



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter

January/February 2025



In This Issue:

- Letter from Your County President—pg. 2
- Mark Your Calendars—pg. 3
- Extension Homemakers News—pg. 4
- Heritage Skills Classes—pgs. 4-8
- Educational Columns—pgs. 9-10
- Heritage Skills Registration Form—pg. 11



Extension - Elkhart County

Letter from your County President

Dear ladies,

I have had some interesting experiences lately that have me thinking about who we are inviting to Extension Homemakers. Allow me to share them with you.

A few months ago when I had my Covid vaccine I was talking to the pharmacist about sometimes having trouble with balance. He said that his wife has the same problem. So, I told him about the "Matter of Balance" class coming up in January. He thought that would be great for his wife. Then he asked, "What is Extension Homemakers?" After telling him all I could, he felt it would be a wonderful group for his wife and that she would like hearing interesting things and being around other women. I have already provided him with the flier about the "Matter of Balance" class, and I am working on getting her hooked up with a local club near her. Here is someone who could benefit greatly from being a part of one of our clubs. Shouldn't we invite her if it would be good for her?

In November my local club announced plans for our Christmas party. I don't know why, but I asked if we could bring a guest. The next Sunday I met and began to get acquainted with a lovely young woman at an event at church. I felt I should invite her to the Christmas party. She quickly accepted. Unfortunately, the party had to be rescheduled because of an unexpected illness in the hostess' family. My new friend is still excitedly looking forward to attending in January. She is recently married and kind of new to the area. I'm sure she would enjoy the club activities, but I also can't help wondering if she might join a club and what she could contribute over the years if she does.

Then I received a phone call from a woman with several tubs of fabric she wanted to donate to Extension Homemakers. She told me she had been a 4-H leader for over 40 years. She also wondered if she could join an Extension Homemakers Club and if it would be okay to bring along her adult daughter. I assured her that both would be possible and gave her information about when and where clubs meet and how to reach them. After giving so much through 4-H, don't we owe it to her to welcome her into a club?

One woman sought me out, I spoke to two others who were pretty much strangers, but there are 4 potential members of various ages. Yes, I am particularly interested in reaching younger women; however, there are women of all ages who could benefit from being a part of us. Listen for possibilities in your conversations. Take a chance and mention something about Extension Homemakers that might be helpful. You never know who might need to hear about us.

Louanne Gressman-Dunn
Elkhart County Extension Homemakers County President

Mark Your Calendars

January 2025

1	New Year's Day —Office Closed
13	County Officer Board Mtg.
14	VCS Sewing Day — 9am to 3pm, HFA Building
20	Martin Luther King Jr. Day —Office Closed
28	Educational Program —"Purge Your Papers" at 1pm only

February 2025

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

Looking Ahead

March 1	County Committee Sign-up Sheets & Program Planning Suggestions due in office
March 1	Heritage Skills Workshop —HFA Building
April 24	Cultural Arts Entries due for 4th Council Meeting



January — Louanne Gressman-Dunn, Pat Hochstedler, Laurie Hund-Schieber, Phyllis Kehr, Holly Helbling, Mary Ann Lienhart Cross, Kimberly McCreary, Brenda Mestach, Sharon Norton, Jan Troyer, and Marsha Wade

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

Extension Homemaker News

Save the Date!

Past Extension Homemaker County Presidents should save the date for the 2025 gathering. It will be April 26, 2025 in the Conference Room/Kitchen of the Extension Office. Details will be sent out in the spring.

Heritage Skills Classes

Saturday, March 1, 2025

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, 2025. 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.

Morning Classes (9:00am to 12:00pm)

Acrylic Painting – Black Stones (Morning) – \$30

Taught by Linda Pieri – limited to 16 participants. Participants will observe and follow step-by-step instructions to paint their masterpiece. 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. Beginners as well as experienced painters are welcome.

Beginning Card Making (Morning) – \$25

Taught by Sherry Weaver– limited to 6 participants. Participants will make 5 easy cards (ex. holiday, man's card, sympathy, birthday, and thank you) using simple embossing and embellishing techniques. All materials will be provided except participant list below. Participants will need to bring Tombow Mono Permanent adhesive with refill (just in case) and fine tip liquid paper adhesive. If you already own, please bring paper scissors, cutting board with scoring blade, and 1/8" hole punch. Pre-requisites: None required.



Cookie Decorating (Morning) – \$35

Taught by Danielle Neese – limited to 15 participants. Participants will learn how to decorate sugar cookies in a step-by-step process. Cookies, icing, decorating supplies, and take-home boxes will be provided by the instructor. Participants do not need to bring any supplies. Pre-requisite: None required.



Junk Journal Construction (Morning) – \$25

Taught by Jenny Huffman – limited to 6 participants. Participants will make a 3 signature journal from junk mail and recycled materials. Participants do not need to bring any materials to class but can bring items they would like to include in their project. Pre-requisite: Participants should have an open mind and desire to recycle.



Afternoon Classes (12:00pm to 3:00pm)

Acrylic Painting – Pastel Flowers (Afternoon) – \$30

Taught by Linda Pieri – limited to 16 participants. Participants will observe and follow step-by-step instructions to paint their masterpiece. 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) – \$27

Taught by Sherry Weaver– limited to 6 participants. Participants will make 5 cards - pinwheel, special folds, explosion card, pleated card and tri-fold. All materials will be provided except participant list below. Participants will need to bring Tombow Mono Permanent adhesive and refill (just in case). If you already own, please bring paper scissors, cutting board with a scoring blade, and 1/8" hole punch. Pre-requisites: None required.



