

The Hearthstone Herald

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF HANCOCK COUNTY, INDIANA

GREETINGS EXTENSION HOMEMAKERS

Looking back as August is coming to a close. The Indiana State Fair has come and gone. Children have gone back to school or gone off to college. We have several things coming in September, October and November.



Thank you Mandy for the presentation on Aging in Place. We had 8 people attend. Some of the ladies also had input on how to help us stay in our homes as well.

How's everyone's gardens doing? If yours is like mine, some things did well while other things did not. Tomatoes just seem to not want to turn red. I have very few grapes this year so my jelly supply will be low for next year.

We still have time to sell tickets for our Meat Raffle. The drawing will be November 1st at the Country Vintage Market.

I hope to see several entries from members for the Bakers Best in September. This year's theme is lemons.

We also have the presentation on Menopause/Breast Cancer Awareness October 9th at 6pm at the Hancock County Public Library. It is open to the public as well.

Do you have a GREAT Holiday Party appetizer or snack? Looking for simple recipes and people who would like to demonstrate for our Holiday Party Tray Lesson in November.

Thank you to all our volunteers that help make our community a better place.

-Jeanie Poole

Happier, Healthier Homemakers



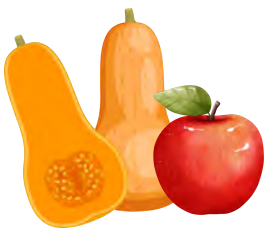
Educator Update



Quick Wellness Tips

- *Plan simple meals:* Protein + grain + veggie.
- *Prep once, eat twice:* Cook extra for leftovers.
- *Hydrate first:* Keep water handy.

Food Safety Reminder: Use ice packs in lunch bags. Hot foods in thermos. Follow the **2-hour rule**.



In Season: Apples & Squash

- Apples + peanut butter = quick snack.
- Roast squash with olive oil & cinnamon.
- Apple parfait: yogurt, apple, granola, cinnamon.

Move of the Month

Sit-to-Stand: Stand from a chair, then sit slowly. Aim for 2–3 sets of 8–10 reps.



Stress Less

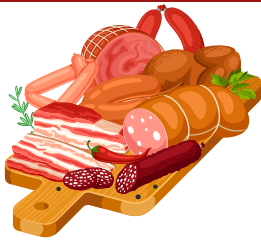
- Box breathe: Inhale 4, hold 4, exhale 4, hold 4.
- Take hourly stretch breaks.

Mandy Gray

HHS Extension Educator



hello
FALL



Meat Raffle Update

We are only a little over two months away from drawing the winner in our Annual Fundraiser for our Grant Program. All club members were given 12 raffle tickets to either sell or buy yourself. Who can't afford \$10 for 12 chances on 100 lbs (4 bundles of 25lbs) of meat?

I have more raffle tickets if you need them and I will be selling them at the Country Vintage Market, on November 1st, the day of the drawing. Think of it, win 100 lbs of meat right before the Holiday Season and entertaining.

Let's make this the biggest raffle we have ever had. You can hardly go out to eat for \$10 anymore so sell and sell those tickets. One drawing with the winner receiving four 25lb. certificates (equal to 100lbs). They can collect all 100lbs at once, or if they don't have enough freezer space, they can collect 25lbs four times.

Rosie Hunt, 317-939-9731



Bakers Best

Saturday, September 27, 2025

Theme: Lemon

The Baker's Best Contest will be held on September 27, 2025, the Saturday BEFORE Riley Festival, at the **Hancock County Public Library***** at 9:15a. Their address is 900 W. McKenzie Rd, Greenfield.

Hope you can bake something to enter. Please see the attached flyer and application for more details. You can also pick up an application at the Extension Office.

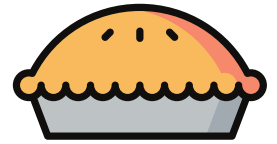
*** Please note NEW location.



2025 Country Vintage Market Pie Sale



Saturday, November 1st



Please let your club presidents know how many pies you are going to bake so we can order containers. 9 inch and 5 inch pies will be sold. Containers will be available at the September Council Meeting.

Thank you to the Brandywine Club for committing to bake 5 pies!

Leisa Harmon, lharmon@myninestar.net, 317-372-3281



DONATION

We are collecting gently used books to sell at the Country Vintage Market on November 1st. All proceeds from the used book sale will be donated to a local teacher who purchases books for her students. We hope to encourage reading in our community. We will be collecting Children's books, cookbooks, fiction and non-fiction (self-help, devotional books) for our sale. If you would like to donate, please drop off your books in the collection box at the Extension Office.

