



# Scribbles

NOVEMBER 2017

NEWSLETTER

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REPORTER: AMANDA REXING

**SAVE  
The Date!**

**Nov 5  
2—5 pm**

**HOMEMAKER  
MEMBERSHIP  
EVENT**

**4H Center  
Expo Hall**

## INSIDE THIS ISSUE:

Craft Show 2

Membership  
Event 2

Take Care of  
Yourself 2

Purdue  
Women in  
Agriculture 3

Equifax  
Security  
Breach 3

Autumn  
Squash Bisque  
with Ginger 4

Inserts:  
- Membership  
Event Flyer  
- Creating a  
Strong Family

## Dates to Remember . . .

### November 2 (Thursday)

Executive Committee 5:30  
Council Meeting 7:00  
4H Center Banquet Hall

RSVP due for 11/16  
Lesson—Travel Tips

### November 4 (Saturday)

Celebrate the Center  
Gala

### November 5 (Sunday)

Homemaker Membership  
Event 2-5 pm—Expo Hall

Daylight Savings Time Ends /  
Fall Back

### November 6 (Monday)

Randy Brown Retirement  
Open House 3-5 pm,  
4H Achievement Banquet  
6:00 pm—4H Center  
Auditorium

### November 8 (Wed)

Craft Show Follow-Up  
5:30—Banquet Hall

### November 10 (Friday)

Office Closed  
Veteran's Day (Observed)

### November 16 (Thursday)

Travel Tips Leisure Arts  
Lesson—6 pm Expo Hall

### November 21 (Tuesday)

RSVP due for 12/5 Les-  
son—Living with Essential  
Oils

### November 23 & 24

Office Closed  
Thanksgiving Holiday

### November 25 (Saturday)

Festival of Trees Setup 9am



## Join Us For a Celebration!

### Monday, November 6

We are celebrating Randy Brown's 32 years of service with Purdue Extension—Vanderburgh County with an Open House from 3 to 5 pm in the 4H Center Auditorium. No RSVP is required—just come and say goodbye and share your stories! Light refreshments will be served.



We are also inviting you to the 4H Achievement Banquet following the Open House. The Program begins at 6 pm, and dinner will be served. Come to help us celebrate the great achievements of our 4Hers through the past year. To RSVP or for more information, call the Extension Office. Cost is \$10.

# What's Happening

## Craft Show

A million thanks to everyone that helped in any way with the Fine Arts and Craft Show. Our organization is full of dedicated volunteers who are always willing to be there for our organization whenever we need them. I truly appreciate your time and effort while we planned, prepared, and hosted this past show. The event was a huge success. Our organization is full of amazing volunteers and can function without each and every one of you! Thank you again for everything. We will be having a follow-up meeting on November 8<sup>th</sup> at 5:30pm in the Banquet Hall.

~Amanda Rexing

## Membership Event

We will be hosting a membership event on November 5<sup>th</sup> from 2pm to 5pm at the 4-H Center, Expo Hall. This is open to the community as well as current members. Please come and join in fellowship. There will be a short lesson over popcorn seasonings. Kid activities will also be available.

~ Amanda Rexing

## Take Care of Yourself

While I run or go on a walk I either listen to an audiobook or a podcast. I have really been into podcast lately and the other night I was listening to one that talked about taking care of yourself. I found the talk very interesting as we are always telling our friends and family to make sure they are taking care of themselves but how often do we take our own advice into consideration.

The podcast talked about staying away from the grey zone- which is when you get stuck in thinking and worrying about your job when you are at home or your private life when you are at work. This can be a very destructive mental habit as it robs you of energy and creates huge amounts of stress and worries. There are times I have had quite a bit of trouble with this and what works best for me to stay out of this mental zone is to take breaks while I work. An example of this would be to work 45 minutes and then break for 5 minutes. Other things I try and do is to not work past 7 o'clock in the evenings and keep my weekends workfree. Sometimes this is not easy for me as my schedule can be very crazy, but when I keep my attention and energy focused in

the right place the crazy becomes a little less crazy.



