

June – August
2025



BOONE COUNTY
EXTENSION
HOMEMAKERS

The KALEIDOSCOPE

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF BOONE COUNTY, INDIANA



Your 2025-2026 Boone County Extension Homemaker's Council

MONTHLY QUOTE

“

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

- Margaret Mead

”



IN THIS ISSUE

- OFFICER UPDATES
- FAIR INFORMATION
- RECAP OF SPRING EVENTS
- COMMUNITY EVENTS



Judi Wilson presented members with their years' of membership certificates.

Important Dates

June

- 2-4** Home & Family Conference – Embassy Suites—Noblesville
- 3** First Tuesday Program
- 23** 6:00 p.m. E. H. Council Meeting – DR
Pitch-In for Old & New Presidents
Home Cooking Club – Drinks

July

- 4** Independence Day **
- 8-10** NVON—Springfield, IL
- 20-26** Boone County 4-H Fair
- 23-26** Boone County E.H. Open Show

August

- 1-17** Indiana State Fair (closed Mondays)
- 25** E. H. Council Meeting—DR – 6:30 p.m.

September

- 1** Labor Day **
- 2** First Tuesday Program—DR – 6:30 p.m.
- 15 & 16** Indianapolis Retreat – Waycross

**** Means that Purdue Extension Office is closed**





The 2024–2025 year started off in June with me attending the Home & Family Conference in Fishers, as the Boone County representative. The 3 day event included craft sessions, educational sessions, Melody Makers concert, lots of great food, election of Indiana State officers, and time to visit with old friends and make some new friends from throughout Indiana. At our joint officers dinner we invited our High School Scholarship recipients and their parents. It was a fantastic opportunity to meet these young people and hear about their college plans.

The month of July was busy with all of the Fair events and our Open Show. Clubs and individuals sponsored awards for a specific category 'in memory of or in honor of' and these cash awards total over \$900. The Beehive was buzzing every day with fairgoers enjoying a meal in air-conditioning. In case you aren't aware, BCEH gives back 40% of their fair profit to the Boone County 4-H Club, Inc to be used for facility expenses (utilities, internet services, trash service, etc) and for the programs offered by 4-H.

August was our first Fall 1st Tuesday program, which is open to the public and often times is free.

October was busy with Sewing Day, many items were sewn and distributed to our community. 200 Boxes of Care (the State President's project) were assembled and given to many food pantries, Witham Hospital, and Caring Center. There were 2 Educational lessons presented.

November is packed full with Holiday ideas during the Holiday Workshop. The Holiday Bazaar had over 180 vendors, lunch and specialty coffee were available for purchase. During November & December, BCEH participated in Wreaths Across America for the first time. Wreaths in memory of a veteran were sponsored by family members, community people, Daughters of the American Revolution, and service organizations. 288 wreaths were placed on the graves of Boone County veterans in 10 Boone County cemeteries on Saturday, December 14th. On Sunday, 8 wreaths were placed on the Boone County Courthouse lawn in recognition of each branch of service. We will be participating again this winter and the 'laying of the Wreaths' will be Saturday, December 13 2025. Be watching for more information on how you can participate in this service project, OR contact me now to be part of the planning. Boone County Extension Homemakers provided 'treat bags' before the Christmas holidays for each inmate at the Boone County Jail. This was our Thank You to them for helping during the county Fair and the Holiday Bazaar. Even the Sheriff Department staff received a 'treat'.

March offered 2 more Educational lessons, with possibly 3 new members attending. Another Sewing Day was held with more items being prepared for various organizations in Boone County. Spring Heritage Skills had 25 attendees learning how to make butter, canning techniques, and making sourdough bread.

Eight Boone County Homemakers attended the Indianapolis District Day in Hamilton County in April. The speakers were from Hickory Hall Polo Club, right here in Boone County and the lunch menu included hot browns, Derby pie, and non-alcoholic mint juleps. The country of India is highlighted for our International Night with 2 exceptional speakers. The Indian food was very tasty. Again the Homemakers provided desserts to those who attended the 4-H BBQ. Everyone enjoys a homemade piece of pie, cake or cookie to top off their meal.

May is bringing our year to a close, but not without an exciting new event-Boone County Extension Homemakers are joining 3 other groups in sponsoring the Theater Thursdays held at the GQT Theater in Lebanon on the 3rd Thursday of the months of May through October. This is a joint venture with Boone County Senior Services. There are over 100 community people who attend the movies each month, what an opportunity to share the Homemaker's story. Check out the BCSSI newsletter and the BCEH Facebook to get the movie information. Homemakers are needed to volunteer before the movie- passing out snacks and information about US. Contact Judi if you are available. For the first time, BCEH participated in Lebanon Litter Clean-Up Days, May 1-3. We were t-shirt sponsors, so our logo was on over 600 community volunteers backs. Several members, a Mom/daughter team and 3 husband/wife teams picked up litter on Indianapolis Avenue from Hendricks Drive to the Milky Way, the rain held off for the most part so we could do a thorough job of collecting litter. The 1st Tuesday program on Landscaping with Native Plants was attended by 25 people. I spoke with 2 ladies who are interested in Homemakers, possible members for our organization. Achievement Night...celebrating our accomplishments with a 70's theme...dress attire, food and entertainment- The Evans Family Band. The officers were installed for the next year, new members were recognized, and members who have passed were remembered. The month of June begins a new year for us as we celebrate our 2025 High School Scholarship recipients and parents. This year we are pleased to present 5 scholarships in the following amounts...2- \$1000, 2-\$500, 1-\$250. We had 9 applicants from 4 high schools. The IEHA year comes to a close, but the Boone County Extension Homemakers are already working on events and projects for 2025-2026...Beehive volunteers during the 4-H Fair, partnering with Indiana Diaper Bank in sorting and distributing diapers in Boone County, serving a meal at Shalom House, co-sponsoring the Theater Thursdays, Wreaths Across America, Ladies Tea, and many more. How will you participate in these events? What ideas do you have where BCEH could be a partner in community service project?

