



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

March
2025

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

2024-2025 Officers

- President: Ellen Looney
- Vice President: Karla Janning
- Secretary: Joanna Sell
- Treasurer: Judy Ricketts
- Asst. Treasurer: Kim Webber
- HHS Educator: Amanda Marciano-Feutz
- Education: Theresa Hatfield
- Home & Family Arts Show: Kim Weber
- Teacher Grants: Lynn Lillard
- 1st Member at Large: Melissa Mikesell
- 2nd Member at Large: Deb Culler
- 3rd Member at Large: Rosie Lenihan
- 4th Member at Large: Shannon Wagner
- News Chair: Melissa Phillips
- Volunteer Community Support: Charlotte Lloyd

Calendar 2024-2025

- May 19: Dine to Donate, Chick-fil-a (Pg 8)**
- May 26: Extension Office Closed**
- Jun 2-4: IEHA Conference**
- Jun 10: Council Meeting**
Food Preservation Class (Pg 5)
- Jun 12: Food Preservation Class (Pg 5)**
- Jul 4: Extension Office Closed**
- Jul 13-19: Hendricks County 4-H Fair**
- Aug 1-17: Indiana State Fair**
- Sept 1: Office Closed**
- Sept 11: Helping Hands**
- Oct 13: Office Closed**
- Nov 11: Office Closed**
- Nov 27-28: Office Closed**
- Dec 24-26: Office Closed**

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

(Check out the new website for information about our State Officers, safety lessons that you can share with your club, State-wide events and more!)



Purdue Extension Hendricks County

(<https://extension.purdue.edu/county/hendricks/hhs/ehmhendrickscounty.html>)

Facebook Page

(<https://www.facebook.com/Hendricks-County-Extension-Homemakers-600129567100835>)

2025-2026 Officers

Here are the officers for the 2025-2026 year beginning in July: President–Ellen Looney, Secretary–Rachel McKenney, Treasurer–Joanna Sell, Assistant Treasurer–Kim Weber, 1st Member at Large–Melissa Mikesell, 2nd Member at Large–Deb Culler, 3rd Member at Large–Karla Janning, 4th Member at Large–Sandra Kelley, Education Chair–Theresa Hatfield, Volunteer Community Support–Charlotte Lloyd, Home and Family Arts–Kim Weber, Teacher Grant Chair–Lynn Lillard and News Chair–Melissa Phillips,

We still need someone to fill the Vice President's role. Hint! Hint!

The Hendricks County Extension Homemakers (HCEH) and the Hendricks County HHS Educator, Amanda Marciano-Feutz have had very busy year!

from the President's Pen



I'm proud to report that we have gained 18 new members this year (so far) for a total of 138 members. We participate in the following year-round activities: First Books (monthly reading children's books to head-start students; all students get a copy of the book read), Make-A-Difference Day, Helping Hands Day (a mostly monthly extension of Make-A-Difference Day), Hendricks County Teacher Grants (monthly), Dine-to-Donate fundraisers, celebrating the residents of Cypress Manor (County Home) and Hendricks County Chorus "Trebelmakers" in their community concerts.

Additional activities we have participated in during this year began with the Hendricks County Fair. Our Open Class exhibits had over 160 registered participants and over 600 items entered for judging. During the County Fair we staffed a Homemaker Booth and had 'giveaways' to encourage interest in HCEH. One 'giveaway' was a quilt made from the past year's open class quilt square contest. In addition, we used a QR code to elicit responses for a survey where the random winner received a \$100 grocery card. During the 2024 Fair we had Adult and Children's baking contests and HCEH participated in a CHOPPED contest which benefited local Community food resources. Finally post-judging, we auctioned off items submitted in our Culinary A and Culinary B categories as a fundraiser. This is one of our largest fundraising opportunities of the year.

As we began the Fall season, we started with a retreat for HCEH Council members titled "Review, Refresh, Renew" during which we reviewed the IEHA Mission Statement and discussed how our County supports this Mission through education, leadership development and volunteer community support. We discussed and set goals for the year. Later in the Fall we participated in the local craft/ food fair, by making/selling cheeseballs (1st time fundraiser)-which was a success! We raised over \$600 for Scholarships.

As cooler weather set-in, we celebrated IEHA week, held leader lessons and participated in District Day. Before the close of the year, we collected scarves, hats, gloves and socks which were provided to local agencies/ groups to support those in greatest need.

