

HENDRICKS COUNTY HOMEMAKER HAPPENINGS

August September 2023

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

2023-2024 Calendar of Events

Aug. 1: Council Meeting

Aug. 15 & 25: Be Heart Smart (Pg. 2)

Aug. 15 & 22: Where Does Your Money Go (Pg. 2)

Sept. 4: Extension Office Closed

Sept. 5: Council Meeting

Sept. 14: Helping Hands Day (Pg. 3)

Sept. 19-20: Indianapolis District Retreat (Pg. 8)

Sept. 21: Personal Safety Class for Women (Pg. 4) Sept. 25: Indianapolis District Meeting (Pg. 8)

Oct. 3: Council Meeting and Leader Lessons

Oct. 9: Extension Office Closed

Oct. 12: Make A Difference Day (Pg. 3)

Oct. 22-28: IEHA State-Wide Celebration Week

Oct. 24: International Day "Night" (Pg. 4)

Nov. 7: Extension Office Closed

Nov. 9: Helping Hands Day (Pg. 3)

Nov. 10: Extension Office Closed Nov. 14: Council Meeting

Nov. 23-24: Extension Office Closed

Dec. 1: Holiday Fest

Dec. 5: Christmas Council Brunch

Dec. 25-26: Extension Office Closed

Jan. 2: Council Meeting

Jan. 11: Helping Hands Day (Pg. 3)

Feb. 6: Council Meeting and Leader Lessons

Feb. 8: Make a Difference Day (Pg. 3)

Mar. 5: Council Meeting

Mar. 14: Helping Hands Day (Pg. 3)

Mar. 20: Spring District Meeting,

(Johnson County)

Apr. 2: Council Meeting

April 11: Helping Hands Day (Pg. 3)

May 2: Achievement Day May 7: Council Meeting

June 3-5: IEHA Family Conference

Jun. 11: Council Meeting

MARK YOUR CALENDARS!



News letter Submissions for the October/November Issue are due by September 15. The theme will be "Take Time to be Thankful". Submissions may be emailed to Melissa Phillips, News Chair, (PCS.ServingHim@gmail.com) and Lisa Pitts (pitts15@purdue.edu). Handwritten copies may be given or mailed to Melissa Phillips (9388 S. County Road 100 W., Clayton, IN 46118).

2023-2024 Officers

- President: Melissa Mikesell
- Vice President: Karla Janning
- Secretary: Ellen Looney & Joanna Sell
- ♥ Treasurer: Judy Ricketts
- ⋄ Education: Sharon Lytle
- ♦ Leadership: Ellen Looney
- ♥ HHS Educator—Beth Switzer

- Home & Family Arts Show: Joanna Sell / Kim Weber
- ♥ Volunteer Community Support: Charlotte Lloyd
- ♦ 1st Member at Large: Rosie Lenihan
- Shannon Wagner
- 3rd Member at Large: Lynn Lillard
- 4th Member at Large: Kim Weber
- News Chair: Melissa Phillips

You are receiving this newsletter after the fair has run its course for 2023. Hope every one had an awesome adventure. Thank you to all the Hendricks County Extension Homemakers and staff who had a hand in making fair week a success. Volunteers helped with setup, registration for open show, watchers, bake auction, Women's Day, and EHM vendor booth. These events don't happen in our community without caring individuals.

I'm thinking this might have been some what bitter sweet for Joanna, as this was her 🌓 last Home and Family Arts Show & Open Class as director. Joanna will still be around willing to help where needed. On behalf of all the Hendricks County Extension Homemakers we say THANK YOU!! That goes for you, too, Jim.

Looking forward to Helping Hands, the upcoming Indianapolis District Retreat in Morgan County, the Fall District Meeting and International event. These events will be taking place in the very near future. Melissa Mikesell, President

Stay away from tea if you are to absorb iron.

