

The Hearthstone Herald

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF HANCOCK COUNTY, INDIANA

GREETINGS EXTENSION HOMEMAKERS



Let's hope April showers and cold temperatures bring May flowers! Please join us as we continue to Cultivate Kindness.

Be sure to read the entire newsletter with details on our annual celebration along with information on IEHA Conference.

Thank you to everyone helping and shopping at the Country Vintage Market on a cold, blustery day! Thank you for supporting our Expiration Dates Program and the Heritage Cooking Class. We are fortunate to have so many members and educators willing to help us and share their knowledge.

Showing support and attending events is a valuable part of membership and I appreciate greatly. Save July 12 for a lesson on Plant Propagation, presented by Marnie from Watson Nursery. Come with questions.

I'm looking for members to submit recipes for the Daily Reporter. It's simple and a great family keepsake. Email me with your ideas of lessons, activities and I'd like to take a bus trip this fall.

Club treasurers please send your dues and membership roster to Debbie Elsbury, with a copy of roster Debbi Green before May 1st.

Keep making hearts and "Cultivating kindness."

- Margie Clark

Use...

- your voice for kindness*
- your ears for compassion*
- your hands for charity*
- your mind for truth*
- and your heart for love.*

Cultivate kindness friends.



Educator Update

Hello Homemakers,

Get outside and enjoy the spring weather: May is a great time to get outside and enjoy the warmer weather. Take a walk or hike in nature, go for a bike ride or simply sit outside and enjoy the sunshine.

Stay hydrated: As the weather gets warmer, it's important to stay hydrated. Drink plenty of water throughout the day and avoid sugary drinks and alcohol.

Incorporate seasonal fruits and vegetables into your meals: May is a great time for fresh produce, such as strawberries, asparagus and spinach. Incorporate these seasonal fruits and vegetables into your meals for a boost of nutrition.

Practice stress-reducing activities: May can be a busy time with the end of the school year, graduations and other events. Take time to practice stress-reducing activities such as meditation, yoga or deep breathing exercises.

Wear sunscreen: As the sun gets stronger, it's important to protect your skin from harmful UV rays. Wear sunscreen with at least SPF 30 when you're outside and reapply every two hours.

Stay active: Make sure to incorporate regular physical activity into your routine, whether it's through exercise, sports, or other activities. Aim for at least 30 minutes of moderate activity most days of the week.

Remember, taking care of your health and wellness is important year-round, not just in May. These tips can be helpful as you strive to maintain a healthy lifestyle.

Along with all these great tips, I will be spending some time working on professional development and trainings over the next few months. We are offering a weeklong Mastering Home Food Preservation Workshop in Johnson County in June, the flyer is attached. I am also being trained as a trainer for Mental Health First Aid in May. I look forward to sharing all of my new knowledge and skills with you and the rest of the community.

As always, thank you for all you do for extension and the rest of the community,

Mandy Gray

HHS Extension Educator



THANK YOU!

Thank you to the Hoosier Youth Academy for setting up and tearing down the building for our Country Vintage Market April 1, 2023



THANK YOU

Thank you Jeannie Poole, Biz-Z-B Club for her Cultivate Kindness theme as we welcomed visitors to the Country Vintage Market.



Milestones



We will honor members and clubs that are celebrating a Milestone Year at our Achievement Celebration. Club presidents, be sure that the names of your members celebrating milestone anniversaries (5th, 10th, 15th, 20th, 25th, etc.) are sent to Debbi Green.

Debbi needs to receive the names of those celebrating year 25-50-60-75-80-85-90-95-100 by Tuesday, May 2, to ensure special IEHA certificates. Names can be emailed to djgreen49@gmail.com. Let her know if your club is celebrating a milestone year, too.



Volunteer Community Support Video

This year's Home and Family Conference will feature display videos from each county sharing their Volunteer Community Support projects.

Debbie Elsbury and Debbi Green are putting this project together for our county. We need photos of your club's working on their projects or pictures of your projects .

We may also use this video to promote our organization in Hancock County. Please send to djgreen49@gmail.com by Friday, May 5. Call Debbi Green, 317-249- 0781, with any questions.