Our largest fundraiser of the year is our Holiday Fest (December) which includes a 'cookie-walk', vendor booths and lunch made by one of the HCEH clubs. This year we secured a larger area at the Fairgrounds for the event and added some 'new' items. It was one of the most financially successful years the event has had. Hopefully you can come and join in the fun this coming December.

As we have moved into 2025, we are in the process of selecting three high school seniors for \$1000 scholarships, having a membership booth at a local Master Gardner event, preparing for Achievement Day in May, planning a Heritage Skills trip to the Eiteljorg Museum in Indianapolis-also in May and possibly holding a Spring/ early Summer fundraiser all before the County Fair in July.

In addition, our HCEHs have participated in educational events lead by our County HHS Educator which include leader lessons, Dining with Diabetes, A Matter of Balance, Be Heart Smart, Mediterranean Diet and Cooking with Herbs.

One of the most effectual actions we took during this year was to implement the use of a "Square Card Reader". This device allows us to accept credit and debit card payments at our fundraiser events, for a nominal service fee. We initiated this option at our Fall 2024 fundraising event and feel we are now able to meet customers where they spend their money more effectively.

I'm very proud to be a homemaker and excited about the future of this organization. We as HCEH are working diligently to meet and exceed the mission of IEHA

Ellen Looney, President
Hendricks County Extension Homemakers



Quick Guide to Reading the Nutrition Facts Label

Understanding the Nutrition Facts label is key to making informed food choices that support your health. Here are the most important tips to help you use the label effectively:

1. Check the Serving Size

Start by looking at the serving size and the number of servings per package. All nutrient information on the label is based on this amount—if you eat more, adjust the numbers accordingly.

2. Calories Count

Review the calories per serving and compare them to your individual daily needs. While 2,000 calories is a general reference, your needs may be higher or lower.

3. Use % Daily Value (%DV) as a Guide

- 5% or less = Low (aim low for saturated fat, trans fat, sodium, and added sugars)
- 20% or more = High (aim high for fiber, vitamin D, calcium, iron, and potassium)

4. Watch Key Nutrients

Limit:

- Saturated fat and trans-fat (linked to heart disease)
- Added sugars (limit to less than 10% of daily calories)
- Sodium (high intake can raise blood pressure)
- Focus on getting enough:
- Dietary fiber, calcium, iron, potassium, and vitamin D

5. Understand Nutrition Claims

Terms like low sodium, reduced fat, and good source of have specific meanings. For example:

- Low sodium = 140 mg or less per serving
- Good source = 10–19% DV of a nutrient
- High in = 20% or more DV

6. Read the Ingredient List

Ingredients are listed by weight, with the most abundant first. This is useful for identifying added sugars, whole grains, or potential allergens.

Reading the label helps you choose foods that fuel your body, meet your nutritional needs, and support long-term health.

Amanda Marciano-Feutz
Extension Educator Health and Human Sciences
Purdue Extension- Hendricks County

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Sugar, Fortified Wheat Flour (**Wheat** flour, Calcium carbonate, Iron, Niacin, Thiamin), **Egg** (Free Range), Rapeseed Oil, Cherry Jam (Glucose Syrup, Sugar, Cherry Puree, Gelling Agent (Pectin), Acidity Regulators (Citric acid, Sodium citrate), Flavouring), Butter (**Milk**), Humectant (Glycerol - Vegetable), Fat-reduced Cocoa Powder, Belgian White Chocolate (Sugar, Cocoa Butter, **Milk** Powder, Emulsifier (Lecithins (**Soya**)), Flavouring), Belgian Dark Chocolate Shavings (Cocoa Mass, Sugar, Cocoa Butter, Butter Oil (**Milk**), Emulsifier (Lecithins (**Soya**)), Flavouring), **Milk**, Glucose Syrup, Candied Cherries (Cherries, Glucose - Fructose Syrup, Colour (Anthocyanins), Acidity Regulator (Citric acid), Preservative (**Sulphur dioxide**)), Cornflour, **Wheat** Starch, Invert Sugar Syrup, Raising Agents (Disodium diphosphate, Sodium hydrogen carbonate), Skimmed **Milk** Powder, Preservative (Potassium sorbate), Salt, Flavourings, Colour (Caramel).



Club News

Chat N' Do:

The **April** Chat N' Do meeting was held at the home of Judy Ricketts. Thirteen members attended. Shana Schreiner gave a Health and Safety Lesson on the different types of milk. She had samples of coconut, soy, oat, almond, and 2% for us to try. Each sample was labeled with a letter-A, B, C, D, and E. She gave us a sheet with those letters on it. We were to guess which type of milk was letter A, letter B, etc.

