



Elkhart County
Extension Homemakers

Over The Coffee Cup Newsletter



July/August 2023

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Letter From Your County President

Greetings Extension Homemakers,

My theme for this year is “Racing to the finish takes teamwork from the start.” I chose this theme because my family has been involved in drag racing since 1990. All of our sons are or have been drag racers. I have five grandchildren, who also have participated in drag racing. As a family, we quickly learned that celebrating a victory at the finish line takes a lot of time, preparation and hard work. Every racing team requires not only a driver, but a mechanic, a pit crew, and also a mom who brings meals and snacks to every race. Racing involves preparation months in advance before racing season even begins. It takes time and dedication to details and a lot of hands-on work.

Several of us attended the Indiana Extension Homemaker Conference in Noblesville on June 5-7. Margaret Weybright won the “Enthusiasm Award” for Michigan City District. Way to go Margaret! Our State President, Peg Peter’s theme is “Get Connected. Stay Connected.” Peg asked us to continue with our Scatter Kindness hearts. Our own District Representative, Michelle Blough, was the Mistress of Ceremonies for the Gala that took place on June 7. Wonderful job, Michelle!

This year our fair is celebrating its 150th anniversary. The Elkhart County Extension Homemakers is celebrating its 114th anniversary. We need a “team” of workers to volunteer in the HFA building. We need hands-on workers to help clean and setup the building on July 10. The Open House and Fashion Show takes place in the HFA building on July 20. We need extra hands for check-in day on July 17 and also for food check-in day on July 20. We need hostesses during the fair itself. Please check your calendar and see when you might be able to help be a part of our “team.”

The Camp ELKO Retreat will take place on September 11 and 12. Please check out the information, agenda and registration that are this Coffee Cup. The theme this year is “A Very Merry UnBirthday.” Make plans now to attend.

This year Elkhart County will be hosting the Fall District Meeting. Since the Fairgrounds was unavailable for us to use, the Fall District Meeting will be held at the Sailor Center at Hubbard Hill in Elkhart. The date is September 20. We will be needing clubs to sign up for different hostess duties at the August Council meeting. Mark this date on your calendar and plan to attend. Here’s hoping for a great representation from Elkhart County.

Be sure to check the ECEH website for current events, information and pictures from our local clubs. Hope you are having a great summer. See you at the fair.

Sincerely,
Vickie Gortney
President
Elkhart County Extension Homemakers

Mark Your Calendars

Looking Ahead...

- *Enrollment forms due in office ASAP
- *EEO statements due in office after 1st club meeting (if not turned in at Officer’s Training)
- *Educational lesson sign-up sheets due in office ASAP

August 2023

- 14 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 17 **EH Lesson**: Staying Scam Safe (1pm in-person; 6pm Zoom)
- 24 **Council Meeting**, Ext. Office Conference Room—6:30pm

September 2023

- 11 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 11-12 **Camp ELKO Retreat**
- 12 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 20 **Fall Michigan City District Meeting** (Elkhart)
- 21 **EH Lesson**: Apps Can Save You Time & Money (1pm in-person)
- 28 **Council Meeting**, Ext. Office Conference Room—6:30pm



July— Diahanna Archer, Lucy Bontrager, Linda Davis, Mary Ann Dubash, Beverly Earnhart, Cheryl Gall, Georgia Gouin, Joanne Holtzinger, Karen Honey, Betty Kern, Barbara Kulesia, Darla Lace, Sharon Taylor, Judy Teall, Nancy Thwaites, Kelsey Tubbs, Cindy Westfall, and Cansie Witcher

August — Shirley Bailey, Jill Cohen, Sarah Downing, Rhonda Henderson, Shirley Hershberger, Lauren Hickok, Barbara Jewett, Sharon Lemmon, Kris Peterson, Elaine Sheets, Jeannine Talley, Andrea Ulrich, Cathy Van Huystee, Allison Von Blon, and Linda Weltz

Extension Homemaker News

Welcome New Members!

