

# The Hearthstone Herald

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF HANCOCK COUNTY, INDIANA

## GREETINGS EXTENSION HOMEMAKERS

Springtime greetings! If April showers bring May flowers...  
May will provide a colorful landscape.



Did you see the solar eclipse? Amazing experience for sure.

Congratulations Jeanie Poole, Hancock County & Indianapolis District First Timer Award Winner. Jeanie will represent us at Home & Family Conference in June.

Have you turned in your club officers listing? Club membership dues and roster are due to Debbie Elsbury by May 1. Please send a copy of your members along with contact info to Debbi Green also.

We will "Celebrate You" on May 22 at 6 pm at the 4H Exhibit Hall. We will announce our achievements for the year. Don't forget to have someone speak about "Make a Difference Day" activities.

Each club is asked to donate 2 plants and each County Officer/Member at Large is asked to donate 1 plant for our giveaway.

Our Host A Hoosier county (Decatur) will be attending. Please send your reservation and money to me (see the flyer).

It was so nice to see so many at the Country Vintage Market April 13. A beautiful day and many unique items to choose from! Thank you. All profits from the Spring Market will go back to the community.

As I close out my 2nd year of presidency, continue to Cultivate Kindness and thank you. See you May 22.

*- 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

As the vibrant days of May bring blooms and warmer breezes, it's a perfect time to refresh our living spaces to reflect the season's vitality.

Consider embracing the art of spring cleaning, not just as a household chore, but as a way to rejuvenate and declutter your environment.

This month, try organizing one room at a time, donating items you no longer need, and introducing fresh, seasonal touches like floral arrangements or bright, airy curtains.

A clean and well-organized home can uplift your spirit and create a welcoming space for the sunny days ahead. Embrace the season of renewal with open arms and an open heart!

## Plan & Supplies

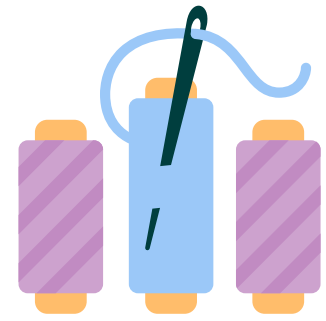
- Schedule a time
- Gather supplies
- Start small project or area
- Large spaces / small chunks
- Celebrate



*Mandy Gray*

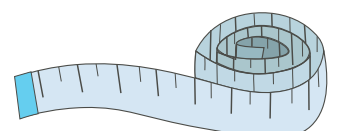
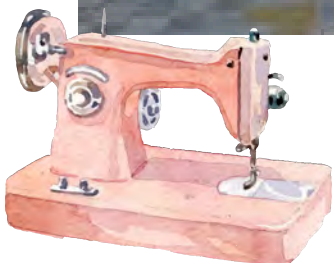
HHS Extension Educator

4-H Sewing/Quilting workshop was held at Greenfield Central HS on 4/21/24 from 1-4pm with seven 4-H members learning new techniques in sewing, making their own original, pieced blocks & sewing blocks together and beginning to quilt.

