



# Kaleidoscope

## *Boone County Extension Homemakers Newsletter*

A publication of Purdue University Cooperative Extension Service Boone County

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May - July, 2021

Dear BCEH members,

Welcome (almost) to our brand new 21-22 BCEH year and as far as I am concerned it cannot come too soon! I look forward to re-starting and re-building the many programs that were shut down last year. And as we begin this process we will continue to consider ways we can boost our BCEH presence and membership.

Anne Moore, IEHA State President, made it her focus to encourage each county to develop a plan to increase their membership. And although her term is about to end, this remains very important to her.

Historically, Boone County Extension Homemakers were a 600 plus member organization. Today, we barely top 100 members. Each club has been given a specific membership task generated from the ideas shared by club presidents at our March council meeting. (Topics were assigned to the clubs that were not present at the April council meeting- check your email).

Clubs have been asked to initiate the task now and report back at our 21-22 Kick Off Council meeting in June. Some of the topics/ideas may work better than others and that is what we want to determine so we can move forward with the most workable ideas.

Until next time, take care and make your way outside to enjoy the warmer weather and beautiful blooms!

Bonnie Smith  
BCEH County President



Dear Extension Homemakers,

Summer is just around the corner and hopefully warmer weather is on the way too. Many events during the past year had to be cancelled/rescheduled. Plans are underway for an eventful 2021-2022 program year. As of now, the county fair is scheduled for July 17<sup>th</sup> - 23<sup>rd</sup>, and the Open Show is July 20<sup>th</sup> - 23<sup>rd</sup>. The 2021 Open Show Book has been posted on the Purdue Extension Boone County website, on the BCEH page. Books will be available soon in the office. Achievement night has been rescheduled for September 9<sup>th</sup>. Look for more information to be shared soon.

IEHA news: Home and Family Conference is June 1<sup>st</sup> – 3<sup>rd</sup> at the Embassy Suites, Plainfield. The Indianapolis Fall District Meeting is scheduled for September 2<sup>nd</sup> in Shelby County. The state board is planning in-person fall district meetings.

Please read through all the information in the Kaleidoscope and check with your club president for more information on all the activities of BCEH. Also, check out the Purdue Extension Boone County Facebook page and the Boone County Extension Homemakers Facebook page for updates and resources.

Please feel free to call or email me if you have questions or concerns. Hope to see many of you in the coming weeks.

*Lisa*

Lisa Cangany  
Extension Educator, HHS



## Treasurer Report

Hope everyone has taken time to work on tucked away projects. I am working on a quilt. Also, my husband and I have been attending the educational program, presented by Lisa Cangany, at the BCSSI, "A Matter of Balance - Managing Concerns About Falls."

As BCEH treasurer, dues have been coming in for the 2021-2022 membership year which were due by April 15. There are a couple of clubs that I have not heard from as of yet because of not meeting. If you could get these dues in as soon as possible, it would be appreciated. Information is needed for the new program books and for the upcoming Open Show in July 2021.

Cashiers are found for the Bee Hive from our membership. Won't you consider a shift or two as a cashier when I call later this year?

I would like to challenge the membership to exhibit in at least one category of the Open Show.

Melissa Mikesell  
Treasurer



## Important Dates

June 1	First Tuesday	6:30 - 8:00 pm	DR
June 1-3	Home & Family Conference <i>Embassy Suites, Plainfield</i>		
June 28	EH Council Meeting <i>Pitch-in for new and outgoing Presidents</i> <i>Marionettes - Drinks</i>	6:00 pm	DR
July 20-22	NVON Conference <i>Owensboro, KY</i>		
July 17-23	Boone County Fair		
July 20-23	BCEH Open Show		
July 30-Aug. 22	Indiana State Fair <i>(Closed Mondays &amp; Tuesdays)</i>		
Aug. 23	EH Council Meeting <i>Refreshments at 6:00 pm</i> <i>Paper Scrapers &amp; Home Cooking clubs</i>	6:30 pm	DR
Sept. 2	Fall District Meeting <i>Shelby Co.</i>		
Sept. 9	Achievement Night	6:00 pm	Pavilion Rm. 1-3
Sept. 22-23	Indianapolis District Retreat <i>Waycross Conference Center</i>		



## Membership

"Take Your Best Shot" presented by Ed Cambra, who heads up photography in our Open Show, was May 4<sup>th</sup>. He shared information on how to use the camera settings to take the best picture. He also talked about how to set up your shots.

