



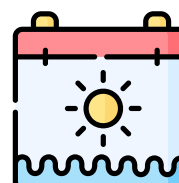
HENDRICKS COUNTY HOMEMAKER HAPPENINGS

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

Calendar of Events

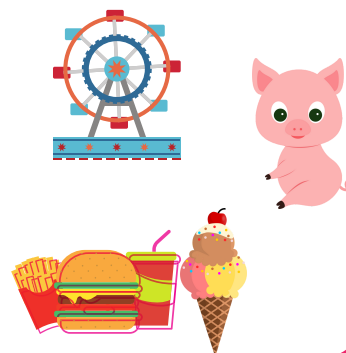
June

- 6-8 IEHA Conference, Noblesville, IN
- 14 Council Meeting 9:30 am



July

- 4 Fourth of July - Extension Office Closed
- 5 Council Meeting, 9:30 am
- 12 & 13 Open Class Registrations 3:00 pm - 7:00 pm
- 14 Open Class Registrations 9:00 am - 3:00 pm
- 15 Set up for Fair
- 16 Bring Exhibits to Fair
- 17 Baked Goods Auction 5:00 pm
- 21 Home & Family Arts Day
(see schedule in Home & Family Arts Day section of newsletter)
- 29 Indiana State Fair Begins



Newsletter Deadlines



Submission deadlines for the newsletters are
 August / September Issue - July 15
 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

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.

Sue Hatfield, Newsletter Chair
thatfieldfam@gmail.com

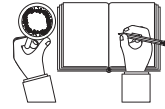
IEHA Families Home Page - www.ieha-families.org

Purdue Extension Hendricks County -

www.extension.purdue.edu/county/hendricks



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



Celiac and finding something good to eat!

Being diagnosed with this prior to Thanksgiving 2021 was fantastic! Ironically, my symptoms are not the typical symptoms. Mine feels like broken ribs. Yes, I've managed to do that in my past running from June Bugs, don't ask, but it is a funny story. Anyway, I'm trying to find tasty foods that are gluten free. Aside from being VERY expensive, I've found that they really do not taste very good! Today, for lunch, I decided to try Spaghetti Squash again. Of course, May is NOT the time to find this fun vegetable, but I found it frozen. Six minutes in the microwave and I had spaghetti squash. I decided to salt it, add crispy pepperoni slices and mozzarella cheese. Throw it in the microwave to melt the cheese and--- voila, a tasty "pasta" dish. Most gluten free pasta tastes really odd, but this one, I liked!!! So, I encourage you to give it a go if you are as frustrated as I am in finding something good to eat.

Cereal is a bit of a challenge. Besides Cheerios and Chex, my options are limited. I managed to become allergic to Lucky Charms, which "are Magically delicious", so I've been forced to try something else. Right now, Cinnamon and Chocolate Chex seems to work well for me. If anyone knows of additional gluten free Ready to Eat cereals, please let me know. Of course, Rice Krispies, but I can only eat so many of that snapping, crackling, and popping cereal! 😊 Yes, my thesis was on foods kids viewed on television and their eating habits! Ugh, some things NEVER go away!!

If you know anyone on a gluten free diet, feel for them! If you know anyone who is going on a gluten free diet just for fun, I'd worry about their general nutrition impact. We need nutrients found in pasta, breads, and grains. So everyone except celiacs, should eat grain. Apparently, I've had this for years and nobody knew. SO, the damage I've done is amazing! Of course, nobody talked to me about it, they just let me walk out the door. My doctor and I hope they saw that I was a registered dietitian, and just let me go because I knew what to do. Regardless, this is still NOT fun! SO, eat well and eat healthy!

Beth

Rosie's Reflections



Between now and our County Fair we, Extension Homemakers, have much to share and enjoy together:

- Monday, May 23, "Gather to Read" book club will meet at Plainfield Library at 1:30. Book for discussion (or listening – not required to be read) is The Guernsey Literary and Potato Peel Pie Society. All welcome.
- Then we are meeting June 20, Plainfield Library at 1:30. Book will be chosen at May session.

·Tuesday, May 31, Fun & Games, 6-9 p.m. All proceeds go to H.C. Food Banks. Tables are \$5, bring your own games and friends. Open to all. Refreshments for sale. Free Door Prizes.

