



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

October &
November
2024

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

2024-2025 Officers

Calendar 2024

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

Oct 1: Council Meeting
Leader Lessons (Pg 7)
Oct 9: Indianapolis District Meeting
Oct 10: Make a Difference Day (Pg 5)
Oct 14: Extension Office Closed
Oct 21-26: IEHA Celebration Week
Nov 5: Election Day-Extension Office Closed
Nov 11: Extension Office Closed
Nov 12: Council Meeting
Nov 14: Helping Hands (Pg 5)
Nov 28-29: Extension Office Closed
Dec 3: Christmas Council Brunch
Dec 6: Holiday Fest (Pg 2)
Dec 24-25: Extension Office Closed

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

(Check out the new website for information about our State Officers, safety lessons that you can share with your club, State-wide events and more!)

Purdue Extension Hendricks County
(www.extension.purdue.edu/county/hendricks)

Facebook Page

(<https://www.facebook.com/Hendricks-County-Extension-Homemakers-600129567100835>)



Have you taken time to “Like” and “Follow” our Facebook page? The council is working on updating our Facebook page more often, and creating posts so that you can share and help us spread the word of all the things that Homemakers do. So, visit our Facebook page often and watch for the changes.

Newsletter Deadline

Submissions for either the “Happenings” or the “Happenings Minute” are due the 15th of each month. 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, 46118).

from the President's Pen

This morning as I'm sitting here writing this article I'm noticing the sunlight in a different spot on my back porch, signaling we are in the Fall Season for sure!

Below are some items to consider:

- ✍ During September HCEH tried something **NEW** by making and selling cheeseballs at the Danville, Fair-on-the-Square. We cleared \$613.00 for the 2-day event. I know I had fun making the cheeseballs and selling them. I hope you did too! It was great to see so many homemakers participate. There might be other opportunities for this fundraiser around the County this Fall/ Winter. So stay tuned! A report on the event will be available at the next Council meeting (October 1). If you would like one, please ask your Club President or contact Lisa at the Extension office.
- ✍ Locally in October there are Leader Lessons at the Hendricks County 4-H Fairgrounds (more information on page 7).
- ✍ October holds IEHA week (October 21-26th). The question to all HCEH members is: **What can we do to show the county we are here and active in the community?** Please share your ideas with your Club President or a HCEH Council Member- we will be discussing at the October 1st Council Meeting. Each day of the week has a focus:
 - Monday- Blue and Gold Day
 - Tuesday- Giving Day
 - Wednesday-Education Day
 - Thursday-Community Support Day
 - Friday-Member Day
- ✍ Our premier fundraiser **HOLIDAY FEST** takes place on Friday December 6. This year within the 4-H complex we have relocated our event to the **LARGE Expo Hall**. This will allow for more vendors and fun! We've had a Sub-Committee working on room set-up and incorporating fun for visitors while identifying engaging activities for Homemakers of all abilities to participate. At last count there were only 15 vendor spaces remaining (out of appx. 83). Information will be reported soon to the Council with a Proposed Action Plan: stay tuned!



Other regional Homemaker events included in this Newsletter are:

- District Retreat- Waycross- September 16-17, 2024
- District Meeting October 9- Johnson County.

Keep your energy up and your ideas coming!

Ellen Looney, HCEH President

317-797-8368 call/ text

fyi,

The **Holiday Fest** will be MOVING to the Expo Hall this year on Friday, December 6. Besides a new location, we are trying a few new things this year.

The Holiday Fest vendor applications are available now at the Extension Office. If any one 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.

To help us begin planning for future years, please take a moment to complete the questionnaire regarding the Holiday Fest.

Please go to <https://www.surveymonkey.com/r/9ZPMW9Y> to answer five easy questions about the Holiday Fest. The last question is an open ended question for new ideas. So, please share your ideas with us.



Fall: The Happiest Season of Them All (With a Side of Pumpkin Spice)

Ah, fall. The season that speaks to our souls—There's something magical about the cool air, cozy sweaters, and watching the leaves change while knowing you don't have to rush anywhere. This is the time of year when we can truly settle into the season, surround ourselves with comfort, and enjoy the little moments that make fall so special.

Pumpkins: The MVP of Fall

Fall wouldn't be complete without pumpkins. At this point in life, we've fully embraced the pumpkin lifestyle. From pumpkin-scented candles to pumpkin muffins (made with just the right amount of healthy ingredients), pumpkins are everywhere. And why not? They're loaded with vitamins A and C, perfect for boosting our immune system just in time for cold season. Whether we're decorating with them or cooking them up in a savory fall dish, pumpkins are a must.

Pro tip: Use pumpkin seeds as a healthy snack or salad topper!