June 1st, 6:30 pm we will present Papercrete. This is a make and take session. You will make a outdoor pot for your flowers. The cost is \$8. All supplies will be provided. You need to register by May 26th. Presenter is Joan Mohr.

Remember to plan interesting meetings and invite friends, neighbors and family to your club.

Joan Mohr  
Membership Chairman



## Boone County Extension Homemakers County Officers

The past year has been a challenge for many organizations. Most have found new or different methods of continuing on with their purpose and programs. Hopefully these challenges will be less this year as we continue on with our educational programs and contributions to the community.

Circle the September 9<sup>th</sup> date on your calendars when we will celebrate these accomplishments at our Achievement Night in the Farm Bureau Community Building and officially install these officers.

### The BCEH Executive Council for 2021-2020

President	-	Bonnie Smith
Vice-President	-	Clairbelle Robinson
Secretary	-	Judi Wilson
Treasurer	-	Melissa Mikesell
Leadership	-	Patty Nichols
Education	-	JoAnn Pullen
Volunteer	-	Linda Fahrenbach
Community Support		
Membership	-	Karen Niemeyer
Past President	-	Joan Guthridge
Advisor		
HHS Advisor	-	Lisa Cangany



Clairbelle Robinson  
BCEH Vice President

### Volunteer Community Support

Hi and Happy Spring!

Gingham Pals turned in many cute items for Sewing Day! Thank you Gingham Pals for all your hard work! We had many lovely items made by many of you and I thank you all again too! I will be putting labels on all the items showing that they were made by Boone County Extension Homemakers.

We will be having the Pillowcase Contest at the Fair again this year. So start working on your pillowcases! You must donate a new standard pillow to enter the contest and the pillowcase must be made of new materials. Pillows and pillowcases go to the Women's Shelter in Boone County. More detailed information is in the Open Show Book.

Linda Fahrenbach  
Volunteer Community Support Chair



## County Fair, 4-H Member Recognition, Isaiah 117 House, & 4-H BBQ

**County Fair-** The Boone County Fair is scheduled for July 17-23, 2021 and it is being planned as an in-person 'normal' fair. This is a big fundraiser for our organization. It is also a great opportunity to get the community involved. It would be fantastic if each club would have one person to serve on the BCEH food committee, as many decisions need to be made. Your suggestions on the Extension Homemakers serving breakfast, lunch, and dinner are needed. Should the menu choices be decreased, should the shift hours be changed, does the meal stipend get increased, how do we encourage more members to volunteer and get their family & friends involved, how do we reach out to youth/adult groups at school/church to fill a shift ( Key Club, Sunshine Society, National Honor Society, sports teams, Girl Scouts, Boy Scouts - what \$\$ amount do we donate to that youth group), should we hire someone to be responsible for the grill cooking and someone to man the fryer (how much do we pay, where do we find this person-school cafeteria ladies, Purdue University students in food service, future chefs in training).

Sign-Up Genius should be online in early June, so members will be able to log on and pick the day & time they can volunteer. There will not be any family dinners (chicken & noodles, etc.) served in the evening. Please contact Judi Wilson with all of your suggestions. [jaw\\_ltw@yahoo.com](mailto:jaw_ltw@yahoo.com).

Cashiers will again be needed- Melissa will be handling the scheduling of these volunteers. It is imperative that every cashier attend a session on using the credit card computer system. These sessions will be planned in July and on multiple days and times.

**10 year 4-H member recognition-** The Homemakers are in charge of displaying the 4-Her's picture at designated spots on the fairgrounds during the County Fair. We are also involved with the recognition program during the Supreme Showmanship. This year we will be honoring those 10 year 4-Hers from 2020 and 2021...so there will be more pictures to display - this can be completed the week before the fair. If you have some artistic skills and are available early in July your help would be appreciated. Contact Judi with any questions.

