

SCRIBBLES

PURDUE UNIVERSITY

VANDERBURGH COUNTY
EXTENSION HOMEMAKERS



Upcoming Events

July 1st

*New officers assume duties;
*Executive Committee meeting at
5:30; Council meeting at 7:00,
Conference Room*

July 5th

Office Closed

July 20

Fashion Show

July 20 - 22

NVON Conference

July 22

Fair set-up, 9AM

July 25

Projects Entered

July 26-31

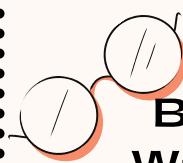
Vanderburgh County Fair

Vanderburgh County Well Represented at Home and Family Conference

Six members from Vanderburgh County attended the Home and Family Conference in Plainfield. They enjoyed Heritage skill lessons, participated in the conference events and shared a lot of laughs. See the insert for memorable pictures!

Save the Date for Fall District Meeting

The Fall District Meeting is scheduled for Wednesday August 25th in Posey County. Official invitations will be sent shortly. This will be an in-person event.



Building Watchers

It's that time of year again when we need to schedule building watchers during the Fair in the auditorium. Since the 4-H projects will be in the other building, we need to staff building watchers Monday, 3pm to 10pm; Tuesday to Saturday, 9am to 10 pm. We need 2 watchers per hour. If you can help out, respond to Nancy Myers, via email at nmyers@usi.edu, call or text 812-618-7201. Give me your first and second choice of time slots. If you can do multiple time slots, that would be great! Building watching is a wonderful way to check out all of the projects and meet new people. Thanks in advance for your help.

-Nancy Myers



FAIR TIME!



Fairs Care



For every donation made to the Vanderburgh County Fair (minimum \$5 in canned goods or monetary support) you will be given 1 Indiana State Fair admission tickets good for any day of the fair. We will have a box to collect canned goods at entry times for projects on Saturday OR you may come to the Extension Office at any time during fair week and donate to receive tickets. Our goal is to have 100 donors participate in recognition of our 100th VCF. If you don't need a ticket for the State Fair you can still donate and show how our Vanderburgh County 4-H members/families care for our community. Please consider a donation.

Club Displays

In addition to our normal club displays, we encourage any club that would like to bring any previous years' banners to hang on the wooden supports in the Auditorium. These banners will not be judged, but will help set the mood for the 100th Anniversary celebration!



100 Exhibits for 100 Years

We will be recognizing each Extension Homemaker club whose members exhibit at least 100 Open Class projects with a \$100 donation to a charity or service organization of their choice. Encourage your members to be finishing up their projects so we can fill the building with our wonderful talents.



Knitting for a Cause

"Started knitting the mats in Jan 2020, was looking on Pinterest for a new or different knitting project and saw picture of a lady who was crocheting sleep mats for the homeless. Couldn't find any patterns for knitted mats, so I just kind of made one on my own, and then COVID hit and I had plenty of spare time to knit. The mats are approx. 3x6 ft and I also knit a 4-5 inch wide x 6ft long strip and join the ends to make a big loop and use that to wrap around the rolled up mat, they can use that to carry mat. The mats are made of plastic bags that have been flattened and cut in 1 inch strips (loops), the strips are then braided into "plarn", plastic yarn! There again, Pinterest has instructions on how to prep the bags and make "plarn". I have delivered the majority of my mats to Salvation Army, early on I took some to Aurora and United Caring Shelter."

Submitted by Paula Reininga

**NANCY
SCHNEIDER**
(MEMBER OF
THE HONEY
BEES)



Vanderburgh Count to partner with Knox County for Host a Hoosier Program

The Host a Hoosier program pairs two counties for a year. The intention is for the county leaders/members to visit and share ideas in the spirit of friendship. Vanderburgh County has been paired with Knox County (Vincennes) for the current year. The Executive Committee will communicate the details when there is an opportunity to participate. What for more information in future issues of the Scribbles.



