

Daviess County Homemakers Happenings

New from Sandy

Greetings Ladies,

I think this may be my last greeting so I want to take the opportunity to thank all of the clubs in our county. It has been very rewarding working with all of you. Thank you, again, April Debs for the great Achievement Night Program. Also, a special "thank you" to Jennifer and those in the Extension Office. You were all very helpful and made being "President" a lot easier.

Please see below what all is coming up in the next few weeks.

Sandy York

Inside this Issue:

- ⇒ Bits and Pieces
- ⇒ Dues
- ⇒ District Meeting
- ⇒ Sun Safety
- ⇒ Recipe-Beef Stir Fry
- ⇒ Sign up to help with the 4-H Show

A note from Jennifer

Greetings!

I hope you have enjoyed the Spring and now summer like weather we are having. It was great seeing everyone at the Achievement Banquet in April.

Please mark your calendars for August 22nd, we are hosting the fall Homemakers district meeting and will need help with the event! As summer approaches, many will be taking family trips, working in the flower and vegetable gardens. Don't forget we are here as a resource to help you!

May you have a wonderful summer and I look forward to seeing you at the many summer events we have coming up whether it's a 4-H related event, etc. Stay cool and hydrated!

Thank you Sandy for serving as President the past 2 years. Our new officers will take office July 1st.

Cheers,
Jennifer

Dates to Remember

- May 14-Council Meeting
- June 1-Dues are due
- June 4-6 Home and Family Conference
- July 4-Office Closed
- July 9-Council Meeting
- July 13-20 4-H Show





Reminder!

Bits and Pieces

- ◆ May 14 Council Meeting at Ace's Restaurant 11:30 AM
- ◆ May 15 ***Gibson County Lettuce Change Event has been cancelled***
- ◆ May 28 Office Closed for Memorial Day Holiday
- ◆ June 4-6-Home and Family Conference
- ◆ June 15 and 22 Co-Parenting Class Offered at Community Corrections
- ◆ June 26-ServSafe Course –Knox County Office
- ◆ July 4 Office Closed
- ◆ July 13-20-4-H Show Call the office to sign up to help.
(You must be an approved volunteer)

Dues and County/Club membership – June 1st

All club dues are due to county treasurer Eleanor Lawyer by **June 1st**. They are \$20 per member and that includes yearbook and insurance. Please mail them to her with a current list of your club members and your club name. Her contact information is Eleanor Lawyer, 4749 S100 E Washington , IN 47501 & phone is 812-254-3435.

Dues must be paid on time in order for insurance to be turned in on time!

Thank you for your help.

District Meeting

Daviess County will be hosting the Evansville District Meeting. Please mark your calendars for **Wednesday August 22, 2018**. Plan now to attend.

We will need help in putting on the event and hope to see you all there! Each club will have some responsibilities, talk with your club president.



May is Skin Cancer Prevention Month

Skin cancer is the most common form of cancer in the United States. 76,665 people in the United States were diagnosed with melanomas of the skin, including 45,402 men and 31,263 women. A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same.

A simple way to remember the signs of melanoma is to remember the **A-B-C-D-Es of melanoma**

“A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?

“B” stands for border. Is the border irregular or jagged?

“C” is for color. Is the color uneven?

“D” is for diameter. Is the mole or spot larger than the size of a pea?

“E” is for evolving. Has the mole or spot changed during the past few weeks or months?



For more information you can visit cdc.gov/cancer

Recipe: Stir Fry Vegetables and Beef

Ingredients

1/2 teaspoon ground ginger	1/8 teaspoon garlic powder	1 teaspoon soy sauce
1/3 cup water	1 cup carrot (sliced)	2 cups broccoli
1 bell pepper (chopped)	1 onion (chopped)	1 pkg fresh mushrooms (sliced)
2 tablespoons oil	8 ounces sliced beef	

Instructions

1. Wash hands and any cooking surface.
2. Mix spices, soy sauce and water; set aside.
3. Wash vegetables. Slice carrots, broccoli and mushrooms. Chop onions and bell peppers.
4. Heat oil in large frying pan and add meat when oil is hot; stir until brown.
5. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for 1 minute. Add mushrooms and broccoli. Cook until they are tender.
6. Add liquid mixture and cook until bubbly.
7. Reduce heat, cover pan and cook for two more minutes.
8. Serve over whole-wheat pasta or brown rice.



4-H Show – Volunteers Wanted



Call the office to sign up to help at the 4-H Show. We need building watchers, help with judging and check-in of the projects. Also each livestock show will need volunteers to work the arena popcorn stand. We thank you very much!



Purdue University Cooperative Extension Service
Daviess County Extension Office
214 NE 3rd ST.
Washington, IN 47501
Jennifer Stefancik, Extension Educator,
Phone: 812-254-8668
E-mail: jstefanc@purdue.edu

The Cooperative Extension Service is one the nation’s largest providers of scientific based research information and education. Purdue Extension provides local faces, countless connections linking land-grant university research to Indiana citizens. In the areas of Health and Human Sciences, Agriculture and Natural Resources, Leadership and Community Development, and 4-H Youth

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.

Purdue University is an Affirmative Action institution. This material may be available in alternative formats.