



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

**August &
September
2024**

Mission Statement: To strengthen families through continuing education, leadership development and volunteer community support.

2023-2024 Officers

President: Ellen Looney
Vice President: Karla Janning
Secretary: Joanna Sell
Treasurer: Judy Ricketts
Asst. Treasurer: Kim Webber
HHS Educator: Amanda Marciano-Feutz
Education/Leadership: Theresa Hatfield
Home & Family Arts Show: Kim Weber
Teacher Grants: Lynn Lillard
1st Member at Large: Melissa Mikesell
2nd Member at Large: Deb Culler
3rd Member at Large: Rosie Lenihan
4th Member at Large: Shannon Wagner
News Chair: Melissa Phillips
Volunteer Community Support: Charlotte Lloyd

Calendar 2024

Aug 6: Council Meeting
Aug 24: I-LEaD Training (Pg 8)
Sept 2: Extension Office Closed
Sept 3: Council Meeting
Sept 12: Helping Hands (Pg 7)
Sept 17-18: Indianapolis District Retreat
Sept 26: I-LEaD Training (Pg 8)
Oct 1: Council Meeting
Leader Lessons (Pg 4)
Oct 9: Indianapolis District Meeting
Oct 10: Make a Difference Day (Pg 7)
Oct 14: Extension Office Closed
Oct 21-26: IEHA Celebration Week
Oct 30: I-LEaD Training (Pg 8)
Nov 5: Election Day-Extension Office Closed
Nov 11: Extension Office Closed
Nov 12: Council Meeting
Nov 14: Helping Hands (Pg 7)
Nov 28-29: Extension Office Closed
Dec 6: Holiday Fest (Pg 5)
Dec 24-25: Extension Office Closed

HELLO
MY NAME IS

Name Badges

If you're interested in a personalized Hendricks County Extension Homemakers name tag, we will be putting in an order in early September. They are gold with a magnetic back (won't ruin your blouse/dress) and cost \$10/each. If you would like one, please reach out to ROSIE LENIHAN lenihrose1161@att.net or phone/text at 317-840-2592. Due date for notification to Rosie is September 1, 2024.



IEHA Families Home Page — www.ieha-families.org

Purdue Extension Hendricks County — www.extension.purdue.edu/county/hendricks
<https://www.facebook.com/Hendricks-County-Extension-Homemakers-600129567100835>

**Newsletter
Deadline**

Submissions for the **October/November Issue** are due by August 15. Submissions may be emailed to Melissa Phillips, News Chair, (PCS.ServingHim@gmail.com) and Lisa Pitts (pitts15@purdue.edu). Handwritten copies may be given or mailed to Melissa Phillips (9388 S. County Road 100 W., Clayton, IN 46118).

from the President's Pen

A little before July 1, 2024 the Hendricks County Extension Homemakers year started for me with the IEHA Convention in June at the Embassy Suites in Noblesville. What a good time it was for learning, crafting and connecting with others.

As we begin this year together let's consider REVIEWING our mission statement, RENEWING our commitment to IEHA and HCEH and REFRESHING some of our events.

Our first County fundraising event of the year was the Baked Goods Sale at the 4-H Fair. So many wonderfully tasty treats- how can you choose just one! Thanks to all our Homemakers who made Open Class a success- AGAIN! Special 'THANKS' goes to Kim Weber for volunteering to Chair this ENORMOUS event. We will have an update on funds raised from Open Class Entries/ Bake Sale available a little later for your Clubs.

Our next fundraising event is a NEW project- CHEESEBALL SALES at Danville's Fair on the Square on September 7-8, 2024. We are forming a committee to discuss the logistics, recruit members to prepare the Cheeseballs & sign-up those that would like to help sell during the event.

Some upcoming dates to remember are:

- August 2-18, Indiana State Fair
- Saturday & Sunday, September 7-8, Cheese Ball Fundraiser at Fair on the Square
- Tuesday & Wednesday, September 17-18, IEHA Indianapolis District Retreat
- Wednesday October 9, District Meeting, Johnson County
- Monday-Friday, Oct. 21-26, IEHA week: **What can we do to promote this in our County?**
- Wednesday-Thursday, October 23-24, Focus Day & State Board Meeting, Hendricks County
- Saturday, October 26, Make a Difference Day

Thank you for allowing me to serve as your President for this year. We've got a GREAT team of volunteers including YOU! I'm looking forward to this year and the journey we will have together!

