm@purdue.edu

**Cost: \$50 per participant**  
(financial assistance may be available)

Register here:  
<https://bit.ly/ParentsForever2022>

Purdue University is an equal access/  
equal opportunity university

POSEY COUNTY EXTENSION HOMEMAKERS  
OPEN CLASS EXHIBIT RESULTS  
2022

(SM- Special Merit)

Department I - Sewing by Machine

Garment Construction

Beth Russell - Blue, SM

Totes, Purses, and Bags

Ann Kempf - Blue, SM

Department II - Needlework (By Hand)

Crocheted Articles

Bobbie Moore - Blue, SM

Breanna & Rhianna Nellis - Blue, SM

Breanna & Rhianna Nellis - Blue

Breanna Nellis - Red

Breanna Nellis - Blue

Breanna Nellis - Blue

Breanna Nellis - Blue, SM

Breanna Nellis - Blue

Rhianna Nellis - Red

Rhianna Nellis - Blue

Bobbie Moore - Blue

Bobbie Moore - Blue

Crocheted Art

Rhianna Nellis - Blue

Rhianna Nellis - Red

Rhianna Nellis - Blue

Counted Cross Stitch

Ansley Pierce - Blue

Lowel Pierce - Blue, SM

Knitting

Sarah Pierce - Blue, SM

Miscellaneous

Lucy Mohr - Blue

Denise Burns - Blue, SM

Department III - Quilting

Hand Embroidered/Machine Quilted

Patty Lutton - Blue, SM

Patty Lutton - Blue

Machine Pieced/Machine Quilted

Jeanette Head - Blue

Linda Temme - Blue

Linda Temme - Blue

Joanna Dickhaut - Blue

Amy Wolf - Blue

Amy Wolf - Blue

Amy Wolf - Blue

Hand Pieced/Machine Quilted

Carla Sailer - Blue

Applique/Machine Quilted

Linda Temme - Blue

Patty Lutton - Blue

Patty Lutton - Blue

Ann Kempf - Blue

Small Quilted Articles - Throws

Patty Lutton - Blue

Patty Lutton - Blue, SM

Small Quilted Articles - Wall Hanging/Table Runner

Jaina Paciorkowski - Blue

Amy Wolf - Blue

Patty Lutton - Blue

Patty Lutton - Blue

Patty Lutton - Blue

Patty Lutton - Blue

Patty Lutton - Blue

Patty Lutton - Blue, SM

Joint Effort - Machine Quilted/Machine Pieced

Jaina Paciorkowski - Blue

Jaina Paciordowski - Blue

Joint Effort - Applique/Machine Quilted

Debbie Mullins - Blue, SM

Department IV - Fine Arts

Painting (Acrylic, Oil, Water Color)

Stacy Conyers - Blue, SM

Stacy Conyers - Blue

Stacy Conyers - Blue

Stacy Conyers - Red

Stacy Conyers - Blue

Dale Kennedy - Blue

Dale Kennedy - Blue

Dale Kennedy - Red

Beth Ann Cook - Blue

Beth Ann Cook - Blue

Beth Ann Cook - Blue

Beth Ann Cook - Blue

Beth Ann Cook - Blue

Beth Ann Cook - Red

Beth Ann Cook - Blue

Beth Ann Cook - Blue

Barbara Mayer - Blue

Barbara Mayer - Blue

Barbara Mayer - Blue

Denise Rapp - Red

Denise Rapp - Red

Jo Briant - Blue

Jo Briant - Blue

Jo Briant - Blue

Jo Briant - Blue

Hadley Thiem - Red

Carla Sailer - Red

Stan Campbell - Blue

Pencil Drawing

Hadley Thiem - Blue

Pan and Ink Drawing

Stan Campbell - Blue, SM

Stan Campbell - Blue

Department V - Crafts

Fabric - Soft Structure Articles, Not Sewn

Chris Woods - Blue, SM

Emily Woods - Blue

Painting - Miscellaneous

Delene Schmitz - Blue, SM

Wreaths

Denise Rapp - Blue

Denise Rapp - Blue

Denise Rapp - Blue

Other Crafts

Denise Rapp - Blue

Denise Rapp - Blue

Crafts Made By Children

Cora Wildeman - Blue

Cora Wildeman - Blue

Cora Wildeman - Blue

Zeb Calvin - Blue

Zane Calvin - Blue

Zane Calvin - Blue

Nolan Woods - Blue

Fresh Flowers Display - Bouquet

Dana Deckard - Blue, SM

Randy Hartman - Blue, SM

Ashley Gray - Blue

Carla Sailer - Blue

Charlie Gason - Blue

Russell Roehr - Blue, SM

Russell Roehr - Blue

Russell Roehr - Blue

Russell Roehr - Blue

Russell Roehr - Blue

Russell Roehr - Blue

Russell Roehr - Blue

Patty Lutton - Blue

Patty Lutton - Blue

Plants

Carla Sailer - Blue

Carla Sailer - Blue

Russell Roehr - Blue

Patty Lutton - Blue

Department VI - Foods

Breads - Sweet Yeast Bread

Joanie Beste - Blue, SM

Cakes - White

Lilly Thiem - Blue

Cakes - Chocolate

Connie Eldridge - Blue

Hadley Thiem - Blue

Cakes - Sponge/Angel Food/Chiffon)

