



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



January/February 2023

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Letter from your County President

Happy New Year Elkhart County Homemakers,

I hope you all had a blessed Christmas, survived the cold, wind, and ice, and are ready to begin 2023 with a renewed energy. I am so grateful for all of you. I especially appreciate those of you who are leading your clubs, supporting your clubs with attendance, and/or are serving on county committees.

It's getting to the time of year that the nominating committee will be calling to fill a few elected spots on the County Board and the Home and Family Arts committee. Please consider saying "YES" if you are asked. We have so many of you with knowledge and talents available to help lead our organization. If you are willing to serve and haven't received a call, please contact the office or a member of the board. When the county committee sheet comes around at your club meeting please consider which committee you could add your expertise to. I can't emphasize enough the fun I've had serving on various committees over the years and the wonderful friendships I have made by doing so.

There are some great lessons coming up in the next couple of months on air frying and on hydration. Your clubs can be collecting Coins for Friendship and Nickels for Leadership at your January or February meetings. If your members need a refresher on how this money is used, please refer to pages 11-12 of your club handbook. We have both Heritage Skills on March 4 and President Council on February 23. Be sure to share the First Timer application with your members for Home and Family State Conference this next year. Those are due at the Council meeting. It's not too late to nominate someone from your club for Homemaker of the Year. Jenn will accept those nominations in the office and send out the application.

I hope each of you experience many blessings in 2023 and that you all continue to Scatter Kindness and help our organization to thrive.

Respectfully yours,
Deb Pepple
County President



Mark Your Calendars

January 2023

2	New Year's Day (Observed) —Office Closed
9	County Officer Board Mtg. , Ext. Conference Room
10	VCS Sewing Day — 9am to 3pm, HFA Building
16	Martin Luther King Jr. Day —Office Closed
19	Educational Program —Air Fryer 101

February 2023

After Feb. Club Mtg.	Club Officers sheets due in office
1	Nickels for Leadership/Coins for Friendship due—mail to current County Treasurer
13	County Officers Board Mtg. , Ext. Conference Room
14	VCS Sewing Day —9 am—3 pm, HFA Building
16	Educational Program —Hydration Education
23	Club President Council Mtg. —6:30 pm (HFC 1st Timer Award Applications Due), Ext. Conference Room
24	Heritage Skills Registrations Due

Looking Ahead

March 1	County Committee Sign-up Sheets, Program Planning Suggestions, & Homemaker of the Year Applications due in office
March 4	Heritage Skills Workshop —HFA Building
March 15	Club Volunteer Hours Sheet due to County Vice President
March 23	Cultural Arts Entries due at 4th Council Meeting



January — Louanne Dunn, Pat Hochstedler, Nan Hummel, Laurie Hund-Schieber, Phyllis Kehr, Holly Leeper, Kimberly McCreary, Brenda Mes-tach, Jan Troyer, and Marsha Wade

February — Lori Bontrager, Becky Carrington, Shilda Collins, Sheila Cook, Bonnie Craft, Veryl Elliott, Cheryl Hoffman, Mary Lemmon, Hannah Lucas, Debra Scheets, Deb Tubbs, and Martha Weirich

Heritage Skills Classes

Saturday, March 4, 2023

The Heritage Skills classes provide the opportunity to learn family heritage and heirloom skills. Please plan to arrive prior to your starting time. Classes will be in the Home & Family Arts building. The same information is available on our office website at <https://extension.purdue.edu/county/elkhart/elkhart-county-extension-homemakers.html>

Registration accepted through February 24, 2023. Prepaid registration is required. Registration requires a check, but it is held until the class is completed. If we do not get enough people, we will return your check. A light lunch will be served from 11:30am to 12:30pm. Feel free to bring your favorite beverage. Water and coffee will be available.