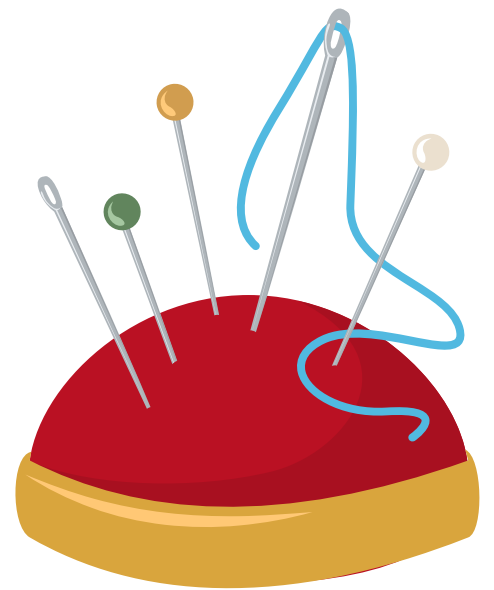
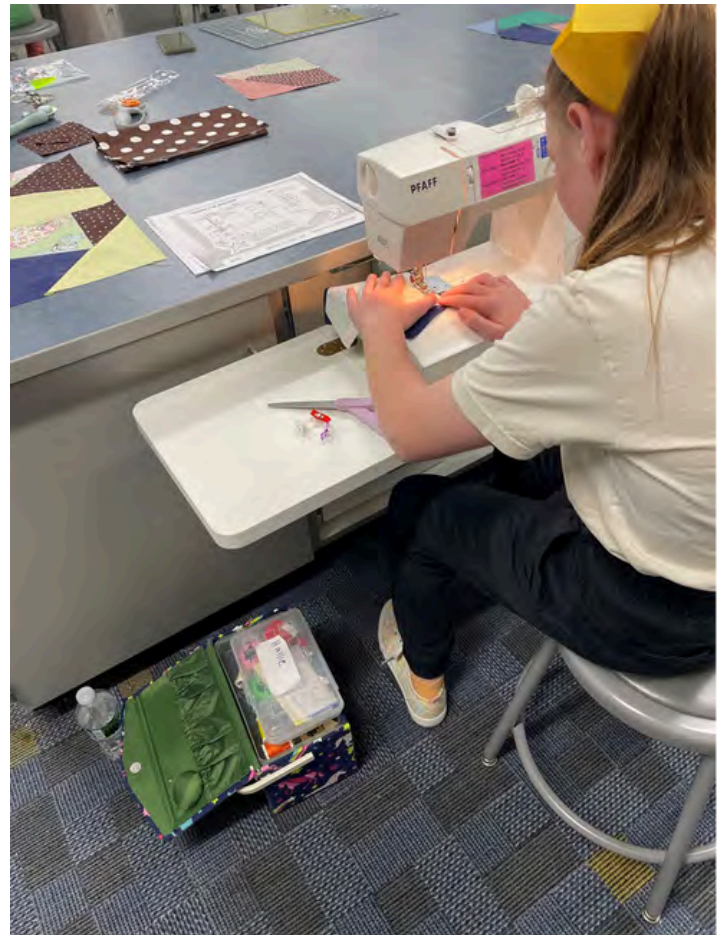


Thanks to volunteers who donated fabrics & batting. Thanks to Greenfield Central HS & Janelle Keusch for hosting this FCCLA community service project. Thanks to 6 adult volunteers (Extension Homemaker members: Sharon Beatson, Jeanie Poole) assisted with identification of sewing machine parts, threading machines, cutting, pressing, etc.

Thanks to Hancock Co Extension Homemakers for funds to purchase new sewing supplies, boxes to store in, thermal sensitive pens for marking, & quilt batting for all participants. Anyone with questions about future workshops or finishing sewing/quilting, may contact Cathie Kirtley or Lorraine Ewing through Hancock County 4-H Purdue Extension 317-462-1113.









Hancock County Extension Homemakers have expressed interest in forming a book club.

If you love reading and enjoy discussing books with friends, please join us for an organizational meeting on May 30th, 2024 at 6pm at the Extension Office.

Please contact Lori Yeager at (317)431-9514 or [loriyeager@comcast.net](mailto:loriyeager@comcast.net) with any questions.



## Upcoming Dates and Deadlines



**May 1** - County dues to County Treasurer  
- Membership List to Debbi Green

**May 12** - *Happy Mother's Day!*

**May 22** - Achievement Celebration, Hancock County Fairgrounds

**May 27** - *Happy Memorial Day!*

**June 10-12** - IEHA Conference, Noblesville

**June 14** - *Flag Day*

**June 16** - *Fathers Day*

**June 18-28** - Hancock County Fair

**June 26** - County Meeting, Club Presidents 6:45pm, Extension Office







*Let's*  
*Celebrate*  
**YOU!**

**Achievement Night**  
**May 22, 2024 @ 6:00pm**  
**\$20 per person,**  
**Dinner included**  
**Hancock County Fairgrounds**

*Plan to join as we wrap up 2023/2024 and look forward to the year ahead. Reconnect with members and meet new members! Hear what clubs have accomplished during make a difference week. Committee chairs will be asked to report on their events and recognize the importance of volunteers working together. We will recognize our First Timer for Conference, L Caldwell winner, Educator, Mandy Gray, our membership and remember those we've lost during the year. Host a Hoosiers will be attending from Decatur County. Dinner will be served and there's another fun surprise in the works!*

- Each club is asked to share their "Make a Difference" project and to bring 2 plants.
- Each County Officer/Member-at-Large is asked to bring 1 plant for prizes
- Cultural Arts projects (table runner / your choice ) You may enter both categories
- Thank you Outgoing Officers
- Welcome New Officers
- Extension homemaker logo items will be available for purchase.