·June 6-8 – Extension Homemakers State Conference. Registration Closed May 10

·Extension Homemakers "I CAN – U CAN 2" applications accepted through July 8. Sponsored by Hendricks Co. Recycling District. *** Need CANS? Contact me for Free CANS

Assuming we all have our Home & Family Arts Open Class books and thinking hard for Women's Day, July 21 – Let's GO!!!

Rosie

DUES

The yearly dues of \$15.00 per member are to be paid at the June Council Meeting, on June 7th, or sooner. This is for the July 1, 2022 - June 30, 2023 year. Ten dollars per member stays in the county treasury and five dollars per member goes to the state treasury. Please be sure to include with your dues the list of members which Judy Ricketts, the county treasurer, gave to you . Be sure to update all information on the list that has changed - address, phone number, e-mail address, new members, and or anyone who is no longer a member. Mailbox Member memberships are also due at this time, and can be mailed to the Homemakers c/o the Extension Office. Checks are payable to the Hendricks County Extension Homemakers. If you have any questions, please contact Judy Ricketts at 317-272-2533.

Thanks, Judy Ricketts, Treasurer

Home and Family Arts Day July 21



SCHEDULE:

- 10:00 am "Using Strawberry Pots Many Ways" by Colletta Kosiba
- 11:00 am "I Love Strawberries" with author Shannon Anderson *Sponsored by Hendricks County Farm Bureau*
- 12:00 pm Strawberry Contest Entries Accepted
- 1:45 pm Strawberry Contest Entries CLOSE & Quilt Square Contest Winners Announced
- 2:00 pm Strawberry Contest Judging Begins



Open Class Books are Available

Get one from your club president, pick one up in the Extension Office or download it from the Hendricks County Extension or Hendricks County Fair websites. Share one with a friend!

Bake Goods Auction

The Baked Goods Auction for the Culinary A & B Home and Family Arts Exhibit entries will be held on **Sunday, July 17th at 5:00 pm in the Hendricks Power Expo Hall.** This is a new venue for the auction and should provide us with a better audience. We encourage your participation and support!

Home and Family Arts Exhibit Watchers Needed

Club presidents were given the schedule for clubs to provide 2 watchers during the time assigned. If your club is unable to watch at the assigned time, please trade with another club or let me know so I can get that time slot covered. Club presidents need to let me know the name and email address of members that are covering your assigned time slot so fair admission tickets can be emailed to the watchers.

Joanna Sell
317-745-5947
jjsell28@gmail.com

Fun Art Party

You have one more chance to participate!!

The Hendricks County 4-H Fairgrounds, is hosting a **FUN ART PARTY** for ALL AGES!

The June painting party will feature "Family Meals" portion of the Fair Theme of "Big Wheels, Pig Squeals and Family Meals".

You will create and take home a 10 x 20 painting - created using a template with step by step instructions with Flory Phillips.

WHEN: Thursday June 16 6:30 pm (Family Meals)

WHERE: Conference Rooms 1 & 2 at the 4-H Fairgrounds

COST: \$25.00

RESERVATIONS REQUIRED: Tickets URL: <https://www.4hcomplex.org/p/2022fair/fun-art-party>

Hendricks County 4-H Fairgrounds
FUN ART PARTY

- Step by Step Instructions with Flory Phillips from Gallery on the Square
- Templates to trace on 16x20 Canvas
- Feel free to bring whatever you want to drink

Big Wheels Pig Squeals Family Meals

April 14 May 19 June 16

Thursdays at 6:30 pm
Conference Rooms 1 & 2

ONLY \$25 EACH or all 3 for \$65
Reservations Needed!
To learn more & Register go to www.4hcomplex.org
Hendricks County 4-H Fair, July 17-23, 2022

"I Can - U Can 2"

The "I Can - U Can 2" contest is being offered again at the Hendricks County Fair. Put your creative talents to work crafting a creation made from recycled cans.

Entries are due by July 8, 2022

No Entry Fee!

4 categories to choose from:

Kids ages 5-13

Groups and/or Clubs

Businesses

Non-Profit

Prizes awarded in each category for 1st, 2nd and 3rd place

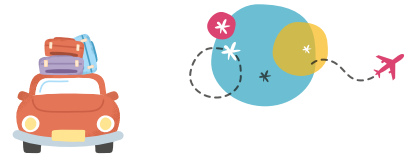
Entry forms available at the Extension Office



Sponsored by:
Hendricks County Recycling District



Achievement Day



Another Achievement Day Success!

