



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



May/June 2024

In This Issue:

- Letter from your County President—pg. 2
- Mark Your Calendars—pg. 3
- Extension Homemakers News—pgs. 4-11
- Family Resource Management—pg. 12
- Health & Wellness —pg. 13
- Food & Nutrition—pg. 14
- Human Development—pg. 15

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its education programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action Institution. This material may be available in alternative formats.



Letter from Your County President

Greetings Extension Homemakers,

When I entered the ECCC building and saw all the decorations, I was so very proud and thankful for all of the ladies who brought my theme to fruition. The salads and desserts that you brought for that evening were enjoyed tremendously by our guests (as well as all of us). When special recognition was given to various members and club tenure, Peg Peter said, "I can't believe that you have a club that is 95 years old." Dave Peter (Peg's husband) enjoyed our theme and expressed how much he and Peg enjoyed drag racing. Our guests from Delaware County (Treena Smith and Donna Pugsley) enjoyed the dinner blessing, the Cultural Arts exhibits and the entire evening celebration. Several of our board members will be attending Delaware County's Achievement Night in the very near future. Elkhart County Extension Homemakers, you made quite an impression that evening. You should be very proud of all your achievements.

The IEHA State Conference will be June 10-12. We have eight ladies attending from Elkhart County. There will be breakout sessions, crafts, heritage skills, games and delicious meals. Our own Deb Pepple will be teaching a class in Iris Paper Folding. If you have never attended, please consider going next year.

The 2024 Elkhart County 4-H Fair, "A Timeless Tradition" is quickly approaching. The dates for the fair are July 19-27. We still need volunteers before, during and after the fair. Please contact Deb George or the Extension Office, if you can help out. Remember to come to the first Friday of the fair to support our Extension Homemaker senior queen candidate, Nancy Gleim.

Green Day at the fair will be the first Friday, July 19. Crystal Marrufo (New Moon Crew) still needs volunteers, craft materials and supplies. For more information, please contact Crystal at (574) 606-0710 or email her at crystalmarrufo@outlook.com

Important calendar dates to remember - The County Officers Board Meeting will meet June 3 at 4:30pm at Deb Pepple's home. (Note: This date had to be changed due to HFA Conference). Officers Training will be June 13 at 6:30pm at the HFA building. Committee Chair Training will be on June 20 at 6:30pm at the Extension Office. If you are a club officer or are serving as County Committee Chair, please plan to attend. There will be new material to go over and revisions to printed material, as well.

Well ladies, our race to the finish is almost complete and we have indeed used teamwork from the start. Remember to enjoy your summer with your family and friends. It has been my pleasure and privilege to serve as your county president this past year.

Blessings,
Vickie Gortney, County President
Elkhart County Extension Homemakers

Mark Your Calendars

May 2024

13	County Officer Board Mtg, 4:30 pm, Ext. Office
14	VCS Sewing Day, 9 am—3 pm, Ext. Office
27	Memorial Day—Office Closed

June 2024

1	Club Dues to County Treasurer
3	County Officer Board Mtg, 4:30 pm, Ext. Office
10-12	Home & Family Conference, Noblesville, IN
13	Officer's Training
20	County Committee Chair Training

Looking ahead...

July 11	Fashion Show Judging—7 pm, HFA Bldg.
July 15	HFA General Entries Check-in—11 am-7 pm, HFA Bldg.
July 18	HFA Baking and Cake Decorating Entries Check-in - 7:30-11 am, HFA Bldg.
July 18	Open House and Fashion Show— 7:30 pm, HFA Bldg.
July 19-27	Elkhart County 4-H Fair
July 28-29	Home & Family Arts Exhibit Release

Happy Birthday!

May—Michelle Dupin, Barbara Fougousse, Jenny Huffman, Ruth Hupp, Jeanne Raska, Rae Rolston, Alesia Stees, Mary Lou Stine, Stephanie Szabo, and Judy Taylor

June—Joellen Allison, Kathleen Alonzo, Evelyn Buss, Jane Detweiler, Alicia Dirmyer, Marelda Doss, Sandy Farrell, Susan Garberick, Deb George, Mary Herschberger, Donna Hibsichman, Kristine Hochstetler, Karen Honderich, Teresa Mack, Jeannine Martin, Shannan Martin, Linda Nicolai, Stacy Joy Parcell, Georgiana Rhodes, Julie Schrock, Lisa Stephens, and Janet Yoder



Extension Homemaker News

Welcome New Members!

Sherrie Stutz is the newest member of Homemakers of Today Club. She has lived in Middlebury for her entire life. Everybody in Middlebury knows the Stutz family since the family has owned a plumbing and heating store. Sherrie's hobbies include anything to do with crafts.

Carolyn Troyer is the newest member of Homemakers of Today Club. She is originally from Chicago, and moved to Mishawaka at the age of 2. She moved to the Middlebury area at age 14. She has been to Arizona, Texas, California, and Oregon. Carolyn has four sons who all live in the Bristol and Elkhart areas. She once met John Wayne in Arizona and became so star struck that she couldn't even say his name so he said, "Yeah, I am John Wayne." Carolyn's hobbies include knitting, crocheting, and sewing many things such as Barbie clothes and more.

Angela Gwinn is the newest member of Creative Homemakers. She was born in Mishawaka, but has lived in Jimtown for most of her life. Angela has been married to her husband, Jason, for 11 years this November. She has a 10 year old son, Nicolas, and a 17 year old stepdaughter. Both children attend schools in Jimtown. Angela's hobbies include cooking and baking. She enjoys spending time with her kids and going to their sporting events, such as JYFI football games and JHS football and boys basketball games since her stepdaughter is a cheerleader.

Save-the-Date for Camp Elko Retreat!

