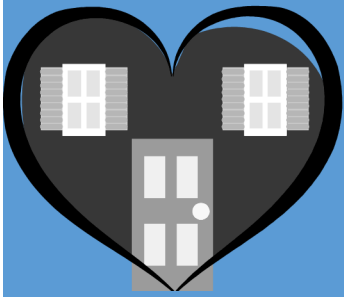


Summer Edition  
June-August 2024



JOHNSON COUNTY EXTENSION HOMEMAKERS

# Bits and Pieces



## KEEP THE LAUGHTER GOING:

- \*Learn to laugh at yourself! Life is too short to be too serious.
- \*Be intentional- focus on five things a day that make you laugh.
- \*Share the laughter- send your friends quotes, stories, YouTube clips, pictures, etc. that made you laugh till your sides hurt.
- \*Keep a laugh journal. Write down or post examples online of what made you laugh hardest during the day, week, month, etc. Re-read this journal when you need a boost.
- \*Make something silly, put googly eyes on it, put it somewhere, and wait till someone notices it. Shared laughter is powerful!

Linda Clutz, HHS Educator  
Purdue Extension Johnson County



**Did you know that 2024 is the  
100th anniversary of 4-H in  
Johnson County? Come celebrate  
Johnson County 4-H this year at  
the County Fair July 14th-July  
20th!**

<i>Club Duties</i>	2
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Johnson County Extension Office, Johnson County Fairgrounds, 484 N. Morton St., Franklin, IN 46131 -(317) 736-3724  
Purdue University, Indiana Counties and U.S. Department of Agriculture Cooperating  
An Affirmative Action/Equal Opportunity Institution



## County Duties assigned for the Program Calendar 2024-2025



All Clubs are responsible to display signs to advertise both Spring and Fall Craft Fair. The signs will be ready 2 weeks before craft fair. You will need to pick up signs at the Extension Office. They will need to be set out in a high traffic yard or area. Signs should be returned to the Extension Office within 1 week following each craft fair.

<u>Club Name</u>	<u>Committee Responsibility</u>
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### 2023-2024 SHOWCASE OF ACHIEVEMENTS:

Wed., Sept. 25, 2024 6 pm registration program at 6:30 PM.

**Creative Circle**—Program, Name Tags, Registration, Food, Table Decorations .

You will be working with Dee Kirkham.

### 2024-2025 Assigned Committees

<u>Nimble Thimbles</u>	Holiday Happenings Creative Team -Wednesday-November 13, 2024
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<u>Gingham</u>	Holiday Happenings Kitchen -Wednesday-November 13, 2024
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<u>Providence</u>	Back Yard Bonanza—Program & Decorations Wednesday April 16, 2025
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<u>Trafalgar</u>	Back Yard Bonanza—Meal—Wednesday April 16, 2025
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<u>Chat-N-Do</u>	May Day—Meal— Thursday-May 1, 2025.
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<u>Dog Tags</u>	May Day—Program and Decorations—Thursday- May 1, 2025.
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<u>Executive Board</u>	Co. Fair Hostess Sign-up on <a href="https://signupgenius.com">signupgenius.com</a> —Jo. Co. Fair July 13-19, 2025
------------------------	--

<u>Creative Circle</u>	Style Show Private Judging—Tuesday July 1 & Public Style Show—July 8th
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<u>Homecrafters</u>	Baking Contest-July 15th, 2025 "Homemakers Day at the Fair"
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6-8 people are needed to do the Baking Contest.

<u>Busy Bees</u>	Showcase of Achievement-September 24, 2025.
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Program, decorations and snacks. Will be working with Lora Lee Curren.

## Calendar for June/July/August 2024

### JUNE 2024

- 10-12 Home & Family Conference, Noblesville, IN.
- 13 Executive Board Meeting, 5:30 p.m.
- 13 Johnson Co President's Council Meeting, 6:30 p.m.

