



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

February
& March
2024

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

2023-2024 Calendar of Events

Jan. 30: Council Meeting

Feb. 6: Council Meeting and Leader Lessons (Pg. 7)

Feb. 8: Make a Difference Day (Pg. 5)

Feb. 19: Extension Office Closed

Mar. 5: Council Meeting

Mar. 14: Helping Hands Day (Pg. 5)

Mar. 20: Spring District Meeting,
(Johnson County)

Mar. 29: Extension Office Closed

Apr. 2: Council Meeting

April 11: Helping Hands Day (Pg. 5)

May 2: Achievement Day

May 7: Council Meeting / Extension Office Closed

May 27: Extension Office Closed

Jun. 4: Council Meeting

June 10-12: IEHA Family Conference

July 4: Extension Office Closed

July 14-20: Hendricks County 4-H Fair

Newsletter Deadline

Submissions for the **April/May Issue** are due by **March 15**. The theme will be "**Spring Ahead**." 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).

2023-2024 Officers

President: Melissa Mikesell

Vice President: Karla Janning

Secretary: Ellen Looney & Joanna Sell

Treasurer: Judy Ricketts

Education: Sharon Lytle

Leadership: Ellen Looney

HHS Educator: Amanda Feutz

Home & Family Arts Show: Joanna Sell / Kim Weber

Volunteer Community Support: Charlotte Lloyd

1st Member at Large: Rosie Lenihan

2nd Member at Large: Shannon Wagner

3rd Member at Large: Lynn Lillard

4th Member at Large: Kim Weber

News Chair: Melissa Phillips

Send a Unique Valentine's Day Gift!

The Treblemakers of Hendricks County
will Sing 3 songs (romantic or friendship).

Present a stuffed animal and homemade treats and
send a keepsake photo with the recipient.

All for only \$50 in Hendricks County, \$60 in surrounding counties
Digital Video Valentine (3 songs) \$15.
Wednesday, February 14, 2024



Call early to request your preferred time slot.
Kitty (317) 508-1439

Embrace a Healthier You in the New Year!

The tradition of New Year's resolutions invites us to reflect on our aspirations and set intentions for positive change. As your Health and Human Sciences Educator, I am thrilled to embark on this journey toward enhanced health and wellness together! New Year's resolutions serve as powerful commitments to self-improvement, especially when centered on health and overall well-being. There should be emphasis on setting specific, realistic health goals that can significantly increase the likelihood of successful lifestyle changes when setting goals. Do you have the same goals year after year, but don't find success? Here's where you can start:

1. Be Specific:

Identify Clear Objectives: Define exactly what you want to achieve. For instance, instead of a vague goal like "losing weight," specify a target weight or a fitness milestone.

Quantify and Measure: Make your goals measurable. For example, aim to walk a certain number of steps per day, consume a specific amount of fruits and vegetables daily, or achieve a certain amount of exercise each week.

2. Make Goals Realistic:

Consider Your Current Lifestyle: Assess what is feasible within your daily routine. Setting unattainable goals can lead to frustration and abandonment of efforts.

Break Down Goals: Divide larger goals into smaller, manageable steps. For instance, if your aim is to run a marathon, start with smaller distances and gradually increase them over time.

3. Set Timeframes:

Establish a Timeline: Assign a realistic time frame for achieving each goal. It provides structure and helps you track progress.

Short-term and Long-term Goals: Balance your goals between short-term achievements and long-term objectives. Short-term wins can boost motivation while working towards bigger goals.

4. Align Goals with Personal Values:

Reflect on Your Values: Make sure your goals align with what is personally important to you. Whether it's improving overall health, reducing stress, or increasing energy levels, ensure your goals resonate with your values.

5. Write Down Your Goals:

Put It on Paper: Writing down your goals solidifies your commitment. Keep them visible as a constant reminder and update or adjust them as needed.

6. Monitor Progress and Adjust:

Track Your Journey: Keep a journal or use apps to monitor your progress regularly. Celebrate achievements and evaluate areas that need improvement.