Half Day Classes

Morning classes: 8:30am to 11:30am

Afternoon classes: 12:30pm to 3:00pm

Beginning Crochet (Morning) – \$24

Taught by Jill Cohen – limited to 5 participants. Participants will learn how to make a cotton crocheted washcloth using several crochet stitches. Materials provided include a crochet hook and cotton yarn. Participants do not need to bring anything to class. Pre-requisites: None required.



Beginning Macramé Plant Hanger (Morning) – \$24

Taught by Elaine Pyle – limited to 6 participants. Participants will work with one macramé knot – the alternating half hitch. The hanger will be worked suspended from a coat rack. The end result will be a 42” plant hanger that can fit a 10” pot. (Pot and plant not included.) Materials provided are cut cordage and 2-inch ring. Participants do not need to bring anything to class. Pre-requisites: Participants will need to be able to use their arms if standing to tie the cords.



Let's Do Altered Books (Morning) – \$24

Taught by Jenny Huffman – limited to 6 participants. Participants will start 2 altered books and learn the differences in books, kinds of pages, and covers for their books. Materials provided are two books, papers, glue, and various kinds of ephemera. Participants do not need to bring anything to class. Pre-requisites: None required. Bring your imagination!



Greeting Card Techniques (Morning) – \$24

Taught by Sherry Weaver – limited to 4 participants. Participants will learn how to make 6 different greeting cards using 6 different techniques: dry embossing, paper piecing, 3 step stamping, 3 step punching, brayering, and resist embossing. Materials will be provided for each card except adhesive. Participants will need to bring clear double-sided tape (Tombow© brand if possible). Pre-requisites: None required.



English Paper Piecing Pincushion (Afternoon) – \$24

Taught by Jenny Huffman – limited to 6 participants. Participants will learn how to make a 5” pincushion with steel wool inside from 8 hexies using various cotton fabric. Materials provided include fabric, pins, thread/needle, stuffing, and steel wool. Participants do not need to bring anything to class. Pre-requisite: Participants must have previous hand sewing experience.



Intermediate Macramé Plant Hanger (Afternoon) – \$24

Taught by Elaine Pyle – limited to 6 participants. Participants will learn how to make a plant hanger with columns of square knots and beads. The hanger will be worked suspended from a coat rack. The end product will be a 42” plant hanger that can fit a 6” pot. (Pot and plant not included.) Materials provided include cut cordage, 5 beads, and a ring for the top. Participants do not need to bring anything to class. Pre-requisite: Participants will need to be able to use their arms when standing to tie the cords.



Full Day Classes
8:30am to 3:00pm

Mega Dream Bag – \$40

Taught by Mary Ann Lienhart Cross. Participants will learn how to sew a bag measuring 9.5" tall, 10.25" wide, 6" deep, and 15.5" when closed. The bag is great to organize your supplies when taking classes and also to use in your home sewing space. Instructor will provide the pattern. Participants will need to bring a 1/4 yd. or fat quarter fabric (outside top), 1/3 yd. fabric (outside bottom), 1/2 yd. fabric (lining; light color may be better), 1/3 yd. fabric (pockets), 1/4 yd. fabric (straps), 2-1/2 yds. of Pellon SF 101 Shape Flex, 1/2 yd. of Pellon TP971F Fusible Thermolane Plus, 18" or larger nylon zipper, thread, iron, and sewing machine. Beware of directional fabric as it may take more. Fabric leftovers can be used to make handles. Pre-requisites: Participants will need to know how to use their sewing machine and have a positive attitude.



Tissue Basket – \$50

Taught by Lisa Hernley – limited to 6 participants. Participants will learn how to weave a basket with wooden lid that will fit over a standard tissue box. Materials provided include reed of different accent colors to complete basket. Participants will need to bring sharp scissors, clothespins or clips, and a 9" x 4-3/4" box of tissues. Pre-requisites: None required – Class is for all skill levels and good for beginners.



Registration form can be found on page 11 (back page) of this Coffee Cup edition.

