



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

Mission Statement: To strengthen families through continuing education,
leadership development and volunteer community support.

Calendar of Events

March

24—Spring District Meeting (10 am)

April

4—Council Meeting (9:30 am)

13—Helping Hands Day

15—Extension Office Closed

May

2—Council Meeting (9:30 am)

2—Extension Office Closed

4—Achievement Day—“Quilts, Our Memories Stitched with Love”

29—Extension Office Closed

June

6—Council Meeting (9:30 am)

6-8—IEHA Conference

July

4—Extension Office Closed



Newsletter Deadline

Submissions for the **June/July Issue**
are due by **May 15**.

Submissions may be emailed to Melissa Phillips, Newsletter Editor,
(PCS.ServingHim@gmail.com) and Lisa Pitts (pitts15@purdue.edu).

Hand written copies may be given or mailed to
Melissa Phillips (9388 S. County Road 100 W., Clayton, IN 46118).

2022-2023 Officers

- | | |
|--|--|
| ✂ President: Rosie Lenihan | ✂ Volunteer Community Support: Charlotte Lloyd |
| ✂ Vice President: Deloris Elza | ✂ 1st Member at Large: Sharon Fruits |
| ✂ Secretary: Karla Janning | ✂ 2nd Member at Large: Ellen Looney |
| ✂ Treasurer: Judy Ricketts | ✂ 3rd Member at Large: Lynn Lillard |
| ✂ Education: Sharon Lytle | ✂ 4th Member at Large: Kim Weber |
| ✂ Leadership: Shannon Wagner | ✂ News Chair: Melissa Phillips |
| ✂ Home & Family Arts Show: Joanna Sell | |

March is National Nutrition Month

This isn't anything new, but I wanted to remind you that this is National Nutrition Month! We are halfway through it, but there is still time! I challenge each of you to try the different smoothie shops that are in our community. I encourage you to get the juice and vegetable ones, do not add any of their boosters, protein, or other nutrient. They cost more and are not needed. If you stick with the all fruit/vegetable ones, you will be getting enough powerful nutrients!

Please check for coupons or go to fast food restaurants and you will be able to get a mango pineapple smoothie at a very reasonable price! Now that you have your assignment, enjoy this month and think "eat a rainbow" of fruits and vegetables!!!



Beth

Purdue Extension Hendricks County Educational Programs

#1: Where Does Your Money Go?

When payday rolls around, many consumers try to figure out which bills they will pay and which ones must wait until another paycheck comes in. With costs increasing for necessary expenses, such as gasoline, utilities and healthcare, consumers are finding it harder to make ends meet. If you, like many others, are wondering how you can stretch your paycheck and make your money go further, you will want to attend the program "Where Does Your Money Go?"



Cost: FREE

When: (A 2-session program) March 28 & 29, 2023 from 11:00 am – Noon

Registration: Due by March 24th – call 317-745-9260 or online at <https://hendricksco4h.com/WDYMG2023>

#2: Food Handler Course

The ServSafe Food Handler course is for anyone who needs basic food safety and food handling training, including home-based vendors, food service workers, volunteers, or others who work with food who only need the basic training. This program focuses on key aspects including basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. The ServSafe Food Handler training fulfills the food safety training requirements mandated for home-based vendors in the state of Indiana.

Cost: \$40

When: April 11, 2023 from 9:00 am – 1:00 pm

Registration: Due by March 27, 2023 at 4:00 pm – register and pay online only <https://cvent.me/g1YxMo>

#3: Dining With Diabetes

"Dining with Diabetes" is a program for individuals with diabetes, those at risk for diabetes and caregivers of those with diabetes. While diabetes is a serious condition, it can be managed through lifestyle changes and medication to help lower the risk of complications. Lifestyle changes can also prevent or delay the onset of type 2 diabetes. The "Dining with Diabetes" program is a positive and proactive approach in reducing the effects of diabetes.

Cost: \$40.00

When: (4 session program) April 24, 25 and May 2 & 4 from 11:00 am – Noon

Registration: Due by April 14, 2023 at 4:00 pm – register and pay online only at <https://cvent.me/Yw4AIY>



Hello Hendricks Co. Extension Homemakers,

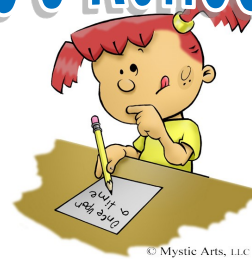
Can you believe it's almost time to open some windows and let the fresh air inside! So much for spring cleaning – but before you really do start clearing out THINGS – please check for EHM folders. These might have been for club officers, projects, programs. After Achievement Day please bring ALL those folders to the Extension Office. We will pull the most current forms and build new packets – color for 2023 – 24 is **HOT PINK**.

