



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



January/February 2024

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Letter from your County President

Happy New Year Extension Homemakers,

Our oldest son, Ryan, was doing a test and tune of his Wheelie Wagon at the Osceola Drag Strip in Osceola, IN. Ryan was involved in a rollover crash in his Wheelie Wagon on June 3, 2012. He was airlifted to the Trauma Center at Memorial Hospital in South Bend. Ryan sustained multiple broken vertebrae in his neck and mid-back. He also had a broken rib, bruised lungs, a lacerated spleen and liver and spinal cord injury. Emergency surgery was performed on his neck to stabilize his spine. Prayers went up for his recovery all over the United States. We received a miracle that day! Ryan had survived! Thanks to a wonderful team of doctors and medical staff, he had overcome the odds. He spent 12 days in ICU and was in Inpatient Rehab until August 10, 2012. When he came home, he would need the help of a walker or wheelchair. Mr. G (as his students called him) would soon be instructing them once again. This is Ryan's 19th year as an instructor of AG, Motorcycle and Outdoor Power Technology at the Elkhart Area Career Center. He has also worked with students to earn scholarship monies. His example has taught me to be strong and courageous in all aspects of my life.

Educational Programs for January include Wearable Technology, Get Yourself Prepared, Food Budgeting and Meal Planning and Plant-Based Eating. Be sure to go to the ECEH website for dates, time and location for each of these classes. Train Your Brain will be presented at the Ext. office Feb. 14. **Council Meeting** will be Feb. 22 at 6:30 p.m. at the Ext. Office. **Nickels for Leadership and Coins for Friendship** are due to the County Treasurer Feb. 1. Please remember to turn your Homemaker of the Year Applications, County Committee Sign-Up Sheets and Program Planning Suggestion sheets by March 1. **First Timer Award Apps** are due Feb. 22. If you have never attended Home and Family Conference, you might consider submitting an application. The 2024 dates are June 10-12 at Embassy Suites, Noblesville, IN. There is an "I Want to Go Again" award application available. This is for anyone who has attended a Home and Family Conference, but would like to go again. The app. is due March 15. **Heritage Skills Day** will be Sat., March 2 at the HFA Building. More details are in this Coffee Cup. **Spring Michigan City District Meeting** is March 6 in Marshall County at the Pretty Lake United Methodist Church in Plymouth, IN. More details to follow.

If you check out the Positive Thought for June 2024, you will see there are three groups of people. One group make things happen, another group watches things happen and yet another group wonders what happened. May I encourage you to be a part of the group that make things happen. We need leadership in every area of our Ext. Homemakers. Maybe you could serve on the Extension Homemakers Board. What about your local club? Have you ever considered being President of your local club for one year? Perhaps, volunteer to serve on a different committee for one year. Let's make it to the finish line by being a team member from the start. You may just discover new friends along the way.

Warmest blessings,
Vickie Gortney, County President
Elkhart County Extension Homemakers

Mark Your Calendars

January 2024

1	New Year's Day (Observed) —Office Closed
8	County Officer Board Mtg.
9	VCS Sewing Day — 9am to 3pm, HFA Building
15	Martin Luther King Jr. Day —Office Closed
17	Educational Program —Wearable Technology

February 2024

After Feb. Club Mtg.	Club Officers sheets due in office
1	Nickels for Leadership/Coins for Friendship due—mail to current County Treasurer
12	County Officers Board Mtg.
13	VCS Sewing Day —9 am—3 pm, HFA Building
14	Educational Program —Train Your Brain
22	Club President Council Mtg. —6:30 pm (HFC 1st Timer Award Applications Due), Ext. Conference Room
26	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 2	Heritage Skills Workshop —HFA Building
March 15	Club Volunteer Hours Sheet due to County Vice President
March 28	Cultural Arts Entries due at 4th Council Meeting



January — Kenyatta Blackwell, Louanne Gressman-Dunn, Pat Hochstedler, Nan Hummel, Laurie Hund-Schieber, Phyllis Kehr, Holly Leeper, Kimberly McCreary, Brenda Mestach, Sharon Norton, Jan Troyer, and Marsha Wade

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

Extension Homemaker News

Welcome New Members!