Flexibility in Approach: Be adaptable. If something isn't working, be open to adjusting your goals or strategies to better suit your lifestyle or circumstances.

By setting specific, achievable, and time-bound health goals that resonate with your lifestyle and values, you're more likely to stay motivated and succeed in making positive lifestyle changes. Remember, progress is a journey, not an instant destination.



You got this!

Amanda Marciano-Feutz

Extension Educator Health and Human Sciences, Purdue Extension- Hendricks County

Holiday Fest 2023—Success

Holiday Fest 2023 was a success again due to the hard work of all the clubs and their members. As the chairman I would like to say a huge Thank You! We sold all but 3 lbs. of cookies. The vendors said it was a great day. Thank you all for making so many beautiful cookies. We will be talking with Steve Patterson to see if moving to the expo hall next year may help us with having more vendors and therefore increasing the money we could make. Sandy Kelley, with Hazelwood Homemakers, would like to thank everyone that helped out in the kitchen to make lunch a success. Mrs. Claus was present as well as the children from Bartlett Chapel and our own Treblemakers providing Christmas music. It was a wonderful day and one I look forward to every year.

Thank you all again for all you do!! Karla Janning

Modern Homemaker — Cookie-Walk report

Thanks to all members in the county Homemakers and their families for making the 2023 Holiday Fest **Cookie Walk** a success!

We prepared 24 platters (2 or 3 lbs. each), 30- 1lb tubs (a couple tubs were 1 1/2 lbs.) of single-type cookies (e.g. all snickerdoodles, all chocolate chip, etc.), and 263 1lb containers for a total of 341 lbs. (approximately) of cookies!! At \$7/ lb. this translates to minimally \$2,387 which we use in many ways to support the Mission of the Hendricks County Extension Homemakers Association to Strengthen Families through continuing education, leadership development and volunteer/ community support.

Special thanks to the set-up, cashiers and clean-up crew!

Next year, let's consider reporting the amount of some selected cookie ingredients we use in making these delights (butter, sugar, eggs, etc.) to give an idea of the volume of commodities used!



Hazelwood Homemaker — Lunch Report

What an experience! This was our first time organizing the lunch for the Holiday Fest. It was a huge task for us, but thankfully, with the help that we received, we were able to get it done. We couldn't have done it, without volunteers and "Elves" from other clubs that came and helped us serve and clean-up. It was greatly appreciated.

Our menu was the same as the previous year and, overall, we didn't have a lot left over. After we closed down, one of our members took the leftovers and walked around the vendor's hall and sold it by the container. It was quite a bargain, and it brought in a little extra money for the Homemakers.



→
The calm before the storm!



Community Support

Helping Hands/Make A Difference Day

Happy 2024!! I hope you all had a great Christmas. I did. The residents at Cypress Manor did also have a great Christmas thanks to all of you. We sewed bags for them in November and filled and delivered them on December 20th. When we got there one of the residents ran to his room and put on his new Christmas socks immediately, another said it was the best day ever, and another wanted to play Christmas carols on the home's new piano to thank us! She was an excellent piano player. It brought tears to my eyes. Such a small thing and yet it brought so much joy!! I wish you all could have been there. Thank you ladies for helping make it such a great Christmas for so many!

We made donations of baby clothes, blankets, and baby wipes to Crisis Pregnancy Center. They gave us a tour of the facility and thanked us for helping them touch those in need. There were also 16 hygiene kits given to the homeless through the ministry at Hazelwood Christian Church. Wow, what a way to start off 2024!!

Now we come to Helping Hands Day January 11th at Barlett Chapel. I have to admit that I wasn't sure how many would show up, but 14 came out to help. We actually were able to complete 21 fleece blankets for Riley in record time. The best part was being together and sharing all that had happened since 2023. Next time you won't want to miss out on all the fun!