### JULY 2024

- 1 Beginning of new club year
- 2 Open Class Style Show Judging, 6:00 p.m. Extension Office
- 4 Office Closed Holiday
- 9 Open Class Style Show & Awards, 7:00 p.m. Artcraft Theater
- 12-13 Check-in Open Class Fair Exhibits
- 14-20 Johnson County 4-H and Agricultural Fair
- 16 Extension Homemaker Day at the Fair – **Apple Baking Contest**
- 21 Fair Check-out 1-3 pm
- 31 Deadline for scrapbook, secretary's book, president's report

### August 2024

- 8 Executive Board Meeting, 5:30 p.m. Ed Room
- 8 Johnson Co President's Council Meeting, 6:30 pm Ed Room

"A smile is the shortest distance between two people"- Victor Borge

\*\*\* "Laughter is the best medicine" - Bennett Cerf \*\*\*

## News from Dee Kirkham, Johnson County President

The Backyard Bonanza took us to Hawaii. They treated us to a Luau and we visited the photo booths. We received a lesson on hula dancing. It was a good night.

We move forward to May Day Breakfast. We stepped back in time to see the Artcraft Theater come back to life.

At the end of a movie or a show the curtain always come down, so before I let the curtain come down on my term I would like to say, Thank You to my Executive Board , Club Presidents and all of the Johnson County Extension Homemakers who are behind the curtain.

As your president I have enjoyed meeting new homemakers and learning new things. I had hoped before my job was done, I could go to each of your meetings and thank you all in person, but MY time is getting short for my term as president. During the last 6 months since my surgery, I feel like I was just getting by, I do want to take this time to express my sincere thanks to everyone that did step up so I could finish my job.

I do thank you for all the cards that I received after surgery and during my recovery. They brought a smile to my face. Shirley and I want to also thank you for the cards we received when my father passed away. These cards meant a lot and helped us both during a very tough time.

Thank you all for helping make 2023-2024 a wonderful year!  
Dee Kirkham, President  
Johnson County Extension Homemaker



*We are like the "Beaver", we are very social,  
hardworking and extremely industrious. Thus the phrase...Busy as a Beaver*

Don't forget to get your open class projects ready for the Fair & to sign-up to be hostess at Scott Hall during the fair. If you have not done either, I challenge you to enter two projects and serve as hostess 2 times this year! The fair dates are; Project Check-in: July 12 & 13, the County Fair: July 14-20. Hope to see you there.

Saturday May 25th join DOG TAGS to help our Johnson County Veterans. DOG TAGS has been helping our veterans since 2014. The Concert and the Picnic are both Free. Picnic at 4:30 pm, Concert at 5 pm All donations will go to Johnson County Veterans in need. The location is at the Johnson County Park. We will be just North of Camp Atterbury at the JO CO Park Amphitheater located on School House Road. Look for “DOG TAGS” Event Signs.



**VETERANS  
BENEFIT  
CONCERT**

**FEATURING  
SOUTHERN  
INDIANA  
GARAGE BAND**



May 25th 5:00 PM

Johnson County Park  
Amphitheater  
7105 S Kern St, Edinburgh, IN

★ *Free Entry* ★

LAWN SEATING -BRING YOUR LAWN CHAIRS  
AND BLANKETS AND COOLERS.  
NO ALCOHOL WILL BE SERVED.

\* PULLED PORK SANDWICHES \* HOT DOGS \*  
\* SIDES \* DESSERTS \* BOTTLE WATER \*

THIS IS A FREE-WILL DONATION CONCERT BENEFITTING VETERANS OF  
JOHNSON COUNTY IN NEED OF ASSISTANCE.

