



HENDRICKS COUNTY HOMEMAKER HAPPENINGS

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

Calendar of Events

Summer



August

- 3 Council Meeting, Hostess: Chat 'n Do
- 6-22 Indiana State Fair
- 28 Tox-Away Day - Hendricks County Fairgrounds

September

- 2 Fall District Meeting, Shelby County
- 6 Labor Day, Office Closed
- 7 Council Meeting, Hostess: Young Moderns
- 9 6:00 pm Create Scarecrow for upcoming contest on the square
- 21 6:00 pm Instant Pot Demonstration
- TBA Indianapolis District Retreat at the Waycross Center



If you wish to receive upcoming issues of the newsletter via email, please email Lisa Pitts at pitts15@purdue.edu. This saves the club some money in postage and supplies, and as a bonus, you can see the newsletter in color.

Newsletter Deadlines



submission deadlines for the newsletters are
October / November Issue - September 15
December / January Issue - November 15
February / March Issue - January 15
April / May Issue - March 15
June / July Issue - May 15
August / September Issue - July 15

When emailing submissions please send to both
Sue Hatfield, Newsletter Editor
thatfieldfam@gmail.com
and Lisa Pitts pitts15@purdue.edu.
Hand written copy may be given to either individual.

You don't have to send only club news. Have you discovered a new recipe, read an inspiring quote or poem or heard a great joke? We would love to have those too! Those tidbits will be shared as space permits.

Sue Hatfield, Newsletter Chair
thatfieldfam@gmail.com



Beth's Bits

Well, it is not pretty, but COVID is making its presence known! I have been interested in learning how much financially, a typical COVID stay in the hospital costs a family. I saw on the television show "60 Minutes" about some families who lost loved ones. This is my synopsis of what some of them shared:

"60 Minutes" which aired in July 2021:

My synopsis:

A wife and mother shares her family's COVID experience on "60 Minutes" in July 2021:

Trish Phillips's husband was a 53-year old, six day a week runner, in Pennsylvania goes to the hospital. He spent 65 days in the hospital for COVID. He passed away on 5/31/21. Weeks later his wife received a hefty envelope in the mail. It was addressed to her deceased husband. It was an itemized bill from the hospital for about four weeks of his hospital stay. The bill was over \$4 million dollars! It was months before she learned that insurance would pay, it was unsettling at the worst time. But her husband's memory helped her through it.

Source: <https://www.cbsnews.com/news/covid-19-deaths-families-60-minutes-2021-07-18/>

The shot is free! Please think about getting it. Our daughter, Alison, is an emergency room pharmacist and will speak with anyone who has questions about the vaccine. If you have any questions, please let me know and she will gladly call you, or you may call her. She knows the research, and does not get any kickback for getting people vaccinated or telling them the truth! She just wants people to be healthy! She completed an extra 2 years of residencies in two different hospitals and has more letters behind her name, than I am tall! She is very protective of us and we MUST wear a mask if we are ever out in public! Yes, they are hot, and smiling in them is a waste. ☹ Can people see that you are smiling at them? I try to brighten people's day and I don't know if they can even see it. I noticed yesterday how many young people held doors open for us (Steve and me). I'm sure it is because he is 8 years my senior and they were being polite! That's my story and I'm sticking to it!!!!

Please stay healthy and keep an eye on your friends and family! Please let me know if you want to speak with Ali. You know, she is a MEGA NERD and my daughter, so speaking isn't a problem! Yes, I said that! 🤪🤪🤪

Beth



Rosie's Reflections

Hello Homemakers! As I write this clip for our Newsletter the 2021 Hendricks Co. Fair has yet to open. Antique Tractor has their Field Horses all lined up at the Fairgrounds; most 4-H entries have been judged; HOMEMAKERS are registering for Open Class; and Master Gardeners have tackled one more weed pull in their Demo Gardens. Extension has continued to show our Hendricks Co. community what we do here.

EHM newest endeavor is I CAN – U CAN 2 with 14 entries of creating something out of CANS. What's this do? It proves again we are tackling new ideas for families and friends. We're creating, recycling, and smiling with our public.