Judi Wilson

Trust Endearing Achievements Mission
Belong Community Education Helpful

Happy Summer, Extension Homemakers!



The sunshine has finally arrived—what a welcome change!

I was starting to think spring might never settle in, but here we are, embracing the warmth and everything that comes with it—including the fast-approaching 4-H Fair and all the exciting activities you're involved in.

I hope you noticed the Margaret Mead quote on the cover. When I came across it, I immediately thought of this amazing organization. When Extension Homemakers set their minds to something, there truly is no limit to what can be accomplished!

In this issue, you'll find a variety of fair-related information, particularly regarding the Open Show and the Beehive. I'm thrilled to share that **Allyson Gutwein and Leigh Ann Akard** have stepped up to oversee the Open Show—and both have joined Extension Homemakers! If you haven't met them yet, be sure to stop by the Open Show and give them a warm welcome.

You'll also see highlights from two recent educational programs that BCEH helped make successful. **Chef University** returned for its second year over Spring Break, and I was so proud of the **13 participants** who joined us for the two-day program. BCEH donated money to purchase kitchen equipment for the program. Additionally, we held **The Family Dinner Project** in partnership with Boone County Head Start. Special thanks to **Judi Wilson and Joan Guthridge** for your help that night. This event focused on the health and educational benefits of family meals, and addressed the barriers that can prevent families from eating together. We were pleased to have **nine families participate**.

New to this newsletter is a section featuring **community resources** you may find interesting. I was recently at a Boone County Healthy Coalition meeting and heard about several helpful opportunities that I wanted to pass along—just in case they aren't already on your radar.

Lastly, be sure to check out the summer family bucket list at the end of the newsletter. For your convenience, here's a direct link with even more ideas:

👉 <https://kaseytrenum.com/summer-bucket-list-printable/>

I look forward to seeing many of you at events throughout the summer!

Sincerely,

Health and Human Sciences Extension Educator
& BCEH Cheerleader



VOLUNTEER COMMUNITY SUPPORT REPORT

VCS held 2 Sewing Days this past BCEH year! October 23, 2024 and March 18, 2025. Ten women came for various times to Sewing Day in October and 7 women attended for various times in March. The total items made in those 2 events were –

Rice bags – 90 for the You're Not Alone cancer project

Rice Bag covers – 31 for the above

Fleece blankets – 9 for Riley's Children Hospital

Tote bags – 6 for Riley Children's Hospital

Pillowcases – 7 for Riley Children's Hospital

Thank you to all who participated!!

The 2024 Open Show Pillowcase Contest was held during the Fair! We had 8 entries in the Adult category and 3 entries in the Junior category! It was a very hard decision for our judge to pick the most creative pillowcases as they were all well done! The winners of the Adult category were – Donna Padgett for First place and Sandy Larger for second place.

The winners of the Junior category were– Scarlett Moore for first place and Skylar Yarger. A big thank you to all who participated in the contest! Its always fun to see all the beautiful and creative pillowcases!

We also had 19 pillows and pillowcases donated. Besides the pillowcases they entered into the contest, Patty Nichols donated 12 pillows and 12 pillowcases and Nancy Need donated 7 pillows and 7 pillowcases! Thank you so much ladies for your very generous donation and all your hard work!

BCEH are still making shawls for the Threads for Compassion project. A big thank you to all who have made one. They are greatly appreciated by the family's who receive them.

Thank you to all members who have participated in the above events and who have done volunteer work in our community through your club or on your own. BCEH make a difference!!





EDUCATION REPORT

We are continuing to read during the school year to the Head Start Children who also receive a book to take home.

Teacher grants of \$100 were given out to twelve teachers this year.

Five college scholarships were awarded this year.



TREASURER REPORT

Thank you to the clubs and mailbox members who have submitted their dues for the upcoming year. If you know someone who would like to join BCEH, please let me or the office know.

Recently, Judi, Anita & I had the pleasure of presenting the BCEH scholarship awards to high school seniors from Zionsville, Sheridan and Lebanon. This year, we were proud to award five scholarships: two for \$1,000, two for \$500 and one for \$250.

It's not too early to reserve your spot as a Bee Hive cashier during fair week, July 20–26. We are looking for volunteers to help, and training on the registers will be provided beforehand. If you're interested in serving as a cashier, please contact the Assistant Treasurer, Joan Guthridge.

Dione Finney – Treasurer



Leadership REPORT

Volunteers needed to serve at Shalom House on June 21st 304 W. Green Street, Lebanon

Arrival time is 9:00 am (departure will be 1:30)

Team size is 6-8 people (an adult must stay and serve with youth teams)

·Please be sure you are feeling well. Anyone with symptoms (cough, blowing nose, sneezing, stomach illness or that has had a fever in the past 24 hours) should stay home. It is important not to handle food or be around our guests while sick. A lot of our guests are health compromised.