PRESENTED BY DOG TAGS OF JOHNSON COUNTY





# SCOTT HALL FAIR HOSTESSING -July 14th to July 20th

## ... We need Hostesses!!

7/14/24 Sunday 3-6 pm 3 people

6-9 pm 4 people

7/15/24 Monday 11:30 –3pm 4 people

3-6 pm 2 people

6-9 pm 4 people

7/16/24 Tuesday 11:30-3pm 4 people

7/17/24 Wednesday 11:30 3 pm 4 people

3-6 pm 3 people

6-9 pm 4 people

7/18/24 Thursday 11:30-3 pm 4 people

3-6pm 2 people

7/19/24 Friday 11:30 3 pm 4 people

3-6 pm 2 people

6-9 pm 4 people

7/22/23 Saturday 11:30 –3 pm 4 people

4-7 pm 4 people

7-9 pm 3 people

**Follow this link to signup to  
be a hostess at Scott Hall**

[https://www.signupgenius.com/  
go/8050C4AAEAE2EA7FF2-49054774-2024](https://www.signupgenius.com/go/8050C4AAEAE2EA7FF2-49054774-2024)

**Rooted in Tradition  
Growing into the future**



**Did you know the Johnson County**

**Open Class Fair Book is online?**

**[https://extension.purdue.edu/county/johnson/\\_docs/2024-johnson-county-fair-open-class-book.html](https://extension.purdue.edu/county/johnson/_docs/2024-johnson-county-fair-open-class-book.html)**

**A paper copy of the Open Class fair book, the exhibit tags, registration numbers and cards are available at the Extension Office.**

## More Summer Recipes Submitted by Chef Margie May



### California Shish Kebab Marinade



**FROM: Margie May**

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 cup salad oil            | ¼ cup chopped onion             |
| ¾ cup soy sauce            | 2 cloves minced garlic          |
| ½ cup lemon juice          | 1-2 tsp coarsely cracked pepper |
| ¼ cup prepared mustard     | 2 cloves garlic minced          |
| ¼ cup Worcestershire Sauce |                                 |

Mix all ingredients together in large freezer Zip Lock bag. Add cubes of beef or chicken and close top. Refrigerate 4-6 hours. Add mushrooms, potatoes, onions, bell pepper, zucchini, summer squash, or pineapple. Slide items onto skewers and grill, turning often. I cook meat separately from the vegetables.



### Picnic Beans



**FROM: Margie May**

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1 can pinto beans, drained  | 1 lb. hot sausage, cooked, drained   |
| 1 can lima beans, drained   | 8 strips bacon                       |
| 1 can butter beans, drained | 1-2 Tbsp. mustard                    |
| 1 can kidney beans, drained | 1/2-3/4 cup ketchup (or tomato soup) |
| 1 can pork 'n beans         | 2-4 Tbsp.. brown sugar               |

Combine beans, sausage, onion, ketchup, mustard and brown sugar. Place in large baking dish. Lay bacon strips on top. Bake at 350° 60-90 minutes. This is a great baked bean recipe. Good leftover too!



## **Brownies**

**FROM: Margie May**



6 oz. baking chocolate

3/4 cup butter

6 eggs

3 cups sugar

2 tsp. vanilla

1 1/2 cups flour

1/2 tsp. salt

1 1/2 cups walnuts, coarsely chopped

Grease & lightly flour an 11x16 jelly roll pan. Melt chocolate and butter together. Set aside to cool slightly. Beat eggs and sugar together until fluffy. Add vanilla. Stir in chocolate mixture, then the flour, salt and nuts. Mix only until combined. Pour into prepared pan. Bake 25-35 minutes at 325° or until top looks dry. Cool before cutting.



## **5 Minute Chocolate Cake**

**From: Margie May**



4 Tbsp. flour

3 Tbsp. milk

4 Tbsp sugar

3 Tbsp. vegetable oil

2 Tbsp. cocoa

3 Tbsp chocolate chips

1 medium egg

1/2 tsp. vanilla

Add dry ingredients to a microwavable mug and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla. Mix again. Place mug in microwave and cook 3 minutes at 1000 watts (high). The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little and tip out onto a plate if desired. Makes enough to share or for one hungry person. Great with ice cream.