As many of you know, iron is something we need to keep our blood healthy and our body warm! It is also something which is hard for the human body to absorb and use. If your health professional has done blood work on you and told you that your iron count was low, they may have prescribed iron tablets for you. Anyone who has ever taken iron supplements may recall, they are not easy on the body. The body usually refuses them. Many people suffer from constipation and a general feeling of "ugh".

If you are taking iron or even want to absorb more iron from your regular diet of iron rich foods (dark green leafy vegetables like kale and spinach, red meat, and raisins). You should not drink green tea at the same meal (a.k.a. - iced tea or hot tea after an iron-rich meal).

A study at Penn State showed green tea loses its potential as an antioxidant because the iron will bind with the tea and be removed from the body. Thus, the body is not using it! As a dietitian, I encourage everyone to use beverages to their advantage! Do not just drink empty calories, but drink something than enhances your health: Water, Milk, Sparkling Water, etc.

It is getting hotter, so go ahead and enjoy a cool drink of iced-tea; just don't drink it with a iron rich meal. . As an elementary school child, my family drank sweetened tea. One day my two sisters and I came in for dinner after playing outside and we all grabbed our glass after the prayer. The three of us looked at each other and one of us asked "What is this?" My mother stated unsweetened tea. One of us said, I think you forgot the sugar. Mom's response, "Nope, I decided you girls didn't need the added sugar. I'm making un-sweetened tea now!" Well, it worked!!! Not one of us will drink sweetened tea to this day! Mothers, oh, the things they teach us or how they teach you!!! 🙂 PS: I'm guilty of doing things like that to my daughter too.

Enjoy the summer days! Beth

Looking AHEAD to Upcoming Purdue Extension Classes



Where Does Your Money Go

With increasing costs for necessary expenses, learn how you can stretch your paycheck and make your money go further.

August 15 & 22, 2023 11:00 am - Noon

Presented by: Beth Switzer, MS, RDN Purdue Extension- Hendricks County 1900 E Main St, Danville 46122

This is a FREE program, but registration is required.

Register by August 7th here: https://hendricksco4h.com/WDYMGAug2023 or by calling 317-745-9260





Video Submission for **Hendricks County Extension Homemakers**

The State representatives asked each county to create a video featuring the Community Service work our clubs do around our county. Shannon Wagner made this video for Hendricks County, and it was to be be shown at State conference. Big thanks to Deloris Elza for contributing many of the photos to help make this video possible. To view the video click on the picture to the left or go to https:// www.youtube.com/watch?v=4JLiiXXQuIE.



ooking Forward to Making a Difference Fall 2023.

We are finished with the Hendricks County Fair!! It was fun but I hope all of you are looking forward to Make A Difference Day. Our first one is September 14th from 10am-12pm at Bartlett Chapel Methodist Church on old US 36. We will be working on blankets for Riley. They are in need once again and we look forward to helping them by finishing as many blankets as possible.

We also will need to talk about other projects we might want to tackle. We are looking forward to helping Make a Difference in any way we can. We meet on the second Thursday of the month. That means we are looking forward to meeting September 14th, October 12, and November 9th. Notice how many times I tried to mention "looking forward". That is what we need to do not only for Make a Difference Day, but in our life. Get out of the rut you might have fallen into and Look Forward to helping others!! It's a great way to finish out 2023!! See you in September. Submitted by Charlotte Lloyd

NVON Conference, Parkersburg, West Virginia

(National Volunteer Outreach Network)

I was fortunate to have gotten to attend the NVON Conference in Parkersburg, West Virginia from July 18-20. It has been hard in the past years to attend because it usually falls during the week of our fair. But thanks to a great assistant director, Kim Weber, and the rest of the great committee. Jim and I were able to leave after judging was completed and the fair had started.

Parkersburg, is an older river town on the Ohio River. The conference was held in the Blennerhassett Hotel that was established in 1889 and has seen several renovations in the past 100 years. It still maintains its Victorian atmosphere with many period pieces of furniture.

