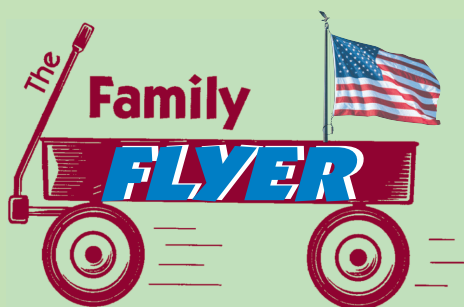


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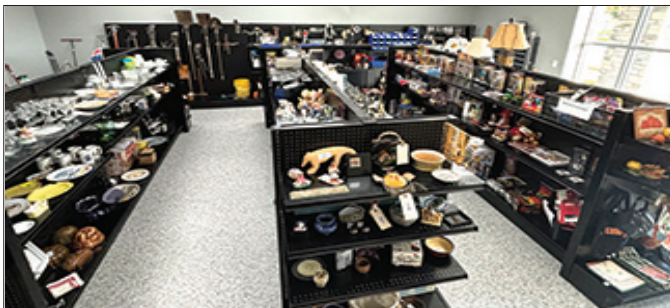
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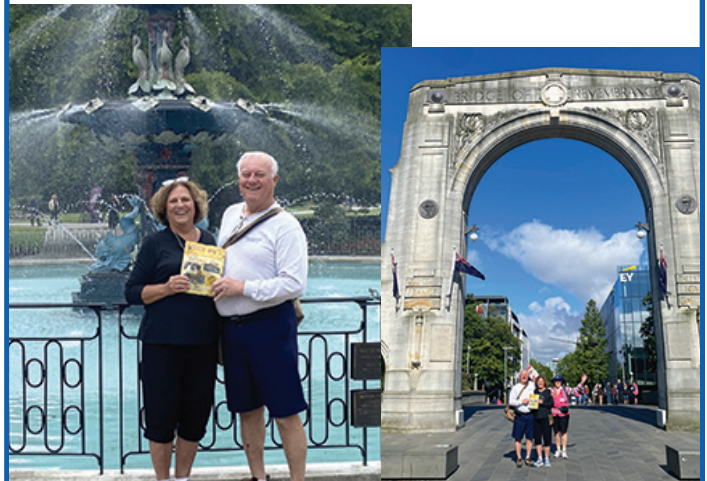
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Family Flyer Road Trip!



Here is the picture of Bill and I with the Family Flyer in New Zealand! We had a great trip and the Family Flyer traveled all around NZ and on to Australia! The second picture is with a guide at the Bridge of Remembrance in Christchurch NZ. (sent in by Debra & Bill Waligora)

HAVE YOUR VACATION PHOTO FEATURED IN THE FLYER!

It's easy, just send us a picture of you reading your Family Flyer in the most unlikely place you can think of. Take The Family Flyer "on the road", wherever it leads, get your picture taken (no copies please original photo only!) and send it along with your name, address and location of photo to:
The Family Flyer Road Trip P.O. Box 1004, Crown Point, IN 46308.
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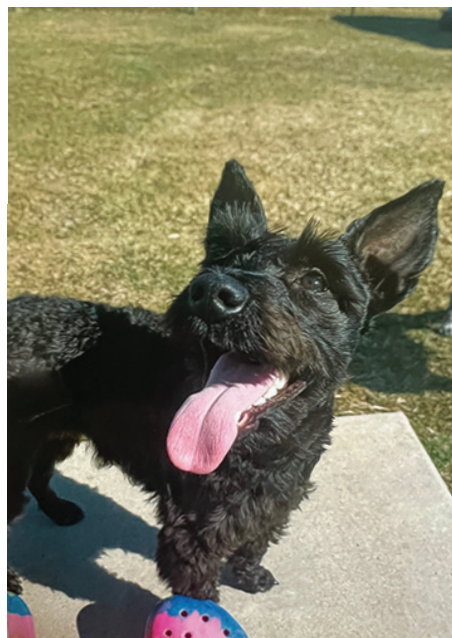
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March 16th - Bunny Breakfast, Saturday, March 16 from 9a.m. to 11a.m. Christ Presbyterian Church, 7416 E. 109th Ave. Winfield. (219-663-0129). Only \$5 gets you Door Prizes, Coloring Contest, Crafts, and EGG HUNT! Every kid gets a prize! AND you get to meet the Easter Bunny! Not to mention...YUMMY DONUTS

