

Marshall County, The Extension Line

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UPCOMING NEWS ARTICLES

Please contact, the Marshall County Extension office at 574-935-8545 or e-mail at krichey@purdue.edu if you have articles or events for our next newsletter. Please have this information to the office by June 15, 2023. Everyone is encouraged to add something to the newsletter!!



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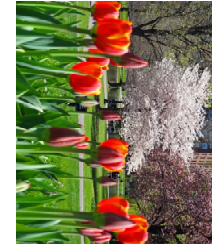
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Marshall County Extension Homemakers



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Marshall County

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112 W. JEFFERSON ST.
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Marshall County Extension Homemakers

The Extension Line

Greetings and Happy Spring! International Night was March 16. We had some very good Honduran dishes and learned a lot about Honduras. I hope you were able to attend. There is a write-up on page 12– 14 of this newsletter.

Our next event will be Achievement Night on May 11. We will be announcing location and time soon. Save the date. We will have the bag auction again to benefit the scholarship fund. We need 2 volunteers from each club to plan this event. Please let your club president know if you would be willing to serve.

I'm still looking for officers to serve for the 2023-2024 club year. If you have been a club president you would be eligible to serve as county president or vice-president. You can be secretary or treasurer without having been a club president. Please let me know by April 17 if you would be willing to serve as one of these officers.

Karen Richey has been presenting some interesting lessons which are now being held at the Marshall County Council on Aging. Check them out and see what interests you.

Continue...

Calendar of Events

April

4– Ex. Homemaker and Hispanic Homemaker Night

7– Office Closed

18– Extension Homemaker Council Meeting 9AM at the Extension office

19– Sleep on it: Why Sleep Matters @ Marshall Co. Council on Aging

May

2– How Sweet it is... Is Sugar Addictive @ Marshall Co. Council on Aging

11– Achievement Night (more information to follow)

13– Plymouth Farmers' Market Opening Day

29– Office Closed

June

12-15 Master Home Food Preservation Workshop @ Johnson County Fairgrounds

July

4– Office Closed

13– Boiling Water Bath Canning Workshop

14– Open Class Check in 9AM-12PM; Judging starts 12:30pm

15– Open Class building opens to the public

15-21 – Marshall County Fair

20– Pressure Canning Workshop

Please visit <https://ieha-families.org/> for the most up-to-date IEHA news!!

Cheer Plates Help Bring Our Friends and Neighbors a Brighter Day *Home and Hobby Club*

Another project Home & Hobby has undertaken for many years is Cheer Plates. Except for the years when the pandemic upset the apple cart, we'd pick a winter month and plan to bring in 3-4 dozen cookies to share. A member would bring bananas, mandarin oranges and apples to add to the gifts. After our regular February meeting on Valentine's Day, the ladies set the different cookies around the table at Kepler's and made sure one of each variety was placed on a plate in a bag. This year Norma Clark brought along felted hearts she'd sewed that were also added in. Following the meeting, several members delivered goodies to those they wanted to remember. Long visits were often as valuable to the recipient as the treats.



Marshall County Extension Homemakers

children living in the dump. The supplies and uniforms these children will use for school will be free if their parents volunteer a few hours a month. Although there are gangs around, the school is a safe zone. Honduran hospitals do not have food service, and people cannot afford to stay in hotels while they await their loved ones' healing, so they sleep outside. The mission women fed the folks at the hospital, and they visited the maternity ward where they handed out clothing, diapers and receiving blankets, some made by the ladies of Home & Hobby. They mentored at risk kids that can easily fall through the cracks, as schools don't call parents or authorities with kids don't show up to class. They encouraged teen girls to stay in school, put God first rather than let a man lead them down a bad path. Rachel enjoyed seeing the monkeys and hearing their wakeup calls at 5:30 each morning. LOL

Lisa shared how she first took a mission trip to Honduras in 1982, and she returned for five years, marrying a local man, but then having to leave there since she'd been very ill with malaria five times in one year while carrying their daughter. She shared her love for this third world country that industrialization is very slow to touch. She in particular wants to help young girls there, so she has funded a nonprofit named Flores Y Mariposas (Flowers and Butterflies) to help transform junior high and high school girls and keep them a bit safer from pedophiles.

On display were items from Honduras including items made of Mahogany which grows there. The little dresses and receiving blankets made by Home & Hobby were also on display. After some visiting, the meeting dispersed around 8:30. Thank you to Rebecca, Rachel, Gabby, Lisa and others who helped bring this program and meal to us.



