



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*March/April 2024*

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## Letter from your County President

Spring Greetings Extension Homemakers

When you think of a Christmas tree, you are probably thinking of the tree that you decorate each November or December. But, did you know that there is another Christmas tree? This Christmas tree is used in drag racing.

This Christmas tree is an electronic lighting device that activates at the starting line. It activates a timer for each vehicle and stops when each vehicle crosses the finish line. It also measures the elapsed time (also known as e.t.) for performance evaluation. Here are some other basics that you need to know. First, staging. The racer rolls forward to the staging beams, after doing a burnout in the water box. (Believe me, some burnouts are better than others). Secondly, the racer must wait for the Christmas tree light to drop, then the racer can launch on the third yellow light. This is when the race becomes really exciting. The racer then races to the finish, accelerating down the track, aiming to the finish line. The only problem is that you must not go any faster than your e.t. (estimated time) to the finish line. If you do, you most likely will lose the race. There are some exceptions. If both racers go over their "e.t. time", then whoever is closest wins. The racer's reaction at the Christmas tree is also taken into consideration. Drag racing takes preparation of your car and your mental and physical abilities. I must say that watching my sons and grandchildren race has given me a greater appreciation for the sport. Each of us are given abilities that can serve us well, we just have to be willing to use those abilities. Are you using all the abilities that you have been given? Think about that if you are asked to serve as a County Officer or Committee Chair.

**Heritage Skills** will be March 2 from 9:00am to 3:00pm at the HFA Building. Please refer to the January/February Coffee Cup for more information about classes. Hurry because registrations are accepted through February 26. For questions, please contact Jenny Huffman at 574-370-0699.

**Spring District Meeting** will be March 6. Marshall County will be hosting this event. Registration was due to Lisa Stephens by February 14. Donations to Dustin's Place were due at the February council meeting. If you

have items that you would like to contribute, please contact Vickie Gortney at [vegortney@yahoo.com](mailto:vegortney@yahoo.com)

**March and April deadlines** are listed in the yearbook. Club information, program planning and volunteer hours are just to name a few. The **Committee Sign-Up sheet** is very important to the future of Extension Homemakers. Ask yourself, how can I contribute by serving on a committee? Try something new and sign up for a new committee. You just might be surprised how much you will learn and the new friendships you make along the way.

**Cultural Art Entries** due March 28. Remember your project(s) must be dropped off by 4 pm at the Extension Office **on or before** that date. The categories are quilts, needlework, crafts/miscellaneous, knitting/crocheting and the special category is a table runner (up to 18 inches wide, length is up to participant). For further information, please contact Jenny Huffman. I can't wait to see all the creative handiwork of our ladies!

**Achievement Night** will be April 16 at 6:00 pm. Plan to bring your favorite salad or dessert and enjoy a special evening with your homemaker friends. A very special thank you to our Achievement Night Committee and all the volunteers who are serving that evening. This is a special time for us to remember our accomplishments for this past year. Hope to see you there!

**Home and Family Conference** will be held June 10-12, 2024 at the Embassy Suites in Noblesville, Indiana. Make plans now to attend. The date for **Officers Training** will be June 13.

Have a blessed Easter!

Vickie Gortney, County President  
Elkhart County Extension Homemakers



## Mark Your Calendars

### March 2024

- |    |  |
|----|--|
| 1  | Homemaker of the Year Applications due in office                             |
| 1  | County Committee Sign-up Sheets due in office                                |
| 1  | Program Planning Suggestion Sheets due in office                             |
| 2  | Heritage Skills Workshop, HFA Bldg.  |
| 6  | IEHA Spring District Meeting   |
| 11 | County Officer Board Mtg, 4:30 pm, Ext. Office                               |
| 12 | VCS Sewing Day, 9 am—3 pm, HFA Building                                      |
| 15 | Club Volunteer Hours Sheet due to County Vice President                      |
| 21 | Educational Program—Dangers of Beauty Products, 1pm                          |
| 28 | Club President Council Mtg, 6:30 pm, Ext. Office (Cultural Arts Entries due) |

### April 2024

- |    |  |
|----|--|
| 1  | Point System Forms due in office               |
| 8  | County Officer Board Mtg, 4:30 pm, Ext. Office |
| 9  | VCS Sewing Day, 9 am—3 pm, HFA Building        |
| 16 | Achievement Night, ECCC                        |
| 18 | Educational Program—Cooking Small, 1pm         |