Another thing the podcast talked about was being your own best friend when you stumble. When we make a mistake, fail or stumble in life it is so easy to start beating ourselves up. This past weekend I was supposed to run the Evansville Half Marathon but do to my body saying otherwise I did not. I was so hard on myself for something that was out of my control. When we are hard on ourselves like this it is a destructive habit. Instead of giving in to this habit, the next time take care of yourself by asking- How would my best friend support me and help me in this situation? This simple habit can keep you from being so hard on yourself and helps you to be more constructive.

My challenge to you is to take care of yourself so you can be stronger than ever before to handle the tough times and to make the most out of your hopes, dreams and life.

~ Amanda Rexing

### Thought of the Month...

*It is not happy people who are thankful...  
It is thankful people who are happy*

- Unknown



# This and That

**PURDUE**  
EXTENSION

WOMEN IN  
AGRICULTURE

In 2002, Purdue Extension hosted the first Midwest Women in Agriculture conference. Due to its popularity over the next several years, the annual event led to the formation of the Purdue Women in Agriculture Team in 2006. The team's goal is to help address the educational needs of women employed in or involved with the agricultural industry. The team is composed of Purdue Extension Educators and Specialists, as well as representatives from industry. Check out the website for more information—they are always looking for new members!

[ag.purdue.edu/Extension/wia/](http://ag.purdue.edu/Extension/wia/)

## Women in Ag Stakeholder Luncheon

The Purdue Women in Ag Team held a stakeholder luncheon on May 16. A diverse group of women in the Indiana agricultural industry attended the meeting held at the Indiana Soybean Alliance office in Indianapolis. Representatives from several farms, agricultural businesses and organizations participated in the meeting. Discussions from the group in attendance focused on current and potential audiences, educational needs, program delivery, and partnerships.

## When Death Happens - Helping Farm Families Get Their Affairs in Order Webinar

November 30, 11-12 p.m. CST

When a family member passes away, it is usually a very difficult time emotionally for family members. This difficult time can become even more frustrating when heirs begin to settle their loved one's estate if the farm and personal records are in disarray or non-existent. Join David Marri-son, Ohio State University Extension, as he discusses a way to help families prevent the frustration from developing.

To register or to view recorded webinars, go to the Purdue Women in Ag webinar page <https://ag.purdue.edu/Extension/wia/Pages/webinars.aspx>

**SAVE THE DATE**

2018 Midwest Women in  
Agriculture Conference

February 21-22, 2018  
Horizon Convention Center  
Muncie, IN

## Equifax Security Breach

To counteract the growing confusion and concern surrounding the data breach at Equifax, members of one of eXtension.org's Communities of Practice have combined their research based and experience-tested best practices for protecting your consumer credit onto one web page: <http://articles.extension.org/pages/74535/credit-freezes>

The Indiana Attorney General estimates that this breach affected 143 million Americans and 3.8 million Hoosiers. To check whether you have been impacted by the data breach, please visit <https://www.equifaxsecurity2017.com/potential-impact/>.

Make sure that you are using a secure internet connection (not public Wi-Fi) before submitting your personal information.

Hoosiers are also encouraged to take the following steps to safeguard their identity:

- 1) Freeze your credit - click here to start. Make sure you freeze your credit with each credit bureau- a freeze with one bureau will not transfer to the others.
- 2) Closely monitor your bank and credit card statements, as well as your credit report.
- 3) Read up on how to stay safe from phishing scams.

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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) 435-5287.