OUR really big news is EHM have been contacted by a group of ladies who would like our guidance to create a NEW Extension Homemaker Club in Hendricks Co.!!!!! Talk about creating, smiling and being with our public – let's grow!!

Rosie

2019 Open Class Quilt Drawing

In our EHM Booth at the Fair, Hendricks Co. Homemakers offered a FREE drawing for the 2019 Open Class Quilt. This quilt is made from squares entered in the Quilt Block Contest that year. Theme was Fun & Games. The Winner of the Quilt was Ken LaZebnik.

pictured Madeline and Joan Gulley picking up the quilt for their friend Ken



Extension Homemakers at the Fair - I CAN - U CAN 2



Homemakers were “seen” in another light at our H. C. Fair this year! As we worked our first ever EHM Booth in the auditorium, people asked “What do EHM do?” They were surprised to learn “I CAN” was from Homemakers. Same holds true for knowing EHM were leading in the “Hit the CAN” collection for funds directed to our county Food Pantries. This was hosted by Master Gardeners who were proud to work with us.

And many more were happy to know we were giving away the 2019 “Fun & Games” quilt, which often lead them to ask “Are there more quilts?”, so we directed them to Open Class. Most of Thursday during Women’s Day we smelled CHOCOLATE – nothing wrong with that!! We also learned a lot – the best practice to encourage visitors to our Story Time was to invite them as we walked the grounds – that eye to eye approach. Remember how we told our kids to look them in the eye. Isn’t that what we want to do most – to help others and ourselves learn, knowing “I CAN – U CAN 2”

Thank you everyone who volunteered at our Fair. -- Rosie

Fair Results

Home and Family Arts Open Class Show

A big thanks to all the Department Chairs, Co-Chairs, and workers for the great job they did in getting exhibits judged and displayed for the public to view. As in past years, the exhibit looked attractive and organized. This year there were a total of 162 exhibitors with 538 total exhibits. Participation was down this year but there were 47 exhibitors who participated for the first time. Although we were not able to have the Bake Sale Auction, a big thanks goes out to the Young Moderns Club for taking on the Silent Auction. It was a novel idea to raise some money to help defray the cost of sponsoring the Open Class Show. Finally, thanks to all those that volunteered their time to be watchers at the show, keeping exhibits secure and talking with the public encouraging them to participate next year. We could not sponsor the show without all of you.

Director, Joanna Sell.

Chocolate Contest

Lynn Lillard was the Grand Champion winner of the Chocolate Day contest. You can get Lynn's award winning recipe for Fudgy Chip Cookies, and all of the other great recipes from Chocolate Day, in a recipe book that will be available for purchase in September.

The flavor for the Baking Contest in 2022 will be STRAWBERRY! Please start working on your recipes, and plan to enter the contest in 2022!

Deloris Elza, Chocolate Contest

Congratulations to all of the winners! Complete results of both the Open Class and Chocolate Contest are posted on the Extension Homemakers website: <https://bit.ly/3f0eH3k>



Improve Your Mood Support Group Meets Weekly



Improve Your Mood Support Group meetings are held every Tuesday from 1:00 - 2:30 pm at the Hendricks County Senior Center. Members have been gathering to learn about mindfulness and other coping techniques for symptoms of depression and anxiety.

The Improve Your Mood Support Group is offered at no cost to anyone 25 years of age or older wishing to participate. No reservations are required to attend.

Condolences

Becky Shryock, passed away at the age of 90 on May 27, 2021. Becky was born in Sullivan, Indiana. She was a long time member of Brownsburg Happy Homemakers. Becky and her twin sister, Betty, drove from Sullivan each month for our club meeting. She enjoyed playing bingo and collecting teapots. She will be sorely missed.

Submitted by Jeanne Steurwald, Happy Homemakers

Condolences Continued...

Have you ever looked up the meaning of a "common" word? This week, I decided to look up the word "precious". I found that it meant "of great value or high price; high esteemed; or cherished." Another dictionary stated, "of great value because of being rare, expensive or important." Another definition I found was "something of great value or that is greatly loved." These definitions shed a new light on a verse in Psalm 116:15 which says, "Precious in the sight of the Lord is the death of His saints." This verse is in the forefront of my mind as our group lost two very precious ladies. Marsha Wright (74) passed away on May 20th and Sylinda Rissot (80) passed away on June 8th. Both of these ladies will forever hold a special place in our hearts and we will miss them tremendously because they were precious to us as well. However, they are in the loving arms of their Lord and Savior.