Achievement Day on May 5, 2022 featured our presenter Traveling Tanya (Tanya Shelburne) who gave a great presentation on local, regional, national and international travel. She discussed 10 different 'travel styles' which can provide a new lens for travelers when planning the next adventure.

Rosie Lenihan, our President, provided an introduction of our guests and Past Presidents. Deloris Elza led us in the Pledge/ Creed and Mission Statement of the Homemakers. New members/ new clubs were discussed by Lynn Lillard, followed by our President's Address and Club recognitions/ certificates by Rosie Lenihan. One of the hallmarks of the Hendricks County Extension Homemakers involvement in the Community, our participation in the First Books program, was discussed by Joanna Sell as well as the Family Arts Open Show. Educational Exhibits were displayed by local Clubs throughout the day. They provided us a glimpse of some of the lessons Clubs are presenting to members. The Treblemakers gave us a 'world tour' in music for our entertainment. Many in the audience (like me) were singing along. After a lunch of Chick-fil-A, Shannon Wagner presented our local 2022 Scholarship winners. In keeping with our commitment to Community, Charlotte Lloyd gave a passionate discussion of volunteer/ community support. Young Modern Homemakers led by Kim Weber provided memorials for those who have passed since we last met. Sharon Fruits conducted the Installation of County Offices for the coming 2022-2023 year. The day concluded with the results of our vote for one of the displayed cultural arts project to represent Hendricks County at the IEHA Home & Family Conference in June by Debra Rinker, and of course door prizes were distributed throughout the day by Sandy Kelly and Helene Reyburn.

Overall, we had a wonderful time to re-connect with each other and celebrate our commitment to the community in many different ways.

Save-the-date on your calendar for MAY 4, 2023 (Thursday) for our next gathering. A preview of the event is that it will be around quilting... stay tuned!

Submitted by Ellen Looney

DONATIONS

Those who attended Achievement Day donated a total of \$25 to Coins for Friendship, \$25 to Nickels for Leadership and \$60.33 to the IEHA Cancer Research Endowment Fund.

In a show of appreciation, the Homemakers donated \$50 (each) to the IEHA Cancer Research Endowment Fund in honor of Beth Switzer, HHS Advisor, and Lisa Pitts, HHS Administrative Assistant.

Submitted by Judy Ricketts



CLUB NEWS



CHAT'N DO HOMEMAKERS

Chat 'n Do Homemakers held their April Meeting at the home of Judy Ricketts. Eleven members and one guest were in attendance. Donations to local organizations were voted on at the March meeting. The donations were to Riley Cheer Guild, Misty Eyes, Hendricks County Historical Museum, Nickels for Leadership and Coins for Friendship. These were reviewed. What we would provide for door prizes for Achievement Day and how we would decorate the stage for Achievement Day were discussed. Other discussion was about the recent Fun and Games night, Women's Day at the county fair, and the Fall District Retreat.

Following the meeting, Judy served lunch which consisted of sloppy joes, 24 hour vegetable salad, and creamy orange cake. Solar powered Easter bunnies were given to each attendee as favors.

Submitted by Judy Ricketts

MODERN HOMEMAKERS

The Modern Homemakers had a fun, interesting December meeting and then a new year started with January and February meetings canceled due to inclement weather, but finally we were able to have a meeting in March. We took up a collection of snacks and goodies for Suzies Place - and then there were several project papers that needed to be filled out and turned in. We were then able to have our meeting in April with a baby shower for Jessica DePoy. She received so many nice, useful items! Melissa Sexton gave an interesting, informative lesson on "Swaddling Your Newborn Baby". Most of us are past the baby age, but we are now grandparents and there was a lot of good information for us to use.

We are all looking forward to Achievement Day, and it sounds like we are in for a fun, exciting day. It is the one time a year that we get to see our friends from the other county clubs, and we then have a chance to catch up on all the great things they are accomplishing - Hope to see you all there!

Some fun things to share:

How to remove permanent marker blemishes:

On Furniture: Use Milk
On Carpet: Use White Vinegar
On Wood: Use Rubbing Alcohol
On Walls: Use Hair Spray or Toothpaste
On Clothes: Use Hand Sanitizer

Planting Your Garden

Kind hearts are the garden,
Kind words are the roots,
Kind thoughts are the flowers
and Kind deeds are the fruits.