**March** — Tammy Bainter, Cinda Beggs, Bea Blosser, Marla Carlson, Carol Denton, Jan Ganger, Denise Goveia, Jo Harris, Ramona Huber, Sally Kyle, Kelly Lorenz, Peggy Malott, Luann Neff, Debra Parcell, Mary Shepard, Joy Von Blon, and Suzette Yurko

**April** — Cheryl Baker, Rebecca Buss, Shai Fields, Donna Greenawalt, Carol L. Kauffman, Amelia Marrufo, Brenda McCuddy, Elaine Miller, Susan Rowe, Doris Wall, Pauline Yoder, and Maryann Zerbe

## Extension Homemaker News

### Welcome New Members!

Stacy Parcell is a new member in the Friends and Neighbors club. She is from Millersburg, Indiana. Stacy has been a special education teacher for 8 ½ years. She has taught students in Kindergarten through fifth grade. Stacy is married to Jim who is a farmer. She has a daughter (15) and a son (6). The family likes to garden and make maple syrup together. Their children like to ride horses and care for their 70+ chickens. Stacy's hobby is gardening. She prefers indoor herb gardening since there are no weeds! Her family enjoys outdoor gardening so they can preserve and can food. She loves to kayak, hike, and camp. Stacy has been going on a sourdough journey and loves to make loaves and other sourdough recipes.

### Are we still making baby hats to donate to hospitals?

Why yes we are! So if you're looking for something to occupy your time, please join us. With the super cold weather, the babies need hats. We have yarn available at the Extension Office in the foyer. Help yourself or use what you have at home. Something soft is great. They can be knitted or crocheted. They say the size should be between an orange & a grapefruit. If you don't have either, these measurements should help. When the hat is folded flat it should measure 6 1/4"- 7 1/4" across the brim and from top to bottom 4 1/4"- 5 1/2" (for this measurement, error on side of longer, we don't want their ears uncovered) and it can be folded up. Please weave your ends in securely, so they can be washed and skip the pompoms as they come off too easily. Loomed hats are OK, but don't provide much warmth, although they are great fashion statements. When your hats are ready, drop them off at the Extension office or bring/send to council meetings. Also, when returning, please put your name and club in the bag with the hats, that way I know who is helping with this project. Thank you so much and stay warm. -Jenny Huffman, Busy Homemakers



## Achievement Night— Tuesday, April 16 at 6:00pm

Doors open at 5:30pm for club members to arrive. Please bring a salad or dessert to share. See you there!



### **Rex & Nancy Gleim Awarded a Sagamore of the Wabash**

Submitted by Michelle Blough

Here is a picture of the event on January 25 where Rex and Nancy Gleim were each awarded a Sagamore of the Wabash, the Governor's highest award. State Rep. Joanna King is in the middle and nominated them. Their son is on the left. Their grandson is on the right.



### **Cultural Arts Update**

On your 2023-24 Cultural Arts entry form, please update the Special Category specifications to say "Table Runner— up to 18 inches wide, length is up to participant".

### **Spring District Meeting**

The meeting will be held March 6th at the Pretty Lake Trinity United Methodist Church (8985 St. Rd. 17, Plymouth, IN 46553). We look forward to see those members who will be attending.

### **Club President Council Meeting Reminder—March 28th**

Current Club Presidents, we encourage you to personally invite your newly elected incoming President to this meeting. Cultural Arts projects need to be dropped off at the Extension Office before or on March 28th by 4:00pm.

### **Home & Family Conference**

Mark your calendars for June 10-12 for this year's Home & Family Conference at the Embassy Suites Conference Center in Noblesville, IN.

### **Quilt Gardens**

The Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fairgrounds. The Extension Homemakers have the responsibility of maintaining the garden (ex. pulling weeds) the 2nd and 4th weeks from June through September, preferable once earlier in the week and once on Thursday or Friday. No need to sign-up; just come when you can.

### **Green Earth Day**

Jan Robinson, the chairperson of the Fair's Green Earth Day committee, was a guest speaker at the February 22nd Club President Council Meeting. She explained the Green Day program at the Fair, which will be held on July 19, 2024 (the first Friday) from 9 a.m.-4 p.m. The day is an opportunity for groups and businesses in the community to share ways to be more environmentally responsible and sustainable.

Jan encouraged members and clubs to participate by creating an interactive and educational booth.

Individuals may enter the Up-Cycle/Recycle contest which promotes recycling and creative talents, and the Up-Cycled/Recycled Yard Art Contest. 4-H groups are eligible to enter the Scarecrow Contest.