Ellen Looney, President
Hendricks County Extension Homemakers

Education Committee Report

The Education committee will be meeting in September to kick off our 2024-2025 year. As the Education Chair, I look forward to leading this group in building our scholarship program to make it bigger and better for students in our county. Stay tuned!

Submitted by Theresa Hatfield

First Books for Kids



Our county will again be participating in the First Books For Kids IEHA Program. Each month we go into the local Head Start Preschool Center and read a book to each of the 2 classes and then give each child in the class a copy of the book that was read.

I do not have the dates when we will be reading yet, but if you would like to participate in the program please contact me at jisell28@gmail.com. The time spent with the children is always fun for the reader and a great time to promote the love of reading.

Joanna Sell, Coordinator

IEHA Indianapolis District Retreat



There still time to register for the IEHA Indianapolis District Retreat now through August 15 (late fee after August 15th). The theme is "Celebrating our Senior Year." Applications / info available by emailing Lisa Pitts at pitts15@purdue.edu.

The county fair is a whirlwind of excitement, community bonding, and indulgence. What a week we had ladies! The Hendricks County Homemakers hustled getting community members to scan the personalized barcode and learn more about the Homemakers. I saw many applications leave the office! Efforts on planning and executing the Jr. Bakers Contest did not go unnoticed. What a successful 2024 county fair you had! As the dust settles, it's essential to refocus and return to your regular routines, especially concerning health and well-being. Here are some practical steps to help you get back on track after the festivities.

- **Prioritize Rest and Recovery**

The fair can be exhausting, with long days and later than normal nights. Make sleep a priority to recharge your body and mind. Aim for 7-9 hours of quality sleep per night to help restore energy levels and improve overall well-being.

- **Rehydrate and Nourish**

Fair food, while delicious, is often high in sugar, salt, and fat. It's time to rehydrate and nourish your body with balanced, nutritious meals. Start with plenty of water to flush out toxins and rehydrate your system. Incorporate fruits, vegetables, lean proteins, and whole grains into your diet to replenish essential nutrients.

- **Gradual Return to Physical Activity**

If your exercise routine took a backseat during the fair, ease back into it gradually. Start with light activities such as walking or stretching, and slowly increase intensity as your body readjusts. Regular physical activity helps boost energy, improve mood, and maintain overall health. **Need an excuse to start moving again? Get Walkin' will begin August 26th.**

Program will begin at 5pm every Monday at Ellis Park! Come move and form your own accountability team! Call the office to get signed-up today, spots are limited for in-person.

- **Reestablish a Routine**

One of the best ways to regain a sense of normalcy is to reestablish your daily routine. Set a schedule for meals, exercise, and sleep, and stick to it as closely as possible. Consistency is key to getting back on track and maintaining a balanced lifestyle.

- **Mental Health Check-In**

The fair can be overwhelming, and it's important to take care of your mental health. Take a few moments each day for mindfulness or relaxation techniques such as deep breathing, meditation, or journaling.

Amanda Marciano-Feutz

Extension Educator Health and Human Sciences

Purdue Extension- Hendricks County

Smile and say "Cheese Balls!"



We're doing something NEW this year, making & selling CHEESEBALLS as a fundraiser. Our first opportunity will be at the **Fair on the Square** in Danville on Saturday September 7 and Sunday September 8, 2024.

Our first "CHEESEBALL COMMITTEE" meeting is scheduled for Tuesday, July 30, 2024 at CABIN COFFEE (Avon) at 10am.

The meeting will help planning for ingredient/ supply purchase, arranging a time to make the cheeseballs and a schedule for sales during the Fair-on-the-Square.

Please come and join us for the planning of this new event. RSVP to ellen_looney@yahoo.com or text/call 317-797-8368.