After carving a pumpkin or cooking with fresh pumpkin, don't toss those seeds. Pumpkin seeds, also known as pepitas, are packed with nutrients like magnesium, zinc, and healthy fats. One simple way to enjoy them is to roast them. Toss the seeds in a little olive oil, sprinkle with your favorite spices (like cinnamon or smoked paprika), then roast in the oven at 300°F for about 20 minutes. They're a delicious, crunchy snack or a perfect garnish for salads and soups!

Fall Soups and Stews: Warmth in a Bowl

Speaking of savory fall dishes—fall is also the perfect time to dive into hearty soups and stews. The beauty of fall cooking is that it's all about filling the house with warmth and goodness, and there's nothing better than a big pot of soup simmering on the stove.

Fall soups and stews are the perfect opportunity to pack in vegetables, lean proteins, and heart-healthy grains. Whether it's a butternut squash soup rich in antioxidants, or a beef stew full of fiber from root vegetables, fall meals are not only delicious but can also support your health. And let's not forget the ease of a slow cooker—throw everything in, let it simmer all day, and you've got a comforting, nutritious meal with minimal effort.

Fall Happiness: A State of Mind

The best part about fall? It's a season that practically demands we slow down, cozy up, and embrace the simple joys of life. It's that perfect in-between where the holidays haven't hit full swing, but we can enjoy a quiet moment without guilt. We know how to enjoy the crisp air, indulge in a slice (or two) of apple pie, and savor a warm bowl of soup by the fireplace.

So, ladies, embrace this season of change. Wear the cozy scarf, light the pumpkin candle, and treat yourself to the richness of fall. Enjoy the happiness that only fall brings—wrapped in a sweater, sipping a cup of tea, and knowing you're nourishing both your soul and your body.

Happy fall Y'all!!

-Amanda Marciano-Feutz, Hendricks County HHS Educator



Club News

Chat N' Do:

Fifteen Chat 'N Do members met at Monical's Pizza in Avon for their August meeting. Deb Culler called the meeting to order. We welcomed Janet Palmer our newest member. We also welcomed a guest, and we encouraged her to join our Club. Shana Schreiner, our Health and Safety Leader, presented a lesson on age-related macular degeneration. Her presentation stressed the importance of awareness for the risk factors leading to vision loss for people over the age of 60. The Club voted sponsor three 4-H home economics project plaques for next year's Fair winners. We also discuss other future projects for this year. The meeting was adjourned and we then enjoyed lunch and fellowship at Monical's Pizza. (Deb Culler)

Fourteen members of the Chat N Do homemakers met on September 11, 2024 a somber day in the history of the United States. We congregated at Mokey's on the Square restaurant in Danville Indiana Taryn Stewart the owner and operator of the restaurant provided a history of the restaurant and creates a variety of meat and cheese charcuterie boards. President Deb Culler called the meeting to order starting with pledge of allegiance, homemakers creed, and devotions. Judy Heffleman did roll call we answered to what is your favorite tree? We discussed Holiday Fest and the assignments of the clubs. Much conversation on having a craft booth at Holiday Fest and what items would be sold at booth Taryn started delivering our food orders, the Charcuterie Boards were amazing. Remember support local businesses in Hendricks County. (Deloris Elza)

Hazelwood Homemakers:

There were 14 ladies present for our September meeting. We had a wonderful time getting caught up and are looking forward to the another exciting year. Our safety director reminded us of the importance of getting enough Vitamin D through the winter months. An easy way to do this is simply to be outdoors in the sun and you don't even have to be wearing a bikini! Ha!!!!

Modern Homemakers:

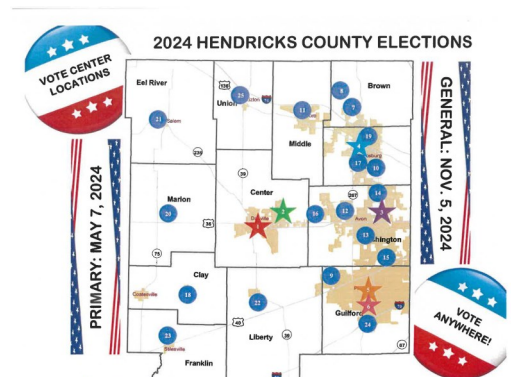
Modern Homemakers met on August 15 at Bartlett Chapel. Our theme for the evening was our annual indoor pitch-in picnic. After a wonderful dinner and conversation, we had a brief business meeting. Pam Pizzato led us in a chair yoga lesson. She learned this while attending the IEHA Conference this past June. Some of the exercises were challenging and offered a good workout. There are many places around the county to take free low impact exercise or chair yoga. We are proud to announce the winner of the Avon Distinguished Young Women Scholarship Award Program was Calleigh Neal. We sponsored her in the contest which was held in July. Calleigh will be speaking at our meeting in September about her experiences and what the program means for young women. If you are interested please feel free to join us Sept 19 at 6:30 pm.

