

January - February  
2024



BOONE COUNTY  
EXTENSION  
HOMEMAKERS

# The KALEIDOSCOPE



*Holiday Workshop Program  
on being Festive and Frugal.*

## IN THIS ISSUE

- OFFICER MESSAGES
- IMPORTANT DATES
- OPEN SHOW  
VOLUNTEERS NEEDED
- HERITAGE SKILLS DETAILS

## MONTHLY QUOTE

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

—Helen Keller

*New at the  
Holiday  
Bazaar,  
Santa  
joined us  
this year.*



# Important Dates



## January

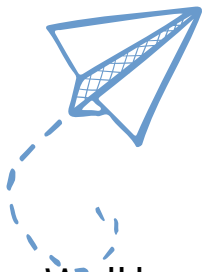
- 1 New Year's Day -Extension Office Closed
- 15 Martin Luther King, Jr. Day - Extension Office Closed
- 22 E. H. Council Meeting – Dining Room
  - Refreshments at 6:00 p.m. (Marionettes)
  - Meeting at 6:30 p.m.

## February

- 19 Presidents Day - Extension Office Closed

## March

- 12 Sewing Day, Annex, 9:00a.m.—3:00p.m.
- 12 Deadline to register to attend Educational Lessons
- 19 Education Lessons—Dining Room *Must RSVP*
  - 10:00 a.m.—Couponing in Digital World
  - 11:00 a.m.—Lunch
  - 12:00 p.m.—Mindfulness
- 20 Spring District Meeting - Boone County
- 23 Heritage Skills Day – 1:00-5:00pm Must RSVP
- 25 E. H. Council Meeting – Dining Room
  - Refreshments at 6:00 p.m. (Merri Mixers & Home & Garden)
  - Meeting at 6:30 p.m.
- 29 Good Friday -Extension Office Closed



Well here we come again to the end of another year! I hope everyone had great Christmas and New Year Day. We had a wonderful Holiday Workshop. I even went away with a door prize, a lovely charter plate with candles and tree ornaments. My mother and I went the next week to Hamilton County and the Grinch was there. We were celebrating Hooville. On Nov. 30 I drove to Shelbyville at night to make a greenery planter . I had a lot of fun. They do this every year with flowers. I was not able to attend the bazaar but heard it was well attended. I am sure there is a report about it in this newsletter.

For my birthday my husband and I went to Shipshewana to see a show and ran into a few Boone County homemakers there to see the Gaithers. My family has said they can't take me anywhere that I don't run into someone I know.

Don't forget we are hosting the Indianapolis District Day on March 20. I am looking into having it at Dulls. Look for details later. Well hope to see all of you at coming events.

PATTY

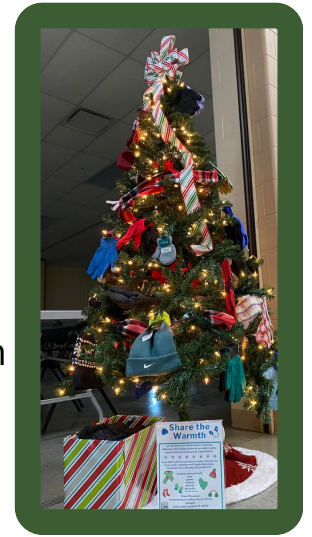


## From the desk of the



News from Judi...

In recognition of Homemakers Week in October, the Extension Homemakers provided 'treat bags' for the DCS staff in the counties of Boone, Hendricks, and Montgomery...over 100 bags. Thank you to Deborah and Sandy from the Merri Mixers for helping to fill those with socks, fall craft pumpkins and leaves to decorate, crayons, small toys, stickers, flavored tea bags, and lots of CANDY.



In early November during the 4-H Project Fair, the Homemakers shared membership information with the Moms and Grandmas of future 4-Hers. The children got candy; while the Moms and Grandmas received membership brochures about Boone County Extension Homemakers and flyers about the upcoming events. About 25 interest brochures were passed out, I wonder how many new members will join our group.