Submitted by Ellen Looney, Modern Homemakers



CLUB NEWS

Chat 'N Do:

On Wednesday June 12th Chat N Do met for a tour and very interesting presentation given by Ken Heubel at Heubel Hydro Farms. We learned about the many aspects of this particular farming method and about the many plants that were discovered on the property when it was bought, all kinds of berries, apple trees and pecan trees to mention just a few. There are bee hives and cover crops planted to feed the bees. We were shown how micro greens are planted and harvested and also how the fish in large tanks produce the nutrients for the plants growing in the aquaculture, the water is used by the plants and then returned back to the fish tanks to again start the process over. Ken and his wife, Ann plant tomatoes to be given away each summer. Thirteen ladies in all were present for the presentation. We then adjourned to Los Rancheros Restaurant for lunch and a short business meeting. The hostess for this meeting/culture trip was Joanie Botts.

Chat N Do hosted our annual Bake Off at the County Fair with this years main ingredient being apples. We had a very good turnout with many delicious and eye catching entries. Congratulations to all those who won. The ingredient chosen for next years event will be pecans.

Thank you to all the many Chat N Do members who worked hard with the Bake Off, helped being a watcher and manning the Homemakers Booth, making this years County Fair a wonderful success. Joanie Botts

Hazelwood Homemakers:

Our ladies had a fun time at this year's 4-H Fair. We volunteered at the HCEH Booth as well as the Open Class area. Our ladies were also quite busy painting, cooking and making things to enter in the Open Class. It was a lot of fun. We're looking forward to beginning our meetings again this Fall.



Open House

We would like to invite YOU to the Hendricks County Choral Club aka The Treblemakers' open house on Monday, September 9 at 6:30 pm at the Hendricks County Sr. Service Center, 1201 Sycamore Lane, Danville.

The Treblemakers are more than singers. We offer an opportunity to serve our community by sharing music with senior living facilities, service and professional associations, public events and families.

We always welcome new members! No audition is required, just a love of music and a desire to have fun. No attendance requirements are set and only a small dues payment (for the Indiana Extension Homemakers) is needed.

We meet every Monday evening at the Sr. Center of Hendricks County at 6:30pm.

Leader Lessons—October 1

1:00 pm – "Saving Money With Freezer Meals" Diana Stone, Shelby County

2:00 pm – "Muscle Relaxation" Linda Clutz, Johnson County

3:00 pm – "Coping With a Disaster or Traumatic Event" Kevin Davis, Marion County



Register by calling 765-720-8787 or emailing pitts15@purdue.edu



The Holiday Fest will be MOVING to the Expo Hall this year on Friday, Dec.6. The Holiday Fest vendor applications are available now at the Extension Office. If anyone is attending a festival or event with vendors and wants to take an application with to share, they are available in the office to pick up.

Fair Wrap-Up

Quilt Block Contest



The 2024 Hendricks County Fair has come to a close and I hope you participated in some way. We had many amazing quilt block entries, thank you! It is always interesting to see how the fair theme is interpreted and then made into a quilt block. Maybe you will enter next year. Pam Alford from Plainfield won by popular vote of fair attendees.

The blocks are donated and made into a quilt to be given away at the next year's fair. Did you see the quilt made from last year's quilt blocks in our booth in

the Expo? The winner of the quilt made from last year's quilt blocks was Mariah Amore from Avon.

Submitted by Karen Hole, Chair



2024 Apple Baking Contest Results

Cake

- 1 Shannon Wagner
- 2 Sandra Hider
- 3 Cindy Pierson

Quick Bread

- 1 Cindy Pierson
- 2 Sandra Hider
- 3 Shannon Wagner

Cookie

- 1 Rene Huffman
- 2 Caroline Seavey
- 3 Linda Gaines

Yeast Bread

- 1 Lorrie Wilson
- 2 Shannon Wagner

Pie

- 1 Amy Sarker
- 2 Lorrie Wilson
- 3 Brenda McDonald

Other

- 1 Cherie Butts
- 2 Sandra Hider
- 3 Anna Spelman

Junior Baker Winners

- Grand Champion -- Vivian Preyss
1st Place -- Vivian Preyss
2nd Place -- Archer Campbell
3rd Place -- Andrew Depoy

Overall Grand Winner!