There were representatives from 9 member states for a total of 148 delegates. As members of Indiana Extension Homemakers we are all members of NVON and welcome to attend the annual conferences. The 2024 Conference will be held in Asheville, North Carolina, with tours available at the Biltmore Mansion.

At the conference this year each member state shared info about their organization. It is a great place to get ideas to share with our local club or county on recruiting new members, different ways to encourage leadership opportunities, and other ways we can volunteer in our communities. Just like our own Home and Family Conference there are tours, educational lessons, craft workshops, great food and special entertainment.

Learning, sightseeing, making new friends and seeing friends from past conference made this conference an enjoyable trip. Submitted by Joanna Sell

Cultural Arts Tour

On May 24 the Hendricks County Extension Homemakers toured the Indiana Law Enforcement Academy in Plainfield followed by lunch at MCL Cafeteria (Avon). Officer Yance led our group of 16 on a tour of the facility and provided us with insightful information about the Academy. Some of the information we learned was:

- The current 16-week class consists of close to 200 Officers.
- Those in training stay on-site during the week and go back to their local community on the weekends.
- Training is for both men and women.
- The facility provides training for local Officers and State Police.
- The renovated outdoor firearms range consists of a pistol and a utility range that can be used for shotgun and tactical firearms training. The outdoor range also provides an area for high-powered weapons training and a special area for training scenarios using f/x cartridges. Additionally, the Academy has an indoor range which is utilized by many local, state and federal agencies for low-light firearms training.

 Tactical Engagement Center provides tactical teams with a modern state-of-the-art training facility for "live fire" training.

- · A five-acre dive training pond on the Academy's grounds facilitates underwater search and rescue training.
- A fully equipped fitness center and an outdoor fitness trail is utilized during physical training of basic recruits, as well as by staff, visiting instructors, and in-service students.

Thanks to all who attended!



CLUB NEWS—LOOKING AHEAD!

Our clubs are about ready to begin a new year of Extension Homemakers. What are you looking forward to the best? I just love being with the ladies and doing things, anything, together. Hopefully, your group will have lots of fun things planned. See below the information from your club.

Hazelwood Homemakers:

Our club this year will continue to meet on the first Wednesday of the month. We are hoping to plan out our year this August. So ladies, get your ideas ready! We'll also start thinking and getting ready for our responsibilities for both the Holiday Fest and the next Achievement Day. It's going to be an exciting year. We always seem to have lots of fun and laughter during our meetings.

Treblemakers: The Treblemakers (Hendricks County Choral Club) still has room on the bus to travel to Branson, Missouri, from October 30-November 3 this year. We would love if some homemakers could join us! If interested, please contact Kitty Joseph (317) 508-1439.

> NOTE: We'd LOVE to hear the news from your club!!!! Please send future submissions to Melissa Phillips at PCS. ServingHim@gmail.com. Check the first page for the next submission deadline.)

Personal Safety for Women: The Modern

Homemakers are inviting **EVERYONE** to join them on Thursday, September 21 @ 6:30 pm at Bartlett Chapel, Avon, for a presentation on

"Personal Safety for Women" by Officer Johnson. This presentation is appropriate for women/girls of all ages. Please use the following link to register: https://hendricksco4h.com/MHSafety or email Melissa Sexton, club member, at Melissa@sextonstory.com. Modern Homemakers will be collecting

non-perishable items for the Blessing Box at the Hendricks County 4-H Conference Center. Come and join them for this FREE EVENT!

Submitted by Ellen Looney

MODERN HOMEMAKERS 2023-2024





Friend!

Cookies or

Craft

FAMILY

Thanksgiving

Games



Valentines



**Subject to change, meetings at 6:30pm at Bartlett Chapel UMC unless noted. Guests and friends welcome!

Pickleball

Are you interested in Pickleball but don't know what it's about? Do you just want to play "for fun" and not in a competitive league? Some Homemakers are thinking this might be interesting too. We're looking into getting a group together once a week to play. This is still in the planning phase, so please send an e-mail to Ellen Looney if you would be interested. (ellen looney@yahoo.com).