(Marcia) Kay Stewart is a new member of Homemakers of Today Club. She is from Mishawaka. Kay is a 2 time cancer survivor. She worked as an HR/environmental health and safety manager. She tries to learn three new things a year. Kay's husband passed away last year of COVID pneumonia. Her son passed away in 1998. She has a daughter and son-in-law, two grandchildren, a seven month old great-grandchild, and five step-grandchildren. She loves crafts, sewing, learning new things, and community service. Kay is so happy to be a part of a home extension club!

*****Clubs—Please remember to turn in your club's Nickels for Leadership/Coins for Friendship to the County Treasurer by February 1st!*****

Deb Pepple Receives 2023 Friend of Extension Award

This year's Friend of Extension recipient, Deb Pepple, has a long and significant history with Purdue Extension Elkhart County. Deb likes to call herself a "professional volunteer". She was a teacher for Baugo Community Schools for 40 years. She has served as an Extension Homemaker since 1984, making this her 40th year as a homemaker. During her time as an Extension Homemaker, she has been the director of the HFA building during the fair on several occasions, she sits on the HFA Committee, and has been a 4-H Leader for 25 years with Jamestown 4-H.

Just last year, she sat as the President of the Elkhart County Ex-

tension Homemakers organization where she spent time promoting Purdue Extension's educational programs, leadership development, and community involvement. She has since moved from the President position to the advisor position on the board.

She has not only made impact within Purdue Extension but also in the community. Deb has taken part in the current IEHA's initiative to "scatter kindness". This challenge encouraged each county to create 1,000 hearts with a poem attached to leave in a random spot around the community such as a grocery store shelf, gas station pump, etc. in hopes to bring kindness to someone's day. Elkhart County has exceeded this expectation by making over 2,000 hearts and sharing kindness county-wide.

Deb also serves on the Elkhart County Health and Human Sciences Advisory Board to assist in finding the needs of our county and showing the value that Extension holds when it comes to education in all program areas.

A big congratulations to Deb Pepple as our 2023 Friend of Extension award recipient!



Heritage Skills Classes

Saturday, March 2, 2024

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 26, 2024. 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. Questions can be directed to Jenny Huffman at 574-370-0699.

Half Day Classes

Morning classes: 9:00am to 12:00pm

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

Acrylic Painting – Daisy in Pastel (Morning) – \$30

Taught by Linda Pieri – limited to 16 participants. Participants will observe and follow step-by-step instructions to paint a daisy in pastel. Participants will mix paints and discover different brush strokes. Materials provided include a 9”x12” canvas board with pre-drawn image, acrylic paints on palettes, brushes, easel, paint apron, water/brush basin, and paint rag. Participants do not need to bring anything to class other than enthusiasm to paint. Pre-requisites: None required. Beginners as well as experienced painters are all welcome.



Beginning Card Making (Morning) – \$25

Taught by Sherry Weaver– limited to 5 participants. Participants will make 5 cards using dry embossing, regular embossing, coloring, pop ups, and piecing. All materials will be provided except adhesive. Participants will need to bring Tombow Mono Permanent adhesive and refill (just in case). It is available at Michaels and Hobby Lobby. Pre-requisites: None required.



Intermediate Crochet (Morning) – \$20

Taught by Jill Cohen & Veryl Elliott– limited to 6 participants. Participants will learn how to make a small granny square bag for a water bottle or phone. Instructions will be provided. Participants will need to bring 1 skein of yarn (dishcloth cotton yarn), 1 crochet hook (J size), yarn needle, and small scissors. Pre-requisites: Participants must be more than a beginner.



Knitting 101 (Morning) – \$20

Taught by Sue Martin– limited to 10 participants. Participants will learn knitting techniques including cast-on, knit, purl, and bind-off. Please note this is a techniques class with no specific project. Participants should bring a skein/ball of worsted weight (#4) yarn & size 8 knitting needles. Pre-requisites: None required. This is a class for absolute beginners or someone who needs a refresher of the basics.



Not actual project

Acrylic Painting – Quilt Barn (Afternoon) – \$30

Taught by Linda Pieri – limited to 16 participants. Participants will observe and follow step-by-step instructions to paint a quilt barn. Participants will mix paints and discover different brush strokes. Materials provided include a 9”x12” canvas board with pre-drawn image, acrylic paints on palettes, brushes, easel, paint apron, water/brush basin, and paint rag. Participants do not need to bring anything to class other than enthusiasm to paint. Pre-requisites: None required. Beginners as well as experienced painters are all welcome.