The Holiday Bazaar had a fantastic number of shoppers. This was also a time when the BCEH members and the community donated scarves, gloves, hats, and socks. The 'Share the Warmth' tree was decorated with 4 scarves, 37 pairs of gloves, 30 hats, 6 pairs of socks, and 9 sets of baby mittens. These will be given to the children in Boone County- through various organizations.

Gloves and hats are ready for delivery to elementary schools in Boone County. 100 items were donated by BCEH members.



## More News from Judi...

Looking Ahead in 2024....Save the Dates.... BCEH will be electing new officers in April (installed at the Achievement Night). If you are currently an officer; please let Judi know if you are willing to continue in that office, or if you would prefer another office, or if you are ready to take a break. If you are not holding an officer position, but would like to be part of the Board of Directors, send a message to Judi. New blood is always good for any organization to grow.

Get Mooned in Boone is coming April 5-8 in anticipation of the solar eclipse. Activities are being planned at the Boone County Fairgrounds, more details later.

The 4-H BBQ is scheduled for Saturday, April 13th. The Homemakers will also be providing desserts for those dining on chicken or pork chop. What sweet treat will you bring to the event?

Garage Sale time. April 11-14. Now is the time to go through your items and see what can be donated. All proceeds go to Boone County 4-H fairgrounds improvements. Over \$15,000 has been raised in past years.

The Achievement Night is on the calendar for May 9th. Members of Home & Garden EH club and Merri Mixers EH club are on the committee. A planning meeting will be scheduled in January, so get your ideas together for an awesome evening where BCEH members are recognized for their accomplishments.

The month of June will be the IEHA conference in the Indianapolis area. There will be some educational programs, along with some crafting times. Look for more information.

And then we come to July... 4-H Fair time... July 20-26...Saturday through Friday. The Homemakers will once again be serving meals in the Beehive....and more hands are needed to make this fundraiser a success. What group do you know who would love to help in the Beehive and possibly earn a little money for their organization? Let's be looking at our neighbors, school groups, sports teams, youth organizations....the list is endless.



The graphic features a stylized illustration of a document with a folded corner and several coins, positioned to the left of the text. The text "TREASURER'S REPORT" is written in a bold, black, sans-serif font.

## TREASURER'S REPORT

Happy New Year! I hope you had a wonderful holiday season! I just want to pass along a couple reminders:

- \* County dues, in the amount of \$10 per person, are to be paid to the County Treasurer by April 15. When sending in your dues payment, please also provide an updated list of members with their current contact information. The dues can be sent to the BCEH office, Attention: Dione Finney.
- \* Coins for Friendship are also due on April 15. Please send to my attention at the BCEH office.
- \* If you or anyone on your committee seeks reimbursement for expenses, please complete the reimbursement request form available in the office and attach it to your receipts. If you would like for me to email a copy of the form to you, please let me know.

If you have any questions, please contact me at [dione.finney@gmail.com](mailto:dione.finney@gmail.com).

Dione Finney  
Treasurer





Dear Extension Homemakers,

I hope that you had a wonderful holiday season...so many celebrations since we saw each other last. I had a wonderful trip to New York City to cheer my husband on in the New York City Marathon in early November. Since then, the days have flown by with a busy Thanksgiving and December was full with 6 different Christmas gatherings with family and a couple work related gatherings in the mix. Add to that the Purdue Extension Professional Development Conference in December where I presented a session on financial education programs available to Extension Educators to bring to the youth in their communities, I was elected secretary of the Indiana Extension Educators Association (a 4-year term that will have me serving as President in 2026), I was recognized for 15 years of service with Purdue University and I was part of a team that won an Indiana Extension Educators Association award. It was quite a way to end the year.

January isn't looking to slow down and I am excited about that. I will be kicking off a workplace wellness book club for Witham Hospital employees on January 9th. We have had a fantastic response so far and we have a couple days for employees to still sign up. It is one part of the Employee Wellness Program that I have created for business employers to offer their employees. The hope is that employers will have me come in and deliver educational health programs and then the employees that attend will get "credits" that goes towards a wellness program the business already has established for its employees. If you know of a business that would be interested, please have them reach out to me and I can share more details about the program.