Take care of your garden
and keep out the weeds,
Fill it with sunshine,
kind words and kind deeds.
by H.W. Longfellow

Submitted by Regina Hawkins

CHAT N' DO HOMEMAKERS

The May meeting of Chat N Do was held on May 11th at the Intraurban Station in Plainfield. The meeting was called to order by President Jan Armstrong, Secretary's Report was given by Shannon Wagner, and Treasurer's Report was given by Judy Heffelman. Deb Culler who is in charge of Health and Safety gave an interesting talk on skin care and skin cancer awareness especially during these summer months. We had a recap of the May Council meeting and reminded everyone that if you need a Name Tag please advise Deloris Elza. The 2022 Retreat Day, the silent auction, Women's Day at the the Fair, Retreat and Book Club were all topics of discussion. This month's meeting and luncheon was Mexican inspired with a tortilla soup, nachos with cheese, fruit, cheesecake and tea. Joanie Botts was this month's hostess. Installation of new officers was presented by Jan Armstrong. New officers are Karen Hole, President, Jan Armstrong Vice-president, Shannon Wagner, Secretary, Judy Heffelman, Treasurer, and Health and Safety Officer Deb Culler.

Recipe for Mexican Tortilla Soup

- | | | |
|-----------------------------|--------------------------------|--|
| 1T olive oil | 2 400 gram cans diced tomatoes | <ul style="list-style-type: none">• Saute over medium-high heat with olive oil onions, bell pepper, jalapenos, lime juice and taco seasoning until onions are soft.• Reduce heat to medium and add chicken stock, tomatoes, corn, black beans, tomato paste and chicken. Stir well and simmer on medium heat 40-45 minutes. Serve with Shredded cheese, sour cream, tortilla chips and fresh chopped cilantro. Makes about 5-7 servings |
| 1 white onion, diced | 1 small can corn, drained | |
| 1/2 red onion, diced | 2 cans black beans | |
| 1 green bell pepper, diced | 2T tomato paste | |
| 2T pickled jalapenos, diced | 1 cup shredded cooked chicken | |
| 2T lime juice | salt and pepper to taste | |
| 2t taco seasoning | | |
| 4 cups chicken stock | | |

Submitted by Joanie Botts

Homemaker Weekly Recipes in the Danville Republican Newspaper

The Republican Newspaper in Danville has been kind enough to publish recipes submitted by the Hendricks County Homemakers weekly. For the month of June 2022, The Treblemakers have provided some delicious recipes that you will soon see.

And now we are ready to go back to the beginning of our list and request recipes again for the Republican. Below is a list of Club/ Month recipes will go in to the Newspaper. If I could have the Club recipes by the 15th of the month before they are due to appear that would be great!! 5-7 recipes per Club would also be great.

Chat N'Do- July 2022
Happy Homemakers- August 2022
Hazelwood Homemakers- September 2022
Modern Homemakers- October 2022
Young Modern Homemakers- November 2022
Fairfield Homemakers and Treblemakers- December 2022



As we move into the 2nd half of the year of 2022- please let your Club President know if you would like to continue providing recipes to the Republican Newspaper in 2023- the New Year will be here sooner than we think!!

Questions??

Contact Ellen Looney
ellen_looney@yahoo.com
317-797-8368

Book Club

Do you love to read? Do you love to gather with friends? Then the Hendricks County Extension Homemakers Book Club is for you!

We are reading "Guernsey Literary and Potato Peel Pie Society"
by Annie Barrows and Mary Ann Shaffer

First Meeting:

Monday, May 23rd at 1:30 pm
Plainfield Public Library, West Room

Second Meeting:

Monday, June 20th at 1:30 pm
Plainfield Public Library

The Book for June will be selected at the May meeting.

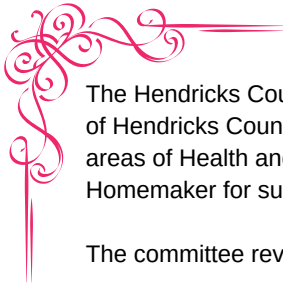


Installation of 2022-2023 Officers

The Officers for 2022-2023 were installed at Achievement Day



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



Scholarship Winners Announced

The Hendricks County Extension Homemakers presented two \$1,000 scholarships at the May Achievement Day to a pair of Hendricks County Seniors to help further their educational goals and to encourage their continued development in the areas of Health and Human Sciences, Food Science, or Education. Thank you to our County Council and each Extension Homemaker for supporting our activities which provides these funds.