Please start planning your special project entries – Fairy Garden 18" x 18" x 18" and or a lawn ornament – first to take to Achievement Day on May 4 and then winners to go to State Conference. And these items may also become your entry in our Open Class exhibits at our Hendricks Co. Fair.

A **more current due date is April 15** for submitting your nomination form for the Enthusiasm Award. This is a more recent STATE award. Here is your opportunity to nominate the Hendricks Co. Extension Homemaker who you recognize as that person who is a "Cheerleader" in encouraging others to lead, develop, appreciate, experience. No she need not be a Cheerleader who jumps, tumbles and does the splits!!!! Unless she would like to. And then we would all come to watch. These forms are due to Lynn Lillard by April 15.

PS—The form is at the end of this newsletter or go to https://ieha-families.org/wp-content/uploads/2019/01/IEHA_Enthusiasm_Award.pdf.

Rosie's Reflections



© Mystic Arts, LLC

Rosie

Where you Lead.....Somebody is Following You

Somebody is catching a glimpse of you as you thread your way through life and unconsciously go your way, perhaps merely because he knows no better direction to take. The fatal power of leading others is inevitable, and nobody is so insignificant and commonplace that he does not determine by his example the life of someone else. People do things because others do, more than for any other reason. A little of this pulling power rests in every one of us. No matter how small and inconsiderable a person you may seem to yourself to be, someone is being led by you. It's up to YOU what SOMEBODY will be!

From: "Food for Thot" in our 1959 program book. (Submitted by Regina Hawkins)



Homemaker Recipes in the Danville Republican Newspaper Keep 'em Coming!

Each month a different Homemakers Club is chosen to submit recipes for publication. One recipe is printed each week of the month. 5-7 recipes are asked from each Club for your "assigned" month. Our friends at the Republican are very generous with the space they allow for the recipes and stories. If you have a story about why a recipe is in your personal recipe book and why you would like to share it with others- please include the information on the form.

Please send the recipes to me by the 15th of the month **BEFORE** your Club's assigned month. For example, if you are scheduled to provide recipes for May 2023, please provide the recipes to me no later than April 15th so I can get them to the newspaper early. It is appreciated that all the recipes for a Club come to be as one group email or at least together at the Extension Office. It becomes too hard for me to keep track of items that come trickling in.

If you have questions, don't hesitate to ask.
Ellen Looney
317-797-8368
Ellen_looney@yahoo.com

2023 Monthly Assignments:

April — Hazelwood Homemakers
May — Modern Homemakers
June — Young Moderns
July — Fairfield, Pollyanna & Mailbox Members
August — County Chorus- Specialty Club
September — Crewel Jewels
October — Chat 'N Do
November — Happy Homemakers
December — Hazelwood Homemakers



Treblemakers of Hendricks County present:
Lights, Camera, Action!



Saturday, April 22, 2023
3:00 pm
1201 Sycamore Lane, Danville, Indiana

Refreshments
Silent auction



\$5 donation appreciated

Call Kitty for information 317-509-1439

Achievement Day Cultural Arts Contest



The special Cultural Arts project for 2023 is a lawn ornament or an 18x18x18 fairy garden that must be in a round or square container with the reminder that there will be no electricity for any special affects you would like to promote your garden.

CULTURAL ARTS TOUR

This year the Hendricks County Extension Homemakers are planning a local tour as part of our CURTURAL ARTS TOUR. Currently we are still in the 'gathering information' stage of planning, but we would like lunch to be a part of the day of the Tour. We are hoping to arrange the Tour for the second half of the month of May, but before Memorial Day.

More information will be provided soon to your Club Presidents including a sign-up sheet. Stay tuned! Submitted by Ellen Looney



Did you know you could get a copy of this newsletter by email? Not only would you get the newsletter quickly, but you would be able to see it in full color. Isn't that fabulous!!!! If you'd be willing to receive the newsletter by email, please send Lisa Pitts (pitts15@purdue.edu) a quick email requesting the change.