There are many other programs and partnerships that are in the works. The fall/winter has been an amazing time for me to really build relationships in Boone County and I think we will all see those create some wonderful opportunities in the months to come. I look for the spring to be completely packed with programs for all ages, so stay tuned for opportunities to attend programs I am doing in the community. In the meantime, stay warm, stay safe and I look forward to seeing each of you soon.

Sincerely,

*Pandora*





# 2024 Open Show Needs Your Help



Do you enjoy baking? Do you enjoy seeing others' creative skills and the ideas they have for a project? If so, the Open Show could use you!

## **Opportunities to volunteer include:**

- Culinary Director: You can lead a team of volunteers to organize the culinary entries during the Open Show. You can be available for several hours and one full day of the show to assist with set up, project entry, judging, and project check out. May share this role with another person.
- Committee Member: You can be a part of one of the department teams. You can be available a few hours during the show to assist with any of the following: set up, project entry, judging or project check out.
- Open Show Director: You can give guidance and support to all of the department chairs. You can be available several full days or half days at the show and assist with all aspects. The goal is to have multiple directors to share this role.
- Bake Auction Assistant: You can help one full day during the show working with the bake auction director to prepare baked goods entries for the auction. No baking required, just packaging entries from others who baked!

Remember, even if you only have a few hours of time to give, we could use you! Please contact Abby Emmert Worrell with questions or if you are interested in any of these roles. Email or call at [emmertabigail@gmail.com](mailto:emmertabigail@gmail.com) or 765-336-4289.





Sewing Day was held October 11th. We had 7 women who came and went throughout the day. We made approximately 18 items that day. Several women took fabric home to work on tote bags. (I still need to go pick them up as of this writing! So I don't have a current number.) A fun time was had by all. Thank you to all to all who came! And thank you to all who sewed at home before the sewing day. There were 16 items turned in from people who sewed at home for a total of 34 items! Mark your calendar for our next Sewing Day - Tuesday March 12, 2024 from 9-3 in the Annex. Hope you can come and enjoy a day of sewing for others and getting to know your fellow extension Homemakers!!



# FACEBOOK



Welcome Members that are Facebook Friends!

To Give you a little insight to our BCEH Facebook page and why it's important to hit that "share" and "like" button when you can.

We now have over 1,500 followers and over 1,300 likes for our page! Our viewers are 95% women, where only 25% are over the age of 65+. This means we are now reaching out more to the 25-45 age group. This is exciting news because with every "share" and "like" you as a club member make, it's a way to reach the younger crowd.

If you have Facebook and have not hit that "Follow" button please do so to keep our audience growing. You can find our page at <https://www.facebook.com/BCEHindiana/>

Your Facebook admins Katie and Sarah encourage clubs and members to send us monthly club photos, messengers or other things you wish to share to help boost our numbers of those that might want to sign up and join in on the fun of being a member of the Boone County Extension Homemakers.

If you have any questions at any time please feel free to reach out to Katie Klimaszewski or Sarah Jensen on Facebook or Email.

Thank you,

Katie Klimaszewski  
Facebook Admin





# Holiday Bazaar Recap

The Holiday Bazaar was a great success this year. It was a chilly day on November 18, but sunny and that welcomed our biggest crowd ever! Our isles were crowded with happy shoppers! The Bazaar is in the Witham Pavilion, Centennial Hall South and Centennial Hall North which gives us about 190 booth spaces. We have a wide variety of items for sale and that offers great choices for our happy shoppers!

We were full this year with a waiting list—the first since 2020. We had a new caterer who served really yummy food. We also had the Refuge Coffee gals there with their coffee cart serving the customers their various coffees.

