

Grace Center Inc.'s mission is: providing nutritious food and promoting social interaction with commitment and grace to our rural community.

The Grace Gazette

JUNE 2013



Grace Center

701 W. Popcorn Rd.

Harrodsburg, Indiana

812-824-5595

OUR PANTRY HOURS

NEW Pantry Hours
Thursdays
3:00pm-7:00pm
 (Located on the corner of Popcorn Rd and Harrodsburg Rd)
Serving Clear Creek, Indian Creek, and Polk Townships

WISH LIST GOAL:

Ketchup,
 Mustard, Canned
 Pasta, Fresh Pro-
 duce as it comes
 available, Saltine
 Crackers, Canned
 Meat of any kind,
 Cereal, Oatmeal,

THE EMERGENCY FOOD ASSISTANCE PROGRAM-TEFAP

What a crazy acronym... TEFAP. What is it and why do I care? As the title of this article shows, TEFAP is The Emergency Food Assistance Program. Under this special program, commodity foods are made available by the U.S. Department of Agriculture (USDA) to states. States such as Indiana, then provide the food to local agencies that are selected, usually food banks like Hoosier Hills Food Bank. These food banks in turn distribute the food to soup kitchens and food pantries that directly serve the public. The Grace Center Food Pantry directly benefits from this program.



You should care because your tax money funds the USDA to buy, process, package, and ship the food to the states. These purchases support agricultural prices and removes surpluses from the market while also assisting low-income persons. The amount received by a state depends on its low-income and unemployed population. The state then works out the details of administration and distribution to the local agencies.

Grace Center is a partner agency of the Hoosier Hills Food Bank. While many of the donated food items at the food bank must be purchased, TEFAP food is free to Grace Center. But we still have to transport it to our pantry, store, inventory, report and the most important part is to distribute this food to our patrons. Your monetary donations help us do this and together with our dedicated volunteers, those less fortunate in our community benefit greatly.

ATTENTION ALL GARDENERS



Can't eat all your tomatoes? Do you have more zucchini than you know what to do with? Did you plant too much broccoli? Grace Center is a great place to bring your extra produce and allow others to be blessed by your bountiful harvest.

Kroger Gift Card Reload Update

Grace Center is **\$1512** away from Kroger writing us another check. Keep reloading those cards. Use your card to buy **groceries and gas!** What a great way to help Grace Center without spending any extra money!



VOLUNTEER

It does the heart good!

How Grace Center helped the Community in April

201 Adults served
64 Children helped
108 Families helped
245 Bags of food given
Total Bags of groceries given out in 2013

1230

Board Members:

Steve Fichtner, President
 Tina Baugh, Treasurer
 Connie Sowders, Secretary
 Jim Baugh, Incorporator/Member at Large
 Clarissa Hawk, Terry Brammer, and Terry Doane, Members at Large

THE SMITHVILLE NEWS, 1897-1915

If you made it to the Harrodsburg Heritage Days festival last month, you might have stumbled upon the Smithville Area Association booth. At the booth there was a collection of what looked to be old newspapers scanned, printed and bound into a very nice large book. Patty, the woman running the booth, described the book as a collection of old newspapers called *The Smithville News* which were recently discovered in 2011. The Smithville News covered the areas of Smithville, Harrodsburg, Sanders, Fairfax, and Clear Creek. A total of 75 issues were found in the Fox Family collection. Only three copies were thought to be in existence until now. What a treasure to find! You can find it too, all digitized and fully text searchable. Go to: mcp1.info/smithvillenews. It's amazing how much things have changed in 100 years. Go see for yourself, today.

THE SMITHVILLE NEWS.

SMITHVILLE FARMERS' MARKET NOW OPEN!

Now into its 4th year, Smithville Farmers' Market is open and ready to serve the community. Located at the Shelter House in Smithville Park next to Redman Hall and the old Smithville School, the market is open each Saturday from 8am to noon. Offering local and Indiana grown produce, eggs, baked items, wonderful handmade items from area crafts people and more. New vendors have been added this year. Contact Kevin Pope at kpope@bluemarble.net or 812.824.6949 if you have any questions. You can also follow the Smithville Farmers' Market on Facebook. Hope to see you soon!



SMITHVILLE Farmer's Market

8AM TO NOON

SATURDAYS



STRAWBERRY FREEZER JAM

Ingredients: 2 cups crushed fresh strawberries, 4 cups sugar, 1 (1.75 oz) package dry pectin, 3/4 cup water

Directions: Mix crushed strawberries with sugar, let stand for 10 minutes. Meanwhile, stir the pectin into the water in a small saucepan. Bring to a boil over medium-high heat, and boil for 1 minute. Stir the boiling water into the strawberries. Let stand for 3 minutes. Pour into jars or other storage containers. Place tops on the containers, and leave for 24 hours. Place into freezer, and store frozen until ready to use.