We discussed our Achievement Day responsibility: registration, invitations, and greeters. We are revising our club constitution. A committee worked on this. The final draft was presented and approved at this meeting.

Judy provided lunch of pulled pork sandwiches, layered lettuce salad, chips, and refrigerator cheesecake.

Our next meeting on May 14 will be hosted by Judy Heffelman. She has arranged for us to tour the Republican Newspaper office in Danville. Afterwards, we will go to Mayberry for lunch. Submitted by Judy Ricketts

Our **May** meeting included a visit to The Republican Newspaper offices. Owner Jerry Vornholt shared the history of the newspaper and building, followed by Phil Brickle's demonstration of the lithograph machine and an overview of printing machines over the years. We were pleased to visit on the eve of the newspaper's 178th anniversary, founded on May 15, 1847. Seventeen members had lunch at The Mayberry Café. President Deb Culler installed four officers for 2025-2026, Deloris Elza, VP, Cindy Pierson, Secretary, Shana Schreiner, Treasurer, and Martha Rardin, Health & Safety Leader. Submitted by Deb Culler

Chorus:

The chorus (a/k/a Treblemakers of Hendricks County) will be part of the Melody Makers of Indiana Festival concert in Fishers performing for Home and Family Conference on Tuesday, June 3rd. (See flyer on page 8.)

We are also committed to our mission to share music with our community. If any Homemaker wants entertainment for a club or group meeting (not limited to Homemakers' clubs), please reach out to our President Kitty Joseph, at (317) 508-1439, to schedule. While we appreciate any donations, we do not charge a fee for performances.

Hazelwood Homemakers:

May always marks the beginning of summer. The ladies in our club love summer time with the warmer weather and all the outdoor activities with family and friends. We are also looking forward to the fair and seeing all the entries from the ladies within our club as well as other Extension Homemakers.

Modern Homemakers:

It has been a while since we gave updates on our club's activities, so here goes...

In January the club met and our hostess for the evening was Melissa Sexton. She treated us to a first ever popcorn bar. It was a lot of fun. She had different types of popcorn and many add-ins such as several types of candies, cookies, nuts, and different salts. It was really a great and different idea. After our business meeting we worked on 2 different crafts. We made Valentine cards with lots of embellishments, lace, and stickers. We also made candy and note packets out of paper lace heart doilies. These were all collected and then taken to a local nursing home for distribution. Since our club meets at night and several of our members have to drive quite a distance, our February meeting was cancelled due to severe weather conditions.

In March our meeting was held at the Hendricks County 911 Communication and



Call Center. We were given a tour of the facility and presented a power point presentation that explains so much about the 911 system and how it all works. We were able to see how and what happens when a call comes in and were able to talk to several of the operators. We even got to listen to a live call. It was very fascinating and educational. If your clubs are interested in taking a tour or having a speaker at a meeting you can contact our president, Pam Pizzato for more information.

At our April meeting we celebrated our 2nd Annual Birthday Bag party. Each “party bag” was filled with a disposable cake pan, cake mix, pre-made frosting, sprinkles, cups, plates, silverware, party sign, several types of party favors and decorations/streamers. We were able to assemble 26 bags plus extra goodies that were delivered to the Mary Lee Maier Food Pantry. This yearly tradition originated with our long time member, Regina Hawkins. Thanks to all of our Club members who helped make this a success- and that was everyone!!



We would love to have reports from each of the clubs for the next bi-monthly newsletter. Reports are due on July 20. Simply email it to both PCS.ServingHim@gmail.com and pitts15@purdue.edu.

Activities & Lessons

Food Preservation Class

The Food Preservation Class had such a tremendous response that we have closed registration for the Tuesday, June 10th evening class. A second class has been added for Thursday, June 12th from 1:00 pm – 3:00 pm. This class is open to the public, so share with your friends and family who may be interested. If you previously signed up for the Tuesday evening class and find the Thursday afternoon session works better in your schedule, reach out to pitts15@purdue.edu and we are happy to change your registration. For more details see flyer on page 8.

Book Drive

From the Extension Office ~ Thank you to everyone who donated to our book drive. Thanks to everyone's generosity, we donated 5 full boxes of new and gently used books to 5 area non-profit organizations!