·Park your cars across the street at the red brick church parking lot.

10-10:30am is packing delivery meals. We are doing carry out/curbside and dining room meals from 11-1. The food is provided for you to prepare.

All team members must wear required PPE inside the Shalom House kitchen but is not required in the dining room or outside. (head cover/gloves/beard cover and supplies are provided) You may bring a hat in place of wearing a hairnet.

One team member will be taking meals to the cars. (they should dress appropriately for the weather) All team members should wear closed toed shoes.

Currently we are cooking for and packing 150 plus meals. Weather affects our numbers. You will have a Shalom Host to help guide you through serving the meal you do not have to know anything in advance.

Could you bring one small pie and one small cake? Pies and cakes can be store bought or homemade. We need volunteers to help with this wonderful opportunity and bring a cake or pie if you can. If you just want to offer a pie or cake just let me know, and I will take it in.

Please text or email me, Jennifer Jones if you can help with serving or making a pie or cake.

Thank You all for your time.

Jennifer Jones

Cell: 765-894-0122

Jenljones@mymetronet.net

Membership REPORT

Updated BCEH information/recruitment display board

Attended 3 event to try to recruit new members:

- Holiday Bazaar
- 4-H Project Fair
- Spring Heritage Skills



Initiated contact with 14 potential members

Email and phone call

Contacted 2 homeschooling groups

Results: 3 new members (one already resigned)

Reasons for failing to join BCEH:

- 1) Lack of available time
- 2) No more commitments
- 3) Don't cook anymore, sew anymore etc.
- 4) Don't want to have any responsibilities with EH, even to attend meetings
- 5) Don't need any educational training because they use You Tube

We need to discuss membership in the council meeting, I'm looking for new ideas such as:

- 1) Virtual Meetings (Microsoft Teams, Zoom)
- 2) Use Facebook live to show demonstrations
- 3) Post videos of First Tuesdays on BCEH Facebook page

Annual Report from Debra Meiring, Membership Chair

2024-2025 New Member #s

7 New Members county-wide

3 in Home and Garden and 4 in Merri Mixers

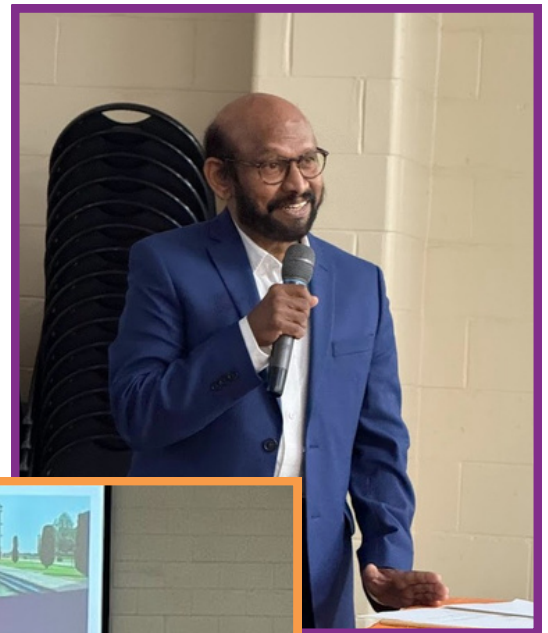
(P.S. We already have 3 new members for 2025-2026!!)

International Night

India was the country that was featured at International Night. in April We had 2 speakers from India, Noel Ina and Pastor Emmanuel Penumaka. Both gave very interesting presentations about India including many pictures!

The traditional food that was served was Chicken Tikka Masala, Basmati Rice, Kachumber Salad, Naan and Rice Kheer. The beverages served were Mango Lassi and Masala Chai.

There were 40 people in attendance. A good time was had by all. The clubs that put on the evening were Home Cooking Club and Sugar Creek Club. Thank you to all those club members who helped prepare the food and decorations! And thank you to Pandora and the office staff for all their help in making the evening a success!



4-H BBQ | BCETH Bake Sale

Thank you to all who brought baked goods for the 4H BBQ Bake sale!
And thank you to all who worked a shift! The event went smoothly and we had a nice variety of baked goods. We had some baked items left over which were given to the 4H BBQ workers and staff. They appreciated it! We made around \$350 after the cost of the containers was taken out.



Lunch & Learn Recap

In March we had Extension Educator Amanda from Hendricks Co teach us about cooking with herbs and spices and the health benefits of those. We also had Diana from Shelby Co come teach us how to save money by cooking with freezer meals.

We held a second Spring Lunch & Learn in May where we learned about Chair Exercises from Mandy in Hancock Co and Susan Peterson taught us how to reduce stress through gardening.

Both months we had non-BCEH members join us and we even recruited a new member. Our new marketing strategie helped increase attendance and allowed us to share what our organization was about to a new audience.