Thanks to each of you who came to help in some way. Helping with check-in as the vendors arrive is very much appreciated. And on Saturday we like to have friendly faces greeting the customers as they arrive. We always have positive comments on our evaluations about our friendliness and you each help with that!

Mrs. Claus joined us again this year passing out candy canes, alongside our own crazy Elf who enjoys helping everyone to have a great time. We also had Santa as a new addition this year. He had his own special chair and talked to many children and we saw a few “older girls” sitting on his lap! He was a fun addition and will return next year.

We purchased blue tables covers for our welcome tables – choosing blue so they can be used for many Extension Homemakers events. With colorful Christmas décor it made our welcome areas look very festive. It was easy to spot the folks who could answer the questions!

Mark your calendar for November 23, 2024 for our next Holiday Bazaar. Spread the news about the wonderful shopping opportunities and we would also welcome your help during the event.

Thanks for your help and your encouragement,  
The Holiday Bazaar Committee





**NEW EVENT ALERT!**

# Heritage Skills Classes

Get ready to learn some skills that were once basics in every home. The Boone County Extension Homemakers are proud to present a day of hands-on classes on skills of the past. You will get to take home what you make in each of the 3 sessions you participate in. Program is open to anyone. Refreshments will be available.

**Choose three of the following sessions  
at time of registration.**

- Quilting
- Yeast bread
- Greeting Cards
- Pie Shell
  - Making Your Own Laundry Soap & Cleansers

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Held in the Boone County Farm Bureau  
Inc. Community Building  
at the Boone County 4-H Fairgrounds  
1300 East 100 South, Lebanon

**When: Saturday, March 23, 2024**

**Time: 1:00 - 5:00 pm**

**Cost: \$10 at the door**

*Limited spots available for each  
class. Get your reservation in quickly.  
Deadline to register is March 8th.*

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**To Register:**

Email: [booneces@purdue.edu](mailto:booneces@purdue.edu)  
or

Call the Purdue Extension office  
at 765-482-0750

*You will need to provide name  
and 3 classes you want to take at  
time of registration.*



## Educational Lessons – 2023–2024

Note that that the class offerings are a bit different in your Program Book. The info below is now the correct info.

### SPRING SESSION

**Tuesday, March 19, 2024**

Boone County Farm Bureau Inc. Community Building, Dining Room

RSVP by **Tuesday, March 12** to the Purdue Extension Office 765-482-0750 or email [booneces@purdue.edu](mailto:booneces@purdue.edu) with your name, sessions you will attend, are you eating the lunch and any special dietary needs you have.

### **10:00am Couponing in a Digital World**

Do you want to save additional money at the grocery store, discount stores, and at the pharmacy? Coupons are a great way to save significantly at all of these stores. Couponing has changed over the years and many businesses are now offering digital coupons in addition to paper coupons and their own store rewards programs. Learn how you can multiply your savings by using paper coupons, digital coupons, and rewards programs combined. We will focus on learning how to make digital coupons work to your advantage. If you are not sure how to use digital coupon, we will discuss how to begin using them as well. Strategies to make this a simple process without spending hours collecting coupons will also be shared.

Presented by Diana Stone, Shelby County

### **11:00am Lunch**

Cost \$6.00

Menu: Meat Lasagna, Veggie Lasagna, Breadsticks, salad, dessert, water and ice tea.

### **Noon Mindfulness**

Mindfulness means becoming aware of what is happening in the here-and-now, both internally and externally in the world around you. Mindfulness is a state of active, open paying attention to the present. Being mindful allows you to observe your thoughts and feelings from a distance, without judging them to be good or bad, allowing you to live fully in the moment and not let life pass you by. Learn how to do mindfulness exercises as well as the science behind the health benefits of mindfulness.

Presented by Mandy Gray, Hancock County





# RUTGERS

New Jersey Agricultural  
Experiment Station  
COOPERATIVE EXTENSION  
UNION COUNTY

## ***New Year, New Goals: Develop a Plan***

January 2022

Barbara O'Neill, Ph.D., CFP®

Distinguished Professor and Extension Financial Management Specialist Emeritus  
Rutgers Cooperative Extension

At the start of a new year, many people resolve to make changes in their lives: lose weight, get organized, save money, spend more time with family, quit smoking, get more exercise, and do better in general. While we often call these plans "resolutions," they are essentially goals.