There will also be a Recycle/Up-Cycled Craft Bazaar. Awards will be presented to the winners of the contests.

More detailed information and applications may be found on the



Elkhart County 4-H Fair website by searching for the Green Earth Day event. Jan Robinson may be contacted by emailing [elkhartcountygreen-fair@gmail.com](mailto:elkhartcountygreen-fair@gmail.com)

## EH Council Meeting Minutes—February 22, 2024

Submitted by Nancy Gleim, County Secretary

The meeting was called to order at 6:30pm by President Vickie Gortney. The Pledge of Allegiance was led by Maryann Zerbe, Four Seasons. Judy Teall, Homemakers of Today, led the Club Creed.

Louanne Gressman-Dunn shared the Positive Thought. In the days following COVID, Louanne began thanking all “service” people (waitresses, clerks, repair persons, etc.), any one choosing to serve the public and work, rather than sitting at home being unemployed. She shared some of the responses from those people which were indeed heartwarming.

The Roll Call was answered as to 'What fundraiser the clubs would prefer?' The Bakeless Bake Sale seemed to be the choice over selling mums and the leftover Home Extension shirts. Fourteen clubs responded.

The minutes were approved as read in the Coffee Cup. There will be hard copies of the minutes for anyone desiring them.

The Treasurer's Report was given by Lisa Stephens. The checkbook balance is \$11,820.39 and the savings account registers \$655.57. Eight clubs turned in Nickels/Coins of \$141.49. Ways to save money has been discussed by the Board. One suggestion was to pay the registration fees for District meetings for the Board members only and not for everyone attending from the county. A motion was made by Sharol Cloud to accept the Treasurer's Report. Jeannine Martin seconded it and the motion was passed.

Sharol Cloud asked that the Achievement Night Survey Questions be discussed at the next individual club meetings. The tallied results should be sent to Sharol. Copies should be made to hand out to club members at your meeting.

Louanne Gressman-Dunn referred to the proposed Constitutional Amendment. (Copies are in packet handouts for the evening.) Further action will be taken at the next meeting.

Green Day information was presented by Jan Robinson. Green Day is

the first Friday of the Elkhart County Fair, July 19, 2024 from 9:00am to 4:00pm. This is the 15th year for this important activity. It is a day to educate the public on area businesses, recycling, gardening, etc. They furnish 2 tables and 2 chairs for each booth. For complete information go to <https://www.4hfair.org/GreenDay>

### Committee Reports

- **Achievement Night**—Tuesday, April 16, 2024 at 6:30pm. Sharol Cloud reported that the committee has been actively working. Clubs are asked to fill out surveys at their next meeting and send the results to [sharolcloud@gmail.com](mailto:sharolcloud@gmail.com). This will enable the committee to make changes in the 2024-2025 Yearbook.
- **Auditing** - N/A
- **Camp ELKO** – N/A
- **Cultural Arts** – Jenny Huffman shared that Cultural Arts entries are due in the Extension Office no later than 4:00pm on March 28, 2024. The judging will take place that same evening at the Council Meeting. Everyone present will be able to vote on which 2 items will be sent to the State contest. These categories are Quilts, Knitting/Crocheting, Needlework, Crafts/Miscellaneous, and a special category of Table Runners. All items will be held until Achievement Night. Please plan on attending and helping us decide which items will go.
- **Fall Holiday Program** – Deb Pepple needs 6-8 people on the committee to carry-out the activities of the planning, etc.
- **Fashion Show** – Deb Pepple shared that the committee met via conference call on February 13. The theme this year will be “Sewing: A Timeless Tradition.” The stage will reflect a vintage era of sewing and vintage fabric. The setup for judging will be the same as last year. The sentence in the book that says “ribbons will be awarded” has been removed, since we have not given out ribbons for several years. First place winner will receive awards. Also, as a new addition this year, we decided to award a Grand Champion of the Fashion Show for the best overall entry. That person will be awarded a pair of engraved sewing shears donated by Stephanie Szabo of SEA Therapy. Fashion Show judging is Thursday, July 11 at 7:00pm. The Fashion Show will be Thursday night on July 18. The next meeting is

Saturday, March 16 at 4:00pm at Concord Mall Martin's Deli upstairs.