Intermediate Crochet (Afternoon) – \$20

Taught by Jill Cohen – limited to 6 participants. Participants will learn one of the beginning forms for doing Amigurumi. This is used in making stuffed animals and objects. It is a ball shape that is used in making heads and can be lengthened to make a body

shape. The instructor will also show how to increase or reduce the size without changing the pattern. Yarn and hooks will be provided by the instructor, but if you have a favorite H hook, bring it. Participants will need to bring a pair of small scissors. Pre-requisites: Participants must be a crocheter and comfortable doing single crochet, chain, and slipstitch.



Fabric Folded Star Ornament (Afternoon) – \$25

Taught by Deb Pepple – limited to 6 participants. Participants will make 2 eight-point folded fabric stars using the materials provided. They will cut, press, fold, and finish during the class. All materials and instructions will be provided except fabric scissors. Participants will need to bring fabric scissors. Pre-requisites: No sewing skills required. Participants will need to be able to follow written, picture, and verbal directions.



There are no full day classes this year.

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

Questions about food storage, food safety, or food preservation? We're here to help!

Emily Christ
Health & Human Sciences Educator
Purdue Extension Elkhart County
(574) 533-0554
ewitters@purdue.edu

To purchase a printed
USDA Canning Guide, visit
[www.extension.purdue.edu/
usdacanning/](http://www.extension.purdue.edu/usdacanning/)

To view, download, or print a
USDA Canning Guide, visit
<https://bit.ly/USDACanning>



Need your canner tested? We can help!

Purdue Extension Elkhart County offers pressure canner testing for \$5 per canner (cash/check). Dial gauges of most brand canners can be tested. (Weighted gauges do not need to be tested.)

To schedule a canner test
appointment or for more
information, call
574-533-0554.



Shifting Mindsets

Emily Christ, HHS Educator

Shifting your mindset is a powerful tool for personal growth and resilience and involves a transition from fixed to growth-oriented thinking. This process begins with self-awareness and recognizing negative or limiting beliefs that hinder progress. A growth mindset—the belief that abilities and intelligence can be developed through dedication and hard work—fosters a love of learning and resilience essential for great accomplishment. To cultivate this mindset, it's important to embrace challenges as opportunities to learn rather than threats.

Research suggests that reframing setbacks as valuable feedback rather than failures can significantly enhance motivation and performance. Additionally, practicing self-compassion and mindfulness helps in recognizing and altering negative thought patterns. Self-compassion involves treating oneself with kindness during difficult times, which can reduce the impact of negative emotions and support mental health.

Mindfulness practices, such as meditation, can also help in becoming more aware of one's thoughts and help develop a more balanced and objective perspective. By combining these strategies—cultivating a growth mindset, reframing setbacks, and practicing self-compassion and mindfulness—individuals can effectively shift their mindset, leading to greater resilience, motivation, and overall well-being.

Winter Motivation

Emily Christ, HHS Educator

Winter months can pose significant challenges to maintaining motivation with shorter days, colder temperatures, and often gloomy weather contributing to feelings of lethargy and decreased enthusiasm. However, understanding and implementing strategies to stay motivated can make this season more productive and enjoyable. Research shows that physical activity, exposure to natural light, and maintaining social connections are crucial for sustaining motivation during winter.

First, physical activity is a powerful motivator during the winter months. Exercise not only improves physical health but also has significant psy-

chological benefits. It releases endorphins, which can enhance mood and combat symptoms of seasonal affective disorder (SAD). Even when it's cold outside, finding ways to stay active, such as indoor workouts, joining a gym, or even brisk walks outdoors when possible can help maintain energy levels and motivation.

Secondly, exposure to natural light is essential. The lack of sunlight during winter can disrupt our circadian rhythms and reduce the production of serotonin, a neurotransmitter linked to mood regulation. Light therapy, which involves exposure to bright artificial light that mimics natural sunlight, has been shown to be effective in treating SAD and improving overall mood. Ensuring you get outside during daylight hours, even if it's just for a short walk, can also help mitigate the effects of reduced sunlight.

Maintaining social connections is another key factor in staying motivated. Winter can often lead to social withdrawal, which can exacerbate feelings of isolation and depression. Staying connected with friends and family, whether through virtual meetups or safe in-person gatherings, can provide emotional support and a sense of belonging. Engaging in social activities can boost your mood and provide additional motivation to stay active and engaged.



Finally, practicing self-compassion and allowing yourself some grace during the winter months is important. Understand that it's natural to feel less energetic during this time and that it's okay to slow down. Taking care of your mental health by engaging in activities you enjoy, whether it's reading, cooking, or a hobby, can help keep your spirits up.

In conclusion, while winter can pose challenges to motivation, incorporating physical activity, maximizing exposure to natural light, maintaining social connections, setting realistic goals, and practicing self-compassion can significantly enhance your mood and productivity. By adopting these strategies, you can navigate the winter months with greater resilience and motivation.

Registration Form – Heritage Skills 2025

Registration will be accepted through February 24, 2025. 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 – Black Stones	\$30		\$
		AM	Beginning Card Making	\$25		\$
		AM	Cookie Decorating	\$35		\$
		AM	Junk Journaling	\$25		\$
		PM	Acrylic Painting – Pastel Flowers	\$30		\$
		PM	Intermediate Card Making	\$25		\$
		PM	Intermediate Crochet	\$20		\$
		PM	Fabric Folded Star Ornament	\$25		\$

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