Cheryl Gall is a returning member of Creative Circle club. She lives in the New Paris area. Cheryl grew up in Millersburg, IN on a dairy farm. Cheryl has been married for 47 years to her husband Andy. They have three grown sons and daughters-in-law along with seven grandchildren. She owned and operated Dana J's Deli in Goshen for 11 years. Cheryl and Andy were Elkhart County 4-H Swine Club leaders for 35 years and were Mini 4-H leaders for farm animals. She enjoys reading, gardening, relaxing at the lake, cooking, and baking.

Yearbook Correction

- On the monthly pages, change "Volunteer Community Service" in the outlined boxes to "Volunteer Community Support—Sewing".
- Remove Sharol Cloud from HFA Landscape Committee/Chair

Blueberry Ricotta Bruschetta—blueberry.org

1 French bread baguette
 1-1/2 c. blueberries
 1-1/2 T. maple syrup
 3/4 c. part-skim ricotta cheese
 2 T. honey
 1 T. lemon zest

Preheat oven to 300 degrees F. Slice bread into 18 pieces. Drizzle slices with a little olive oil and place on baking sheet. Bake for approx. 10 mins. until lightly toasted. While the bread is baking, add blueberries and maple syrup to a small saucepan over medium-low heat. Stir occasionally as blueberries begin to bubble and you start to see juices. (No need to mash any of the blueberries while cooking because you want them to stay intact.) Remove from heat. Use a small spatula to spread ricotta on the toasted bread. Spoon 3-4 blueberries on top of each. Drizzle honey and sprinkle lemon zest over the top of all of the bruschetta bites and enjoy!



Silent Auction Update

Please submit your club's list of silent auction items to the Ext. Office one week prior to Fair. You can drop them off or email them to fink24@purdue.edu

Camp Elko Retreat—September 11-12

*Ulrich Lodge at Camp Mack on Waubee Lake
 1113 East Camp Mack Road, Milford, IN 46542*

(From the archway, take a left, then a right around Hospitality Circle. It will be the large building at the end on the left.)

The theme is "A Very Merry Unbirthday". "Now, statistics prove, prove that you've one birthday. Imagine, just one birthday every year. Ah, but there are three hundred and sixty four unbirthdays! Precisely why we're gathered here to cheer!" - Alice in Wonderland

Camp Elko is a two-day, overnight outing that includes attendees from Elkhart, Kosciusko, Marshall, and St. Joseph counties. You will visit with old friends, make new ones, or you can bring a friend with you. You don't need to be an Extension Homemaker to come.

Please join us as we celebrate our unbirthdays for the Monday afternoon party (even more so if it is not your unbirthday). We will have a fabulous tea party, like the ones you had with your dolls and closest friends as a kid. There will be a hat judging for the prettiest, wildest, biggest, and smallest ladies hat during the tea party, so please be sure to dust off and fix up that old hat you don't get to wear anymore. If you would like a gift for your unbirthday, bring in a \$5 gift to give to another beautiful young lady at the party and we will have a gift exchange!

Back by popular demand, we will end our wonderful time with a drum circle around a campfire, led by The Fort Wayne Dance Collective. Grab a percussion instrument, use one of ours, or create your own, and participate in rhythm and movement!!!

We will hold our usual auction, so please bring a quality item - something you would like to bid on. Baked goods and garden produce usually sell well. We will offer a walking tour of Camp Mack, so bring your walking shoes. You'll also want to bring bedding, towels, and your personal items for the sleepover! You are encouraged to bring a project to work on - knitting, crochet, scrapbooking, embroidery - whatever! We hope to have some time to work together on our projects and maybe even learn a new one! Don't forget to bring a little something crafty to show off during show and tell!