Open Class

Open Class Books are available! If you know someone who may be interested in exhibiting this year, books can be picked up at the Extension Office and area libraries. If you know a place that would put books out, we certainly appreciate the assistance in placing them throughout the community. Books can also be downloaded from two websites: Hendricks County Extension page <https://extension.purdue.edu/county/hendricks/hhs/ehmopenclass.html> and also the Hendricks County 4-H Fair page <https://www.4hcomplex.org/p/2025fair/home--family-arts-open-class>.

Lessons at Plainfield Library

Amanda will be offering programs evening at the Plainfield Public Library. June 11th she will be presenting “Cooking With Herbs” and on July 10th she will be presenting “The



Mediterranean Diet". Visit the library website to register (the programs are free). <https://plainfieldlibrary.libnet.info/events>

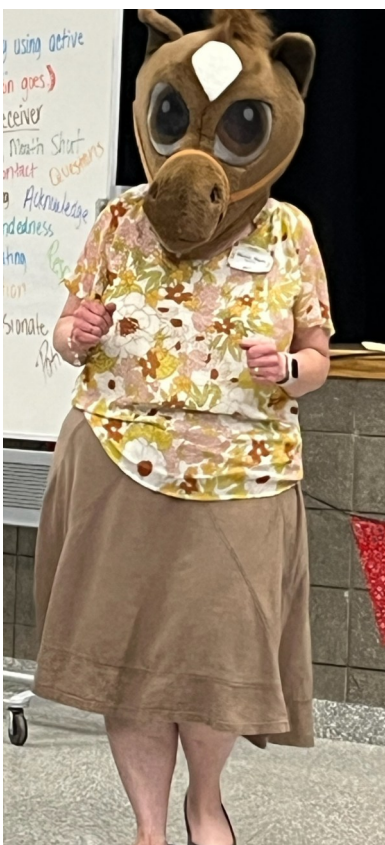
Read, Taste, Touch

Amanda will be offering Read, Taste, Touch (RT2) at the Hendricks County Fair! Geared towards Pre-K through 1st Grade youth, this FREE program introduces youth to agriculture and where their food comes from. 3 different programs will be offered throughout the week of the fair. While the program is free, spots are limited, so registration is required to ensure adequate materials are available. (See flyer on page 8.)

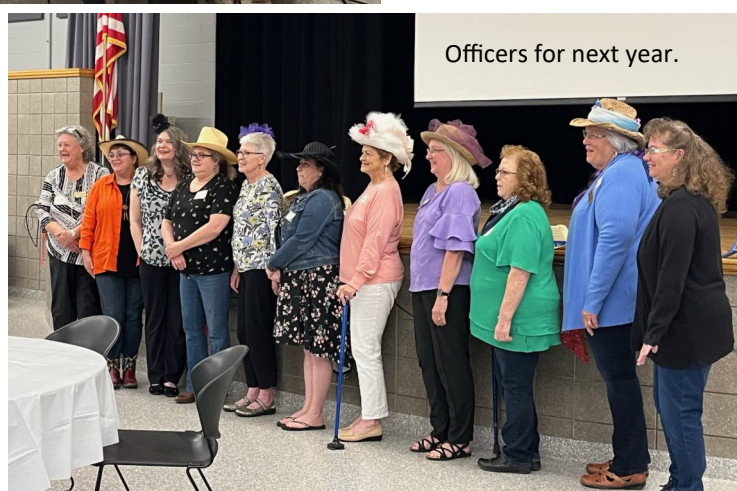
Achievement Day Recap

All the ladies had a wonderful time at Achievement Day this year. Can you guess who is under the horse mask below?

A certificate of honor was awarded to Patty Ramsey for being a member of Extension Homemakers for 50 years! WOW! Congratulations, Patty!!! Unfortunately due to a prior commitment, Patty was unable to attend.



Sally Pike with
Strides to Success



Joann Fabrics

Joann Fabrics is about ready to close. According to the sign this week, the store in Avon will be closing on May 24th. That could change, but there are no guarantees after that date. So, stop by and grab a couple yards of fleece. This week it was at 70%; next week maybe 80%. We'll see.

OR! If you don't want to go, you can make a pledge to donate money, and Melissa Phillips will pick up additional fleece. If you'd like to donate money towards the purchase of that fleece, please text Melissa at (317-410-6892).



Committee Reports

Scholarship Committee

The Scholarship Committee had the privilege in April of selecting our three \$1,000 scholarship recipients. We had 37 applications submitted this year, and we are excited to share that we have at least 37 seniors in Hendricks County who have a very bright future ahead of them.