**WARNING: This recipe is dangerous! You can have dessert in 5 minutes!!!**



## Nimble Thimbles Doing “Good DEEds” in April 2024

On Friday, April 19 five members of Nimble Thimbles visited Greenwood Meadows Senior Care. We presented a Quilt Show to ten residents and two staff.

Each Nimble Thimble member brought a variety of quilted items to show and explain the history of the piece, the pattern, how it was quilted, and any personal meaning to the quilter. We covered the difference between a blanket and a quilt, how a quilt is assembled, quilted, how to bind, and importance of a name tag. We showed examples of lap quilts, wall hangings, baby blankets, table runners, various holiday items, bargello, applique, and touched on all things quilting. We showed them the difference between hand quilting, machine quilting, and long arm quilting. We told them the history of Nimble Thimbles and the various charities we support.

All attendees enjoyed the show and asked questions while enjoying examining each item. Nimble Thimbles left each attendee with a signed card, rug mug, and zipper pouch with some candy.

Members were Sally Aikin, Vicki Craig, Carol Dale, Fran Pinckley, Jan Russler, and quilted items for show were from Madeline Hendrix.



### 2024 Nimble Thimbles “Sew with Me” Workshops

Location: Education Room, Johnson County Extension Office  
Johnson County Fairgrounds  
484 N. Morton Street  
Franklin, IN

- How to Register: Call Becky Kaylor at 317-341-3562 - be sure to leave a message.
- Sewing Machines: Bring your own working sewing machine, as long as you know how to thread and operate it properly, or let us provide a machine for you.
- Sewing Tools, scissors, rotary cutters, pins, etc. will be provided
- Basic Sewing Skills helpful.


**Saturday: June 22**

**Time: 9AM - 12**


**Noon**

Make and take workshop. We will demonstrate and help you to each make a magic pillowcase. You and a daughter/son, grandchild, a friend, or neighbor are invited to join us for a fun sewing workshop. This pillow case could be entered into the County Fair as an Open Class or as a 4-H exhibit. Fabric and supplies will be provided by the Nimble Thimbles.





## Strawberry Pretzel Salad



**FROM: Margie May**

3/4 cup melted butter	2 cups boiling water
3 Tbsp. brown sugar	3 cups fresh strawberries, sliced
2 1/2 cups crushed pretzels	8 oz. cream cheese, softened
1 large pkg. Strawberry Jell-o	1 cup sugar
	8 oz. Cool Whip, thawed

Mix together butter, brown sugar and pretzels. Press into a 9x13 pan. Bake at 350° for 10 minutes. Cool. In a small mixing bowl, dissolve Jell-o in boiling water. Add strawberries. Refrigerate until half-set. In medium mixing bowl, stir together cream cheese and sugar until thoroughly combined. Fold in Cool Whip. Spread on top of cooled crust. Pour half-set Jell-o on top of cream cheese mixture. Refrigerate overnight.



## *The Johnson County Fair* **PRESENTS**

### 2024 Apple Baking Contest

Sponsored by:  
**Johnson County Extension Homemakers Association**

**Date-** July 16, 2024 **Time-** 1pm

**Location-** Purdue Extension Johnson County Office, Education Room

**Registration begins at 12 noon / Open Judging begins at 1 pm.**

**Categories include:**

**Pies, Bread, Cookies & Miscellaneous**

**Awards will be given per categories:**

- **1 Champion \$25**
- **1 Reserve Champion \$15**
- **6 Honorable Mention \$10**

**These are all chosen from the blue ribbon entries.**

**THE OVERALL GRAND CHAMPION IS CHOSEN FROM THE 4  
CATEGORY CHAMPIONS- \$100**

Rules and more information is listed in the Open Class Exhibit Book.  
Hardcopy is available at the Purdue Extension Office or online:  
[https://extension.purdue.edu/county/johnson/\\_docs/2024-johnson-county-fair-open-class-book.html](https://extension.purdue.edu/county/johnson/_docs/2024-johnson-county-fair-open-class-book.html)