International Day "Evening"

Mark your calendars now for the Hendricks County Extension Homemakers biannual International Day. This year, the event will be held on Tuesday evening, October 24, at 6:30 PM in the Conference Room at the Hendricks County 4-H Conference Center.

Our speaker will be Susan Ament who has taught Spanish and German at Plainfield High School for 30 years. She has led students and their chaperones on 12 trips to Germany starting in 1997 through 2019. Susan will be giving a PowerPoint presentation on mainly Bavaria and Austria. Since we will be nearing the holiday season in late October, she will be placing special emphasis on the ChristKinkl Markts. There will be a display of many German items to view. Following the program, refreshments will be served with samples of several delicious German foods. Do plan to come and bring a friend.

Pre-registration will be needed by calling the Extension office at 317-745-9260 by Monday, October 16th, or email Lisa Pitts (pitts15@purdue.edu). There will be a \$5 fee which can be dropped off at the office or mailed to: Hendricks County Extension Homemakers, ATTN: International Day, 1900 E. Main St., PO Box 7, Danville, IN 46122. Checks should be made out to Hendricks County Extension Homemakers. Submitted by Judy Heffelman, Chat'NDo Homemakers

Homemaker Recipes in the Danville Republican Newspaper

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.



2023 Monthly Assignments:

August — County Chorus- Specialty Club September — Modern Homemaker October — Chat 'N Do

November — Happy Homemakers December — Hazelwood Homemakers 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



Quilt Block Contest



The quilt blocks this year were exceptionally beautiful! There were thirteen entries, eight were first time participants. Esther Minton from Modern Homemakers won by popular vote and received the \$25.00 award from Chat N' Do Homemaker's Club.

We hope you had the opportunity to stop by the Homemaker's Booth in the Expo and see the guilt made from last year's blocks.

Thank you to all the quilters for entering and donating your blocks for next year's quilt.

Submitted by Karen Hole

Home & Family Arts Baked Sale Auction

On Sunday, July 16, the Young Moderns club put on the annual Home and Family Arts Baked Sale Auction. It was located in the Hendricks Power Expo Hall where they had been having the Chopped Challenge competitions. Our auction falls between the Chopped Challenge preliminary rounds and the championship rounds. We had over 30 different people bidding on the 71 baked goods items that were in the Culinary A and Culinary B categories in open class. J.R, Webb was our auctioneer again this year. The auction was a great success due to the many bidders and a few of those placed some very gener-



ous bids. A few pies and a cake all went for well over \$200 with one reaching \$250!! The Hendricks County Extension Homemakers would like to thank anyone who placed a bid and especially the Hendricks County Pork Producers, The Cattle Barn, the Fair board members who always come out bidding big every year. We were able to raise \$2,898. Again thank you to J.R. Webb, all who bid, all who made an item for the open class Culinary A and B so we could auction it, and all of my club, Young Moderns, that helped once again to make our Baked Sale Auction a success. Submitted by Karla Janning-Baked Sale Auction-Chair

Extension Homemaker's Booth at the Fair



New "person" at our EHM Booth in the Hendricks Power Expo Hall. She is wearing jewelry made of Peg Peter's state logo - "GET CONNECTED - STAY CONNECTED." We had a contest of 'Name Our Girl' with 39 entries. Name selected was Arabella.

Home and Family Arts Show

We made it through the fair with a total of 164 Exhibitors, 50 of them new participants. There was a total of 594 exhibits in this year's show. Joanna and I would like to thank all of you (our volunteers), who helped with the set up/tear down, check-in/check-out, and the judging. This couldn't have happened without you. A big thank you to all our watchers and exhibitors. For the most part everything went smoothly for our first year in the Justin Dorsey South Hall. I have already received some suggestions on how to improve next year's show and some concerns that will need to be addressed. I would also like to ask for suggestions on how to maybe update our displays, someone had suggested a jewelry case for instance. Again, thank you everyone who helped make this year's fair a success and let us once again thank Joanna for all her years as Director!