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## Autumn Squash Bisque with Ginger

### Ingredients

2 tsp vegetable oil  
2 C sliced onion  
2 lbs winter squash (peeled, seeded, cut into 2-in cubes—about 4 generous cups)  
2 pears (peeled, cored, diced) OR 1-15 oz can sliced pears (drained, chopped)  
2 cloves garlic (peeled, crushed)

2 Tbsp fresh ginger (peeled, coarsely chopped) OR 1 tsp dried ginger  
1/2 tsp thyme  
4 C chicken or vegetable broth  
1 C water  
1 Tbsp lemon juice  
1/2 C plain non-fat yogurt

### Directions

1. Cut and prepare squash, pears, and garlic.
2. Heat oil in a large pot over medium heat.
3. Add onions and cook, stirring constantly until softened (about 3 to 4 minutes).
4. Add squash, pears, garlic, ginger and thyme; cook and continue to stir for 1 minute.
5. Add broth and water, and bring to a simmer.
6. Reduce heat to low, cover, and simmer until squash is tender (about 35-45 minutes).
7. Use a blender or food processor to puree the soup (in batches if necessary). Follow the manufacturer's directions for pureeing hot liquid.
8. Return soup to pot and heat through. Stir in lemon juice.
9. Garnish each serving with a spoonful of yogurt.
10. Refrigerate leftovers within 2 hours.



Purdue Extension

**FoodLink**<sup>SM</sup>



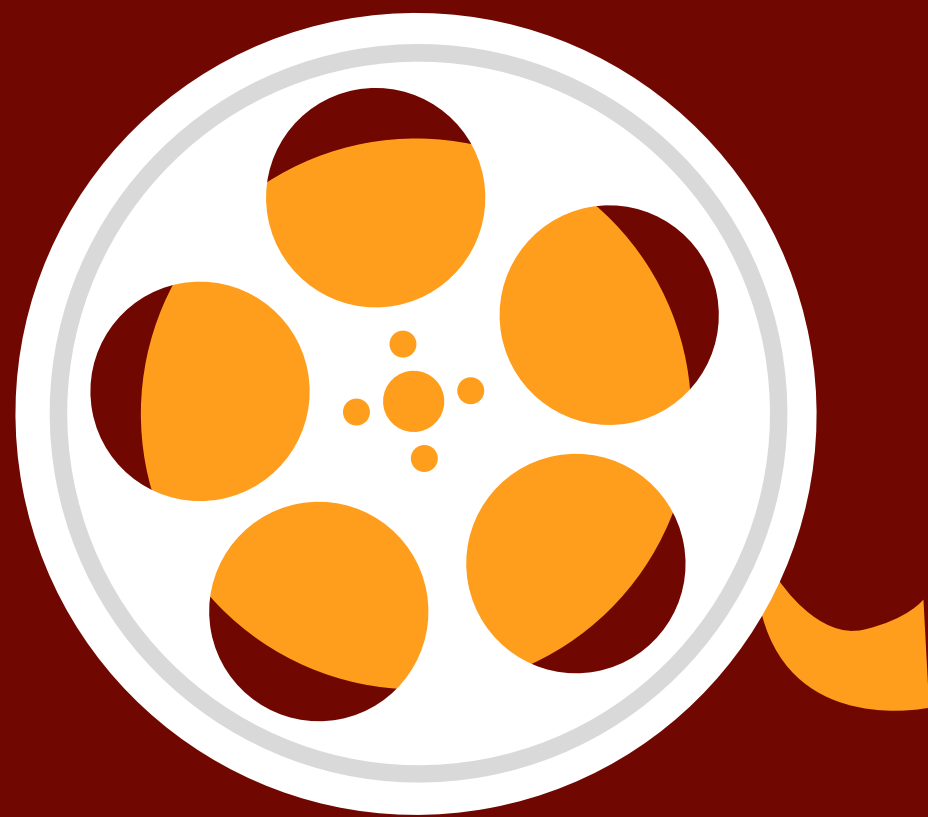


JOIN US FOR OUR

# EXTENSION HOMEMAKERS MEMBERSHIP EVENT

As an Homemaker you have the opportunity to learn,  
grow, and make a difference.

Snacks and kids activities will be provided.