Make A Difference Day February 8th is the next time. We will meet at Bartlett Chapel from 10-2 this time. Bring a dish to share and we will have extra time to share with each other. I thought I was going to have to come up with things to do but Pam Pizzato mentioned a sale on fleece at JoAnn's and ladies started donating money for it. We ended up collecting \$200 and Melissa Phillips offered to go and purchase it. We now have 35 two-yard lengths; thanks to a couple more donations that came in afterwards. Ladies, you are amazing!



Dates to put on your calendars:

Make A Difference Day: February 8 10am-2pm Bartlett Chapel*
Bring a dish to share for lunch

Helping Hands Days

March 14, 10-12, Barlett Chapel*
April 11, 10-12, Barlett Chapel*

We are off and running in 2024! To the right you will find lists of things that we need donated to keep up all the giving to others that we are doing. I can't thank you enough for helping touch so many people.

You are a blessing to me.

Charlotte Lloyd

812-236-6083 (Text or call if I need to pick up anything)

ITEMS NEEDED

#1: Toiletry items, travel size

Toothpaste
Toothbrushes
small combs

#3: Fleece

2 yard lengths
washed in scent free detergent
no softener or softener sheets
Blizzard or anti-pill

#5

* Bartlett Chapel is located at 4396 E Main St in Avon. (Just a few minutes away from the Hendricks County 4-H Conference Center.)

CLUB NEWS

Chat'n Do Homemakers:

#1: Chat 'N Do Homemakers' Christmas dinner was held at Rosie Lenihan's home on Monday evening of December 12. In addition to 14 members attending, so did our Big Sister, Ellen Looney!!

This is a pitch-in event – everything from Wassail to homemade yeast rolls and homemade candy, which was plentiful enough to send some candy home with all. Oh, yes, we have meat and lots of healthy vegetables – we are Homemakers!! At each of our long tables was a centerpiece, made by our wonderful Shirley Gates, who passed away last July. We certainly miss her smile.

Our December gathering is our only fundraiser. EHM donated items are wrapped with a “tag” giving us three hints of its contents. One hint is if item is holiday related, These items are auctioned off and all proceeds fill our treasury for the next year. We did Very Well!!! And if laughs and smiles were gold, we'd really be rich .– Tho, yes we are, since we are Extension Homemakers!!

Happy New Year ALL! (Submitted by Rosie Lenihan)

#2: After baking our cookies and helping with Holiday Fest on December 1st, we were busy preparing for our annual Cha 'N Do Christmas Party. On December 11th , Rosie Lenihan graciously invited us to her house for our planned Carry-In Dinner/ Auction. Our Big Sister, Ellen Looney joined us for the evening. The auction gets a little intense at times. We all had a wonderful time ! The proceeds from the auction help to boost our club treasury so that we are able to make donations in the coming year to other local needy organizations. We were definitely in the mood to enjoy Christmas with our families and friends following that party! Our first meeting of 2024 was held on January 10th at the Interurban Station in Plainfield with 13 members present. We followed the regular meeting format in order to tend to some business .

After reviewing the outcome of Holiday Fest and other old business, we learned that we will have the duty of table decorations for Achievement Day in May. With the theme being Happy 200th Birthday Hendricks County, we talked about a few ideas. We then worked on making our choices on the Committee Sheet.

Shannon Wagner said that the committee has been working on updating the Constitution of The Hendricks County Ext. Homemakers Ass. for several months. We each had printouts of the new proposal and we opened our Program Books to page 35. She then led us through line by line, section by section, etc. and we discussed the proposed new changes. We did offer some thoughts and possible wording changes.

The meeting was adjourned and we enjoyed lunch together. (Submitted by Judy Heffelman)

Hazelwood Homemakers:

The past couple of months is quite the blur! Isn't it always the way with the Holiday Season? At the beginning of December, our club found ourselves in the kitchen cooking up tasty treats for the Holiday Fest. Each of us had our own responsibilities. Whether that was cooking up the Sloppy Joes, serving



coffee, or washing dishes, which everyone did with a smile and a song. I had the fun job of grilling the hotdogs. Oooh! For some reason, though, I didn't feel like eating or seeing another hotdog for quite a while. HA!!!