Food and Nutrition
Air Frying—Making Cooking Easy
Emily Christ, HHS Educator

We have all heard a little bit about the new rage - the air fryer. This magical little machine can cook almost anything from meat to potatoes to vegetables. It has changed the dynamics of the cooking world. It is a must have gadget in each kitchen especially if you are busy, on-the-go, or trying to live a healthy lifestyle but still have fun recipes.

Think of an air fryer as an oil-free, mini convention oven that does almost anything a regular fryer would do except healthier. While the consumption of a few oils here and there (like avocado oil and olive oil) are okay to have, it is important to try and keep the consumption of deep-fried foods to a minimum. Deep fried foods use a lot of oil and they can be very high in trans-fat. Too much consumption is unhealthy and can put someone at risk for heart disease, stroke, etc.

Each air fryer comes with a manual that is specific to that model. This will help with learning temperatures and cook times for each food group. It may take a while to get down pat what you like to cook things on and for how long because it is slightly different than an oven. The air fryer provides an opportunity to help save time and try different things you may not have before.

Many foods cook pretty well in an air fryer. Always keep an eye on it and check it every so often. The one thing that doesn't go very well in an air fryer is liquid of any sorts. If marinating meats or using oils on vegetables, make sure to shake off the excess before adding to the air fryer.

The air fryer can be a fun tool in the kitchen to spark conversation and try new recipes. It makes cooking times go faster and easier. Don't be afraid to take your time in learning the ins and outs of the air fryer. It can be fun!



Leadership Development

Getting Back in Routine

Emily Christ, HHS Educator

Getting back into the swing of things after the holidays or a vacation is always difficult. It was time spent relaxing and decompressing from everyday life. We begin to dread all the work we have to catch up on and the projects we need to start. While those are normal thoughts to have, it's important to take care of your mental transition after a vacation. There are ways we as parents, workers, and caretakers can still be productive but at our own pace. It is easy to overwork ourselves when we feel behind but in order to be efficient, make sure to have your brain organized first.

The first step is to not overwhelm yourself with all of the tasks that have been piling up. When you begin to simmer in the thought of your first day back or your upcoming workload, this can bring about a flare of anxiety or depression. Sometimes individuals even start thinking about this before their holiday or vacation starts, making it difficult to enjoy their time off. Do your best to give yourself some grace in getting back into a routine and set small expectations for yourself.

If you worry about how productive you might be or the possibility of overlooking something that could be missed, try creating a checklist of things that need to be done. Organize tasks by importance or by how time sensitive it is. This will help you limit yourself to a certain task and not try to handle multiple things at once. Once you complete a task, you can physically check it off your list and feel satisfied to move on to the next task.

Try and do small things that will help you get back to where you need to be both mentally and physically. When you return from vacation, immediately unpack your suitcase and do a load of laundry. You will have clean clothes to start your routine back up. The same goes for food and exercise. Start slow, but do your best to immediately get back into your healthy eating routine. This will help with mental clarity. Also, try and consume more water than you usually would. Traveling can cause dehydration and wreak havoc on your skin. It's important to stay hydrated and well-nourished.

Lastly, try and catch up on sleep as much as possible. Go to bed early or sleep in a little later if your schedule allows. The body needs time to regulate and sleep will help it do just that. Give yourself a day or two in between the holiday or vacation and when you return to work to readjust back into your everyday setting. This will not only help the first day back feel less like a shock but will help set you up for overall success.

Human Development

Communication is Key

Emily Christ, HHS Educator

Communication is an essential part to human interaction. Sometimes, basic communication can be difficult if we feel our social battery is running low and we have nothing left to give. For example, if we are in an argument we may shut down because we think it's easier then voicing our needs. Communication doesn't come easy for everyone, but there are steps that can be taken to work towards better communication skills.