We will accept books through the end of October. Any books not sold at the sale will be donated to The Friends of the Library at Hancock County Public Library.

Lori Yeager, 317-431-9514



Mark your calendar now...
the Country Vintage Market
will be held on Saturday,
November 1, 2025,
from 9am-3pm at the 4-H Fairgrounds.

There will be over 100 exhibitors from
central Indiana offering handcrafted and
unique gift items.

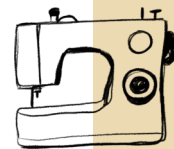
For more information, please contact
Margie Clark, 317-498-1549 or
Vickie Ramsey, 317-753-4144.



WANTED

Sewers and crafters to make
tote bags and pillow cases for
the Riley Cheer Guild.

Instruction sheets are in the
attachments. They have
requested that the **fabrics/
patterns/colors** used be **bright,
child-friendly** choices.



Please contact Rosie Hunt
with any questions 317-939-9731.

Upcoming Dates and Deadlines

September 1 - Labor Day

September 15&16 - IEHA Indianapolis District 23rd Annual Retreat,
Waycross Camp & Conference Ctr, Morgantown, IN

September 24 - Council Meeting, Club Presidents 6:30pm,
Extension Office

September 22 - *Newsletter Articles due to Bobbie (for October)*

September 27 - Bakers Best, 9am, Hancock County Public Library,
900 W. McKenzie Rd, Greenfield



October 2 - Indianapolis Fall District Meeting, Shelby County

October 2-3 - Extension Office closed

October 2-5 - Riley Days Festival Home Arts, Downtown Greenfield

October 9 - Menopause & Breast Cancer Awareness, 6p-7:30pm,
Hancock County Public Library, Hancock Health

October 13 - Columbus Day

October 16-17 - Focus Day & State Board Meeting, Hendricks Cty

October 20-25 - IEHA Week

October 22 - Executive Meeting, 6pm Extension Office
Council Meeting, 6:30pm, Extension Office

October 25 - Make a Difference Day

October 27 - *Newsletter Articles due to Bobbie (for October)*

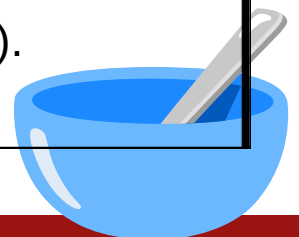
October 31 - Happy Halloween!



Sheet Pan Chicken, Squash & Apples

Toss cubed squash, sliced apples, and chicken chunks
with olive oil & spices.

Roast at 400°F for 25–30 min (165°F internal temp).
Serve with rice or greens.



Pillow Cases-Cheer Guild

Per one of our groups that makes them quite frequently for us:

“I use a 27” body and 9” cuff with the roll/tube pattern which can be found on you tube or Missouri star quilt company website”

It should be noted that pillowcases are used for outpatient settings only.

Cut 27” of main fabric

Cut 9” piece of another fabric which will be the cuff

Last piece is 2” of fabric for piping

Fold 9” piece in half (wrong side to wrong side) and iron it.

Fold 2” piece in half (wrong side to wrong side) and iron it.

Open up 9” piece right side up

Put 27” piece right side up on top of 9” piece and line up edges.

Put folded 2” piece on top of the other pieces right side up (Raw edges lined up)

From the other side of the 27” piece start rolling the fabric into a tube until you get to the 9” piece bring it up to the top, align, and pin all pieces together (now you see the wrong side of the 9” piece)

Sew a quarter of an inch all along long side of fabric. Do not short edge closed (This will make all side seams completely enclosed.)

Reach inside and pull the tube out of one of the short ends.

Fold pillowcase in half wrong sides together and make sure everything lines up and sew bottom and side.

Now turn right side out.

Provide comfort and cheer to the patients at Riley and IU Hospitals by making tote bags for the Riley Cheer Guild.

Tote bags are needed by patients to keep their books and school supplies in during their stay at Riley. They are stored in The Riley Cheer Guild's Toy Room and distributed by hospital staff. The tote bags are also used by young patients to keep the toys and other items they receive during their stay. Adults use the bags for their journals, magazines, playing cards, and reference materials.