The committee reviewed 38 applications from 10 different high schools.

This year's recipients are:

Julia Diagostino, daughter of James and Tricia Diagostino, Pittsboro, is a 2022 graduate of Tri-West High School and plans to attend Indiana University to study Special Education.

Alyson Owen, daughter of Jason and Amy Owen, Danville, is a 2022 graduate of Cascade High School and plans to attend Purdue University to study Agricultural/Biological Engineering.

Both recipients were in attendance for the lunch and spoke briefly of their plans for the fall. Members of the Scholarship committee also presented a certificate to the young ladies at their respective high school Awards night; providing an opportunity to promote Homemakers in the community. The Extension Homemakers of Hendricks County wish these seniors the best of luck in their future adventures.



pictured left to right: Alyson Owen, Julia Diagostino
Photo from Shannon Wagner

Respectfully submitted,
Shannon Wagner, Chair
Leadership Committee
Hendricks County Extension Homemakers



Volunteer Community Support

Hello Hendricks County Homemakers!

Wasn't Achievement Day great!! I learned so much and would like to take a trip soon!! It was so wonderful to get all of us together again. The exhibits were so creative and fun to look at. We also voted on some very creative things for garden and home.

As we looked at the upcoming fair in July, we felt it would help everyone if we put Helping Hands Day on hold until September 1st from 10am-12pm. This will let us put our energy and creativity into projects for the open class at the fair, and also into gardening and taking vacations!! Notice I made vacations plural? We need vacation time to recharge. We will also have our next Make A Difference Day October 17th from 10am-2pm.

Mark your calendars and be prepare to Make A Difference in someone else's life on those days and everyday. I will write more on both of these dates in the next newsletter. Until I see you again!!! Bless those around you because you are a blessing!!

Charlotte Lloyd
Community Volunteer Support



Fun and Games Night - May 31st

Fifth Tuesday FUN AND GAMES will be held May 31st from 6:00-9:00 p.m. at the Hendricks County 4-H Complex. Bring your favorite board or card game and friends to play with you. We will furnish the table, chairs and prizes for a charge of \$5.00 per table. Snacks and beverages will be available for purchase. The more you buy the more tickets you will have for the drawing of prizes. All proceeds will benefit Hendricks County Food Pantries.

Other game nights this year are: August 30th and November 29th. Plan to come, bring a table of friends and celebrate Spring!

We hope to make this a tradition to look forward to for the community as well as Extension Homemakers!

Thank you, Karen Hole

Recipe

Here is a filling using strawberries - all you need is a contest to use them in.

OH WAIT! On July 21, 2022 there IS a contest! Come join us at the Home and Family Arts Day on Thursday, July 21. Entries will be accepted from 12:00 pm - 1:45 pm. Find additional contest details in the Open Class Book.

SEE YOU THERE!

Strawberry Filling

- 3 pints (6 cups) fresh strawberries
- 1 cup sugar
- 3T cornstarch
- 1/2 cup water
- 4-5 drops red food color if desired



Ask A Dietitian



Do you have questions about food or nutrition that you have been too embarrassed to ask? OR maybe you just don't know who to ask to receive a real, researched-based answer.

Rest assured - you are not the only one with this question.

Submit your question by email to hendrces@purdue.edu or mail it to the Extension Office at PO Box 7, Danville, IN 46122.

Watch for your question to be featured (anonymously) on the Purdue Extension social media pages on Food Fact Friday.

Eat at Los Patios June 9 and support the Treblemakers

Los Patios Mexican restaurant in Danville, IN will donate a portion of all revenue from Thursday, June 9th to the Treblemakers of Hendricks County.

Take a day off cooking, gather your friends and family and enjoy a great meal while helping the Treblemakers raise funds to help them share the joy of music with our community!



IEHA Indianapolis District Retreat

When: Wednesday, September 21, 2022

Where: Hendricks County 4-H Complex

This will be a single day event, rather than two-day overnight.

Watch for details to unfold in the upcoming months.