Intermediate Card Making (Afternoon) – \$25

Taught by Sherry Weaver– limited to 5 participants. Participants will make 5 cards with special folds, explosion techniques, brayer techniques, and reflection stamping. All materials will be provided except adhesive. Participants will need to bring Tombow Mono Permanent adhesive and refill (just in case). It is available at Michaels and Hobby Lobby. Pre-requisites: None required.



Knitting 102 (Afternoon) – \$20

Taught by Sue Martin— limited to 10 participants. Participants will learn techniques such as increases, decreases, and ribbing. Participants are encouraged to come with any questions about knitting. Please note this is a techniques class with no specific project. The instructor will provide patterns for suggested, appropriate projects for the class for interested participants. Participants need to bring worsted (#4) or DK (#3) weight yarn and appropriate size needles (#6, 7 or 8) or a project in process where advice or help is needed. Pre-requisite: Participants should be comfortable with basic cast-on, knit, purl, and bind-off techniques.



Not actual project

Full Day Classes 9:00am to 3:00pm

Carrier Basket – \$75

Taught by Lisa Hernley – limited to 6 participants. Participants will learn how to weave a carrier basket measuring 10" x 16" that is 10-1/2" tall (without the wooden handle). All materials to complete the basket will be provided. Participants will need to bring the following supplies: sharp scissors, clothespins or clips, measuring tape, and a flathead screwdriver. Pre-requisites: None required – Class is great for any skill level.



Cork Treasure – \$70

Taught by Lynn Gerard – limited to 7 participants. Participants will learn how to make a zipper clutch purse and matching wallet. The provided kit will include all cork and cotton fabrics, zippers, and hardware needed to complete the project. Participants will need to bring the following supplies: scissors, clips, and Microtex needle if bring your own sewing machine. Please bring your own machine if possible. Let us know if you will need a machine. Pre-requisites: Participants will need basic sewing knowledge and experience on a sewing machine.



English Paper Piecing – \$35

Taught by Saloma Slabaugh – limited to 10 participants. Participants will learn how to make a small, 6-petal blossom bowl using basic English paper piecing skills. They will also learn how to do curves smoothly and neatly. The provided kit will include paper pieces and fabric required for one bowl. Participants will need to bring the following supplies: needles, a dark and a light neutral colored thread, a washable glue stick, a thimble, and scissors for both fabric and thread. Pre-requisites: Hand sewing skills are helpful for this class, but don't feel intimidated. If you can sew on a button, you can learn English paper piecing!



Jointed Bear – \$35

Taught by Jenny Huffman – limited to 6 participants. Participants will make a 14" jointed bear from cutting, sewing, stuffing, and finishing the face. The provided kit will include a pattern, stuffing, eyes, and felt for nose. Participants will need to bring the following supplies: sewing machine, 1/2 yard of non-stretch cotton fabric, matching thread, fabric scissors, straight pins, and needle. Pre-requisites: Participants will need to know how to use their sewing machine.



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 fusible foam (Bosal In-R-Form single-sided fusible foam stabilizer [available at Calico Point] or Pellon TP971 Fusible Thermolam Plus), 18" zipper, sewing machine & cord with regular pressure foot and zipper foot, thread, fabric marking pen, pins and/or fabric clips, scissors, your favorite sewing tools, and short ruler (4-1/2" or 6"). 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.



*Registration form can be found on page 15
(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 2024

Registration will be accepted through February 26, 2024. 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	Acrylic Painting – Daisy in Pastel	\$30		\$
		AM	Beginning Card Making	\$25		\$
		AM	Intermediate Crochet	\$20		\$
		AM	Knitting 101	\$20		\$
		PM	Acrylic Painting – Quilt Barn	\$30		\$
		PM	Intermediate Card Making	\$25		\$
		PM	Knitting 102	\$20		\$
		Full Day	Carrier Basket	\$75		\$
		Full Day	Cork Treasure	\$70		\$
		Full Day	English Paper Piecing	\$35		\$
		Full Day	Jointed Bear	\$35		\$
		Full Day	Mega Dream Bag	\$40		\$

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