March 16th - St. Patrick's Day Dinner, Saturday, 4-8 PM Lowell VFW Post 6841, 17401 Morse St., Lowell. Corned Beef and Cabbage Dinner - Ruben Sandwiches, Carry Out Available 219-696-8121 Supporting our Veterans

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Gardening Tips

by Jackie Kubiak #12



“March’ on into the Garden

Pull on your muck boots before you head into the yard; it’s mud season! We’re hunting for bulb foliage, watching for returning birds, and cleaning up the garden after a grey winter.

- Daffodils, crocus, and tulips are all pushing their way out of the soil in our zone 6 landscapes. Daffodils have round, flat tips on their leaves, while the leaves of tulips are pointed and curl a bit as soon as they come out of the ground. You can see crocus in the photo below.
- Forsythia shrubs are an early sign of spring; watch for their brilliant yellow blooms.
- Birds are returning to the garden. Scrub out your birdfeeders and fill them up to lure in migrating birds.
- Fruit trees and spring-blooming shrubs have formed buds that are starting to swell. When you prune, take some branches inside to force early blooms.

Some More Things to Do This Month

- Removing invasive plants and clearing thickets.
- Designing new ornamental gardens or kitchen gardens
- Building raised beds.
- Installing hardscape projects like natural stone patios.
- Contact your local landscape center to make appointments for all your landscape needs!
- Prune shrubs that flower on new wood.
- Trim back ornamental grass stalks to clear room for new growth.
- Spray fruit trees following guidelines for each type of tree.
- Remove protective burlap from evergreens.
- Start spring cleaning in flower beds.

Please Shop Local, see ya next month!

They Named The Baby!

To announce your baby in The Family Flyer, please fill out the form below "FREE OF CHARGE".

All announcements must be in The Family Flyer's office by the 15th of each month to appear in next month's issue.

Baby's Name _____

Birthdate _____ Weight _____

Parents & Town _____

Grandparents & Town _____

Name & Phone # of person placing announcement _____

Mail to: They Named the Baby
P.O. Box 1004, Crown Point, IN 46308

They Named the Baby

"Lilliana Grace Orlich"
born Feb. 6, 2024, 8 lbs. 3 oz. Parents David & Lindsey Orlich of Indianapolis, IN. Grandparents Mark & Debbie Wacnik of Crown Point, IN. Nancy Evensen of Chesterton, IN and Sam Orlich of Crown Point, IN.

TWINS

"Reese Smurdon"
"Sawyer Smurdon"
born January 10, 2024. 6 lbs. 1 oz. and 5 lbs. 11 oz. Parents Ryan & Taylor Smurdon of Crown Point, IN. Grandparents Susan & John and Tina & Mike all of Crown Point, IN.

"Jack Tyler Triemstra"
born January 13, 2024, 8 lbs. 5 oz. Parents Tyler & Kate Triemstra of Lowell, IN. Grandparents John & Jill Detmar of Cedar Lake, IN and Joel & Kathie Triemstra of Beecher, IL.

"Cora Lynn Skorka"
born Feb. 23, 2024, 7 lbs. 7 oz. & 20 inches. Parents Brett & Emma Skorka of Lowell, IN. Grandparents Paul & Jeni Skorka of Lowell, IN and Tim & Roberta Smock of Crown Point, IN.

"Oliver Quinn Kendera"
born Feb. 14, 2024, 7 lbs. 10 oz. Parents Jason & Ashley Kendera of Crown Point, IN. Grandparents Patricia Kendera of Merrillville, IN and Frank & Michele Traina of St. John, IN.