VANDEBURGH 4-H CENTER, EXPO HALL  
201 E. BOONVILLE- NEW HARMONY ROAD  
EVANSVILLE IN 47725

**5 NOVEMBER 2017 2PM TO 5PM**

RSVP by calling 812-435-5287  
or email Meagan at [brotherm@purdue.edu](mailto:brotherm@purdue.edu)

## *Creating a Strong Family*

# Positive Communication: Smoothing Out the Bumps in Family Life

**John DeFrain, Extension Specialist, Family and Community Development; Dianne Swanson, Extension Educator;  
Jeanette Friesen, Extension Educator; Gail Brand, Extension Educator**

This is one in a series of NebGuides by UNL Extension Family Life specialists and educators who explore the attributes and experiences of strong families.

Communication is on everyone's list of the qualities of strong families: open, honest, straightforward, and clear communication. But *positive* communication is the key to success.

One family therapist recalled a family she had worked with. "When I asked them if they felt their communication with each other was open, honest, and straightforward and clear, they all agreed it was. Yelling at each other all the time may have all of the above qualities, but it still doesn't work," she said.

Nick Stinnett, professor of Human Development and Family Studies at the University of Alabama at Tuscaloosa, likes to say that, "In the world of words, there is a way to say precisely what we would like to say but in a positive manner that ensures we will make progress in our relationships with each other." In short, stop and think for a few seconds how to restate your feelings in a way that is not hurtful to the other family member and will help build your love for each other, rather than tear it down.

Of course the most important talk in families often tends to be spontaneous talk. This is communication when no one is really working at communication, but simply enjoying talking and listening for talking and listening's sake. How does a young person in your family feel about sex? Or grades? Or her future? If parents and children are comfortable around each other and genuinely enjoy each other's company, then all kinds of interesting and important issues will come up in the conversation.

Communication in strong families does not always produce agreement on important issues. Family members are each individuals and have unique ways of looking at the world. Communication works best if they all can speak directly with each other without blaming or condemning. Even in strong families, some disagreements simply don't get resolved. People can still love each other and remain friends and loyal family members while agreeing to disagree on various issues. Religion and politics are two perennially hot topics, and the strongest of families can have members diametrically opposed in their world views. Is this type of situation a terrible battle that just has to be fought and won or is it an opportunity for personal growth and interesting discussions? Take your pick.

Troubled families tend to be overly critical and hostile when communicating with each other or else they deny problems and avoid verbal conflict. Either extreme gets families into trouble. A middle-ground approach, in which family members speak openly about their differences but have the grace to agree to disagree in some areas, generally works better. Parents, of course, are in charge of the family. In some cases they will find it necessary to pull rank on the children or young adults in the family, making the final decision on important issues. This has to be done with skill and care, because no one — no matter how young or inexperienced they may be — likes to feel that their thoughts and feelings do not count.

Perhaps the best way to prevent communication difficulties in a family is for everyone to learn to be extremely good listeners. Communication, first and foremost, is about listening. Remember, we have two ears, but only one mouth. We should listen twice as much as we talk. Family members in strong families are adept at asking questions and do not try to read each other's minds. They also know that people's views change over time, and the only way to avoid mind reading is to check out positions regularly by asking questions.

Ground rules for family communication:

- Set aside time for family discussions.
- Spend time in family discussions often, not just when there is a crisis.
- Respect the thoughts and feelings of each person, regardless of age.
- Invite participation from all family members.
- No ideas are bad ideas — no put-downs.

- Ask questions instead of jumping to conclusions.
- Listen carefully to what is being said.
- Focus on positive thoughts and statements instead of the negative ones.
- Don't expect 100 percent agreement on every issue.

Positive communication in strong families is about sharing feelings, giving compliments, not blaming each other, being able to compromise, and agreeing to disagree. We always need to remember that it's not about winning or losing arguments. It's about working together in the family so we all can feel loving toward each other and want the best for everyone.

**This publication has been peer reviewed.**

UNL Extension publications are available online at <http://extension.unl.edu/publications>.

**Index: Family  
Family Strengths**  
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