JoBerta Campbell - Blue

Decorated Cakes

Lilly Thiem - Blue

Gabi Boerner - Blue, SM

Candy - Divinity

Kay Thiem - Blue, SM

Candy - Miscellaneous

Denise Burns - Blue

Pie - Fruit

Russell Roehr - Blue

Pies - Miscellaneous

Russell Roehr - Blue

Cookies - Drop

Shirley Wentzel - Blue

Denise Burns - Blue

Eleanor Buchanan - Blue

Cookies - Bar

Eleanor Buchanan - Blue

Department VII - Flowers

Specimen Display - One Flower

Marilyn Schmitzer - Blue

Marilyn Schmitzer - Blue

Marilyn Schmitzer - Blue

Amelia Wildeman - Blue

Russell Roehr - Blue

Russell Roehr - Blue

Patty Lutton - Blue

Department VIII - Furniture

No Entries

Department IX - Food Preservation

Pickles

Terri Hall - Blue

Salsa

Dana Deckard - Blue

Jams, Jellies, & Preserves

Terri Hall - Blue

Terri Hall - Red

Nancy Lewis - Red

Vegetables

Russell Roehr - Blue

Fruit

Marilyn Schmitzer - Red

Marilyn Schmitzer - Blue

Relish

Dana Deckard - Blue

Emily Scott - Red

Department X - Photography - Mounted

Black & White - Portrait

Ashley Gray - White

Color - Landscape

Beth Cook - Blue

Amelia Wildeman - Blue

Ebram Shephard - Blue

Ebram Shephard - Red

Ronald Gansman, Jr. - Red

Ebram Shephard - Blue, SM

Ronald Gansman - Red

Ronald Gansman - Blue



Ronald Gansman – Blue  
Ronald Gansman – Red  
Ronald Gansman – Red  
Ronald Gansman – Blue  
Ronald Gansman – Red

Color – Still Life

Jean Gansman – Blue  
Jean Gansman – Red  
Jean Gansman – Red  
Jean Gansman – Blue  
Ronald Gansman – Red  
Ronald Gansman – Red  
Ronald Gansman – Red  
Ronald Gansman – Red  
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Ronald Gansman – Red  
Ronald Gansman – Red

Color – Action

Ebram Shephard – Red  
Ronald Gansman – Red  
Ronald Gansman – White

Color – Portrait

Donna Allyn – Blue  
Ronald Gansman – Red  
Ronald Gansman – Red  
Ronald Gansman – Blue  
Ronald Gansman – Red  
Ronald Gansman – Blue  
Ronald Gansman – White

Digitally Altered – Blue, SM

Department XI – Miscellaneous

Wine

John Schmitt – Blue, SM  
John Schmitt – Red  
John Schmitt – Blue

Department XII – Crops

Wheat – 20 Heads

Eleanor Buchanan – Blue

Department XIII – Garden

Potatoes

Bryan Wildeman – Blue, SM

Best Basket (5 or more kinds of vegetables)

Russell Roehr – Blue, SM

Tomatoes

Mary McGrew – Blue, SM

Mary McGrew – Blue

Squash

Mary McGrew – Blue, SM

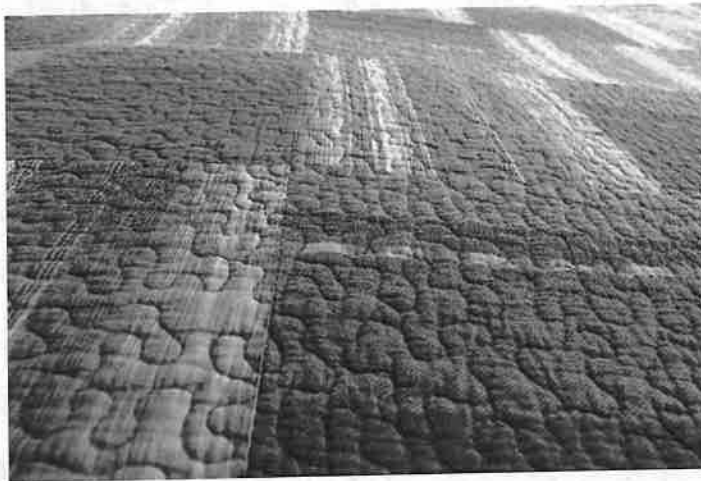
Mary McGrew – Blue

Mary McGrew – Blue

Peppers

Theresa Wildeman – Blue

JoBerta Campbell – Blue, SM



PURDUE EXTENSION-POSEY COUNTY

126 E. THIRD STREET, ROOM 29

MT. VERNON IN 47620

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Precious Poseys - 2022	Second Wednesday 1-3 p.m.	Second Saturday 9-11 a.m.	Fourth Wednesday 9-11 a.m.	Club
January	13	9	27	Members on the Move
February	10	13	24	Roadrunners
March	10	13	24	Town & Country
April	13	16	27	Busy Homemakers
May	11	14	25	Domestic Doers
June	8	11	22	Friendship Circle
July	13	9	27	Friendship Circle
August	10	13	24	Busy Homemakers
September	14	10	28	Members on the Move
October	12	8	26	Roadrunners
November	9	12	16 (3 <sup>rd</sup> Wednesday)	Town & Country
December	14	10	21 (3 <sup>rd</sup> Wednesday)	Busy Homemakers