Amy Sarker for her delicious Apple Pie



Next year for the 2025 fair is **Pecans!** So start taste testing those recipes. We hope that there will be a lot of entries.

Did you know?

- Presidents Washington & Jefferson LOVED pecans!
- The first U.S. pecan planting took place in Long Island, NY in 1772.
- Texas adopted the pecan tree as its state tree in 1919.
- There are over 1,000 varieties of pecans.
- The U.S. produces about 80 percent of the world's pecan crop.



Fair Results for Open Class

We made it through the 2024 fair with a total of 169 Exhibitors, with several returning and new participants. There were a total of 623 exhibits in this year's show. I would like to thank all of you (our volunteers), who helped with the set up/tear down, check-in/check-out, and the judging. This could not have happened without you. A big thank you to all our watchers and exhibitors. I have received several compliments on the new set up of the auditorium, the quilt displays, and our new signs along the promenade. I am still looking for more ideas on how to update our displays.



We did very well with our Baked Goods Auction, bringing in a total of \$2,610. We had a Champion Swiss Brioche Bread loaf sell for \$325, and a Black Raspberry Pie bring in \$220. Again, thank you to everyone who helped make this year's fair a success!

Below is a list of our Champion and Reserve Champion Homemakers:



Culinary A

- ✦ Champions: Charlotte Lloyd with Muffins, Dinner Rolls, and Pie – One Crust
- ✦ Reserve Champions: Linda Goines in the Coffee, Bundt, or other.
- ✦ Charlotte Lloyd in the Pie – Streusel topped.

Culinary B

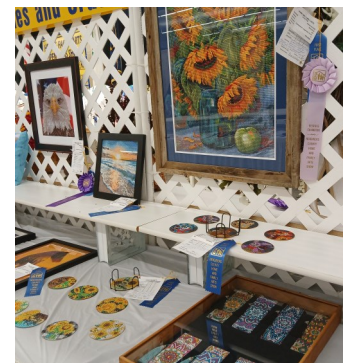
- ✦ Champion: Shannon Wagner with Dipped Chocolates
- ✦ Reserve Champion: Melissa Phillips with Other

Fine Arts: None



Flowers and Garden

- ✦ Champion: Ellen Looney with Cut Specimen – Annual
- ✦ Linda Goines with Roses
- ✦ Reserve Champion: Majorie Hitchcock with Vegetables



Hobbies and Crafts

- ✦ Champions: Melissa Phillips with Holiday Ornament
- ✦ Martha Sellers with Jewelry – Necklace/Bracelet and in Jewelry – Pin, etc., set.
- ✦ Shannon Wagner with Scrapbooking
- ✦ Reserve Champion: Linda Goines with Silk Flowers



Needlecraft A: None

Needlecraft B

- ✦ Champion: Theresa Hatfield with Embroidery

Photography: None

Sewing

- ✦ Champion: Karen Hole with Make-it-over
- ✦ Reserve Champions: Melissa Phillips with Stuffed Items
- ✦ Sewing for Holidays: Karen Hole



Submitted by Kim Weber, Director

Helping Hands Day/ Make a Difference Day August/September

It was a wonderful Hendricks County Fair. Most days were pleasant and hopefully you all enjoyed it. Now it's time to think toward September and our first Helping Hands Day which will be September 12th from 10-12 at Bartlett Chapel. I have several faithful women who have already been busy buying fleece so that we will have blankets to turn for Riley Children's Hospital. If you would like to donate 2 yard lengths of fleece or cash please let me know at my cell number below. I am excited that we are going to meet again. I have missed all the people that make it such a wonderful day. Listed below you will find the dates for this fall. Come and join us!!

September 12, 10 am—12 pm, Bartlett Chapel, Helping Hands Day
October 10, 10 am—2 pm, Bartlett Chapel, Make a Difference Day
November 14, 10 am—12 pm, Bartlett Chapel, Helping Hands Day

We will also be collecting items to fill bags for Cypress Manor again this fall: Full size shampoo, body wash, conditioner, full size lotion, toothpaste, toothbrushes, crayons, markers, colored pencils, word search, crossword, coloring books, nail kits, fingernail polish and remover. More to come later as we get closer to December.