Thank you if you are already receiving the newsletter by email. It is a tremendous help.

IEHA Families Home Page — www.ieha-families.org



Purdue Extension Hendricks County — www.extension.purdue.edu/county/hendricks
<https://www.facebook.com/Hendricks-County-Extension-Homemakers-600129567100835>



Chat-N-Do:

A Lovely Message: Once upon a time! When Window was just a square hole in a room and Application was something written on a paper. When Keyboard was a piano and Mouse just an animal. When File was an important office material and Hard Drive just an uncomfortable road trip. When Cut was done with a knife and Paste with glue. When Web was a spider's home and Virus was flu. When Apple and Blackberry were just fruits – that's when we had a lot of time for family and friends.

Eleven Chat 'N Do members met at Monical's Pizza in Avon for their January meeting. Karen Hole thanked all who helped with the Holiday Fest kitchen and dining room duties. We discussed our preferred Committee assignments for the 2023/24 year and completed the required paperwork.

District Day and Achievement Day meal planning was discussed. Karen reminded us to register for the three "Talk N Take" educational programs being presented by Beth Switzer in January and February. We voted on our donations to local organizations. The meeting adjourned and we all enjoyed lunch and fellowship at Monical's.

Chat 'n Do Homemakers club met in February, planning for a productive year. As a nod to being Valentine's Day and to support our friendships through Homemakers, our devotion was the lyrics from the Mr. Roger's song "It's You I Like":

Our Health and Safety officer gave a summary of the "Stop the Bleed" program. She discussed tourniquets and how/when to use them. Plans were discussed for Spring District meeting's breakfast and the lunch for Achievement Day, which our club is organizing. We laughed and laughed as we enjoyed lunch provided by the hostess, Shannon Wagner.

Submitted by Deb Culler



"It's You I Like"

It's you I like,
It's not the things you wear,
It's not the way you do your hair
But it's you I like
The way you are right now,
The way down deep inside you
Not the things that hide you,
Not your toys
They're just beside you.
But it's you I like
Every part of you.
Your skin, your eyes, your feelings
Whether old or new.
I hope that you'll remember
Even when you're feeling blue
That it's you I like,
It's you yourself
It's you.
It's you I like.

Modern Homemakers:

Modern Homemakers - We met in January with Sharon Lytel and Jane Pfaffenberger as hostess. Our speaker for the evening was Arlene Pritchett. She gave a wonderful and enlightening talk about how she has used so many hints and so many ways to make her own loss of sight so much easier for her to navigate. She said she had to decide whether she was going to stay in and give up or get out and "Live" as best she could. Arlene was always a walker and yes, if you are out early enough you will see her out doing what she loves. Great job Arlene. Some of our girls attended Fun and Games night (held in the months that have 5 Tuesday nights). The council is asking if any of our clubs would be interested in hosting this event in the future - the next time would be May 30th.

Debbie Beck and Jackie Rusher were hostess for our February meeting. The roll call was answered by "Have you had a Shingles shot?" After you reach 60 years of age, this is something you should give some thought to. Theresa Hatfield, one of our newest members has written a book "A Deep Breath and Twelve Foot Pruners". She gave a great book report for our program for the evening. March is the time to elect local club officers – the officers sheet and program planning sheets are due this month. Valentine's day and St. Patrick's Day have come and gone by the time you get this newsletter - hope you had some sweet, fun times. Spring District Meeting is to be held in Hendricks County on March 24th. We are now looking forward to all the Easter Services coming up in April with Easter being on April 9th.

It's now time to start looking for those seed catalogs to start showing up in your mail box. The early spring flowers are starting to show in yards already and trees and bushes are starting to show buds. Could spring be just around the corner - or is that snow?

Submitted by Regina Hawkins

Young Moderns:

Our Club met in the home of Melissa Mikesell. We had six members attending. We discussed the upcoming Spring District Meeting and our obligations for this event. We talked about our month for recipes to be submitted to Republican. We were asked to be getting our recipes ready. We filled out our Looking at Ourselves Score Sheet. Collected Coins for Friendship and Nickels for Leadership due by March 31. Talked about Helping Hands this next week and discussed the Fun and Games, how many would like to see this continue. Scholarships that are available for the Seniors at the different schools, and the ones for Conference. Melissa played a game for give away the door prize which was enjoyed by all. We all went home with a prize.