This year's recipients are:

- Lena Hammersley, Brownsburg High School: Institution TBD majoring in Environmental Science & Conservation Biology
- Bryce Hofing, Cascade High School: Plans to attend Kansas State University majoring in Construction Science and Management
- Calleigh Neal, Avon High School: Plans to attend Georgetown University majoring in Economics and Public Policy

These students were recognized at our Achievement Day. We wish them much success!



We will be hosting a fundraiser on May 19 at both Chick-Fil-A locations near Avon. All proceeds will go to expanding our scholarship program. (See the Flyer on Page 8.)

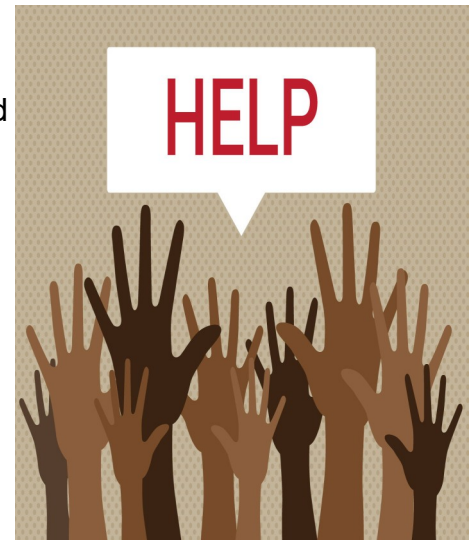
We need YOUR help!

The Hendricks County Fair is July 13-19. During this week, we need ALL hands on deck. There are three main areas that we need help.

#1: **Open Class:** We need ladies to help check-in projects as well as check out projects.

#2: **Watchers:** During the fair it is important to have three people watching the exhibits at the fair. This helps to ensure the safety of the exhibits. Watchers walk around and make sure that people are not touching the exhibits or walking off with an exhibit. In addition, watchers can talk with people as they walk through and encourage them to submit an item next year.

#3: **Booth:** Each fair, the council sets up a booth at the fair to help people know who we are. However, we need people to be at the booth to talk with people and share their personal experiences. The best part is that at the booth, you can sit down.



To make volunteering easy, we have created an online form. Simply go to the following link: <https://hendricksco4h.com/EHMFairVolunteer>. If you are not comfortable signing up online, simply contact either Kim Weber (317-745-7247) or Melissa Phillips (317-410-6892) and they can add you manually.

Help with Fleece Cutting

With Joann Fabrics going out of business, a lot of fleece has been donated and/or purchased.

If you'd like to help cut and prepare the fleece for our next Helping Hands Day in September, please contact Charlotte Lloyd (llmc09@gmail.com or 812-236-6083)





COMMUNITY CARE FUNDRAISER

To support
Hendricks County Extension Homemakers

DATE: **Monday, May 19, 2025**

TIME: ALL DAY!

Show this flyer on your phone or verbally indicate your support to our Community Care Event (Dine to Donate) when placing an order!

(20% of your purchase will go towards our organization!)

Fundraiser available through:

DINE-IN / DRIVE THRU /

or MOBILE APP

For mobile app:

use code **HOMES19** at checkout

(Catering orders and DoorDash orders do not apply)

Visit either of our Chick-fil-A Avon locations:

10791 E US Highway 36, Avon, IN 46123

OR 7606 E US Highway 36, Avon, IN 46123



Extension - Hendricks County



**FREE Program for
Pre-K through 1st Grade**

Monday, July 14, 10:00 am - 11:00 am

Tuesday, July 15, 10:00 am - 11:00 am

Friday, July 18, 10:00 am - 11:00 am

Spots are limited, so register by June 30, 2025
Register for each session your child will attend.

Registration does not include admission to the Hendricks County 4-H Fair. Children 9 and under are free.



**Read a Good Book!
Taste Healthy Foods!
Touch Agriculture!**

Questions: Contact the Hendricks County Extension Office
317-745-9260
hendrces@purdue.edu

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**HENDRICKS COUNTY
HOME & FAMILY ARTS
OPEN CLASS SHOW**

Sponsored by Hendricks County Extension Homemakers

JULY 13 – JULY 19, 2025

Located in the Conference Complex
Hendricks County 4-H Fairgrounds

Baked Goods Auction

5:30 – Sunday, July 13, 2025
Hendricks Power Expo Hall

“Home and Family Arts Day”

Thursday, July 17, 2025

**“Junior Bakers and Open Pecan” Contest
Quilt Block Contest Winners Announced**
