

# SCRIBBLES

PURDUE UNIVERSITY

VANDERBURGH COUNTY

EXTENSION HOMEMAKERS

February 2021



## VIRTUAL DISTRICT MEETING

In light of the continuing health and safety issues that come along with a global pandemic and the Governor's regulations on meeting sizes, we have made the decision to host the 2021 Spring District Meeting virtually on March 23, 2021. All Extension Homemakers from our district are invited! This will be a new way for us to gather together while staying healthy. The meeting will take place on Zoom, the platform currently used for our Executive Committee and County Council meetings. It does not require you to sign up for an account and can be used on a computer, a mobile device, or you can call in using a phone number. Watch the next issue of Scribbles for more information! If you have any questions, contact Katie Maurer, 812-483-9186, [maurer.katie@gmail.com](mailto:maurer.katie@gmail.com).

## DATES TO REMEMBER

**February 4 -Exec. Comm.**

**5:30pm**

**Council 7:00pm**

**February 12 & 15- Office closed**

**Crafting for a Cure Date Moved!!**

**We are moving Crafting for a Cure event to November 20, 2021.**

## Women Walk the World

Women Walk the World is scheduled for April 29, 2021. This is a day that women all across the world come together and support women and communities worldwide. It will be held at the Vanderburgh 4-H Center. Please come check in at the Banquet Hall between the hours of 3-7p.m. It will be held rain or shine. If the hours of 3-7pm do not work for you, walk when you can.

Deadline for registering will be April 25, 2021. See attached flyer for registration. Send to Katie Maurer, and make checks payable to Vanderburgh County Extension Homemakers.

Please come out and show your support such a good cause. Bring in an 8 oz. water bottle full of dimes to support the ACWW's Zero Hunger Challenge and receive a chance to win a big prize.

# **PURDUE EXTENSION VANDERBURGH COUNTY ANNUAL VIRTUAL MEETING**

**FEBRUARY 8, 2021 3:30CST**

**PROGRAM UPDATES: EDUCATORS &  
STAFF**

**GUEST SPEAKER: FRED WHITFORD,  
"WHY DO WE DO WHAT WE DO IN  
EXTENSION"**



Business meeting to follow

Register here:

<http://bit.ly/39yCR1n>

After Registering, you will receive a confirmation email containing information about joining the meeting.



Extension - Vanderburgh County

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# Women Walk the World

An initiative of the Associated Country Women of the World and sponsored by the Vanderburgh County Extension Homemakers Association.

**When:** April 29, 2021, 3-7pm (come walk anytime, rain or shine)

**Where:** Vanderburgh 4-H Center Banquet Hall  
(201 E Boonville New Harmony Rd)

**Cost:** \$15

**Deadline:** April 25, 2021

**\*\*Bring an 8oz. water bottle full of dimes to support the ACWW's Zero Hunger Challenge and receive chance to win a great prize!**



The Associated Country Women of the World connects and supports women and communities worldwide.

It is the mission of the Vanderburgh County Extension Homemakers to strengthen families through continuing education, leadership development, and volunteer community support.



**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Send registrations to: Katie Maurer, 6709 Lincoln Ave, Evansville IN 47715

Make checks payable to: **Vanderburgh County Extension Homemakers**

NEW YEAR'S RESOLUTIONS...

## FINANCIAL FITNESS

Virtual Workshops  
Live & Recorded  
No Cost



**MONDAYS in FEBRUARY**  
**11:00am cst / 12:00pm est**

**Feb. 1st Empower Me To Be Clutter Free- Paper**

**Feb. 8th Preparing For Tax Time** - CPA from Brown, Smith and Settle, LLC -

**Feb. 15th Protect Yourself -Scams & Identity Theft**

**Feb. 22nd Alternative Ways To Save** - America Saves Week -



PRE-REGISTRATION IS REQUIRED:

**[bit.ly/FinancialFitness2021](https://bit.ly/FinancialFitness2021)**

Once registered you will receive a Zoom link for  
the live session and access to the post recording.

**QUESTIONS?** Call Kristen Lowry 812-838-1331

*Brought to you by your Southwest Indiana Purdue Extension HHS Educators  
"Educational Partners for Life"*



Purdue University is an equal opportunity/equal access/affirmative action institution.  
If you require special accommodations to attend, please notify contact person  
at least 5 business days prior to session.

# Recipes



## -Hot Coco Bombs-

- Chop chocolate (high-quality bar chocolate is best)
- Temper your chocolate (don't worry, we're doing this the easy way in the microwave and it only takes 5 minutes)
- Paint the chocolate into your silicone molds (two coats) or pour it into your acrylic mold.
- Remove the chocolate spheres from the mold.
- Fill the molds with hot chocolate and marshmallows
- Seal the two pieces of chocolate together with more melted chocolate
  - Decorate the seam with sprinkles!

<https://sugargeekshow.com/recipe/shiny-chocolate-bombs-with-marshmallows/>

## -Vegetable Soup-

### Ingredients:

- 2 pounds ground beef
- 3 medium onions, chopped
- 1 garlic clove, minced
- 3 cans (10-1/2 ounces each) condensed beef broth, undiluted
- 1 can (28 ounces) diced tomatoes, undrained
- 3 cups water
- 1 cup each diced carrots and celery
- 1 cup fresh or frozen cut green beans
- 1 cup cubed peeled potatoes
- 2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
  - 1 teaspoon dried basil
  - 1/2 teaspoon dried thyme
- Salt and pepper to taste

### Steps:

In a large skillet, cook beef and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.

Transfer to a 5-qt. slow cooker. Stir in remaining ingredients. Cover and cook on low until vegetables are tender, 6-8 hours.

\*To save chopping time, use frozen sliced carrots and cubed hash brown potatoes in Savory Winter Soup.

<https://www.cookingclassy.com/vegetable-soup/>

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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*



### 5 Tips for a Healthy Lifestyle:

- Drink a glass of water first thing in the morning: Coffee's great too, but it's best to start your day by re-hydrating with a full glass of water. Hydrating first thing in the morning helps to aid digestion, enhance skin health and boost energy.
- Take the stairs: Taking the stairs instead of the elevator is a simple way to get a little more physical activity in your daily life. It also strengthens and tones your legs and core while you're at it!
- Make half your plate veggies: A simple hack for healthy eating (and portion control) is to make half your plate veggies at each meal. The veggies pack in essential vitamins, minerals and other phytonutrients important for health and longevity. And, because they're rich in fiber, they help to aid digestion (aka keep you regular!) and keep you feeling full longer.
- Get a fitness tracker & track your steps: Using a fitness tracker (like the Fitbit, Apple Watch or similar) to track your steps is an easy way to make sure you're getting enough physical activity each day. We aim for 10,000 steps daily, which has significant physical and mental health benefits. The Fitbit will also remind you to get 250 steps each hour.
- Switch to non-toxic household cleaning products: Conventional household cleaning products are full of harmful chemical ingredients that are not good for our health (or the health of our kids or pets!). Switching to healthier alternatives is a simple way to reduce your exposure to environmental toxins in your home.

<https://fourwellness.co/blog/31-simple-wellness-tips-for-healthy-and-happy-living>