Marshall County Extension Homemakers

International Night Educates Attendees on Honduras

Thirty-seven Extension Homemakers and their guests met at Memories Banquet Hall Thursday, March 16 at 6 PM to taste the wonderful food of Honduras. Speakers Gabby Umbaugh, Lisa Flores and Rachel Hartman prepared it all for us...parboiled then fried yucca, empanadas, enchiladas, Honduran tacos and bread, Tres Leches cake and flan along with homemade lemonade actually made with limes, Horchata and Honduran coffee. The food was tasty and the company excellent.

Rebecca Hartman emceed the program. County President Sandy Feece welcomed everyone, and Norma Clark gave an invocation before we partook. Then Gabby shared about the physical features of her beloved home country. It's only the size of Tennessee and has a population between 700,00-800,000. Their tropical climate grows the most wonderful fruits year around. She misses bananas, pineapple, mangoes, coconuts and watermelon, saying ours just do not compare. Her country also grows coffee, chocolate, sugar cane and palm oil. They got their first female president last year.

Rachel enlightened us on the day-by-day work that was undertaken on a missionary trip she, Gabby and Lisa took with four other women in late January. They visited the city dump, taking food to the people who live there with no running water and only piled trash for their shelters. They helped build a classroom for the



Kathryn Thompson and Barb Peden are ready to indulge.

Marshall County Extension Homemakers

Upcoming Programs

Sleep on it: Why Sleep Matters

This educational session will discuss the benefits of sleep, risks of insufficient sleep, the barriers to getting quality sleep, and some practical tips to improve the quality of your sleep.

Wednesday, April 19 at 1:00 – 2:00 PM

RSVP by April 17th to Council on Aging

How Sweet it is... Is Sugar Addictive?

It is sometimes said that sugar is “toxic” or “addictive” and it is often blamed as the sole culprit in obesity and diabetes. Understanding what kind of sugar is in the food we are eating and how much is important when determining just how sweet it is!

Tuesday, May 2 at 11:00 AM—12:00 PM

RSVP by April 28 to Council on Aging

Address: 1305 W Harrison St, Plymouth, IN 46563

RSVP to 574-936-9904

Preserve it Now... Enjoy it Later! Workshops

Boiling Water Bath Canning Workshop

Thursday, July 13 10:00 AM—2:00 PM ET.

Registration closes July 5th.

Register: <https://cvent.me/QDXbYW>

Pressure Canning Workshop

Thursday, July 20 10:00 AM—2:00 PM ET.

Registration closes July 13th.

Register: <https://cvent.me/319y9Z>



Location for each Workshop:

Argos United Methodist Church 570 N Michigan St. Argos, IN 46501

Cost per workshop: \$30; includes lecture/resources, hands on practice, and take home product

Call 574-935-8545 to be added to the list for more information when available.

View all upcoming Workshops <https://bit.ly/393hmtY>

Marshall County Extension Homemakers

Sewing for Others Brings Us Joy Too *Home and Hobby Club*

Every Tuesday from January through April, dedicated members of Home & Hobby start arriving at Roberta and Doris Kepler's residence at 9 in the morning and prepare to sew. The mastermind and lead in this project is our president Marge Hartman. She and others (daughter-in-law Rebecca and Rosella Osborn to name a couple) work at home, lining up projects for the rest of us to complete on Tuesdays.

At the sewing tables are Dorothy Overmyer and Rebecca Pletcher Hartman. Occasionally she brings along a 10-year-old homeschooled 4-er who also does some straight stitching while Rebecca works with her serger. At another table is Jenise Palmer who also brings her machine along and contributes to the actual sewing. Cutting items out are Marge and Norma Clark while Sandy Feece can be found at the ironing board, pressing and pinning hems in place. Our newest member Jessica Dunlap has spent many Tuesdays cutting out materials as well. If it's not a horribly stressful farm day, Roberta Kepler comes in and knots lap robes that will appear in area nursing homes.



This year the ladies worked feverishly in January to prepare items for an end-of-January mission trip to Honduras. We'd learned that newborns were being sent home from their hospitals in paper bags, so we started stockpiling flannel and serging the edges to give these tiny children a better start in life. Special thanks to Charlene Harrell for contributing fabrics plus finding a large number of good quality receiving



Marge, Becky, Sandy and Jenise sewing

Melody Makers singing at Fairfield and Neidlinger Garden Court: Posted on their Facebook Page by Kim Morrison



Check out the Marshall County Melody Makers' Facebook page for all of their upcoming events in our area.