Finally Home (by Don Wrytzen)

When alarmed by the fury of the restless sea,
Towering waves before you roll,
At the end of doubt and peril is eternity,
Though fear and conflict seize your soul
Just think of stepping on shore, and finding it heaven
Of touching a hand, and finding it God's
Of breathing new air, and finding it celestial
Of waking up in Glory, and finding it "Home"



When surrounded by the blackness of the darkest night,
Oh how lonely death can be,
At the end this long tunnel is a shining light,
For death is swallowed-up in Victory, (Victory!)
Just think of stepping on shore, and finding it heaven
Of touching a hand, and finding it God's
Of breathing new air, and finding it celestial
Of waking up in Glory, and finding it "Home"

Submitted by Hazelwood Homemakers

Make A Difference Day Update

When this letter goes out, we will have completed the Hendricks County Fair 2021. It is great to be back to a more normal time. The community's needs never went away-- they only increased. So many of you did so much to help out. Thank you for all that you did!

October 12th from 10:00 am to 2:00 pm is the next MAKE A DIFFERENCE DAY!! I am so excited that we will be getting back on schedule with our activities. Make A Difference Day will be held in the conference room at the fairgrounds. If you would like to make a difference in our community, and our state, then come join us that day. We will be making hygiene kits and filling them, sewing bags for Riley Hospital and making blankets for the homeless. It sounds like a lot to accomplish, but we can do it with lots of help. You do not need to sew to help, there will be lots of different jobs - come and see what you can do!! Barbara Dunn has given a bag full of rectangles to sew together to make blankets, and Melissa Phillips has volunteered to start sewing them together. We have already started Make a Difference Day preparation.

We had 29 hygiene kits left and I took them to the Good News Ministry. They have a shelter for men, a shelter for women, and a health clinic in Indianapolis. Plus, they have a camp for at risk boys in Cloverdale. They thanked the Hendricks County Homemakers for making a difference in the lives of the people they serve. It is such a privilege to help others and make a difference in their lives.

See you on October 12th!!! Charlotte Lloyd

Coming Soon.... Achievement Day

Our Hendricks County Extension Clubs are working diligently on their Committee assignments for Achievement Day this year. Our annual event will be held on **Thursday October 14, 2021 at the Hendricks County Fairgrounds and Convention Center**. The theme for this year is *Laughing for Your Health*.

We have secured both morning and afternoon presentations.

More information will be coming so **STAY TUNED!**

Submitted by Ellen Looney

CLUB NEWS



CHAT'N DO HOMEMAKERS

Chat N' Do Homemakers traveled to North Salem, Indiana to tour the McCloud's Nature Park. We were welcomed by our tour guides Sarah and Ben, and they explained the do and don'ts of the park. The Park has over 6.5 miles of trails and throughout the park there are interpretive displays. We enjoyed the 1.1 mile red-tailed ridge trail that includes the Historic Truss Bridge. Some of our members enjoyed the interactive exhibits in the Nature Center and relaxed in the bird-viewing sanctuary.

After our adventure at the Nature Center, we traveled to the Mayberry Café in Danville, IN where we enjoyed a lovely meal and good fellowship.

Respectfully submitted, Deloris Elza

MODERN HOMEMAKERS

We are glad to get back to somewhat of a normal meeting structure since all of the changes due to COVID-19. So good to see everyone again!

Kathy Hitchcock and Phyllis Pearcy were hostess for our May meeting. Ellen Looney gave a great, fun lesson on "Better, Deep Breathing". She gave each of us a Kazoo and encouraged us to breathe deeply while blowing into the Kazoo. What a variety of sounds came forth - some were pure spooky, some were a little bit better and as small few made something that sounded like music - but we all had a lot of fun and hopefully did breathe deeper.