## Do you like to sew for yourself or someone else?

### JOHNSON COUNTY STYLE SHOW JUDGING DETAILS

1. PLEASE NOTE: All garments judged at the private judging are expected to be modeled in the County Public Style Show and Awards Program on Tuesday evening, July 9, 2024, at 7 p.m. Location is The Historic Artcraft Theatre, 57 N. Main St. Franklin, IN.
2. DATE OF PRIVATE JUDGING: TUESDAY, July 2, 2024
3. PRIVATE JUDGING LOCATION: Purdue Extension Johnson County Office, 484 North Morton Street Franklin, IN
4. PRIVATE JUDGING SCHEDULE: All participants in a division will be judged at one time. Please note the time of YOUR Division below. Within the divisions, we move through the categories as presented on the registration form unless all registered participants are present. Should a participant arrive after their division has been judged, they will be judged but not considered for division Champion, Reserve Champion or Grand/Reserve Grand Champion placing.

ESTIMATED JUDGING TIMES    6:00–6:15 p.m.. – Professional Division  
   6:15 –7:30 p.m.. – Non-Professional Division  
   7:30–8:00 p.m.. - Consumer Fashion Division

All rules and entry forms are available in the Open Class Exhibitor Book,  
which is available online or at the Extension Office or online.



## ***Join the Fun at the Johnson County***

### ***Showcase of Fashion***

***July 9, 2024 time-7:00 PM location- Historic  
Artcraft Theatre!***



### **Meet our 2024 Extension Office Summer Interns! Rachel & Karlee**



**Hi, I am Karlee Monday** , I am 19 years old and graduated from Whiteland Community High School in 2023. I will be a sophomore in the fall at the University of Southern Indiana, majoring in public relations and double minoring in marketing and social media. I grew up in Johnson County and I was a 10-year 4-Her, and I was in the 2023 4-H Honor Group!

**Hi, I am Rachel McDonald**, I am 19 years old, and I will be a sophomore at Purdue University, majoring in public relations & strategic communication, with a minor in organizational leadership. I graduated from Greenwood Community High School in 2023, and now I live in rural Shelbyville. At Purdue, I am in Purdue Collegiate 4-H and Alpha Omicron Pi Sorority. I was a 10-year 4-H member in Johnson County, and I was in the 2023 4-H Honor Group!

## Relieving Stress

Stress happens all year long, and summer is no exception. Here's some helpful hints from the Mayo Clinic about the healing power of laughter and how it can help you stay focused on summertime fun. (Selections taken from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>)

### Stress relief from laughter

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

#### Short-term benefits:

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

**Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

**Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.

**Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

#### Long-term effects:

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

**Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

**Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.

**Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

**Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

## FAIR OBSERVATIONS taken from [www.captionspost.com/fair-captions-for-Instagram](http://www.captionspost.com/fair-captions-for-Instagram)),

- ♦ The Fair: It's just a small-town throwdown.
- ♦ I might have got too old for this but I am still not going to stop.
- ♦ Can't believe I ate my weight in fried food.
- ♦ Could someone go back and get my stomach?
- ♦ Popcorn over problems.
- ♦ Life is short. Go to the fair.
- ♦ The only place where you can get all foods on a stick.
- ♦ So much fun, so little time... till tomorrow.
- ♦ Can I get a passport stamp from the top of the Ferris wheel?
- ♦ All I need is a good time and some fried butter.
- ♦ Life is like a carousel; all you have to do is stay on.
- ♦ There's nothing fun about this house.
- ♦ I'm going to need to sit down after this.
- ♦ Carnival calories don't count.
- ♦ Cheese curds are mandatory.
- ♦ Am I tall enough to ride this ride?