******For those coming for Monday evening only - please go to Ulrich Lodge to register and get your meal ticket.******

Our Guest Speakers

Deb Pepple is a 39 year extension homemaker in Elkhart County. She learned the Iris Paper Folding technique at a club meeting many years ago and has taught it to other clubs, demonstrated during the fair in the Home and Family Arts Building, taught it to her 4-H Club and also to

young people from Bashor Children’s Home. Anyone from 10-110 can learn to make beautiful cards. There will be a variety of templates available to create generic or holiday specific cards. All materials will be provided, but if you want to bring a roll of scotch tape, that would be helpful.

Ann Bradley learned baking from her mother and grandmother, who decorated cakes. Ann joined 4-H when she was 10 years old, where she learned more about baking and began decorating cakes professionally around the age of 20. She has 27 years of decorating experience and works with family cakes, birthday cakes, wedding and anniversary, bridal shower, baby shower, holiday cakes and all types of cupcakes.

Elko Committee: Cansie Witcher—Chair; Tena Jakubowicz— Vice Chair; Sue Martin— Previous Chair; Lynn Lambert— Secretary; Ruth Dilling— Treasurer; and Eleanor Watkins— Asst. Treasurer. **Members at Large:** Deborah Howard, Jeannine Martin, Beth Wells, JoAnne Woollet, Julie Poppenfoose, Peggy Parzygnot, and Jill Cohen.

Monday

9:00am Registration/check-in (arrive as early as 7:30)
9:30am Opening introduction of Elko Committee and first time registrations
10:00am Chair yoga
10:30am Ann Bradley Cupcake Demo
11:30am Try your hand at decorating cupcakes!!
11:50am Devotions
12:00pm Lunch
1:00pm “A Very Merry Unbirthday” party, tea party ladies hat judging, and each registered person should bring a gift valued around \$10 to give as a gift to another beautiful young lady - so everyone gets a gift!
2:00pm Free time - Hat Judging, Bingo (everyone gets a prize!), pinata, Tour of Camp Mack
4:30pm Speaker from Camp Mack
5:00pm Business Meeting
5:15pm Songs and Devotion
5:30pm Dinner
6:30pm Auction
7:30pm Drumming Circle with the Fort Wayne Dance Collective

Tuesday

7:45am Devotion
8:00am Breakfast (Cinnamon French Toast!!)
9:00am Deb Pepple - Iris Paper Folding Demo and time to try your hand at the activity
11:30am Songs and devotion
12:00pm Lunch
1:00pm Show and tell
2:00pm Wrap up and closing

**Camp Elko Retreat
“A Very Merry Unbirthday”
September 11-12, 2023**

- Return completed form and check no later than Aug. 25, 2023
- No refunds except in cases determined by officers. (i.e. medical or family emergency)
- Please bring a quality item for the auction - something nice that you would buy for yourself. The auction supports our retreat and keeps the cost down. Thank you!
- Don't forget to bring a wrapped \$5 gift for the Unbirthday Party!
- Feel free to bring a recipe from home to add to our Recipe Table.

Send this registration form and check made payable to ELKO Retreat to:
Sue Martin, Elko Past Chair
3380 N Old Farm Rd. W
Warsaw, IN 46582
Phone 574.202.0938

Name _____ Phone (____) _____

Address _____

Is this your first year attending full-time? Yes No
Are you able to climb one flight of stairs? Yes No
Do you have any dietary restrictions? Yes No
(Kitchen will make a special meal for participants with restrictions) If yes, please list: _____

Emergency Contact Information:

Name: _____ Phone (____) _____

Please check when you plan to attend. Prices include insurance.