Tue June 4	•Grace Center Board Meeting at <i>Grace Center Pantry Building 6:00pm</i>
Thu June 6	•Grace Center Food Pantry 3:00-7:00pm •Harrodsburg Lions Club 6:30pm
Sat June 8	•Annual Craft Sale, Farmer's Market, Yard Sale 8am to 2:30 at <i>Smithville Park (see front)</i> •2nd Annual Kenny Zike Memorial Fish Fry 4pm - 8pm at <i>Indian Creek Lion's Club Building</i>
Tue June 11	•Euchre 12:30-2:30 at Harrodsburg Comm. Building Contact John or Martha Bastin for Euchre details.
Thu June 13	•Grace Center Food Pantry 3:00-7:00pm
Sun June 16	•Happy Father's Day
Mon June 17	•Ladies Craft Night, Smithville Com. Center, 6:30pm Call Patty at 824-2611 for more information
Thu June 20	•Grace Center Food Pantry 3:00-7:00pm
Tue June 25	•Euchre 12:30-2:30 at Harrodsburg Comm. Building Contact John or Martha Bastin for Euchre details.
Wed June 26	•Indian Creek Lions Club 7:00pm Contact Lloyd, 824-9771 for location
Thu June 27	•Grace Center Food Pantry 3:00-7:00pm

June 27-29 The Judah Heritage Festival, judahfestival.com



According to Purdue's Indiana's Emergency Food Resource Network:

WHAT CAN I EAT IF I HAVE HIGH BLOOD PRESSURE?

Eat MORE of:



Fruits and Vegetables

- Aim for 2 cups of fruit and 2.5 cups of vegetables each day.
- Try fresh, frozen, dried and canned types. If canned: Drain and rinse vegetables to reduce sodium.
- Pick fruits in natural juices, light syrup or sugar substitutes (Splenda®).

High Fiber Grains







- Look for "whole" before the name of the grain as the first word on the ingredient label. It is a better choice.
- Choose more whole grain foods such as brown rice, whole wheat pasta or oatmeal.

The word "daddy" is not defined by whether or not a man has a biological child. You can never produce a child and be a Daddy, likewise you can have 20 kids and never be a "daddy". A Daddy is a man who cares for a child's both physical and emotional needs. He puts the child's wants and needs ahead of his own. A true Daddy is hard to come by, but a truly special thing. ~Author unknown



SPECIAL THANKS GOES OUT WITH A SMILE TO THE FOLLOWING FOLKS:

-  The Fichtner Family for donating 15 lbs. of bananas, 4 lbs. of canned food and 25 lbs. of milk, macaroni and cheese, misc. food.
-  Bloom Marketing Group for donating 12 lbs. of canned food.
-  Melissa Wever for donating 5 lbs. of diapers.
-  Nancy McArdle for donating 14 lbs. of powdered milk, peanut butter and jiffy mix.
-  Harrodsburg United Methodist Church for donating 59 lbs. of food and a monthly monetary donation.
-  Harrodsburg Assembly of God for donating 42 lbs. of food and a monthly monetary donation.

2nd Annual Kenny Zike Memorial Fish Fry

Saturday June 8, 2013

4:00-8:00 pm

At the Indian Creek Lions Club building located at 8120 S Rockport Road



Adults \$8:00,

Kids 10 and under \$4.00



Menu will be fish (or hotdogs), slaw, hushpuppies, baked beans, dessert and drink

LIVE ENTERTAINMENT AND QUILT RAFFLE

Quilt is a beautiful kaleidoscope pattern handcrafted by Lion Alberta McConnell. To purchase raffle tickets contact Betty Taylor at (812) 825-2529. Need not be present to win.

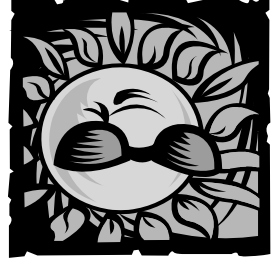
WISDOM TO NEW FATHERS

"Spread the diaper in the position of the diamond with you at bat. Then fold second base down to home and set the baby on the pitcher's mound. Put first base and third together, bring up home plate and pin the three together. Of course, in case of rain, you gotta call the game and start all over again." ~Jimmy Piersal, on how to diaper a baby, 1968

website: www.gracecenterindiana.org

email: gracecenterinc@gmail.com

First day of Summer June 21



Return Service Requested
Harrodsburg, IN 47434
Box 5
Grace Center Inc.

ADDRESS LABEL

STAMP