First, you may be asking yourself what exactly makes good communication skills. Good communication skills include being able to exchange thoughts and ideas and transmit information between individuals or a group of people. This could look differently in this day in age. Communication can happen the good old-fashioned way of in-person or phone calls. The newer forms of communication are instant messaging, video chatting, etc. Another form of communication is through our body language and facial expressions. Sometimes, that can speak for us when words cannot.

When it comes to having an effective conversation with an intended outcome, it is imperative to be clear in identifying the matter of discussion. Take ownership and confidence with what you are speaking about and value what you have to say as well as the other person. It's important to take ownership but make sure the other individuals feel heard and valued. Be sure to explain what you mean but stay consistent and simple. It's okay to be direct but remain empathetic to others to show emotional availability.



When in an active conversation, it is important to not be afraid to ask questions. This will not only help your knowledge but will show others you remain engaged. It's okay to disagree as that's what creates communication and conversation but be sure to show your respect in others by listening and understanding where they could be coming from. It's easy to become defensive in a world where communication happens through everything we do and we may not agree with it. Take the initiative to strive towards a new perspective and empower other individuals along the way.

Family Resource Management

Reduce Clutter

Emily Christ, HHS Educator

The word clarity could mean different things to different people including mentally and physically. When we think about the space we are in, we consider what type of space it is for our wellbeing. Collectively, a cluttered mind and cluttered space can make for a less productive environment. Research shows that significant clutter or disorganization has a negative effect on our brains. Clutter can also affect our sleep, depression, and anxiety levels as well.

Individuals are more likely to develop either coping or avoidance strategies the more cluttered their environment is. Research has shown that our physical environment has a substantial impact on our emotions, cognitive behaviors, and physical behaviors. This could be detrimental for relationships, work environment, and home life. While we think something as innocent as a messy desk or jumbled up purse is just a simple inconvenience, it has a tremendous effect on our brain and outward progression in everyday life. Similar to our eyes, our brains like order. Visual distractions become cognitive and can reduce our working memory.



Clutter can have a significant impact on the relationships with the people around us. It can prevent us from cultivating new relationships but also expanding already existing ones because our brains don't allow us the room to grow. When surrounded by clutter, we don't only experience a fluctuation of anxiety, depression, etc. but we also lack the ability to interpret and process emotions. Clutter makes us in a consistent fight-or-flight mode making it difficult to regulate any major change and in turn it begins to affect the body negatively.

To some people clutter might be what they work best in for a creative outlet. The clutter may inspire them or help push them onto the next thing. Others only work well in neat, well-kept areas in order to be productive. Clutter isn't always bad but what is important to understand is knowing the health and safety risks behind living a consistent cluttered lifestyle. The environment you are in will influence other factors of your life and it is key that you create a space you enjoy.

Registration Form – Heritage Skills 2023

Registration will be accepted through February 24, 2023. All classes will be held in the Home & Family Arts building. Prepaid registration is required. Checks will be held until after the event. Questions can be directed to Jenny Huffman at 574-370-0699.

Please print all information clearly. Thank you.

Participant 1:

Name: _____ Daytime Phone: _____

Address: _____ City, ST, Zip _____

Email: _____

Participant 2:

Name: _____ Daytime Phone: _____

Address: _____ City, ST, Zip _____

Email: _____

Select classes for participant 1 (and participant 2 if applicable).

Part. 1	Part. 2	Time	Class	Cost	x # of Part.	= Total
		AM	Beginning Crochet	\$24		\$
		AM	Beginning Macramé Plant Hanger	\$24		\$
		AM	Let's Do Altered Books	\$24		\$
		AM	Greeting Card Techniques	\$24		\$
		PM	English Paper Piecing Pincushion	\$24		\$
		PM	Intermediate Macramé Plant Hanger	\$24		\$
		Full Day	Mega Dream Bag	\$40		\$
		Full Day	Tissue Basket	\$50		\$

Total amount enclosed: \$ _____

Make checks payable to: Elkhart County Extension Homemakers
Mail check and completed registration form to:

Jenny Huffman · 4 The Willows · Goshen, IN 46526