Setting goals is a lot like your next vacation. In order to develop both an action plan and a travel itinerary, you must know your starting point and destination and the time frame and cost of the "journey."

Below are ten tips to achieve your goals in 2022:

**Start With Your Dreams-** Remember that a dream is vague like "I want to send my child to a good college," or "I want to be comfortable in retirement." A goal is specific and has dates for beginning and ending (e.g., "I will start saving this month to save \$20,000 for the down payment on a townhouse").

**Be Specific-** Write down what you want to accomplish and when. Goals should be "SMART": Specific, Measurable, Attainable, Realistic, and Time-related. In other words, they should have a definite outcome and deadline and be within reach, based on personal income and assets.

**Develop an Action Plan-** Work backwards to break a goal into small pieces. The more specific a financial goal, the easier it is to determine how much savings is required. For example, a \$20,000 "new used" car in 5 years will require \$4,000 in annual savings or about \$77 per weekly paycheck.

**Consider Opportunity Costs-** Measure the cost of something, not only by its price tag, but by what you give up by losing the opportunity to do something else with your money. For example, if you have the money for either a car down payment or a vacation and you choose the car, you could forego the vacation.

Pay Attention to "Small Stuff"- Don't forget that small steps add up and can lead to big rewards. If you want to save money, you won't do it if you don't pay attention to where nickels, dimes, and dollars go every day. Ditto for paying attention to calories in food if you are trying to lose weight. Decisions that you make daily will determine the outcome of your goals. Address Your Obstacles- Think of all the things that might prevent you from reaching your goal. Write them down on a sheet of paper. Beside each obstacle you list, write down several ways you could overcome the obstacle. For example, automating savings to "pay yourself first."

Share Your Goals- Tell other people about your goals so there are people to support you and hold you accountable. You will be less likely to get "off track" if people that you know and love are encouraging you and watching your progress.

Identify Resources- Identify people and/or places to help you achieve your goal. Are there books you could read or a group of people who are working toward the same goal? Are there family, friends, or mentors at work who could assist you in some way? Reach out for help, if needed.

Reward Yourself- Give yourself small rewards along the way for encouragement and motivation. As you reach milestones toward accomplishing your goal (e.g., saving \$1,000), do something fun that you enjoy (e.g., attending a play or eating at a nice restaurant).

Evaluate and Adjust- If you aren't making progress, re-group. Don't give up. Adjust your plan. See what is working and what is not. Look at how you spend your time, energy and money. Are you moving toward your goals? If not, make some necessary adjustments.

In summary, think SMART goals when you are thinking about making changes in your life. Research indicates that people who take the time to set goals and plan ahead are more successful financially.

Remember, people don't plan to fail, they fail to plan--and set goals with specific action plans.

**Link to original article:** <https://njaes.rutgers.edu/sshw/message/message.php?p=Finance&m=1462>



# Goals

# Five Tips for Exercising Safely During Cold Weather

Don't let falling temperatures stop your outdoor exercise plans! You can walk, ski, ice skate, shovel snow, and more.



## Take a few extra steps to stay safe:

1

**Warm up and cool down**, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.



2

**Pick the right clothes**. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.



3

**Be extra careful** around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.



4

**Learn about the signs of hypothermia**, a drop in body temperature that can cause serious health problems.



5

**Check the forecast**. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



## **2024 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](mailto:pandora@purdue.edu) and Kerry Luchetta [kluchett@purdue.edu](mailto:kluchett@purdue.edu).*

*March-May Edition Deadline: February 15*

*June - August Edition Deadline: May 15*

*September/Oct Edition Deadline: Aug 15*

*Nov/December Edition Deadline: Oct 15*

*Jan/Feb 2025 Edition Deadline: December 9*