We'd LOVE to hear from your club in the next newsletter!!! Due date is November 15th.

Early Voting Begins in October

Early voting in Hendricks County begins in October. There are a number of places that you can vote in person before Election Day on November 5th. Find a polling place close to you at the following link:

www.co.hendricks.in.us/egov/documents/1722879821_14596.pdf



Your opinion or choice doesn't count if you don't vote.



Helping Hands/Make a Difference Day Sept/Oct 2024

We are finally in September!! That means our first Helping Hands Day happened September 12th. We had 22 women in attendance to help finish 44 fleece blankets for Riley Children's Hospital. They not only finished in record time, but they also made multiple donations. We now have \$60 toward more fleece, pencils, toothpaste, crayons, combs, and fabric to make Christmas bags for Cypress Manor. Sue Hatfield donated a sewing machine for our use. Amazing!! Thank you ladies for all that you did to make Helping Hands Day such a huge success!!

We will meet again October 10th for Make a Difference Day. The difference in this day is that it is from 10-2. That means we will break for lunch. Bring a dish to share with others. It is so much fun and too much food. So don't miss it!! We will be filling 35 HeadStart hygiene kits, 60 hygiene kits for the homeless, making Christmas bags for Cypress Manor, and fleece blankets again for Riley. Sounds like we will have plenty to do.

November 14th we will meet for Helping Hands from 10-12.

RECAP

- October 10th 10-2 Bartlett Chapel Make A Difference Day
- November 14th 10-12 Bartlett Chapel Helping Hands Day
- December deliver presents to Cypress Manor date and time to be announced

Donations For Make a Difference & Helping Hands Days

- Fleece Blankets
- 2yds anti-pill fleece washed in free/clear detergent no softener
- Hygiene Kits
- Toothbrushes, combs

Cypress Manor

- Toothbrush holders, Nail Kits, fingernail polish & remover, cotton balls, full size shampoo, body wash, conditioner, lotion
- Crayons, markers, colored pencils, word search, crossword, coloring books,

Any donations of \$\$ appreciated

Any questions, text Char Lloyd at 812-236-6083



Aldi Gift Card Recipient

Miranda Kenney was the chosen winner of the Aldi Gift Card. She was chosen from the number of people that filled out the survey from the Hendricks County Fair.

The survey will help the council as they plan for the next year.



How to Preserve a Husband?



Be careful in your selection. Do not choose too young, and take only such varieties as have been reared in a good moral atmosphere. When once decided upon and selected let that part remain forever settled and give your entire thought to preparation for domestic use. Some insist on keeping them in a pickle, while others are constantly getting them into hot water. This only makes them sour, hard, and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience well sweetened with smiles and flavored with kisses--to taste. Then wrap them well in a mantle of charity, keep warm with a steady fire of domestic devotion, and serve with peaches and cream. When thus prepared they will keep for years. (Practical Housekeeping Tips, July 1883)



DID YOU KNOW?

As a member of Indiana Extension Homemakers (IEHA) and Hendricks County Extension Homemakers (HCEH) you are covered under a group standard liability and accident/travel insurance policy which the county pays for each year. The insurance coverage period this year is August 1, 2024 thru July 31, 2025. Details of coverage are shown below.

- 1) IEHA Club and County events
- 2) Events held at the fair, for example, Women's Day and Open Class exhibits, are most likely covered by fair board insurance. However, if someone would choose to sue IEHA for negligence (naming several parties such as the fair board and IEHA) the policy would provide coverage.
- 3) Each member while participating in or attending regularly approved organization activities. FULL coverage while traveling directly to and from the member's home and the meeting place for the purpose of participating in a scheduled activity is up to the limits of the policy.
- 4) If you charter a bus, you should ask, in advance, that the bus company provide you with a certificate of insurance.
- 5) Liability for food prepared and served by IEHA members at an IEHA event. If you have a caterer for a meal, the caterer should provide you with a certificate of insurance prior to the event. **There is no need to fill out a separate food event form, UNLESS** you (meaning an IEHA entity, club or county) is doing a fundraiser and preparing food for 500 or more people. In the event your IEHA group is doing a fundraiser and preparing the food for 500 people or more, contact the current IEHA State President for what to do obtain insurance protection.
- 6) The \$1,000,000 (one million) coverage for liability is per incident. This is not per county. Liability protection against claims by others against IEHA for bodily injury or property damage. The individual members are part of IEHA. The individual member cannot file a claim against the insurance company.
- 7) The accident insurance coverage is primary and has no deductible. Maximum benefits are \$5,000 for medical and hospital expenses resulting from injuries and loss of life; \$500 for dental expenses due to injury to sound, natural teeth, and coverage between \$3,000 and \$10,000 for loss of limb/s and/or loss of sight in one or both eyes.