ACHIEVEMENT NIGHT

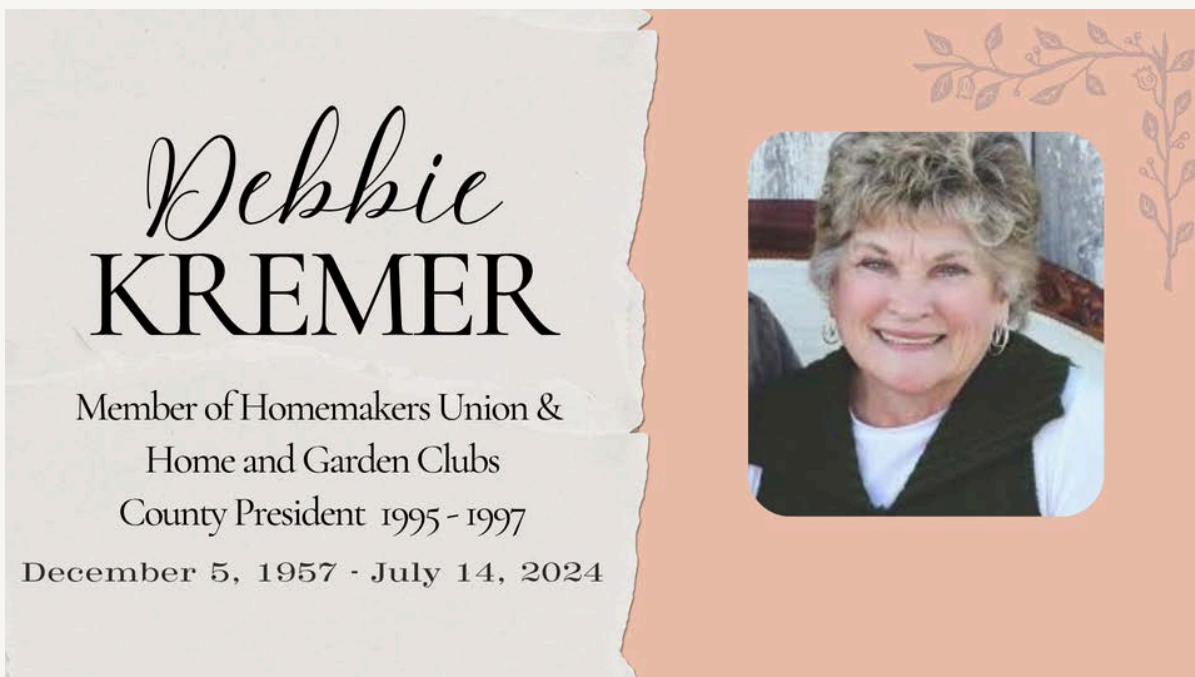
Recap

It was a groovy celebration



IN MEMORY

The true strength of this organization lies in its people and the deep connections we share. It is those very relationships that make the absence of those who pass so deeply felt. Though they may no longer walk beside us, their impact endures—in our hearts, our stories, and the legacy we carry forward.

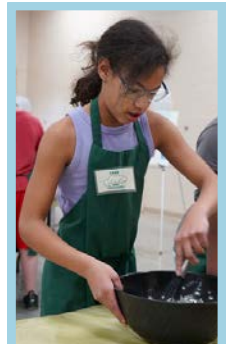


THANK YOU

FOR SUPPORTING THE
FOLLOWING PROGRAMS...



You graciously donated funds so Stephanie and I could purchase cooking equipment (bowls, mixing spoons, measuring cups, etc. for this program to use year after year.

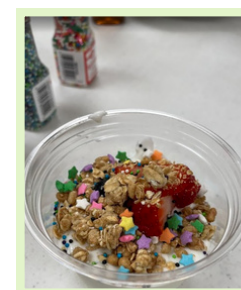




THE FAMILY DINNER PROJECT.ORG



This program was held during a parents' dinner for families of Head Start. Each month they serve their families a meal. Through a \$250 grant from Purdue Center for Families Pandora purchase supplies for a *make your own fruit parfait* dessert bar for the kids to do with Extension Homemakers while Pandora taught parents. Each family was also given their own *Dinner Conversation Starters Kit*. In honor of the 30th anniversary of the Purdue Center of Families, they partnered with IEHA and Purdue Extension HHS to provide this program's material for free to Educators and Extension Homemakers to teach in the community and offered program grants. Pandora was one of 4 Educators to receive this grant.





BOONE COUNTY
EXTENSION

HOMEMAKERS

OPEN SHOW

OPEN
TO ALL

WHERE

WHEN

ARTS, CRAFTS & HOBBIES
CULINARY, FLOWER &
GARDEN, FINE ARTS,
NEEDLE ARTS &
SEWING, PHOTOGRAPHY

BOONE COUNTY FAIR,
FARM BUREAU
COMMUNITY BUILDING

JULY 23-26, 2025
OPEN TO ALL- FREE TO
EXHIBIT
PRIZES AWARDED!



OPEN SHOW



The Boone County Extension Homemakers Open Show is a cherished annual tradition celebrating creativity, community, and inclusivity in Boone County, Indiana. Held during the Boone County 4-H Fair, this event invites residents of all ages and abilities to showcase their talents across a diverse range of categories—completely free of charge.

Open to youth, adults, seniors, and individuals with disabilities, the show features six departments: Arts, Crafts & Hobbies; Culinary; Fine Arts; Flower & Garden; Needle Arts & Sewing; and Photography. Each department offers classes tailored to different age groups and skill levels, ensuring that everyone—from first-time exhibitors to seasoned creators—has a place to shine. Special events add to the excitement, including the Bake Auction, where culinary entries are auctioned to support future programming, and the Creative Cookery contest, which challenges participants to craft dishes featuring a selected ingredient. Another highlight is the Decorated Pillow Case Contest, where entries are donated to the Boone County Women's Shelter, blending artistic expression with community service.