*RSVP by May 16, 2024, to Margie Clark.*

*9795 N 500 E*

*Morristown, IN 46161*

*Make checks payable to:*

*Hancock County Extension Homemakers*



# 2024 HOME & FAMILY CONFERENCE REGISTRATION



Name \_\_\_\_\_ Member  Guest  1st Time Attending

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number Home/Mobile \_\_\_\_\_

Email \_\_\_\_\_ Email confirmation? Yes  No

County \_\_\_\_\_ District \_\_\_\_\_

Emergency Contact Information \*This section MUST be filled out completely.

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone Number \_\_\_\_\_ Attendee also? Yes  No

<b>Heritage Skills - please mark 1, 2, 3 preference</b>	<b>Crafts - please mark 1, 2, 3 preference</b>
<p>Monday, June 10 1:00 pm to 2:00 pm</p> <p><input type="checkbox"/> Charcuterie Board Demonstration free</p> <p><input type="checkbox"/> Holiday Wreath Ornament \$ 5.00</p> <p><input type="checkbox"/> Decorated Trinket Dish \$ 8.00</p> <p><input type="checkbox"/> Decorative Cross-Body Bag \$10.00</p>	<p>Monday, June 10 4:00 pm to 5:00 pm</p> <p><input type="checkbox"/> Happy Stitches - Slow Stitching \$10.00</p> <p><input type="checkbox"/> Tin Punch Christmas Ornament \$ 5.00</p> <p><input type="checkbox"/> Pressed Flowers - Make It/Take It \$ 5.00</p> <p><input type="checkbox"/> Chandelier Style Earrings \$ 6.00</p>
<p>Monday, June 10 2:15 pm to 3:45 pm</p> <p><input type="checkbox"/> You Are the Weaver \$ 5.00</p> <p><input type="checkbox"/> Iris Paper Folding \$ 5.00</p> <p><input type="checkbox"/> Cookie Decorating Fun \$10.00</p>	

<b>Concurrent Sessions - please mark to register</b>	<b>More Information - Must be completed!</b>
<p>Tuesday, June 11 1:15 pm to 2:15 pm</p> <p><input type="checkbox"/> President's Roundtable</p> <p><input type="checkbox"/> Container Gardening: Growing in Tight Spaces</p> <p><input type="checkbox"/> Listen Up, Laugh It Up</p> <p><input type="checkbox"/> American Red Cross</p> <p><input type="checkbox"/> Ask Lisa - <i>Extension Educators only</i></p> <p>Tuesday, June 11 2:30 pm to 3:30 pm</p> <p><input type="checkbox"/> Secretary/Treasurer Roundtable</p> <p><input type="checkbox"/> The Benefits of Laughter</p> <p><input type="checkbox"/> Move Your Body with CBE</p> <p><input type="checkbox"/> This Isn't Your Typical Homemaker Club!</p> <p><input type="checkbox"/> Air Fryer 101: Mastering Quick &amp; Healthy Cooking</p> <p>Tuesday, June 11 4:00 pm to 5:00 pm</p> <p><input type="checkbox"/> IEHA Toolkit 2.0 - Fair Week Edition</p> <p><input type="checkbox"/> First Steps in Succession Planning</p> <p><input type="checkbox"/> Dining In and Loving It</p> <p><input type="checkbox"/> Donate Life Indiana: Organ, Tissue &amp; Eye Donation Education</p> <p><input type="checkbox"/> Healthy Hoosier Oil</p>	<p><b>MEALS:</b> <i>included in registration but must be marked which meals you will be attending for meal count with the hotel.</i></p> <p><input type="checkbox"/> Monday, June 10 - Plated DINNER</p> <p><input type="checkbox"/> Monday, June 10 - PAST PRESIDENTS' DINNER <i>by Invitation Only</i></p> <p><input type="checkbox"/> Tuesday, June 11 - Plated LUNCH</p> <p><input type="checkbox"/> Tuesday, June 11 - Hors d'oeuvres (no plated dinner)</p> <p><input type="checkbox"/> Wednesday, June 12 - Plated LUNCH</p> <p><b>DIETARY RESTRICTIONS:</b> be specific</p> <hr/> <p><b>ANNUAL BUSINESS MEETING:</b> Tuesday, June 11 at 9:00 am in Waters B &amp; C of the Convention Center - Free of charge to all IEHA members.</p>