*Article submitted by Linda Clutz, HHS Educator, Johnson County*

### Ideas to enjoy more Club Time and

### show others what's happening in your club.

- ♦ Write a newsletter article.
- ♦ Invite another Club to your club's meetings.
- ♦ Invite more clubs to join in a "fun night" to make this summer fun!
- ♦ Invite last year 4-H members to a meeting and congratulate them in some way for their accomplishments.

### Club Meeting Days and Times

MON.	TUES.	WED	THUR.	FRI.
Dog Tags 4:30pm at Extension Off.		Homecrafter rs 7:00 pm		Nimble Thimbles 9:00 am
	Providence 9 am	Chat 'N Do 7:00 pm		
Gingham 7:00 pm	Trafalgar 6:00 pm	Busy Bees Cards & Crafts 6:30 pm	Creative Circle 11:30 am	

**Do** you want to share an article about what you club or an individual member is doing.... Remember to turn in your Article by the 15th of the months of August, November, February or May so they will be in the Bit & Pieces Newsletter.



Creative Circle's member Audry Ashwill did a presentation at Morning Pointe April 2nd showing here life time collection of Little Golden Books.



Trafalgar Homemakers visited the Hickory Creek Nursing Home in Franklin in March and helped make "Hello Spring" door signs for each resident.



On April 9th Providence members presented Kimberly, activities dept at Homeview with wheel chair and walker caddies, lap quilts made by club members. They also donated a large supply of requested individual items; tissue packets, chap sticks, hand sanitizers, and lotions.



## TIPS FOR SUMMER SAFETY-Submitted by Donna McElwain

Depending on how you plan to spend your summer, tackling yard work, spending time at the pool, or traveling to a new destination, it is important to keep safety tips in mind to keep everyone in your family happy and healthy.

- Use sunscreen SPF 30 or higher, apply 30 minutes prior to going outside and reapply every 2 hours if swimming.
- Wear the right clothing, light colored and light weight clothes help to reflect the sun. A wide brimmed hat and sunglasses will help to provide protection for your skin and eyes from the sun.
- Weather is unpredictable. Prepare for anything by checking the weather forecast. Use your cell phone to check on weather and storm predictions.
- Plan a meeting place for your family in case of emergency. Stay alert!
- Staying hydrated is very important with increased outdoor activities in the summer. Drink plenty of water, do not wait until you are thirsty to drink fluids.
- Know the signs of heat exhaustion: dizziness, muscle cramping, weakness, fatigue, confusion, heart palpitations and nausea. If you notice these symptoms go inside immediately. Rest in a cool place and drink water, blot your skin with cool water to lower your body temperature.
- Water safety awareness, not only at the pool or the beach. Be aware of fountains and ponds and keep a close eye on all children when near the water. Never swim alone. Wear life vests when needed.
- Never leave children or pets in your vehicle. It only takes a few minutes for your vehicle to heat up to lethal levels.
- Pack a first aid kit to help treat summer injuries including: gauze, tape, and antibiotic ointment for minor cuts and scrapes, insect repellent, Aloe Vera to soothe sunburns and Hydrocortisone Cream for relief from insect bites and poison ivy.
- Most importantly, Do What You Love. Find joy in life and your activities in order to keep yourself mentally and physically young. Take time to rest and relax this summer season.



**JOHNSON COUNTY EXTENSION HOMEMAKERS**

Cooperative Extension Service

Purdue University

U. S. Department of Agriculture

Johnson County Extension Office

484 N. Morton Street

Franklin, IN 46131

**FOR OFFICIAL USE ONLY**

**Don't forget you will receive a 1-day pass for working  
one shift as Hostess in Scott Hall, so sign up today!**

**Follow this link to signup to be a hostess at Scott Hall.**

**<https://www.signupgenius.com/go/8050C4AAEAE2EA7FF2-49054774-2024>**



**"Rooted in Tradition Growing into the Future"**

**Join us at the Johnson County Fair  
July 14-20, 2024**