With no entry fees and a welcoming atmosphere, the Open Show embodies the mission of the Boone County Extension Homemakers: to strengthen families and communities through education, leadership, and volunteer support. Whether you're a budding artist, a gardening enthusiast, or someone eager to share your homemade pie, this event offers a platform to celebrate your passions and connect with neighbors.

For more information on how to participate or attend, contact the Purdue Extension Office at 765-482-0750 or visit their website. New Open Show Co-Directors Allyson Gutwein and Leigh Ann Akard look forward to welcoming you!

EVENTS

SCHEDULE

2025

OPEN SHOW

**JUL
01**

TURN IN CREATIVE WRITING ENTRIES

Purdue Extension Office

OPEN SHOW CHECK IN 4-7P

Farm Bureau Community Building

**JUL
23**

**JUL
24**

OPEN SHOW CHECK IN 9-11A

Farm Bureau Community Building

CHECK OUT EXHIBITS 4:30-5:30P

**JUL
26**



MORE INFO:

[HTTPS://EXTENSION.PURDUE.EDU/COUNTY/BOONE/HHS/BCEH.HTML](https://extension.purdue.edu/county/boone/hhs/bceh.html)



BAKE AUCTION VOLUNTEER NEEDED!!

We need someone to coordinate at 6:00 P.M. on Thursday, July 24, the auction of baked goods that were entered into the Open Show. This involves contacting the auctioneer; making sure all baked items have been cut, wrapped, and moved into the dining room of the Community Building; noting which items won sweepstakes or champion ribbons, and handing desserts to the auctioneer. If two people wish to sign up, this can be a shared effort. Please, and thank you!!

Please contact Allyson Gutwein – iu2000allyson@gmail.com – 765-376-3377 or
Leigh Ann Akard – leighannakard23@gmail.com – 317-445-4417 if
interested





Pillowcase Contest

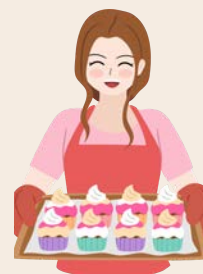
BCEH is sponsoring a Pillow Case Contest during the Open Show at the Fair again! You can make a pillowcase or decorate a purchased pillowcase. You must be able to sleep on the pillowcases. Pillowcases will be judged by creativity. There is an Adult division and a Junior Division. In each division there is a first place award of \$15 and a second place award of \$10. You must donate a new standard size pillow to enter the contest. Only one entry per person. All pillows and pillowcases will be donated to the Boone County Woman's Shelter. No pillow or pillowcases will be returned. Join the fun and start making your pillow cases now as it gets really busy by fair time!! Pillowcases are entered at the same time as all open show entries. The Open Show Handbook has all the details of the contest. You can also donate a pillow and or pillowcase without entering the contest. You can bring those pillows and cases anytime during the open show. Show your creativity and make a pillowcase!

Linda Fahrenbach



Creative Cookery

FRIDAY, JULY 25
CHECK IN: 10:00A.M. JUDGING: 10:30A.M.



If you are looking for something to do "creative" in cooking for the open show, please go to your open show book and look at pages 10 to 12. As you can see, we have added the name "Debbie Kremer" to the title. Debbie added much to this project through the years and just wanted to honor her. Rhubarb is the flavor for this year. This is a fun project and you get to watch the products judged and sample them when the judging is over.



Beehive Volunteer Signup

Beehive Volunteer sign-up...The online Sign-Up Genius for Beehive volunteers will be ready the first of June. The online link will be sent to each BCEH member, so each member will be responsible for logging in and volunteering. This year the shifts will be 3 hours long, and each member is responsible for covering 2 shifts or 6 hours total. You will have the choice of which task you want to do...grill, fryer, runner/sandwich, salad & desserts, etc. Please go online and choose your shift as soon as possible. Thanks for making the Beehive a success!

Contact Judi with any questions.
email: jaw_ltw@yahoo.com
phone: 765-894-0468



Beehive Cashiers

Anyone able and willing to take a shift cashiering for the Beehive during the fair, please contact Joan Guthridge.

e-mail: ejguth345@mymetronet.net

Phone: 317-440-0474.

Thank you in advance for your willingness to help out.

Joan Guthridge
Assistant Treasurer



**JULY
21-25
2PM-3PM**

PURDUE EXTENSION'S LIL' FAIR EXPLORERS

FOR AGES 4-7

Each day we explore and learn about a different animal at the fair, have a snack, read a book and make a craft. Parents/Adults are required to stay for the program.

This is a FREE program!



HELD DURING THE BOONE COUNTY 4-H FAIR!

***Sign-up for one or multiple days!!
Space is limited.***

***Meet in the Lily Family Pavilion
Address: 1300 East 100 South, Lebanon IN***

→ **[Click here to register](#)** ←

Purdue University is an Equal Opportunity/Equal Access University. If you are in need of accommodations to attend this program, please contact Pandora Taylor prior to the meeting at 765-482-0750 and pandora@purdue.edu by July 19. For special dietary needs contact Pandora Taylor at 765-482-0750 and pandora@purdue.edu by July 19. If you need an interpreter or translator, please contact Pandora Taylor prior to the meeting at 765-482-0750 and pandora@purdue.edu by July 19.