_____ Full time: One night and 4 meals, evening party..... \$98.00

_____ Part time: One day 2 meals..... \$39.00

_____ Part time: Monday evening meal and party..... \$27.00

Total \$ _____



Michigan City Fall District Meeting

Wednesday, September 20, 2023

Join us in Elkhart County at the Sailor Center at
Hubbard Hill
28070 CR 24 West, Elkhart 46517
Registration opens at 10:00 AM Eastern with
meeting beginning at 10:30 AM

*More information
coming soon!*

Indiana Extension Homemakers 109th Home & Family Conference

From June 7-9, eight ladies from Elkhart County attended the annual conference in Noblesville at the Embassy Suites. Ladies attending were Michelle Blough, Margaret Weybright, Kathy Stoltzfus, Louanne Gressman-Dunn, Nancy Gleim, Lisa Stephens, Vickie Gortney, and Deb Peple. This hotel is a fabulous place for the conference with all of the sessions on one floor. There were many craft and heritage skills classes to choose from and break-out sessions on things such as “Human Trafficking”, “Making Charcuterie Boards”, “Using a Cricut”, “Container Gardening”, “Managing Medications”, and many more.

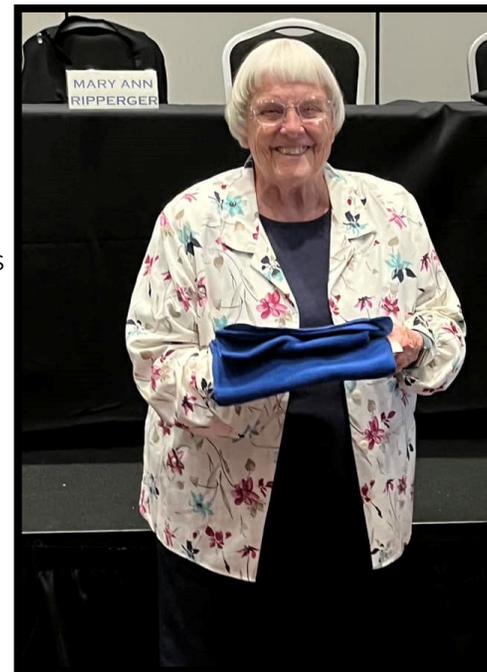


From left to right—Kathy Stoltzfus, Lisa Stephens, Nancy Gleim, Michelle Blough, Deb Peple, Margaret Weybright, and Vickie Gortney

We were treated to two keynote speakers, Mike Lunsford (see photo—right), who spoke on “The Miraculousness of the Ordinary” and Todd Saylor (see photo—below) whose talk was “Are You Wired Differently”. The food was amazing at each meal and the hotel has a continental breakfast like no other. We had the opportunity to shop vendors such as Tupperware®, Norwex®, Pampered Chef®, and Scentsy®. There was a wonderful array of IEHA logo items, the silent auction (our county submitted a basket), and of course voting for cultural arts exhibits. Neither of our entries won this year but we are very proud of being able to exhibit the sweater made by Louanne Gressman-Dunn and the fairy garden made by Joellen Allison.



We participated in the state business meeting and in watching the installation of new state officers. Our own Michelle Blough is now a senior district representative and she served as mistress of ceremonies for the closing gala luncheon. Margaret Weybright (see photo—right) won the enthusiasm award for Michigan City District. We got together in the evenings for card games and laughter. A wonderful time was had by all and we want to encourage anyone who has never been to conference or hasn't been for quite some time to consider joining us next year. We can never take too many people.



Human Development

How Diversity is Knowledge
Emily Christ, HHS Educator

There are many ways to utilize the power of diversity. It starts with a different lens and scope to how diversity is experienced amongst all individuals. While it can be a sensitive subject for some, the idea behind sharing experiences and opinions is important for broadening people's perspectives. Diversity can be defined as "a set of conscious practices that involve understanding and appreciating the interdependence of humanity, cultures, and the natural environment". In other words, diversity is the intention of practicing mutual respect, humility, and understanding of differences.

The biggest factor to understand about diversity is the power behind it. There is power behind differences. This leads to healthier workplaces, relationships, friendships, and overall environment. Encouraging diversity shows leadership skills and also shows a level of creativity when working amongst others.