At our June meeting, we had an auction to make our treasury grow. Ellen Looney was our fun auctioneer and she had Kathy Hitchcock and Jessica Depoy as her helpers. A fun time was had by all, and we really did make some good money! We also filled out our program books for the following year. Jane Pfaffenberger and Lynn Lillard were hostess for the meeting and served strawberry shortcake for refreshments.

We are now getting ready for Open Class at the Fair. It is always a very special, busy time of the year, and hopefully everyone is finishing up their projects in time for showing. Looking forward to Women's Day at the Fair where the theme for the year is Chocolate - How can you ever go wrong with chocolate?

Since the Fair will be over before you get this newsletter, I hope each of you enjoyed working, showing your entries, winning ribbons, seeing old friends and most of all having fun! Anxious to hear how each of you did at the fair!

We are beginning to think of Achievement Day and its many fun activities, as it is fast approaching. I know it will be great! Please make and enjoy many fun, interesting and educational things at your meetings this following year! Try new things and possibly, get other clubs involved in your many projects!

Submitted by Regina Hawkins

First Books For Kids

Our county will again be participating in the First Books For Kids IEHA Program. Each month we go into the local Head Start Preschool Center and read a book to each of the classes, and then give each child in the class a copy of the book that was read. I will soon have the dates when we will be reading, and will be scheduling volunteers to read. If you are interested in participating as a reader, please contact me at jjsell28@gmail.com. The time spent with the children is always fun for the reader, and it is a great time to promote the love of reading.

Joanna Sell, Coordinator

Blast From The Past

Rejuvenate that old sewing Machine by giving it a thorough cleaning and lubrication. First, move it near a radiator or stove to get warm. Then clean every moving part with Kerosene. Wipe off the old and dry oil that oozes out. When the parts have been cleansed throughout, apply a little lubrication oil, then stitch through a blotter several times to soak up the excess and protect your fabric against stain. *Taken from the 1003 Household Hints*



Okra

When selecting Okra, look for Okra that is brightly colored, dry and firm.

PREPARATION:

Rinse okra in a cool stream of water when ready to use.

Okra contains a viscous liquid that, when cut, can be used to thicken soups and stews. The more you cut okra the slimier it will be. You can cook okra whole; be sure to carefully remove stem and tip end without opening pod before you cook it. Okra can be steamed, boiled, pickled, sautéed, or stir-fried. Do not cook okra in pans made of copper, brass, or iron as the chemical properties will turn okra black.

Steam: Place rinsed okra in a steaming basket over about 1-2 inches of boiling water. Cover and cook until tender yet crisp (about 5 minutes). Toss with butter and preferred seasoning.

Boil: Place rinsed okra in sauce pan with boiling water, cover, and cook for approximately 10 minutes. Season to taste.

Sauté: Drizzle a large skillet with olive oil and heat to high. Trim end of rinsed okra, then add it to the skillet. Sauté or until pods are crisp and bright in color (about 3-6 minutes). Season to taste.

NUTRITION INFORMATION:

One half cup of cooked Okra contains:

- 18 calories ·1g protein
- 4g carbohydrates ·2g dietary fiber
- 0g total fat ·0g saturated fat
- 0mg cholesterol ·5 mg sodium
- Calcium, Iron, Vitamin A and Vitamin C

STORAGE:

Short Term - Store okra in the warmest part of the refrigerator in a loose or perforated plastic bag and rinse just before use.

Use okra within 3-4 days.

Long Term - Okra can be canned, frozen, or pickled

Source – Purdue Extension Food Link Resource



This Delicious Dessert Lowers Blood Sugar!

Modern science reveals that this recipe is loaded with ingredients that lower blood sugar, improve cholesterol, fights infection and aids digestion. **Try this recipe for yourself!**

- 1 1/2 C peeled, cored and chopped apples (McIntosh, preferably)
- 3/4 C finely chopped walnuts
- 2 TBSP sweet red wine
- 1 tsp cinnamon
- 2 TBSP honey

Mix together and refrigerate overnight for best flavor. Adjust seasoning if necessary, after it is chilled.

Useful Information:

An adult needs only 2/3 teaspoon of salt a day, but the average American consumes more than double that amount. Check your diet soda, it's full of sodium!

Submitted by Regina Hawkins