HOLIDAY BAZAAR



****SAVE THE DATE --- NOVEMBER 22****

Just a quick reminder that our annual Holiday Bazaar is in November—always the Saturday before Thanksgiving. Mark your calendar and tell your friends about this great day of lunch and shopping!!

We can always use help with various tasks on both Friday and Saturday. It is a few months away, but think about how you might be able to volunteer for this event. It is fun to be involved both with the vendors and the customers.

Holiday Bazaar Committee





IEHA Indianapolis District 23rd Annual Retreat
Monday, September 15 & Tuesday, September 16

Waycross Camp and Conference Center
7363 Bear Creek Road, Morgantown, IN 46160
Phone: 812-597-4241 or 800-786-2267
Wear your best **GREENS!**

Please print clearly

Name _____

Address _____ Zip _____

Telephone _____ Email _____

Confirmation by mail (include a self-addressed stamped envelope) ___ or Email ___

County _____

Emergency Contact Person _____ Phone _____

Do you require a handicap room? Yes ___ No ___ On the ground floor? Yes ___ No ___

Double/Triple occupancy room **\$140.00** ___ Single occupancy room **\$175.00** ___

Would you share a double bed and have a single bed in the room allowing an occupancy of 3? ___ Yes

Do you have special dietary needs? We will try to accommodate if possible. _____

Roommate(s): _____

\$75.00 One Day ONLY Registration includes meals and classes: Mon. ____

See next page for class descriptions, class size and instructions. We will try our best to fulfill your request for classes. First choice: please circle one selection for each of the following sessions:

Session 1: 1 2 3 Session 2: 1 2

Second choice: **Session 1: 1 2 3 Session 2: 1 2**

Please mail your registration and check made out to **IEHA Indianapolis District** to cover the cost of accommodations, and meals to:

Terri Meal

4507 Frontage Rd.

Fairland, IN 46126

For additional questions please contact: **Terri Meal @ 317-626-0689 Email: tmeal24@aol.com**

Registrations after August 15, 2025 please add \$25.00 late fee.



Monday: Session 1 (1:45pm – 2:45pm)

Class 1. Copper Ornament & Potato Stamps Class limit: 15 Instructor: Cindy Saferight

Class 2. Vegetable Printing T-shirts (bring a pre-washed light colored shirt)

Class limit: 20 Instructors: Sarah Kesterson & Terri Meal

Class 3. Zwirnknopfe Button Instructor: Jane Miller

Tuesday: Session 2 (11:00am – 12:00pm)

Class 1. Fancy Hearts Class limit: 25 Instructor: Sarah Kesterson

Class 2. Memory Wire Bracelets Class limit: 20 Instructor: Cindy Saferight

Community Project 9:15am – 11:15am We will be filling hygiene rolls to be distributed in our counties. We ask each county donates 100 of the assigned items. These are to be travel size items:

Morgan County— Toothbrushes

Hancock County— Combs

Boone County— Bar Soap

Shelby County— Toothpaste

Johnson County— Shampoo

Hamilton County— Deodorant

**Don't Forget your Silent Auction items:
Handmade items and Homemade Goodies
are always a hit!**



Session 1 Class 1 Copper Ornament & Potato Stamp



Session 1 Class 2

Vegetable Printing T-shirts



Session 1 Class 3

Zwirnknopfe



Session 2 Class 1– Fancy Hearts

Session 2 Class 2-- Memory Wire Bracelet





BARGAIN SHOPPING BINGO!

Join us for a fun-filled day!

Monday, April 28, 2025

Morgan County Fairgrounds

Wilbur Kendal Room

Registration: 10:00 am

Ways to save– Coupon Shopping with Purdue Educator-

Diana Stone: 10:30 am

Lunch will be provided

and **BINGO!**

Hosted by: Morgan County Extension Homemakers

RSVP by April 25th to Purdue Extension 765-342-1010



Welcome



Kasey!



We are so excited to announce that Kasey Dulin is our 2025 Boone County 4-H Summer Assistant. Kasey will be working with us through the summer 4-H months, until the beginning of August. Kasey is from Kirklin, IN and was a Boone County ten year 4-H member. During her time in 4-H she showed many large animal species, completed various indoor projects, and held various leadership positions throughout her clubs. She was a 2024 graduate of Western Boone where she was also a five year FFA member. Kasey attended Vincennes University where she studied agriculture and is transferring to Purdue University this fall to study agriculture education. In her free time, Kasey enjoys baking, cake decorating, attending open shows with her lamas, and spending time with her friends and family.

BOONE COUNTY 4-H

GARAGE SALE



DROP OFF DATES

**SAT.
JUNE
7TH**
10AM-5PM

**SUN.
JUNE
8TH**
1PM-5PM

**MON.
JUNE
9TH**
12PM-8PM

**TUES.
JUNE
10TH**
12PM-8PM

**WED.
JUNE
11TH**
9AM-12PM

SALE DATES

**THUR.
JUNE
12TH**
4PM-8PM

**FRI.
JUNE
13TH**
10AM-6PM

**SAT.
JUNE
14TH**
10AM-6PM

LOCATED IN BOONE REMC HALL
BOONE COUNTY 4-H FAIRGROUNDS





PRESSURE CANNER GAUGE TESTING SITE

Did you know dial gauge pressure canners need to be checked for accuracy every year? The Purdue Extension Office in Boone County now offers dial gauge pressure canner testing. Please note, not all models can be tested. We can only test Presto brand dial gauges.