Below is the list of fellow Extension Homemakers that placed with Grand Champion or Reserve Champion for the Home & Family Arts Show. Congratulations to all that participated!!!! It was so amazing and inspiring to see all the different entries. The complete list will be available soon at https://extension.purdue.edu/news/county/hendricks/2021/HHS/Hendricks-County-Homemakers.html.

| Department | Class | Category | Name |
|--------------------|---------|-------------------------------|--------------------------------------|
| Culinary A | 100-101 | Angel Food or Pineapple Cake | Champion- Charlotte Lloyd |
| Culinary A | 105-107 | Coffee, Bundt, or other | Reserve Champion- Darlene Gettle |
| Culinary A | 120 | Fruit Bread | Champion- Linda Goines |
| Culinary A | 122-123 | Muffins or Other | Reserve Champion- Ellen Looney |
| Culinary A | 130 | Yeast Bread – Loaf | Reserve Champion- Lynn Lillard |
| Culinary A | 131 | Dinner Rolls | Champion- Charlotte Lloyd |
| Culinary A | 140 | Pie - One Crust | Champion- Charlotte Lloyd |
| Culinary A | 141 | Pie - Two Crust | Champion- Charlotte Lloyd |
| Culinary A | 142 | Pie - Streusel topped | Champion- Charlotte Lloyd |
| Culinary B | 204 | Dipped Chocolates | Champion - Charlotte Lloyd |
| Culinary B | 211 | Bar | Reserve Champion - Lynn Lillard |
| Culinary B | 212 | Drop | Champion - Rachel McKenney |
| Culinary B | 213 | Shaped, formed, or rolled | Champion - Shannon Wagner; |
| • | | • | Reserve Champion - Lynn Lillard; |
| | | | Reserve Champion - Charlotte Lloyd |
| Fine Arts | 301 | NP - Still Life or Floral | Reserve Champion - Sandra Kelley |
| Flower and Garden | 400 | Cut Specimen-Annual | Champion - Charlotte Lloyd |
| Flower and Garden | 450 | Artistic Design - Centerpiece | Champion - Linda Goines |
| Flower and Garden | 452 | Artistic Design - Miniature | Champion - Linda Goines |
| | | · · | Reserve Champion - Diana Williams |
| Hobbies and Crafts | 500-503 | Others | Champion - Pam Pizzato |
| Hobbies and Crafts | 510-513 | Crafted Gourd | Champion - Melissa Phillips |
| Hobbies and Crafts | 520-522 | Diamond Art | Champion - Alice Pritchett |
| Hobbies and Crafts | 535 | Holiday - Ornament | Champion – Melissa Phillips |
| Hobbies and Crafts | 542-543 | Jewelry - Pin, etc., set | Reserve Champion - Martha Sellers |
| Hobbies and Crafts | 545-548 | Nature Craft | Champion - Martha Sellers |
| Hobbies and Crafts | 575-579 | Silk Flowers | Champion - Linda Goines |
| Hobbies and Crafts | 596 | Creative - | Reserve Champion - Melissa Mikesell; |
| | | | Reserve Champion - Cindy Smith |
| Needlecraft A | 630-633 | Potpourri Quilted | Champion- Sharon Lytle |
| Needlecraft A | 640-642 | Wearable Quilted Art | Champion- Sharon Lytle |
| Needlecraft B | 720-724 | Afghan | Champion - Jane Pfaffenberger |
| Needlecraft B | 740-746 | Crochet | Reserve Champion - Melissa Phillips |









Zucchini Contest

Women's Day at the Hendricks County Fair, July 20, Baking Contest was ZUCCHINI. All 38 entries came from across Hendricks County!! Grand Champion from all Baking Contest categories was Katherine Ward. The 2024 Women's Day Baking Contest will be **APPLE!**