Also we need 2 yard lengths of anti-pill fleece washed in free/clear detergent with no softener or a cash donation so that we can buy the fleece.

Thank you for all that you do to help make this a success and fun!! Call if you need me to pick up fleece for you.

Char Lloyd 812-236-6083

Grilled Chicken Feta Chickpea Salad

Here's a Grilled Chicken Chickpea Salad recipe to start getting back on track. This is a fresh and simple high-protein lunch that can be eaten cold brought to a party, enjoy on the patio, work, or anywhere else you're headed this summer.

Ingredients

- ♦ 5 oz can chickpeas, rinsed and drained
- ♦ 4 oz grilled chicken, or leftover breast from a rotisserie, diced
- ♦ 1 tablespoon extra-virgin olive oil
- ♦ 2 mini cucumbers, chopped
- ♦ 2 small tomatoes, sliced
- ♦ 1/4 cup red onion
- ♦ Juice from 1 lemon
- ♦ 2 oz feta, crumbled
- ♦ 1/4 tsp kosher salt
- ♦ 1/8 teaspoon dried oregano

Instructions

- Combine chickpeas, chicken, cucumbers, tomato and red onion with 1/2 the lemon, 1/2 tablespoon olive oil and salt and toss.
- Divide on 2 plates and top with feta, dried oregano and remaining lemon juice and olive oil.



Nutrition

Serving: 1 3/4 cups, Calories: 462 kcal, Carbohydrates: 41 g, Protein: 34 g, Fat: 19.5 g, Saturated Fat: 6 g, Cholesterol: 73.5 mg, Sodium: 1103 mg, Fiber: 11.5 g, Sugar: 16 g





INDIANA LEADERSHIP EDUCATION and DEVELOPMENT

The **i-LEaD** (Indiana Leadership, Education and Development) program is designed for the new, emerging leader who wishes to grow in his/her confidence and leadership skills. The program has three levels and the levels must be taken in succession.

LEVEL I ~ Personal Leadership

Focuses on the "individual."

Participants will develop an understanding of leadership, assess their own skills, and develop a personal philosophy of leadership.

LEVEL II ~ Interpersonal Leadership

Focuses on the "you and me."

Participants will focus on the development of communication skills, team building, and group decision making and trust.

LEVEL III ~ Group Leadership

Focuses on the "community."

Participants will grow in their ability to become community leaders by studying what makes for effective boards and committees and how to develop a community vision.

i-LEaD is an individual leadership development program. You need not be a member of a team to attend, and you do not need any previous training. The objective is not to have you go home and teach, but rather to grow in your leadership ability.

i-LEaD Program Training

Level I - August 24, 2024

Level II – September 26, 2024

Level III – October 30, 2024

Buck Creek Township Community

Room

**5809 West Airport Boulevard
Greenfield, IN 46140**

Session Registration begins at 8:30 AM with instruction starting at 9:00. The day will conclude at 5:00 PM.

Single levels will be offered on each day beginning with Level I on August 24th. Participants must complete each Level in order before proceeding to the next.

Training materials are included in your registration. Bring a 3 hole binder, pencils/pens, and note paper.

Hancock County will provide a continental breakfast for each session.

A box lunch is available at an additional fee. Make your choice on the registration form. Drink is not included. There will not be time to go out for lunch. You may bring your own snacks, or snacks to share.

Dress is casual and comfortable. You may want to bring a sweater.



This training is sponsored by the Indiana Extension Homemakers Association i-LEaD Board.

Registration Form

DUE: On or before August 10th

☐ Level I i-LEaD Course \$30.00

☐ Box Lunch \$ 9.50

Choose: ___Ham ___Turkey

☐ Level II i-LEaD Course \$15.00

☐ Box Lunch \$ 9.50

Choose: ___Ham ___Turkey

☐ Level III i-LEaD Course \$15.00

☐ Box Lunch \$ 9.50

Choose: ___Ham ___Turkey

Name

Address

City & Zip

Phone

E-mail

**Send Registration & Check
payable to IEHA i-LEaD Training:**

Ellen King

9995 S State Rd 25

Rochester, IN 46975

574-835-0227

eaking92@gmail.com