Melody Makers are always welcoming new members! They practice on Tuesdays 6:00—7:30 pm at the First United Church of Christ. If you are interested in more information please feel free to contact Kim Morrison kimjim23@yahoo.com or Cindy Taber cdtaber23@gmail.com.

Melody Makers at Miller's Merry Manor

The Melody Makers visited Miller's Senior Living Community in Plymouth on St. Patrick's Day. The Miller's Senior Living Community stated on their Facebook Page "The residents were lucky enough to have visitors today with the Melody Makers singing all the old songs. Melody Makers are women from the community who come together and sing. The residents love having them come and sing along with them."

Here are a few photos of the event that were posted online.



blankets in areas stores and donating them for this project. She's one of quite a few people that have kept us in fabric. We also sent little pillowcase dresses to Honduras and got pictures of the girls modeling their new clothes.

We're still working on these items that get shipped to Honduras monthly, but we also are making breast cancer pillows, gowns for Hospice patients, baby blankets that help new moms locally and lap robes for residents at local homes. The weather this year has allowed us to meet every Tuesday which is quite a blessing.

We enjoy passing the time visiting, and Doris makes sure the water gets heated for tea and everyone knows when it's lunch time. The ladies have been meeting like this for many many years and have benefited many organizations in Plymouth, Rochester and other local communities. Between 3:30 and 4, the table gets down-sized, tools and fabric placed away and everyone leaves until the following Tuesday.



From February 1, 2022 to January 31, 2023, we made: 31 hospital gowns, 68 lap robes, 35 cancer pillows, 27 baby blankets, 179 clothing protectors (for Marshall-Starke), 97 burp cloths, 229 receiving blankets, 75 baby book bags (that Marshall County Reading Council fills with books for newborns at our local hospitals), a doll blanket and bear and 27 little dresses. In addition, other members put together 12

bags of goodies that are handed to those who adopt cats and dogs at the Humane Society. In all, we have disbursed 782 products in a year.



Dorothy and Norma hard at work!

Most Current Recommendations

Mastering Home Food Preservation

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

Food Safety, Freezing Food, Boiling Water Canning, Pressure Canning, Pickling, Drying Foods and Jams & Jellies.

Training

June 12 - 15, 2023
9 AM - 5 PM ET

Location

Johnson County Fairgrounds
250 Fairground Street,
Scott Hall
Franklin, IN 46131

Register at: <https://cvent.me/Wnn7mG>

Registration Cost: \$275
Limited Registration



WALNUT RURALITES NEWS

Our Christmas meeting was hosted at Kathy Casper's home with a Tea Party. After lots of visiting we exchanged secret pal gifts and drew names for our 2023 Secret Pals. It was a cold and snowy evening but was quite cozy in her log cabin home.



Karen Richey and Debi Howard during the Air Fryer program

Our January 2023 meeting was hosted by Janice Cooper at the B & R Building in Argos. Karen Richey was our special guest and she provided us with our educational lesson on "Cooking with Air Fryers", she was assisted by Debi Howard of our club. This was a very informative and enjoyable lesson with making and testing s'mores made from crescent rolls, mini chocolate chips and mini marshmallows. The treat was baked in the Air Fryer and very yummy, you gotta try them.



Kathy Casper painting a rock

The February meeting was hosted by Karra Duff at the B & R Building in Argos. After the business meeting, Diann Bradley led the group in painting stones with a shamrock design, followed by Vegetable Pizza, Cheese Ball & crackers, cookies, nuts and drinks from Karra which was enjoyed by all.

Marshall County Open Class 2023 Information

July 14– Project Check In 9AM-12:30 PM ; Closed Judging starts at 12:30 PM

July 15– Open Class Building opens to the public at 5PM

Bake –a– Rama Flavor for 2023: Nuts, including coconut

Ice Cream Crank Off Flavor for 2023: Cookies and Cream

Contact Donna Kubacki for more information. 574-220-6708 or tdkclydesdales@gmail.com . Open Class Exhibit Guide will be available soon. Donna is looking for several volunteers that can help before, during, and after the event. Monetary donations are also needed for 2023 to support the event and for painting inside the building. If you can help in any way to help making the 2023 Open Class show the best yet, please contact Donna!