If you need a certificate for proof of insurance, contact our County Treasurer, Judy Ricketts.

Pumpkin Dip

Ingredients

- 1 cup pumpkin
- 3 oz box of instant vanilla pudding
- 8 oz container of cool whip
- $\frac{3}{4}$ teaspoon Pumpkin Pie Spice
- $\frac{3}{4}$ teaspoon Cinnamon

Directions

- Mix pumpkin, pudding mix, cool whip, and pumpkin pie spice together {by hand} in a very large bowl.
- Chill for several hours before serving. Meanwhile, carve your pumpkin!
- Sprinkle with cinnamon, and serve with fresh apples slices, vanilla wafers or ginger snaps.



Idea: Hollow out a small pumpkin, and serve the dip inside the pumpkin.



Purdue Extension Presents Annual Sewing/Quilting Seminar

On Saturday, October 12, 2024, the Purdue Extension Service of Hamilton County will offer their annual sewing/quilting seminar from 9:00 a.m. - 2:00 p.m. at the Hamilton County 4-H Fairgrounds, 2003 Pleasant Street, Noblesville. A \$20 registration fee includes a day of presentations and demonstrations; lunch; vendor displays; and more! Registration is open to any interested person. Participants must submit their registration form to the Purdue Extension Hamilton County Office no later than Friday, October 4, 2024. Space is limited. Forms are available by visiting the Purdue Extension Hamilton County Office at 2003 Pleasant Street, Noblesville, or by visiting our website at www.extension.purdue.edu/county/hamilton.



Guest speakers and topics will include: Capi Saxton, *Tips, Tricks & Tools*; Doris Goins, *Accept the Challenge – Just Do It*; Terri Dougherty and Linda Hale, *Our Favorite Notions*; Jamie Gaetano, *Declutter and Organize Your Sewing Room*; Cindy Baker, *Repairing Vintage & Antique Quilts*; Vendors also will be available for shopping.

For more information about the Seminar or other programs offered by the Purdue Extension Service of Hamilton County, contact our Extension Office at 317-776-0854 or visit us online at www.extension.purdue.edu/county/hamilton.

18th Annual Bundle Up Hendricks County Coat Giveaway



Saturday, Oct. 19th 10 am - 2 pm
Small Animal Barn @ Hendricks County Fairgrounds

Wear a costume and enjoy indoor
trick or treating!

Donations accepted until 10/13/24
Find donation locations at:
www.bundleuphendrickscounty.org



Held in partnership with:

- Plainfield Federation of Churches
- Plainfield Optimist Club
- Just Be Kind Club
- Prevent Child Abuse Hendricks Co.
- Hendricks Co. 4-H Fairground & Conference Center

Information on the Energy Asst. Program

Leader Lessons

Tuesday, October 1, 2024
Hendricks County 4-H Fairgrounds & Complex

1:00 pm

"Saving Money with Freezer Meals"

Speaker
Diana Stone
Shelby County

2:00 pm

"Muscle Relaxation"

Speaker
Linda Clutz
Johnson County

3:00 pm

"Coping With a Disaster or Traumatic Event"

Speaker
Kevin Davis
Marion County

Register

765-720-8787 or
pitts15@purdue.edu



- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

Dining

with Diabetes

DATES, TIMES: October 30th, November 6th, 13th, 20th

5-7 pm

LOCATION: Hendricks County 4H Fairgrounds
(Conference 1 & 2)

COST: Free admission

Nutrition and physical activity are keys to managing your type 2 diabetes. But where do you start? The *Dining with Diabetes* program can help!

- *Dining with Diabetes* consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

Week 1 — What is diabetes? / Snacks & appetizers

Week 2 — Carbs & sweeteners / Desserts

Week 3 — Fats & sodium / Main dishes

Week 4 — Putting it all together! / Side dishes

Dining with Diabetes (DWD) is a cooking school that offers a practical approach to eating well for those with type 2 diabetes. DWD consists of four weekly sessions and a three-month reunion session. Content topics include:

- Planning meals and snacks with delicious and healthy recipes
- Cooking demonstrations and food sampling
- Motivation and support connect with others who are living with diabetes
- Ideas for being more active
- An understanding of how diabetes affects overall health

Call Hendricks County Purdue Extension for more information at (317) 745-9260 or email at hendrcces@purdue.edu.



Extension - Health and
Human Sciences

For more information, visit
<http://www.purdue.edu/hhs/extension/dwd>