Celebrating US!

Cultivate Kindness, Year in Review

Wednesday May 24, 2023

Hancock County Fairgrounds

5:45 doors open

6:15 celebration begins, casual attire

\$20 includes program activities and meal catered by Ty Hunt



- Each club is asked to recap their "Make a Difference Week" project, 3-5 minutes.
- Each club is asked to donate at least 2 potted flowers for door prizes, valued at \$10 each.
- Don't forget to enter your Cultural Arts Project. You may enter both categories, Fairy Garden and/or Handmade Item. It's a viewers choice selection with the winners going to Conference on June 5th.
- If you made a scrapbook, please bring and display.
- Would like to share ideas on lessons and membership.

Also need your member milestones, club milestones and any members that have passed in the past year. Please email to Debbi Green djgreen@gmail.com, Rosalie Hunt jhunt5@indy.rr.com & Margie Clark margieclk@aol.com by May 1st.

RSVP to Debbie Elsbury with your non refundable payment by 5/17.

Debbie Elsbury

528 E 700 N

Fortville, IN 46040

Please direct questions to Margie Clark, 317.498.1549





Upcoming Dates and Deadlines

May 1 - County dues to County Treasurer

- Membership List to Debbi Green & Margie Clark

May 14 - ***Happy Mother's Day!***

May 18 - Council Meeting, Club Presidents 6:45pm, Extension Office

May 24 - Achievement Celebration, Sarah Burke Exhibit Hall,
(See flyer)

May 29 - ***Happy Memorial Day!***

June 5-7 - Home & Family Conference

June 15 - Council Meeting, Club Presidents 6:45pm, Extension Office

June 18 - ***Happy Father's Day!***

June 23-30 - Hancock County 4-H Fair



2023 IEHA Home & Family Conference Registration
 June 5-7, 2023 Embassy Suites Conference Center, Noblesville, Indiana
 Hosted by: Indiana Extension Homemakers Association

Name (one form per person) _____
 Address _____
 City _____ State _____ Zip _____ Telephone (include area code) _____
 E-mail address _____
 Member _____ Guest _____ First Time Attendee _____ E-mail Registration Confirmation _____ Y _____ N

Include a self-addressed stamp envelope if you would like a written registration confirmation.
 I grant IEHA, the right to use, publish and copyright my image for educational program and publications, web sites and promotion of IEHA.

<p align="center">How many IEHA Home & Family Conferences have you attended, including this one? _____</p>

Signature _____
 Special Dietary/Health Needs _____

Choose a seminar/craft workshop you would like to attend by placing a 1, 2, or 3 in the space before the selection.
 Omitting the 2nd or 3rd choice does not guarantee placement in 1st choice. Seminars and workshops will be filled as registrations are received.

HERITAGE SKILLS:

Monday, June 5, 2023, 1:30—3:00 pm

- _____ Glass Etching—\$8
- _____ Rag Quilts Demonstration—\$free
- _____ Pin Loom Weaving—\$5

Monday, June 5, 2023, 3:15—4:45 pm

- _____ Needle Felting—\$6
- _____ Upholstery Demonstration—Vanity Bench—\$Free
- _____ Cookie Decorating—\$10

CONCURRENT SESSIONS:

Tuesday, June 6, 2023, 1:15—2:15 pm

- _____ President's Roundtable
- _____ Riley Cheer Guild Music Therapy
- _____ Container Gardening: Growing in Tight Spaces
- _____ Past and Place in This Old World
- _____ Ask Lisa (Extension Educators only)
- _____ Fundraising

Tuesday, June 6, 2023, 2:30—3:30 pm

- _____ Secretary/Treasurer Roundtable
- _____ Genealogy: Getting Started
- _____ Purdue Freedom Summer Literacy Program
- _____ Forms & Processes
- _____ Suicide Prevention
- _____ NVON & Project in Common

CRAFTS:

Wednesday, June 7, 2023, 8:30—10:00 am

- _____ Gnome Cones—\$8
- _____ Wine Cork Ornaments—\$8
- _____ Recycled Greeting Cards—\$6
- _____ Spoon Pin Cushion—\$4
- _____ Button/Jewelry Tree—\$10
- _____ Bracelet Making—\$10
- _____ Making Earrings—\$8