Tote Bag Sizes:
11" wide x 13" deep
13" wide x 15" deep

Tote bags should have handles, rather than a drawstring. They should also be made of material that is appealing to school age children, teenagers, and adults. Please finish all edges and remove any loose strings. Any material used to make items for the Riley Cheer Guild must be NEW.

Donations can be sent to:

Riley Cheer Guild
705 Riley Hospital Drive, Room 4510
Indianapolis, IN 46202

Donations can be scheduled for private, socially distanced drop off by calling or emailing the main office:

(317) 944-8705

RileyCheerGuild@iuhealth.org



Thank you!

**For further information, please call (317) 944-8705
or visit www.RileyCheerGuild.org**



2025 RILEY FESTIVAL BAKER'S BEST

“LEMON”

Saturday, SEPTEMBER 27, 2025

Sponsored by
TUTTLE'S ORCHARD and
HANCOCK COUNTY EXTENSION HOMEMAKERS

Definition: All recipes must feature LEMON as the main ingredient.

Additional ingredients could be:

- Nuts: peanut, pecan, walnuts, etc.
- Honey & plant-based sweeteners: honey, maple syrup.
- Grains: oatmeal, cereals, etc.
- Vegetables: zucchini, carrots, etc.
- Coconut, caramels, chocolate chips

The featured ingredient lemon should be the dominant flavor of the baked good.

1. This contest is open to Hancock County residents or any member of Hancock County Extension Homemakers.
2. The product must be made by the individual entering the exhibit.
3. All entries must be accompanied by the recipe, which must be legibly printed or typed. We cannot accept recipes that are printed directly from websites. The featured ingredient should be stated on the recipe and in the baked part of the product. Fillings baked with the product will be considered as part of the baked product. All recipes will become the property of the Hancock County Extension Homemakers.
4. Only one entry per class per person.
5. The classes for entry are:
 - Six cookies or dessert bars
 - One cake or 6 cupcakes
 - One pie
 - Quick bread: one loaf, or 6 muffins, scones, etc.
 - Yeast Breads: one loaf, one tea ring etc. or 6 sweet rolls.
 - Other baked product – Cheesecakes are allowed but they must be refrigerated and brought to the contest in a cooler or insulated container
6. Judges will consider:
 - a. appearance of the product, including uniform color, even shape, and pleasant eye appeal
 - b. flavor: featured ingredient should be dominant
 - c. internal texture characteristic of the product type
7. Any baked products with cream cheese, sour cream or whipped cream in an unbaked filling, frosting or glaze must be refrigerated following preparation and brought to the contest in a cooler/insulated container. Products may not use unpasteurized dairy products or uncooked eggs or egg whites (eggs that are pasteurized or brought to a temp. of 160 degrees may be used.)
8. All entries may be exhibited on a disposable plate or cardboard. A regular baking pan or serving dish may be used. However, the return of the container is not the responsibility of the Hancock County Extension Homemakers. Containers should be taken at the close of the contest session or their return cannot be guaranteed.
9. All entries will be released at the close of judging.

10. Blue, red or white placing will be awarded according to the quality of the entry. No prize money will be given for these placing ribbons.
11. Prize money will be awarded as follows: **each category champion will receive \$25** and qualify for the Grand Champion award. **The Grand Champion Award is \$50. The Grand champion will present their new baked entry winner to the Mayor at the Mayor's Breakfast on October 4, 2025.**
12. Entries will be accepted on Saturday, September 27, 2025 from 9:15 am to 10:15 am at the Hancock County Public Library, 900 W. McKenzie Road, Greenfield, Indiana. You may stay for the open judging.
13. Open judging will begin at 10:45 am. Placings will be announced as the classes are judged.

The Baker's Best Contest will be held on September 27, 2025, the Saturday BEFORE Riley Festival, in the Hancock County Public Library Conference Room.

SPONSORED BY



AND

HANCOCK COUNTY EXTENSION HOMEMAKERS

2024 RILEY FESTIVAL BAKER'S BEST CONTEST
"LEMON"

SATURDAY, September 27, 2025

Entry drop off: 9:15am - 10:15am, Judging starts at 10:30am

Hancock Public Library, 900 W. McKenzie Road, Greenfield, IN 46140
Bring your entry, the recipe and a completed form (one per entry).

Name _____ Phone _____

ADDRESS _____ CITY _____

Entry/Entries:

Cookies/Dessert bars _____ Cakes _____ Pies _____ Quick Breads _____ Yeast Breads _____ Other _____

NOTE: LIMIT ONE ENTRY PER CLASS