- **Heritage Skills**—9:00am to 3:00pm on March 2, 2024. Jenny Huffman shared we currently have 25 people registered. The Cork Treasure and Mega Bag classes were cancelled. All other classes still have openings except for the 2 cardmaking classes which are both full. Everyone who has registered will get a reminder card with place, time and supplies to bring.
- **Historian** – N/A. Deb Pepple will take pictures on Heritage Skills day.
- **Home and Family Arts** – The committee met on January 31, 2024 with 11 members present. The emphasis of the meeting was to prepare our fair book for printing. Department Chairs and assistants were updated as much as possible.
- **Home and Family Arts Fundraiser** – We are asking clubs to donate items that can be put together in a basket. Clubs could also put together a theme basket. If you have something to donate, please call Lisa Honey or a committee member by July 1, 2024, so that we have time to organize items in a timely manner for the Silent Auction.
- **Home & Family Arts Landscaping** - N/A
- **Nominating Committee** – Kathy Stoltzfus will have the slate available at the next meeting.
- **Volunteer Community Support** – Kris Peterson shared 35 children's blankets were given to CAPS. 419 baby hats were taken to Elkhart General Hospital in October. In November 8 baby blankets were given to First Light Mission, and in December 24 blankets were delivered to St. Paul's UMC closet. Guidance Ministries received 30 blankets and 27 pairs of mittens in January, and 40 more baby hats were taken to EGH in February. We are in need of ladies to tie knots in comforters, batting for inside blankets, sewers, pinner and fabric cutters. Thank you for considering this mission. Next meeting is Tuesday, March 12, 2024 from 9:00am to 3:00pm.
- **Yearbook** - Vickie Gortney gave a report. It was suggested by Kathy Stoltzfus to appoint a committee to work on the possible changes in activities and dates (point system, Achievement Night, etc.) so that these will be coordinated. Once you change one thing, everything

else is affected.

#### Dates to Remember

- Ruth B. Sayre Scholarship due March 2, 2024
- Career Advancement Scholarship due March 15, 2024
- Steps to Success Scholarship and Vocational & Technical Scholarship due May 1, 2024
- 2024-25 Club Officers Sheet due after February Club meeting
- HOY apps, County Committee Sign-up Sheets due, & Program Planning Suggestion Sheets due March 1, 2024
- Heritage Skills Day – March 2, 2024, 9:00am-3:00 pm
- County Officers Board Meeting – March 11, 2024 in Ext. Conference Room
- Sewing Day – Volunteer Community Support – March 12, 2024 in HFA Building
- 2023-2024 Cultural Arts Exhibit – due by 4:00pm on March 28, 2024 in Ext. Office
- Council Meeting – March 28 at 6:30pm in Ext. Conference Room

### Elkhart County 4-H Fair— July 19-July 27, 2024

**Hostessing and Craft Demos**—We need volunteers to help greet visitors and answer questions. We also need your crafting skills for demos. To schedule a time for Hostessing or Craft Demos, call the office at 574-533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu)

**Hostessing Schedule**—Two hostesses per time slot. Times are as follows:

- Opening shift (arrive 8:45 am) from 9am—11am
- 11 am to 1 pm
- 1 pm to 3 pm
- 3 pm to 5 pm
- 5 pm to 7 pm
- Closing shift from 7 pm to 9 pm

**Educational Booth**— If you have an idea for a booth, get with your club members and reserve your spot!

**Craft Demo Schedule**—Demonstrators are encouraged to participate in both shifts per day. Dates and times are as follows:

- Friday, July 19 — 1 to 3pm and 4 to 6pm
- Saturday, July 20 — 1 to 3pm and 4 to 6pm
- Sunday, July 21 — 1 to 3pm and 4 to 6pm
- Monday, July 22 — 1 to 3pm and 4 to 6pm
- Tuesday, July 23 — 1 to 3pm and 4 to 6pm

- Wednesday, July 24 — 1 to 3pm and 4 to 6pm
- Thursday, July 25 — 1 to 3pm and 4 to 6pm
- Friday, July 26 — 1 to 3pm and 4 to 6pm
- Saturday, July 27 — 1 to 3pm and 4 to 6pm

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

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Elkhart County IN  
Extension Homemakers

## Food and Nutrition

### Simple Swaps (Sugar & Snacks)

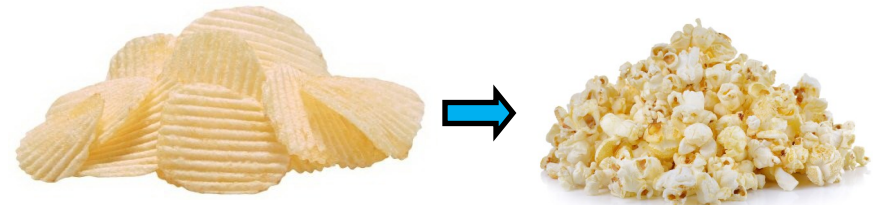
*Emily Christ, HHS Educator*

Healthy eating doesn't have to be an overwhelming task, and you don't need to make drastic changes overnight to improve your diet. Sometimes, the most effective way to cultivate a healthier lifestyle is by making small, manageable swaps in your daily eating habits.