When it comes to being surrounded by a large amount of people on a daily basis, it will benefit you more to diversify your thinking versus not. An example of this could be working in a school, medical center, grocery store, etc. Knowing that you will experience different languages, lifestyles, and cultures will prepare you to promote cultural awareness when it's appropriate. As a society, we have the ability to wake up every day and make a choice to facilitate a positive environment that ensures safety and acceptance.



Food and Nutrition

Hello Blueberries
Emily Christ, HHS Educator

This is the time of the year we begin to see blueberries pop up at our favorite local markets. During the summer, there is nothing quite like a big bowl of fresh fruit. In fact, blueberries alone pack many antioxidants making them one of the healthiest fruits to consume. They are also rich in vitamins such as vitamin C and vitamin K to help protect against damage to molecules and cells within the body.

Additionally, blueberries can be a great source for your daily magnesium and fiber intake. While being very low in calories, blueberries help promote bone strength and lower your risk of heart disease. Earlier studies discovered that blueberries (compared to other fruits) do not make your blood sugar spike which is especially important for individuals with health conditions such as insulin resistance.

While most of us can agree that sometimes eating plain fruits and vegetables can be boring, there are ways to spice up your blueberry recipes while still remaining healthy. If you are someone who purchases blueberries in large quantities, you can freeze them for later use. Recipes can range all the way from a blueberry smoothie to mixing them into your oatmeal or salads. Blueberries can be as versatile as you make them. You can enjoy what you are eating while consuming something nutritious for your body.



Financial Resource Management

Buy Now, Pay Later
Emily Christ, HHS Educator

During the COVID-19 pandemic, online shopping increased tremendously. Spending money became easier and easier, especially during a time when individuals were financially strapped. While buy now, pay later (BNPL) services have been offered for years, companies such as Klarna®, Afterpay®, and Affirm® offer zero-interest payment plans for many different partnering retailers. Usually, the payments are broken up into 4 even payments every week or every other week depending on the service. These services can be used anywhere from online clothing retailers to larger online purchases such as mattresses or furniture.

Over the years, many stores have adapted this purchasing tool to make shopping easier and more accessible to consumers. There are many stores where you can physically go in and use the BNPL service as a payment. Some of these stores include Finish Line®, Sephora®, Ulta®, Target®, etc. While this may seem like a great service to offer, it can be dangerous to people's long-term financial goals.

There are hidden risks to be aware of when using BNPL apps/services. It's important to know your financial situation and your management abilities to ensure the BNPL loan will be paid promptly. When using BNPL services, ask yourself if the purchase is absolutely necessary. Is buy now, pay later your only way to afford it? Are you completely certain you can make the payments on time?

In most cases, it is generally better to pay for a purchase in full and not have a loan following you, but if you need to use one of these services, be sure you are taking responsible steps and making payments on time.



Health & Wellness

Step Towards Better Mental Health
Emily Christ, HHS Educator

Mental health is complex and has a large influence on how we think, feel, and act during daily tasks. What many people don't know is that mental health also affects our ability to cope with stress, deal with challenges, and build relationships. Being emotionally and mentally healthy takes work which doesn't just happen overnight.

Having a solid foundation in your mental health doesn't mean that you never experience bad times or heavy emotions as these are all normal parts of life. Individuals who feel more mentally resilient have an easier time bouncing back from hardship, adversity, and trauma. Their resilience will help them be less afraid of new experiences or uncertainty. When a problem doesn't look easy to solve, they are able to take a step back and find a solution.

A major step towards improving your mental health is giving yourself the space you need to grow and incorporating self-care into your everyday life. This means taking time to do things that improve your physical and mental well-being. This could be taking a walk, prioritizing your sleep, or eating a regular meal. While these tasks may seem like normal every day activities, we often neglect these things when our mental health isn't being prioritized. The small acts you do every day can lead to an improvement in your mental health.