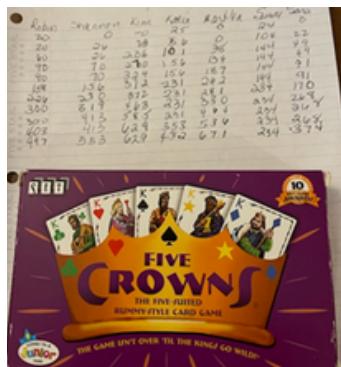
Evansville District to Hold District Wide Craft Retreat

The Evansville District will be holding a craft retreat weekend open to all members in the Evansville District. This is a purely social event. Currently the intent is to hold the event at Santa's Lodge in Santa Claus Indiana from Friday through Sunday. If you would like to be part of the planning committee, reach out to Martha Alle, Evansville District representative at 812-760-5810 or antmartha@aol.com. Let's make this a fun and memorable event!

HOME AND FAMILY CONFERENCE



Shannon Johnson, Katie Maurer, Martha Alle, Robin Lax, Susan Yarbor and Kim Schapker sharing friendship and an evening dinner during conference



Susan Yarbor taught everyone a new card game ...and apparently cheating was optional....



Katie and Kim find each other prior to the quilting lesson



HOME AND FAMILY CONFERENCE



Martha Alle Inducted as Evansville District Representative



At the close of the Annual Business Meeting, induction ceremonies were held to install the 2021-2022 IEHA Board of Directors. Martha Alle, a member of the Creative Critters in Vanderburgh County was installed as the Evansville District Representatives. The Evansville District includes Daviess, Dubois, Gibson, Knox, Martin, Perry, Pike, Posey, Spencer, Vanderburgh and Warrick counties. A District Representative serves a two-year term. To be eligible, a member must have previously served as her county President.

Sarah Risley spoke at the conference on the subject of “Getting Lost in Indiana” and quickly became a friend of Vanderburgh County.



Martha Alle, chair of the Membership Activity Committee presented the session on Meeting Membership Needs with Multiple Generations

State Activity Committees and Focus Groups Open for Members

In “normal” years, members can volunteer to serve on state committees and focus groups by signing up at the spring district meetings. Because so many meetings were held virtually during spring of 2021, these teams are still forming. If you are interested in serving, you can reach out the chairperson or to the new state President, Jan Gogel (812-639-2665). The chairs are:

Activity Committees	Focus Groups
Cultural Arts	Education
Sande Martin	Peg Peters
765-491-2087	765-623-9752
Marketing/Logo	Leadership
Bev Waltz	Michelle Roberts
317-698-8361	765-661-6445
Membership	Volunteer
Martha Alle	Community Support
812-760-5810	Anne Moore
Public Relations	812-350-1072
Cathy Wilkymacky	
513-295-7292	
Silent Auction	
Diana Kuhn	
574-209-3533	

Smile Train named CWC USA Project

As Indiana Extension Homemakers, we are all members of the Country Women's Council USA. The Country Women's Council of the United States of America (CWC), is a coordinating council composed of Associated Country Women of the World (ACWW) member societies in the USA.

The CWC identifies and promotes projects such as the Zero Hunger Challenge that Vanderburgh County Homemakers support through our Women Walk the World event.

The organization has now added the Smile Train as a new project. Smile Train is a nonprofit organization and charity providing corrective surgery for children with cleft lips and palates. Headquartered in New York City and founded in 1999, Smile Train provides free corrective cleft surgery in 87 countries, training local doctors and providing hospital funding for the procedures.

Donations to Cancer Endowment Match

The Purdue Center for Cancer Research has received a \$10 million matching-funds gift from the Indianapolis-based Walther Cancer Foundation to advance its research in drug discovery, treatments and potential cures. The gift is designed to inspire endowed gifts to Purdue's center to sustain the center throughout its existence. The match is effective through July 2025.

In Vanderburgh County, we hold our Crafting for a Cure event to benefit the Cancer Endowment. That means each of the dollars that we raise will be matched. Please help us promote the event so that we can take advantage of this generous opportunity.

Fun With Scribbles!