One of the easiest swaps you can make is to choose whole grains over refined grains. Opt for whole-grain bread, pasta, and rice instead of their refined counterparts. Whole grains are rich in fiber and nutrients, which can help regulate blood sugar and keep you feeling full for longer. Fruit juices are often high in added sugars and lack the fiber and nutrients found in whole fruits. Instead of sipping on juice, reach for a piece of fresh fruit. Apples, bananas, and berries are convenient and delicious choices. Greek yogurt is packed with protein and has less sugar than regular yogurt. It's a simple switch that can make your morning meal or snack more satisfying and nutritious.

Another way to make healthy swaps is by choosing healthy fats like avocados, nuts, and olive oil over saturated fats found in butter and fatty cuts of meat. Healthy fats can help reduce your risk of heart disease and improve overall health.

The most important way to incorporate simple swaps is by snacking. It is a common source of extra calories and unhealthy ingredients. Instead of chips or sugary snacks, opt for healthier alternatives like air-popped popcorn, mixed nuts, or veggie sticks with hummus. Being prepared is key to making healthy swaps. Plan your meals and snacks ahead of time and stock your kitchen with nutritious options. When you have healthy foods readily available, you're more likely to make better choices.



## Health & Wellness

### Bye-Bye Blue Dye #1 Emily Christ, HHS Educator

Blue dye, a commonly used food and cosmetic additive, has become a ubiquitous presence in our daily lives. From vibrant candies to toothpaste, blue dye is used to enhance the appearance of various products. However, what many people may not realize is that the brilliant blue hue in their favorite snacks and personal care items can come at a cost to their health.

The vibrant blue color in many products is achieved through synthetic food dyes such as Brilliant Blue, Indigo Carmine, and Blue No. 1. These synthetic dyes are derived from petrochemicals, and their chemical structures are far from natural. The body may struggle to metabolize and eliminate these substances properly. One of the most concerning aspects of blue dye is its potential to cause hyperactivity and behavioral issues in children. Several studies have suggested a connection between artificial food colorings including blue dye and an increased risk of attention deficit hyperactivity disorder (ADHD) symptoms in kids. While the evidence is not conclusive, the possibility is alarming.

In some regions, the regulation of food additives including blue dyes may be lax or outdated. This can make it challenging for consumers to know exactly what they are consuming and the potential health risks associated with these additives. Whether it's allergic reactions, behavioral issues in children, or the use of synthetic chemicals, blue dye raises legitimate concerns. As consumers, it's crucial to be aware of the ingredients in the products we use and demand transparency from manufacturers. Opting for products with natural colorings or those that are free of synthetic blue dye may be a safer and healthier choice for you and your family. Your health should always be a top priority when making purchasing decisions.



## Family Resource Management

### Tips for Financial Success Emily Christ, HHS Educator

In a world filled with financial complexities and uncertainties, achieving financial success can seem like a distant dream for many. However, with the right mindset, strategies, and determination, this dream can become a reality.

The first step toward financial success is setting clear and achievable financial objectives. Whether it's saving for retirement, buying a home, or becoming debt-free, having well-defined goals gives you a roadmap to follow. These goals should be specific, measurable, and time-bound, creating a sense of purpose and motivation.



The second step is creating a budget. It helps you understand your income, expenses, and savings potential. A well-crafted budget ensures that you live within your means, avoid unnecessary debt, and have a clear understanding of where your money is going.

The third step is building an emergency fund. Life is unpredictable and unexpected financial challenges can arise at any time. Building an emergency fund equivalent to three to six months of living expenses acts as a safety net. It ensures that you can tackle unexpected financial setbacks without resorting to debt or depleting your savings.

The last step is to decrease high-interest debts. Focus on paying down debts such as credit card balances and personal loans, as the interest on these debts can erode your financial well-being over time. Reducing debt liberates more of your income for saving and investing. Stay patient, adaptable, and committed to your financial plan and remember that success is a result of consistent effort and smart choices over time. Financial success is within reach; it's up to you to take the first step on this path to financial freedom.