CAKES:

First Prize: Kim Meyerholtz Second Prize: Alice Pritchett Third Prize: Shannon Wagner

CANDIES:

First Prize: Shannon Wagner Second Prize: Charlotte Lloyd

YEAST BREAD:

First Prize: Shannon Wagner

COOKIES:

First Prize: Charlotte Lloyd Second Prize: Shannon Wagner Third Prize: Cindy Pierson

PIES:

First Prize: Katherine Ward Second Prize: Charlotte Lloyd Third Prize: Amy Sarkar

QUICK BREADS:

First Prize: Lynn Lillard Second Prize: Dawn West Third Prize: Sandra Hider

OTHER:

First Prize: Sandra Hider Second Prize: Charlotte Lloyd Third Prize: Katherine Ward

Chopped Contest 2023



The Hendricks County Extension Homemakers supported the CHOPPED CHALLENGE at the County Fair on Sunday July 16th with team members: Keith Spurgeon, Sharon Lytle, Kathy Bischoff and Jessica DePoy-a.k.a. MODERN MIXERS. Although our team didn't advance to the finals round, we are proud of their performance! All proceeds support the local Food Pantry Coalition and Family Promise.



Thank You

I want to express my appreciation to the County Council for the \$50 that was given to me in recognition of the 25 years I have served as Director of the Home and Family Arts Open Class Show. Over those 25 years there has been many changes and many other homemakers who have also been dedicated in helping our county have a great Open Class Show. I could not have done it without their dedication. It was my privilege to serve as director.

done it without their dedication. It was my privilege to serve as director and work with so many others. I especially want to express my appreciation for all the years that Sharon Fruits was the Assistant

Director. She has always been a great help in guiding me and seeing that things got done. I don't plan to completely retire. I am willing to help the director for next year, Kim Weber, wherever she needs me. She will do a great job. I want to also express my thanks to the County Commissioners for the certificate of recognition that was given to me. The recognition was certainly a nice surprise. With gratitude, Joanna Sell



Looking Forward to Next Year's Fair

If you weren't able to participate this year in either the Open Class or Baking Contest, it's alright, but I challenge and encourage you to start planning for next year. It's a great incentive to learn a new skill or craft. Each year that I participated, whether it is the Open Class or the Baking Contest, I took the year to learn something new. One year, I concentrated on learning how to make bagels. I probably made over 100 that year. I even received a "Champion" ribbon for the bagels, and my family learned to LOVE bagels. HA! This past year, I learned how to quill. I read, practiced, and learned what I could in the time I had available. I submitted a small bluebird picture. Part of the comments said, "design was even and consistent". Whoo Hoo! For a beginner, I felt that was a HUGE win for me. I'm already thinking what I could try to tackle this year. I may try my hand again at quilling, since I really enjoyed quilling, or do something completely new. Come next year to find out!!!!! Better yet, join the challenge and learn something new this year to submit next year. You never know, you may find a new joy!

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.



Upcoming District Events

IEHA Indianapolis District 21st Annual Retreat

Find your best Hawaiian shirt, grass skirt or mumu and join us at the Indianapolis District Annual Retreat, Tuesday, September 19 & Wednesday, September 20 at Waycross Camp & Conference Center in Morgantown, IN. Registration is due by September 8th. If you have any questions, you may contact Cindy Saferight (317-682-7062).

See the pictures below for more information. Contact Lisa Pitt (pitts15@purdue.edu) for a "full-size" registration form and/or flyer.







Indianapolis Fall District Meeting at the Morgan County Fairgrounds

Monday, September 25, 2023 Registration—9 AM; Program—10 AM Cost: \$16.00; RSVP by September 18th

Attendees, please bring pet and cleaning supplies to be donated to the Morgan County Humane Society. No toys please.

Questions: Cindy Saferight 317-831-6821 or you can text 317-682-7062