SCHEDULE A TIME...

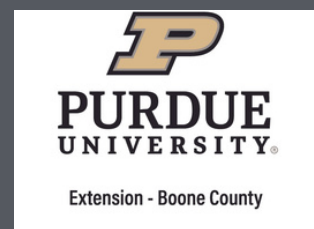
Reach out to Health and Human Sciences Extension Educator, **Pandora Taylor** to schedule a time to come into the Purdue Extension Office for testing.

PER GAUGE

\$5.00

CASH OR CHECK ONLY

Contact Pandora at
765-482-0750 or pandora@purdue.edu
PURDUE EXTENSION - BOONE COUNTY
Located on the Boone County 4-H Fairgrounds
1300 East 100 South, Lebanon



Community Resources

Boone County Resource Guide

Did you know that there is a document on the Boone County Health Department's website where you can find all the local resources in one spot? If you are looking for anything from early childhood programs, to services for those with disabilities to health services or even recreation and entertainment it can all be found in the this resource guide. The Health Department just updated the guide this spring, so check it out at: <https://boonecounty.in.gov/offices/health-department/> and scroll to the bottom of the page to find the link to the pdf. If you would like a book, you can stop in at the Health Department and get one.

Boone County Senior Services

You have probably heard of them, but did you know what all they provide to our county??? Not only do they offer various programs and resources to seniors, but they offer the only transportation service in the county to EVERYONE! They also provide a support groups for caregivers. This is just a small list of all the services they provide. Many don't realize but they have an office located in Lebanon and Zionsville.

I encourage you to check out their website and sign up for their newsletters (Senior Sounds, Caregivers Corner) that will come in the mail or via email and give you timely updates of programs they have available.

<https://www.booneseniors.org/>

At Witham Hospital in Lebanon you can take classes through the Witham Wellness Center. Below is their brochure that has all the current classes they are offering, many are free. Check them out!!!

OUR CLASSES

ROCK STEADY BOXING

Non-contact boxing program designed for those with Parkinson's disease.

Program cost - \$30/month unlimited

SILVERSNEAKERS FITNESS

Free community class designed for adults 65+ or those new to fitness. Three different classes all involving a chair for support.

Indoor CYCLING

Free community program for those who enjoy indoor cycling on recumbent or traditional spin bikes.

TAI CHI FOR HEALTH

Focuses on building strength, balance, and flexibility through slow, continuous movements.

Program cost - \$5 a class

INDIANA YOGA STUDIO

Restorative: Gentle, slow, encouraging mental and physical relaxation.

Program cost - \$15 a class

Flow: Great for any level. Gentle, slow movements and breath work.

Program cost - \$15 a class

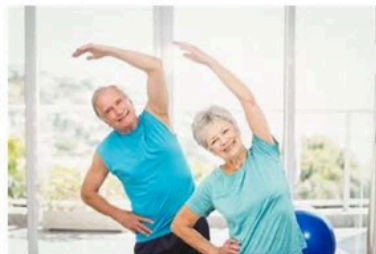
BEMOVED DANCE

Do you love to dance, or have you always wanted to learn? Whether you are a beginner or a pro, BeMoved Dance is the perfect place for you to express yourself, have fun, and improve your wellbeing.

Program cost—\$10 a class

CANCER SUPPORT GROUP

Recurring class that meets on the 4th Monday of the month at the Boone County Cancer Society. (1208 North Lebanon St) Supports the patient living with cancer and those that assist them.



WITHAM WELLNESS CENTER

South Pavilion
2505 N. Lebanon St.
Lebanon, IN 46052

Phone: 765-485-8126

Fax: 765-485-8129

E-mail: trose@witham.org



WITHAM WELLNESS CENTER

COMMUNITY CLASSES



COMMUNITY CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00 AM	Rock Steady Boxing PD 1 & 2 9:00 - 10:15 AM	Tai Chi Advanced (Instructor Approved) 9:00 - 10:00 AM	Rock Steady Boxing PD1 & 2 9:00 - 10:15 AM	Tai Chi Part 1 9:00 - 10:00 AM
10:00 AM	Rock Steady Boxing PD 2 & 3 10:00 - 11:00 AM	Indoor Cycling 10:00 - 10:45 AM	Rock Steady Boxing PD 2 & 3 10:00 - 11:00 AM	Indoor Cycling 10:00 - 10:45 AM
11:15 AM	SilverSneakers Classic 11:15 - 12:00 PM		SilverSneakers Chair Yoga 11:15 - 12:00 PM	SilverSneakers Cardio Circuit 11:15 - 12:00 PM
12:30 PM			Flow Yoga 12:30 - 1:30 PM	
1:00 PM				
6:00 PM	IYS Restorative Yoga 6:00 - 7:00 PM	BeMoved 6:00-7:00 PM		BeMoved 6:00-7:00 PM
6:00 PM	Cancer Support (4th Mon of the month) Located at the Boone County Cancer Society			

Holistic Menopause Care

Feel Balanced and Empowered

Personalized Plans

Nutrition
Lifestyle

Mind-Body Wellness

Yoga
Meditation
Stress Relief



Start Your Journey Today!