Thankfully, Holiday Fest comes but once a year! :) We actually had a lot of fun, believe it or not. The nicest part about the day was all the help our club received from ladies from various clubs within our county. We couldn't have done it without their help. So, THANK YOU to ALL the Ladies that came in response to our SOS and helped us out that day.



It was definitely fun meeting the ladies from other clubs and making new friends. When I think of friends, I think of the ladies in our club. They are a blessing in so many ways. They are always willing to lend a hand and help. I'm sure that's just like the ladies in the other clubs, too. Proverbs 17:17 says, “A **friend** loves at all times.” So blessed to have so many friends within Homemakers.



The week afterwards, our club had our Christmas Party. We met for lunch at “Court House Grounds” in Danville. Quite a fun place to have lunch. They make a delicious Dill Pickle Soup, too. Have you ever had Dill Pickle Soup? After lunch we had our white elephant exchange. It was a fun time of giggles and fellowship with good friends. (Submitted by Melissa Phillips)

Modern Homemakers:

On Dec 15 our club was asked to provide a cafe experience for the Mental Health America of Hendricks County Assoc for their fundraising event. It was the Taylor Swift "The Era's All Ages Dance Party Tour" which was held at our fairgrounds. We prepared and served food choices from Taylor Swift's favorite foods list. We served sliders, chicken tenders, French fries, popcorn, and her favorite cupcakes and cookies. It was hard work but also rewarding and lots of fun watching all the kids and adults that came out for the event. The evening was a success, and all for a great cause.

On Dec 21 our club met for our December meeting at Bartlett Chapel. Because of timing, we only had 10 members in attendance but we still had lots of fun. We enjoyed many festive desserts including an apple strudel prepared by Ellen, that she had been taught by a Chef from Austria on a recent cruise she had taken. We played several games such as Christmas Trivia, and a gift passing game to the "Night Before Christmas " poem. Melissa gave a lesson on the Top 25 Christmas Traditions and how they got started. Next month we will be making Valentines to donate to a local nursing home and we will have a lesson on feeding the birds for winter. (Submitted by Lynn Lillard)



A Time to Talk by Robert Frost

When a friend calls to me from the road
and slows his horse to a meaning walk,
I don't stand still and look around
on all the hills I haven't hoed, and shout from where I am, What is it?
No, not as there is a time to talk.
I thrust my hoe in the mellow ground, Blade-end up and five feet tall,
And plod: I go up to the stone wall For a friendly visit.



Leader Lessons

Be sure to register for the lessons being held Tuesday, February 6th. Registration is free, but we need to know how many plan to attend. Register by emailing Lisa Pitts (pitts15@purdue.edu) or calling the extension office at 317-745-9260. The lessons are:



1:00 pm "Food Budgeting and Meal Planning"
2:00 pm "Coupons in a Digital World"
3:00 pm "Do You Know Your Medical History?"

RSVP by Friday, January 26th (at 4:00 pm)

Reuben in the Round

2 cans crescent dinner rolls	1-1/2 teaspoon horseradish
1 (12 oz) can corned beef, crumbled	1 (8 oz) can sauerkraut, well drained
1/4 cup green pepper, chopped	1/2 teaspoon caraway seeds
3 Tablespoons catsup	1 cup Shredded Swiss Cheese



- Using one can of crescent dinner rolls, separate rolls and press into an ungreased 8" pie pan; going up about a 1/2" on the sides.
- Combine catsup, horseradish, corned beef and green pepper and spread on top of the crust. Then place the sauerkraut on top; sprinkle cheese and caraways seeds over sauerkraut.
- Separate second can of dough into 8 triangles. Arrange triangles spoke-fashion over filling with points toward center. Do not seal outer edges of triangles to bottom crust. Sprinkle with sesame seed.
- Bake in 350° oven for 20 minutes covered in foil. Remove foil and bake 20 minutes longer.