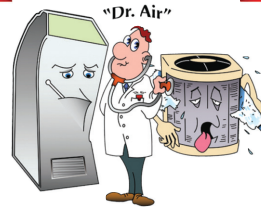
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Fit & Healthy Family Guide

Believe it or not, it's already the month of March! Now's the time to get moving as we transition seasons. Here are seven hints to help you "spring into wellness" and the activities of summer!

Wake early to exercise.

The mornings are warming up, and spring means the sun rises earlier each day. So take good advantage of this change. Get out and exercise before starting your day, whether it's going for a run or walking the dog. Exercising before work can begin your day on a high note with clarity and energy.

Update your workout attire.

Proper footwear can help support an active lifestyle by providing important support for your joints. In addition, new lightweight clothing can help you manage heat and perspiration to optimize comfort when exercising. And be sure you're properly equipped before starting a new workout routine.

Seven Tips for Promoting a Healthy Spring

Revitalize your daily fruits and vegetable.

Spring is a great season to add new fruits and vegetables to your diet. The U.S. Department of Agriculture recommends 4.5 servings of fruits and vegetables each day. These are among those that are in season during the spring: cherries, raspberries, nectarines, plums, pluots and rhubarb; artichokes, cucumbers, peas, peppers, squash and tomatoes.

Say "yes" to a healthy breakfast.

It's a solid foundation and great start for any day. And make sure to partner a morning exercise routine with a healthy breakfast. You'll need energy to make the most of your fitness regimen. Instead of coffee and a quick breakfast sandwich, how about a glass of OJ and a grapefruit?

continued on next page 27

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Fit & Healthy
Family Guide

Seven Tips for Promoting a Healthy Spring

Water with a squeeze of lemon.

How often do you drink the recommended 64 ounces of water each day? For your body to perform at a high level, it's essential to stay hydrated. A glass of water can also be a good appetite suppressant and can help maintain a healthy weight. Try a squeeze of lemon in your water to add a bit of zest.

Proper sleeping habits help maintain a healthy weight.

Strive to sleep 6-8 hours each night. Also, staying up late has been shown to increase the likelihood of overeating. Achieving proper rest will help reduce the opportunity to make bad diet decisions while preparing you for the demands of the next day.

Schedule screenings and doctor's appointments.

Spring is a good time for a health tune-up. For example, before starting an exercise routine, it's always recommended to check with your primary care physician. And are there any allergy medications that need to be refilled before heading outside? When the weather turns warm and the blossoms start coming out, it's our signal to get ahead of the game for making each summer fun and rewarding. Many of the activities above can be done with friends, family and coworkers for mutual reinforcement. It's not too early to start acquainting kids with some of these habits for a lifetime of healthy living.

Outdoor Observations

by Tom Berg

The Handsome Caspian Tern



"This Caspian Tern hovers over a marsh in NW Indiana watching for small fish. Photo by Tom Berg."

The Caspian Tern is the largest of all terns and can be found all over the world. It is about the size of an American crow. It migrates through much of the United States in the springtime, including Indiana, and in North America it breeds in isolated spots along the Great Lakes and large bodies of water in Canada. There are also some breeding colonies in the western USA and along both sea coasts.

The Caspian Tern is a regal-looking bird, with its white plumage and crown of jet black feathers on top of its head. Its powerful wings are grayish-white and it has a very sharp, bright red beak. This bird got its name in 1770 when Prussian zoologist and explorer Peter Pallas collected a sample on the shores of the Caspian Sea, where these birds are still common. Evidently he did not know how widely these terns ranged throughout the world.

Like most terns, the Caspian tern's diet consists mostly of small fish. They catch fish by flying over the shallows of lakes, marshes, rivers and seashores, often hovering until they spot their next target. Then they make a steep dive and often hit the water hard. When they emerge with a fish, they usually swallow it quickly on the wing and begin searching for the next fish.

Besides fish, Caspian terns have been known to occasionally raid the nests of other birds to eat their eggs and even eat newly hatched birds. They will also eat crustaceans like crabs along saltwater coasts and crayfish on inland waterways. But small fish are always their first choice!

