Hello Ladies,

Happy Valentine's Day to everyone, sending love to all.

Ladies, don’t forget about the district meeting March 18th. The council meeting will be changed to the daytime, on March 11 at 11 AM. Don’t forget the high school scholarship is due March 2nd. I enjoyed the Extension Annual meeting and keynote speaker Dean Plaut, thanks to all that attended. Hopefully there will be warmer weather this month and keep the faith. We have 42 days until spring!

Winter is here...but it hasn’t been too snowy or cold! I’m not complaining! We have the spring district meeting coming up March 18th. See inside for details. We’ll be finalizing officers for 2020-2021 and budget for next year. I am thankful for each of your leadership roles and clubs. There are many programs and activities coming up leading to spring and summer. Please share the word and join us if you can. Stay warm as we await spring!
Bits and Pieces

- Council Meeting-March 9, 2020  
  Daviess Co. Security Ctr., 11 AM  
- March 2-Homemakers Scholarship due  
- Spring District Meeting-Save the Date  
  March 18, 2020 Knox County  
- Parent’s Night Out-March 3, 10, 17  
- Matter of Balance Program  
  March 5-April 23, 2020

Spring District Meeting

Spring District Meeting will take place March 18 in Knox County. The meeting is at the Knox County Fairgrounds with registration at 9:30 am. Cost is $11 and must RSVP by March 4th. RSVP by sending payment and registration form to: Darlene Decker, treasurer, 1619 W. Kohlhouse Rd., Vincennes, IN 47591 812-769-4545

Make checks payable to: Knox County Extension Homemakers

4-H Volunteer Process

THANKS TO EVERYONE ATTENDING THE VOLUNTEER NIGHT. IF YOU WOULD STILL LIKE TO SIGN UP CALL THE OFFICE AT 812-254-8668

Purdue Extension
**Easy Tortellini Soup**

**Ingredients:**
- 1/2 pound ground turkey or ground chicken
- 1 cup chopped carrots
- 1/2 cup chopped onion
- 3 tbsp tomato paste
- 1/4 t pepper
- 1 carton (4 cups) reduced-sodium chicken broth
- 1 can diced tomatoes w/basil, garlic & oregano
- 2 1/2 c (or 1/2 of 20 oz. pkg.) refrigerated cheese-filled tortellini
- 2 cups baby spinach leaves or chopped zucchini

**Instructions**
In large saucepan, cook ground turkey or chicken, carrots and onion over medium heat until the meat is no longer pink, stirring frequently to break meat into bite-sized pieces. Drain off any fat, carefully keeping meat & vegetables in saucepan & pouring off any liquid. Stir tomato paste into meat mixture. Cook and stir for 1 minute. Stir broth, undrained tomatoes and pepper into mixture in saucepan. Bring to boiling over high heat. Stir in tortellini. Return to boiling. Reduce heat slightly. Gently boil, uncovered, for 7 to 9 minutes or until tortellini is nearly tender. Stir in spinach leaves or zucchini. Ladle into 6 serving bowls.

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**Matter of Balance**

Matter of Balance Program will take place starting March 5, 2020 for 8 weeks. We will meet at the 4-H Exhibit Building from 9 am to 11 am.

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall?

If so, A Matter of Balance: Managing Concerns About Falls is a program for you. This 8-week program is offered free of charge, but pre-registration is required.

Each class is limited to 15 participants. A workbook is provided and refreshments are served. Call the Office at 812-254-8668 or email Jennifer jstefanc@purdue.edu
Heart disease doesn’t happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages.

February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Heart disease and the conditions that lead to it can happen at any age.

High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking)

For more information check out the CDC website
www.cdc.gov/features/heartmonth/index.html
Evansville Spring District Meeting
4-H Exhibit Hall
Knox County Fairgrounds
11728 IN-67, Bicknell, IN 47512

When: March 18, 2020 @ 10AM EST;
Registration begins at 9:30 EST/8:30 CST
Cost: $11
RSVP by March 4th by sending payment and registration form to: Darlene Decker, treasurer, 1619 W. Kohlhouse Rd., Vincennes, IN 47591; 812-769-4545
Make checks payable to Knox County Extension Homemakers

There will be morning refreshments. Lunch will be served by Carla’s Catering. Menu: swiss steak, loaded mashed potatoes, italian green beans, slaw & assorted desserts

Name________________________________________
County ________________________________
Phone no. ________________________________
Dietary restrictions, if any ________________

Marching into SPRING
March is National Craft Month

Did you know that crafting can reduce stress, build self-esteem and increase physical dexterity? In fact, recent studies from NYU and Harvard have shown that activities ranging from scrapbooking to knitting can actually improve concentration, while enhancing health and mental wellness.

Relax and De-Stress – Pick a craft to sharpen your senses and focus your attention. activities such as knitting, crocheting or candle making.

Purdue University Cooperative Extension Service
Daviess County Extension Office
214 NE 3rd ST
Washington, IN 47501
Jennifer Stefancik, HHS 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 the link to the land-grant system from the farm gate to main street.
In the areas of Health and Human Sciences, Agriculture and Natural Resources, Leadership and Community Development, and 4-H Youth Development.