**Isaiah 117 House-** The 1st fundraiser dinner was held on April 24th with over 200 in attendance for lunch and over 200 in attendance for dinner. Thank you to those Homemakers who were able to attend and listen to the mission of Isaiah 117 House. Community donations for the day totaled over \$80,000 with part of that being a match of \$25,000. There are a few volunteer community support ways which the Homemakers can be involved with. 1). Thank you baskets for each DCS office - Boone, Hendricks, and Montgomery counties. These would include inspirational notes, small snacks, gift cards for gas, etc. which would be delivered to the DCS office on the 17th of every month. This is a project that each club could participate in or individual BCEH members. A drop-off site will be determined later. 2). Donations of pajamas, underwear, hygiene products, and diapers are coming in from the community. These are being stored in Zionsville in a storage unit. You can help by volunteering to inventory and stage these items - making it easier when a DCS case worker needs supplies. Shelving & totes will be needed to store the donations. Once the house is built and opened to the children, some items will be stored there. For more information on Isaiah 117 House opportunities, contact Judi.

**4-H BBQ -** Was held April 24th with over 500 to-go meals prepared and about 300 extra meat portions served. All of the funds raised are used for repairs, utilities, and upkeep of the fairgrounds -not payroll or 4-H program. It is hoped that April 2022 BBQ will be in-person and the Homemakers will be offering their delicious desserts.

Judi Wilson  
Secretary



## Open Show

Our Boone County Extension Homemakers Open Show is back this year better than ever! We missed seeing everyone's lovely exhibits last year, so this year's show is going to be extra special. We certainly are a talented bunch! The Open Show will be July 21-23 this year in our usual location, the Farm Bureau Community Building. The Open Show book, containing all the exhibit categories, schedule of events, & rules has been uploaded to our website. To see it, go to [www.extension.purdue.edu/boone](http://www.extension.purdue.edu/boone)

A paper version of the book will be available at the office & local libraries soon...it is at the printers now. The book includes the latest updates regarding sanitation & public events policy. Any policy change that occurs in the weeks leading up to the fair may result in some tweaks to how we conduct some of the events.

We want your exhibits! Whether you like spending time in the kitchen, garden, studio, or wherever you like to craft, there is a category for you. We also want you! Please volunteer to attend our show. Our biggest need is the evening of July 20 (Tuesday), and the morning of July 21 (Wednesday), when we check in exhibits, but we can certainly find a spot for you at other times too.

For questions, contact Cindy Baker 317-733-0274 or any of the department heads listed in the book.

Cindy Baker  
Open Show Director



## 10 Reason's to Eat Breakfast

1. After a long period of fasting your brain needs nourishment to function optimally.
2. Your heart and the entire cardiovascular system depend on nutrients received from 3 meals a day.
3. With Insulin Resistance and Metabolic Syndrome at an all-time high, eating breakfast can help reduce these disorders.
4. For people prone to or experiencing eating disorders, eating breakfast can reduce the problems associated with eating disorders.
5. Eating breakfast can help your immune system work more effectively.
6. Eating breakfast can help you lose weight.
7. Eating breakfast can help your focus.
8. Eating breakfast can help your skin.
9. Your blood sugar will remain more stable by eating breakfast.
10. Eating breakfast is critical to get the nutrients you need.

People who eat breakfast are 12.3% healthier throughout the day than those who don't, and people who don't eat breakfast eat 6.8% more food throughout the day.

Breakfast vs. brunch. A study from the University of Barcelona in Spain found that **eating meals later on weekends than during the week may cause weight gain** because your body's metabolic rhythms suffer from small disruptions to normal eating schedules.

According to a study from the University of British Columbia, **a low-carb, high-fat breakfast (like a cheese omelet) may help people lose weight** because it stops blood sugar spiking later in the day.

A study of 5,000 kids (ages 9 to 11) by Cardiff University showed that **children are twice as likely to score higher than average grades if they start the day with a healthy breakfast.**

A study from Osaka University of 82,000 men and women found that **eating breakfast decreases the risk of having a stroke.** The more days per week participants had breakfast, the lower their risk for having a stroke.

Trina Rose  
Witham Health Services



# Bell Pepper and Vidalia Onion Strata with Fresh Salsa

Makes: 4 Servings

Total Cost: \$\$\$\$

Loaded with sweet Vidalia onions and bell peppers, this delicious baked breakfast or brunch dish can be assembled ahead of time, leaving just the baking for the morning.