Submitted by Terry Hatfield



Hazelwood Homemakers:

Hints of Spring are everywhere: snow crocuses and even daffodils are in bloom, tree buds are starting to form, and the Spring birds have started to arrive. I've seen flocks of Robins and Brown-headed Cow Birds as well as Killdeer and even Bluebirds! YEAH! This month the Tree Swallows will be returning and the little grey snowbird, the Junco, will be traveling to its Spring/Summer home. It's a great time of year! Whenever I see the hints of Spring, I can't help but praise God for His creation!!!! "Clap your hands, all you nations; shout to God with cries of joy. How awesome is the Lord Most High, the great King over the earth!" (Psalm 47:1)

In February, a couple of our ladies, Patti & Bonnie, provided a biscuit and gravy breakfast with lots of other treats. It was all so delicious and I think it helped us concentrate on our meeting. Debbie showed us how to make some adorable pom-pom Love Bugs for Valentine's Day.

In March, for roll call, we gave examples and suggestions of "Random Acts of Kindness". It was such an encouragement to hear all the suggestions. In a nutshell, we just need to be ready and alert to those in need around us. Besides our regular meeting we got a beginner's lesson on quilting. All in all, it's been a wonderful couple of months. At the end of this month, we are going to go out for lunch. We need our strength as we get ready to make the center pieces for Achievement Day.

Submitted by Melissa Phillips



Congratulations to all the ladies that have come to Helping Hands and Make A Difference Day, and to everyone that has donated much needed supplies. We had such a great response when fleece went on sale in January that we were able to complete 66 blankets for Riley Children's Hospital. Another 20 blankets were completed at the March 9th Helping Hands Day. That puts our total at 86 blankets which makes the beginning of our year all ready ahead of last year's total. Well done everyone!!

We also completed 33 hygiene kits, 28 hats, 7 hats and scarves, 6 headbands, and 3 blankets that all benefited the homeless. Mary Harris donated all the knitted items. Thank you Mary.

We now are in need of travel size toothpaste, toothbrushes, shampoo, combs, washcloths, and ribbon so we can make more hygiene kits. Two yard lengths of anti pill fleece washed in free and clear detergent with no softener also would be appreciated.

We can only accomplish as much as we have because of the willingness of so many of you to donate not only your time, but also the materials to do these projects! Thank you, thank you, thank you. You have been such a blessing and I know the Lord will bless you because of it.

Here is the schedule of the next Helping Hands Days. See you there!

- ↪ April 13, 2023, 10 am—12 noon at Bartlett Chapel
- ↪ We will take a break until Sept. 14, 2023 10 am—12 noon at Bartlett Chapel

Donations Needed:

#1: Toiletry items, travel size

- Toothpaste
- Toothbrushes
- shampoo and conditioner
- bar soap
- small combs

#2: Fleece

- 2 yard lengths
- washed in scent free detergent no softener or softener sheets
- Blizzard or anti-pill



If you need me to pick anything up just call or text me at 812-236-6083.

Thank you again!
Charlotte Lloyd



IEHA

ENTHUSIASM AWARD

Name of Nominee: _____

County: _____ District: _____

Mailing Address: _____

E-Mail: _____

Club: _____ Years of Membership: _____

Describe how the nominee shows their ENTHUSIASM: _____

Each county may nominate 1 ENTHUSIASTIC Individual.
Nominations are due to your District Representative by April 1.

(Note new due date: This form is due by April 15th to Lynn Lillard.)

ENTHUSIASM: A great eagerness to be involved in a particular activity that you like and enjoy or that you think is important.

An intense and eager enjoyment or interest. A feeling of energetic interest in a particular subject or activity and a desire to be involved in it.

Does someone fitting this description come to mind from your county?

Is there someone in your county who has an undying passion for IEHA; do they exude Enthusiasm to fellow club members? Do they “get the ball rolling” and encourage participation in favorite projects; do they share their love for IEHA with others? Are they willing to go the extra mile for their club, county and community?

Then nominate this passionate individual for the **ENTHUSIASM AWARD**; from the Leadership Focus Group. Enthusiastic members make good leaders! The awards will be presented at Home and Family Conference. There will be 1 winner from each District.

Each county may nominate 1 ENTHUSIASTIC Individual.
Nominations are due to your District Representative by April 1.

Everyone shows ENTHUSIASIM in there own unique way!