**REGISTRATION FORM & PAYMENT OPTIONS:**

Mail to:  
Ellen King, Conference Registrar  
9995 South State Road 25  
Rochester IN 46975

Phone number: (574) 835-0227  
Email: [eaking92@gmail.com](mailto:eaking92@gmail.com)

If you wish for a mailed confirmation, please send a self-addressed, stamped envelope with registration.

OR

Online Registration & Payment:  
[www.ieha-families.org](http://www.ieha-families.org)

\*No refunds will be given.  
\*Transfers will be allowed until May 27th.

**PLEASE MARK ALL THAT APPLY:**

- FULL Registration \$200.00
- One Day Registration \$110.00
  - Monday, June 10 or  Tuesday, June 11

- Late Registration after May 1st
- FULL Registration \$210.00
  - One Day Registration \$120.00
    - Monday, June 10 or  Tuesday, June 11

- Day On the Town - Monday 9am-3pm \$ 35.00
- Melody Makers Concert - Tues. pm \$ 5.00

Heritage Skills Total \$ \_\_\_\_\_

Craft Classes Total \$ \_\_\_\_\_

**TOTAL REGISTRATION FEES \$ \_\_\_\_\_**

*\*make check payable to IEHA 2024 H&F Conference*

**PHOTOGRAPHY & VIDEO RELEASE:**

I grant IEHA the right to use, publish, and copyright my image for educational programs and publications, websites, and promotion of Indiana Extension Homemakers Association.

Signature \_\_\_\_\_

**CONFERENCE LOCATION:**

Embassy Suites & Convention Center  
13700 Conference Center South  
Noblesville IN 46060  
(317) 674-1900

Group Rate Code: IEH

Cut-off date for special rate: May 10th @ 11:59 pm



2024 Home & Family Conference  
Concurrent Sessions – Descriptions & Presenters

Tuesday, June 11

1:15 pm to 2:15 pm

**Presidents' Roundtable – Linda Carunchia**

2024-2025 County Presidents are invited. One representative per county, please.

**The American Red Cross – hosted by the Volunteer Community Service Focus Group**

The American Red Cross is more than just giving blood! Come hear about all the services that this organization offers to people in our communities. Learn where you help.

**Container Gardening: Growing in Tight Spaces – Carey Grable**

Add a splash of color and life to an otherwise dull space. Grow your own food on your driveway, in your window, or on your patio. Containers open us to a world of gardening where otherwise not possible! Learn about growing healthy plants in containers, what's new in container materials, container soils, watering, nutrition, and more!

**Listen Up, Laugh It Up – Rik Roberts, Keynote Speaker**

Want more from our Keynote Speaker? This session is high-energy! Through improvisational exercises, humor, and laughter, you will learn how to better engage with our membership and community. Learn how to ask better questions by learning how to listen in a whole new way.

**Ask Lisa – Lisa Graves**

Update from interim HHS program leader and assistant director for Purdue Extension, Lisa Graves. \*This session is for Extension Educators only.

2:30 pm to 3:30 pm

**Secretary/Treasurer Roundtable – Ellen King & Linda Wesseler**

2024-2025 County Secretaries and Treasurers are invited to review information for the new program year. County Secretaries and Treasurers only!

**The Benefits of Laughter & Friendships – Allison Hillis**

Hopefully, we all enjoy spending time with friends and most friend groups have many times laughing until faces hurt. Did you know that there are health benefits to having those friend groups and laughter? This session will explore those benefits and ways to maintain connections with friends.