Celebrate June as Fresh Fruit and Vegetable Month by solving these riddles. The answers just happen to score among the top 20 fruits and vegetables for antioxidant power, as measured by the ORAC (Oxygen Radical Absorbance Capacity) method. The ORAC test is one way researchers determine the antioxidant activity of foods.

After you solve the riddles, stock up on fresh fruits and veggies. Summer is the easiest time to follow MyPlate's advice and fill half your plate with fruits and vegetables. After all, so many fresh fruits and veggies are in season and at their peak of flavor.

Visit the FoodLink site for more information on food
<https://extension.purdue.edu/foodlink/>

(Answers on the last page)

1. You love me in a muffin and as dessert, too; small, plump, and juicy, my color is blue. _____
2. Watch out for thorns when you pick this treat; it's a berry, black and sweet. _____
3. They call me the "stinking rose;" vampire-slayers wear me under their clothes. _____
4. Wind, snow, sleet, or hail, try a leafy green called _____.
5. Breakfast, lunch dessert or dinner, I'm a popular red berry that's sure to be a winner! _____
6. Here's a leafy green that's tried and true; try it raw or even cooked too. _____
7. This "baby cabbage" is named for a city in Europe; don't wrinkle your nose, just eat it up. _____
8. Eat this for breakfast, lunch, or snack; or eat it in a corner, just like Jack. _____
9. I'm a handsome white vegetable that's actually a flower. I remind you of broccoli and bring great phyto-power! _____
10. People eat its green flowers, which are oh so delicious; here's the most popular veggie cruciferous. _____

11. Red and sweet, I'm a vegetable treat. _____

12. In popularity, I'm number three; only apples and bananas are eaten more often than me. _____

13. Red or green, this grows on a vine, besides a great snack, it makes raisins and wine. _____

14. My cousins are hot, but I'm red and sweet. On tacos and salads, I can't be beat. _____

15. Small, round, and juicy, I'm no berry. Life's the pits without a _____

16. A fuzzy brown bird gave this one its name. With its pretty green color, fruit salad will never be the same. _____

17. Don't go on a diet just to eat me. I'm a citrus fruit that's tasty as can be! _____

18. I make you cry but you're not sad. Peel me and use me -- your heart will be glad. _____

19. Canned, popped, or on the cob, here's a little kernel that can do any job. _____

20. Named for an egg, classed as a berry, I'm a purple veggie that will make your heart merry. _____



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Fax: 812-867-4944
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RETURN SERVICE REQUESTED

If you have a disability that requires special assistance for your participation in any program, call the Purdue University Cooperative Extension Service Vanderburgh County Office at 812-867-4935

Answers: 1. Blueberry, 2. Blackberry, 3. Garlic, 4. Kale, 5. Strawberry, 6. Spinach, 7. Brussels sprouts, 8. Plum, 9. Cauliflower, 10. Broccoli, 11. Beets, 12. Orange, 13. Grapes, 14. Red pepper, 15. Cherry, 16. Kiwi fruit, 17. Grapefruit, 18. Onion, 19. Corn, 20. Eggplant.

By Hollis Bass, MEd, RD



ZESTY YOGURT DIP WITH FRUIT PLATTER

Arrange your favorite fruits...pineapple, mango, papaya, kiwi, oranges, berries and melons.

In a small food processor add some of the yogurt with the cream cheese and process until smooth. Then gradually add the rest of the yogurt and remaining ingredients.



Dip:

1/2 cup plain Greek yogurt
1 1/2 tbsps honey
1/4 tsp lime zest
1 tbsp lime juice
3 tbsps cream cheese
Makes 3/4 cup

For shown platter:
Cut the top off the pineapple for interest on the platter and used the bottom as a bowl for the cherries. Half the cantaloupe became the container for the grapes and I kept the peel on some of the fruit, like pineapple, orange, kiwi, watermelon, for texture and visual interest. But also being practical, the peel makes the fruit easier to handle. I peeled the kiwi 2/3 around leaving the peel attached.