Call (765) 742-1567

Hormone Replacement

Tailored to Your Needs
Expert Guidance & Support

Natural Therapies

Natural Supplements



Valerie LeGacy
Nurse Practitioner



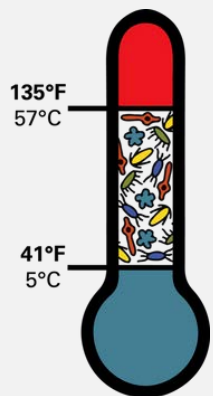
GRILLING SAFELY AT HOME

It is always important to follow good hygiene practices when handling or preparing food for yourself and others, whether you are grilling, having a summer cookout or backyard BBQ.

Preparing Food to Go on the Grill

- Wash hands and surfaces after contact with raw foods. Use separate utensils and cutting boards for raw and ready-to-eat or cooked foods.
- Thaw foods safely using the following methods
 - **Refrigerator:** Food should be at 41°F or colder
 - **Cool Water:** Submerge food in package in sink or container of cool water, changing every 30 minutes
 - **Microwave:** Cook food immediately after
 - **Cooking:** Part of the cooking process. Allow at least 50% longer time to cook through
- Marinate food in the refrigerator. If the marinade is to be used as a sauce, save fresh marinade that has not touched raw meat in a separate container or boil the sauce used to marinate raw meat.

Temperature Danger Zone



- Harmful bacteria grow fastest between 41°F and 135°F
- Perishable foods, such as those containing animal products, cooked vegetables and grains, should be tossed or composted after four hours at room temperature **OR** one hour if the outdoor temperature is over 90°F

Cooking Food Safely on the Grill

- Checking color, texture or taste are not indications that food is fully cooked
- If contaminated food is consumed raw or undercooked, there is a higher risk of foodborne illness
- Cooking temperature recommendations are based on reducing bacteria to a level considered “safe.” This does not eliminate all pathogens
- Measure the internal temperature of the food by inserting a food thermometer into the side of steaks or burgers to the very center

Grilling Temperatures

- **Opaque in color**
 - Shrimp, crab, crawfish, scallops and lobster
- **135°F**
 - Commercially processed, fully cooked foods such as hot dogs
- **145°F**
 - Whole cuts of beef, pork, veal, lamb and fish
- **155°F**
 - Ground/tenderized meats
- **165°F**
 - Poultry (ground or whole)





SUMMER BUCKET LIST



100 fun things to do before summer kicks the bucket!

Meet a new person

Overcome a fear

Read at least 10 books

Have a water balloon fight

Go to the beach

Go to the park

Ride on a carousel

Fly a kite

Collect seashells

Watch fireworks

Make S'mores

Roast marshmallows

Stay up super late

Go to a fair

Have a pillow fight

Play mini golf

Make homemade pizza

Make an outdoor fort

Catch a lightening bug

Go swimming

Slide down a water slide

Go to a BBQ

Go to the movies

Eat a snow cone

Play flashlight tag

Take a mini road trip

Blow bubbles

Make lemonade

Pick wildflowers

Play in the rain

Camp indoors

Play with sidewalk chalk

Potato sack race

Donate food to animal shelter

Get ice cream from ice cream man

Run through a sprinkle

Play frisbee

Have a water gun fight

Drink a slurpee

See a magic show

Watch a sunrise

Watch a sunset

Plant flowers

Bake cupcakes

Feed ducks

Paint rocks

Scavenger Hunt

Climb a tree

Go to a farmers market

Go on a hike

Visit a toy store

Have family game night

Visit a relative

Help cook dinner

Picnic in a park

Visit mom or dad at work

Make homemade jam

Go to the zoo

Family bike ride

Play catch

Make root beer floats

Make a journal

Go bowling

Watch a movie outdoors

Have a cousin sleepover

Play on monkey bars

Build a sandcastle

Eat watermelon

Go to Library

Go on date with mom or dad

Wash a car

Bake cupcakes

Play in a puddle

Ice cream for dinner

Movie night with snacks

Take a picture of a butterfly

Pajama Day

Make lemonade

Breakfast in bed

Skip rocks

Hula Hoop

Make handprint art

Go on a nature walk

Make popsicles

Have a relay race

Have breakfast for dinner

Treasure Hunt

Play hide and seek

Visit a local farm or petting zoo

Star Gaze

Jump on a trampoline

Make a fruit salad

Dinner at the beach or lake

Play in kiddie pool

Play jump rope or hopscotch

Watch a thunderstorm

Go to a new park

Go to Amusement or water park

Do a fun summer craft

Unplug for one full day (no TV, computer, tablet, or cell phone).

2025 Newsletter Deadlines

If you have information you would like put into future Kaleidoscope editions please see the deadlines for submissions below.

Information must be submitted to Pandora Taylor

pandora@purdue.edu and Kerry Luchetta kluchett@purdue.edu.

September/October Edition Deadline: August 15

Nov/December Edition Deadline: Oct 15



Need to look something up from a past issue of the Kaleidoscope?

Past issues from 2024 and 2025 can be found on the Boone County Extension Homemakers webpage on the Purdue Extension- Boone County website.

<https://extension.purdue.edu/county/boone/hhs/bceh.html>