Irish Apple Cake



Cake:

- 3 cups self-rising flour
- 1/2 tablespoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1 stick butter, cubed
- 3/4 cup sugar
- 4 apples, peeled and cubed
- 2 eggs
- 1 cup half-and-half

Topping:

- 1/2 stick butter
- 3/4 cup flour
- 1 cup brown sugar

Custard:

- 6 large egg yolks
- 6 tablespoons sugar
- 1 1/2 cups half-and-half
- 2 teaspoons vanilla

Preheat oven to 375 F. Grease and flour 9-inch round springform pan.

To make cake: In large bowl, sift flour with cinnamon, cloves, nutmeg and ginger. Using fork, cut butter until mixture resembles crumbs. Add sugar and apples; mix well. Stir in eggs and half-and-half until mixture reaches thick, dough-like batter. Pour batter into prepared pan.

To make topping: In bowl, mix butter, flour and sugar to create crumbled mixture. Sprinkle on top of batter in pan. Bake 1 hour. Check with toothpick to make sure middle is completely done. If not, bake 5-10 minutes. Let cool on rack.

To make custard: Whisk egg yolks and sugar. In saucepan, bring half-and-half to boil. Add one spoonful half-and-half at a time to egg mixture, whisking while adding. Once whisked together, return to saucepan and stir over medium heat until thickened, about 4 minutes. Remove from heat and whisk in vanilla. Serve custard over cake.

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Here's what's Cookin'

By Phyllis Hays, #11 with Trixie



Irish Slainte Stew

Oil, for drizzling
 1 pound stew meat
 1-2 pinches salt, plus additional to taste, divided
 1-2 pinches pepper
 3 tablespoons flour
 48 ounces beef broth
 1 cup carrots, diced
 1 cup celery, diced
 3 cups potatoes, diced

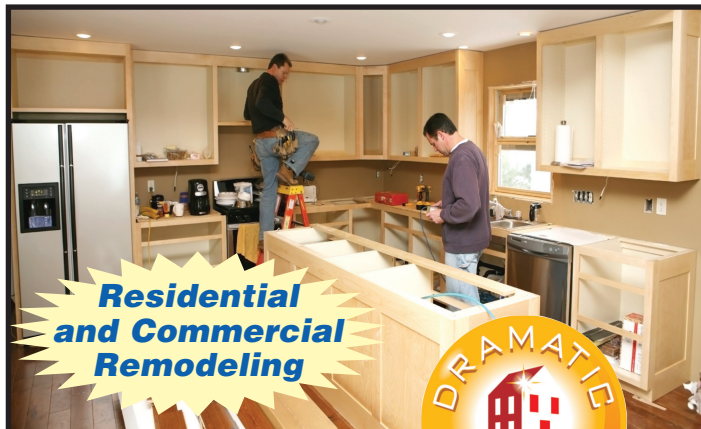
1/2 onion, diced
 2 tablespoons garlic pepper
 1 tablespoon dried thyme
 1/2 tablespoon dried rosemary
 1 tablespoon dried chives
 1 bottle Irish draught beer of choice crusty bread, for serving

In Dutch oven over medium heat, drizzle oil and brown stew meat with salt and pepper. Sprinkle flour over meat. Add beef broth, carrots, celery, potatoes, onion, garlic pepper, thyme, rosemary and chives. Add Irish draught beer.



Bring to boil, stirring, 5 minutes. Simmer 2 hours, stirring occasionally. Serve with crusty bread.

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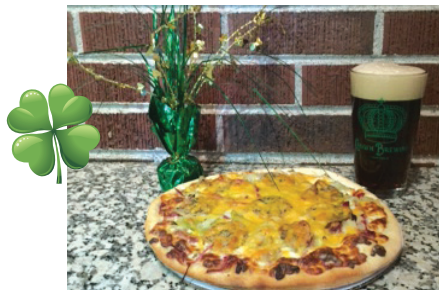


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