**Move Your Body with CBE (Chair-Based Exercise) – Brittney Schori**

Are you looking to increase your physical activity with minimal impact? How about improving your flexibility, stability and balance? Chair-based exercise (CBE) is a popular form of exercise and might be a great option for you to incorporate into your current routine! During this session, Brittney will provide research-based information on the amount of exercise you should be getting and how to improve your strength, balance and flexibility using CBE. If you are not exercising or struggling to get back on track, don't worry! Brittney has several certifications that support her expertise in physical activity. Join her in this fun, interactive session that will get everyone moving! *\*Warning: you will break a sweat! Please dress accordingly.*

### **This Isn't Your Typical Homemaker Club! – sponsored by Membership Activity Committee & Young Homemakers Activity Committee**

Looking for new membership ideas? How can we attract others to IEHA? This is a Q&A Panel session designed to share ideas on Specialty Clubs! As we all know, traditional homemaker clubs may not be what everyone is looking for. Come hear from some Specialty Club members and listen to how they came up with their club ideas, what their meetings/activities look like and how they are meeting the three pillars of IEHA – Education, Leadership, and Volunteer Community Support. The Membership Activity Committee will also share forms and ideas for us to keep in touch with new members and make sure that what we are using is consistent across the state.

### **Air Fryer 101: Mastering Quick & Healthy Cooking – Mandy Gray**

A beginner-friendly class introducing you to the world of air frying. Whether you're a novice in the kitchen or looking to expand your cooking techniques, this class is perfect for you. Discover how to make the most out of your air fryer, transforming everyday ingredients into crispy, delicious meals with less oil and more nutrition. We'll cover the basics of air fryer operation, tips on selecting the right ingredients, tasty recipes, and more!

4:00 pm to 5:00 pm

### **IEHA Week Toolkit 2.0 – Fair Week Edition – sponsored by Public Relations Activity Committee**

Generate a buzz about your local fair. Toolkit 2.0 will give you activities to host during your county fair. Plus, ways to promote your fair in advance to increase participation in entries and activities.

### **First Steps in Succession Planning – Ed Farris**

Recent surveys of farms and family business show that approximately 50% have not started or are just starting to plan for transfer to the next generation. Participants in this workshop will begin to map out their own family business to create a visual picture of future ownership and management succession. Tools will also be discussed for conversation starters with other family members, who may be reluctant to address important questions about steps for transitioning to new owners.

### **Dining In and Loving It – Dr. Melissa Franks & Joyce Beery Miles**

This session focuses on the research supporting families dining together as well as best practices for assisting families to meet the challenges of food insecurity, budgeting, family dynamics, obesity, and student performance. Each family/community has unique challenges. This session provides a template for community volunteers to assess needs, recruit community resources and provide support to families so they may increase their frequency of family meals at home.

There will also be a focus on best practices for rallying community support for efforts to dine in, including a "Ladder of Community Participation" to help move a community from non-participation to meaningful engagement. Participants will begin to construct their Community Circle of Influence. Extension Homemakers are perfect community partners for this effort as we welcome rich conversations about how family dinners might thrive in each of our Indiana communities.

### **Donate Life Indiana: Organ, Tissue & Eye Donation – Lindsey Johnson – sponsored by Education Focus Group – present by Lindsey Johnson**

Learn what it means to be an organ, tissue, and eye donor as we talk through the misconceptions and cover the facts of the donation process. Also, learn about what Donate Life Indiana and Indiana Donor Network are doing to help save the lives of those waiting for a lifesaving transplant.

### **Healthy Hoosier Oil – Mark Boyer, Boyer Farms**

Mark Boyer is a sixth-generation farmer in Converse that has found a new use for his crop of sunflowers. Maybe you have heard of or even driven by his beautiful sunflower fields. While the fields of sunflowers are a rarity in the Indiana landscape, the family's cold-pressed process of extracting oil ranks practically unique. Healthy Hoosier Oils became the first in Indiana permitted with a food-grade, cold-press facility. Come hear Mark and his family's farming story, the cold-press process of making healthy oils as well as the superior products that work well for cooking, homemade soaps and cosmetics, and it acts as a carrier oil for essential oils.

# Flannel, Food & Fun



in Franklin, Indiana



**SAVE THE DATE!!!** OCTOBER 9TH, 2024

Join Johnson County Extension Homemakers

For the Indianapolis District meeting.

**DETAILS TO FOLLOW**