<p>EMERGENCY CONTACT</p> <p>Name _____</p> <p>Relationship _____</p> <p>Phone # _____</p>
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Tuesday, June 6, 2023, 3:35—4:45 pm

- _____ IEHA Week Toolkit & Facebook
- _____ How to Use Your Cricut
- _____ "Meat" Alternatives
- _____ Human Trafficking
- _____ Bone Health & Nutrition
- _____ IN Donor Network

Wednesday, June 7, 2023, 8:30—9:30 am

- _____ Beef Council
- _____ Charcuterie Anyone?
- _____ Passion with Purpose
- _____ Couponing in a Digital World
- _____ Pamphlet Making

REGISTRATION FEES - Deadline: May 10, 2023

Full Registration.....	\$185 \$ _____
*Registration after May 10, 2023.....	\$195 \$ _____
One Day Registration	
Monday, June 5.....	\$95 \$ _____
Tuesday, June 6.....	\$95 \$ _____
Wednesday, June 7.....	\$95 \$ _____
*One Day Registration after May 10, 2023 is \$105.00	
i-LEaD: Level 1, Monday, June 5.....	\$20 \$ _____
Melody Makers Concert, Tuesday, June 6 (transportation on your own)(\$10/door)...	\$ 5 \$ _____
Celebration Luncheon Only on Wednesday, June 7.....	\$45 \$ _____
Heritage Skills Classes (from above).....	Total Due \$ _____
Craft Classes (from above).....	Total Due \$ _____
TOTAL REGISTRATION, TOURS, AND FEES	\$ _____

SPECIAL NOTES:

- No refunds will be given. Registration Transfers will be allowed before May 27, 2023.
- Annual Business Meeting, Tuesday, June 6 at 9:00 am is free of charge to all IEHA members.
- Registrations received May 10, 2023 cannot be guaranteed meals or session choices.
- Minimum number of registrerees will need to be met for i-LEaD Level 1.

Required! I will be attending the following

meals: Meal price is included in registration fee.

_____ Monday, June 5, Dinner

_____ Tuesday, June 6, Plated Luncheon

_____ Tuesday, June 6, Evening Hor d'ourves

_____ Tuesday, June 6, Past Presidents Dinner
(invitation only)

_____ Wednesday, June 7, Plated Luncheon

Make checks payable to: IEHA - Conference

Mail check or money order with registration form to:

Ellen King
 9995 S. State Rd. 25
 Rochester, IN 46975

Email: eaking92@gmail.com
 Phone: 1-574-835-0227
 Registration due by May 10, 2023
 Late fee after May 10, 2023

Lodging Information can be located at <https://www.ieha-families.org> and by contacting the Embassy Suites by Hilton directly at 317-674-1900. Mention IEHA for Group Rate.

Most Current Recommendations

Mastering Home Food Preservation

Johnson County Fairgrounds
250 Fairground Street, Scott Hall
Franklin, IN 46131



Training

June 12 - 15, 2023
9 AM – 5 PM ET

Online
Registration

[https://cvent.me/
Wnn7mG](https://cvent.me/Wnn7mG)

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.
Instructors will provide instructional course work and preservation labs.

TOPICS COVERED

Food Safety and Freezing Food
Boiling Water Canning
Pressure Canning
Pickling, Drying Foods
Jams and Jellies

REGISTER EARLY!

Cost: \$275.00

Mastering Home Food Preservation Notebook
Included.

Contact: krichey@purdue.edu for additional details.



Extension - Health and
Human Sciences

FOOD PRESERVATION



ROYAL KIDS CAMP

NEEDS OUR HELP

Royal Kids Camp is a week long summer camp in June for kids in the foster care system in Hancock County.

They are looking for the items listed below. Donations will be accepted during the month of MAY and can be dropped off at Elsbury Optometry, 846 N State Street in Greenfield.

For more information, please contact Tracy Elsbury @ 219-707-1685.

Beach towels
Back packs
School supplies
Walmart gift cards