## Ingredients

- 1 Vidalia onion (divided)
- 1/2 red bell pepper (sliced vertically)
- 1/2 green bell pepper (sliced vertically)
- 1 tablespoon olive oil
- 4 large eggs
- 4 egg whites
- 1/2 cup fat-free (skim) milk
- 1/8 teaspoon ground black pepper
- cooking spray
- 4 slices whole-grain bread (4-6 slices, dry or toasted, cubed)
- 1/2 cup reduced-fat Italian blend cheese
- 10 cherry tomatoes (or 2 tomatoes)
- 1 garlic clove



## Directions

1. Pack rack in center of oven and preheat oven to 350 °F.
2. Cut Vidalia onion into slices vertically; reserve about 1/4 of onion. Heat oil in a 10-inch non-stick skillet. Sauté onion and pepper slices for 5-8 minutes, until tender and just starting to brown. Remove from heat.
3. Beat eggs, egg whites, milk, and pepper in large bowl, set aside.
4. Spray 8' or 9' baking pan (square or round) with cooking spray.
5. Arrange bread cubes in bottom of pan. Sprinkle with shredded cheese.
6. Add sautéed vegetables and pour in egg mix.
7. Bake uncovered for 45 minutes, until set. Egg dishes should be cooked to 160 °F.
8. While strata is baking, prepare salsa, by dicing and mixing cherry tomatoes, garlic, and remaining Vidalia onion.

## Notes

**Serving Suggestions:** Serve with 8 oz glass of fat-free (skim) milk and 1/2 cup cantaloupe chunks

Source:  
Produce For Better Health Foundation



## Banana Split Oatmeal

Makes: 1 serving

Total Cost: \$\$\$\$

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.

### Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)



### Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

### Notes

The banana split oatmeal can be a snack by itself.

Source:

University of Nebraska Cooperative Extension.

# Protein & Bars: Fact Check

## How much protein do you need?

The RDA for protein has not changed but most fad diets will have you thinking you are not getting enough. **FACT:** you need .8 grams per kilo of body weight or about 1 gram for every 2 pounds that you weigh.



## Protein Bars



Unfortunately, protein bars are highly processed and filled with a lot more saturated fat, sodium, and other unwanted chemicals that we really don't need like inulin that is poorly digested.

Most protein bars contain protein but they also contain about 200 calories each or the same in some candy bars.

If you eat a protein bar full of coconut or covered in chocolate, you've likely met your saturated fat limit for the day.

## Adding It Up

For 200 calories, you could have a slice of whole-wheat toast with one tablespoon of peanut butter or a cup of Greek yogurt topped with 1 cup of frozen berries. Neither contains excess saturated fat.

The sugar content in one popular bar is 21 grams, which is like drinking half a can of Coke per day. Even the "low carb" Keto bars are fairly high in calories and carbs. One bar was 260 calories with 22 grams of carbohydrate. For that, you could have half of a turkey sandwich on whole-wheat bread.

## Best Bets:

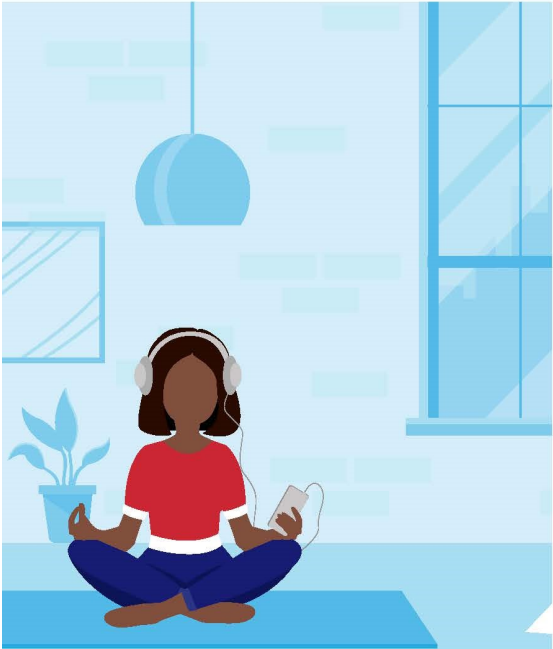
The next time you want some protein in your diet, reach for these nutrient-packed snacks instead. They are less processed and delicious!



- String cheese and whole-grain crackers
  - Greek yogurt and fruit
  - Hard-boiled egg and toast
- Apple slices with peanut butter
  - Roasted chickpeas
  - Steamed edamame
- GORP (good old raisins n peanuts)



# Care for yourself one small way each day



Take breaks to relax and unwind through yoga, music, gardening, or new hobbies

Find new ways to safely connect with family and friends, get support, and share feelings



Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Treat yourself to healthy foods and get enough sleep



Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: call or text 1-800-985-5990

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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