Mon., Sept. 9—Tues., Sept., 10 at Camp Alexander Mack in Milford, IN. Come join us for 2 days of... **REST** (No cooking, cleaning or laundry), **RELAXATION** (you can work on your handicraft of needlepoint projects), and **REFRESHMENT** (body & mind and lots of good food!). There will be educational lessons, games, a funny shirt parade, crafts, music, and more! With a theme like "Make Me Laugh", you're bound to have a great time! More information to come! Questions? Call Tena Jakubowicz at 574-825-9901.

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 every other week of maintaining the garden. This means we need to pull the weeds, sometimes trim the parsley, and just do general maintenance. The weeks we have the responsibility are the 2nd and 4th weeks from June through

September. The days can vary but we need to make sure one of the visits is Thursday or Friday so it is nice for the weekend, and the other is earlier in the week. No need to sign-up, just come when you can.

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

Hostessing and Craft & Needlework Demos—We need volunteers to help greet visitors/answer questions and demonstrate their crafting/needlework skills. To schedule a time to Hostessing or Craft & Needlework Demo., email fink24@purdue.edu or call the office at 574-533-0554

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 with Deb Pepple or Lisa Stephens.

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

- Friday, July 21 — 1 to 3pm and 4 to 6pm
- Saturday, July 22 — 1 to 3pm and 4 to 6pm
- Sunday, July 23 — 1 to 3pm and 4 to 6pm
- Monday, July 24 — 1 to 3pm and 4 to 6pm
- Tuesday, July 25 — 1 to 3pm and 4 to 6pm
- Wednesday, July 26 — 1 to 3pm and 4 to 6pm
- Thursday, July 27 — 1 to 3pm and 4 to 6pm
- Friday, July 28 — 1 to 3pm and 4 to 6pm
- Saturday, July 29 — 1 to 3pm and 4 to 6pm



Council Meeting Minutes

March 28, 2024

Submitted by Nancy Gleim, County Secretary

The meeting was called to order by President Vickie Gortney at 6:30 p.m. The Pledge of Allegiance was led by Donna Hibschan, Hex Rural, and the Club Creed was led by Jeannine Martin, Jefferson. Kim McCreary, Modern Homemakers, read the Optimist Creed for the positive thought.

The roll call, "How many from your club will be attending Achievement Night," was answered by 20 clubs. There was an estimated 110 people that will be coming. Minutes of the last two Council meetings were handed out by Secretary Nancy Gleim. There were no additions or corrections made to the minutes. They were approved as presented.

Lisa Stephens, Treasurer, reported the checkbook balance for the month was \$11,503.10. The savings account \$650.60. Because of declining membership, our budget has reason for concern. New Moon Crew reported that they had seven new members, so they are doing their part in increasing membership in the organization.

The Green Membership Forms can be turned in at Officers Training in June. Vickie also referred to the addition of all Extension Homemakers names and e-mails to our new Yearbook. This will save money in postage. Dues continue to be due June 1.

Vickie Gortney reported on the survey among clubs in reference to a money maker. It was unanimous to have a bakeless bake sale. The officers will work out the details for this event.

The Constitution results were reviewed by Louanne Gressman-Dunn, Vice President. The motion to have the Treasurer's term 2 years and the Assistant Treasurer's term 2 years was defeated. Therefore, the position stays the same. The term of Treasurer will remain 1 year, and the term for Assistant Treasurer will also remain 1 year.

The Slate of Officers for 2024-25 were announced by Kathy Stoltzfus. It reads as follows:

County Officers

Vice President—Lisa Stephens, Clinton Clique

Secretary—Stephanie Szabo, Creative Homemakers

Asst. Treasurer—Becky Carrington, Creative Circle

Home & Family Arts

Asst. Treasurer '25 - JoAnne Graber, Four Seasons

Asst. Director '25/Director '26—Lisa Honey, Clinton Clique

Asst. Director '26/Dir. '27— Stephanie Szabo, Creative Homemakers

Deb Pepple made a motion to accept the slate as presented. Sherry Weaver seconded the motion, and the motion was carried.

Green Day at the fair will have craft demonstrations as reported by Crystal Marrufo, New Moon Crew.

Committee Reports

Auditing—No report

Achievement Night—Sharol Cloud, Homemakers of Today reported the committee met Feb. 29 to finalize the details for the event and who will accomplish the task. This event will begin at 6p.m. on April 16. Doors will open at 5p.m. Members are asked to bring a salad or dessert to share.

Camp ELKO—No report

Cultural Arts & Heritage Skills—Members of the Council voted on the projects submitted. The voting included 5 categories: Knitting & Crocheting, Needlework, Quilts, and the special item of Table Runners. Jenny Huffman, Busy Homemakers, was in charge of the preliminary and final votes. All items will be held until Achievement Night for display and awards. Two items, the winner from the first 4 categories and the table runner winner, will go to the State Home & Family Conference. Heritage Skills was held on March 2, 2024. There were 27 participants, who took 32 classes. A profit of \$230.00 was made.

Fall Holiday Program—Sherry Weaver is seeking more helpers as they begin planning for the program in August.

Fashion Show—Patty Janowski, Creative Homemakers shared they met at Martin's Concord Deli, March 16 at 4:00 p.m. Jenn gave them letters to give to different sponsors. Patty and Michael Janowski will be working on set design. Kris Peterson has fabric available for decorating. Stephanie will be writing the outfit descriptions. Patty will serve as the announcer and will secure the judge for the Fashion Show. We also need a "Quiet, Please!" sign, so that people will be quiet during the show and respect the people modeling their garments and the announcer who is reading the script. The next meeting will be May 18 at Concord Martin's Deli upstairs at 10:00 a.m.

Historian—Cansie Witcher is seeking to form a Historian Committee.

Home & Family Arts—Deb George, Hex Rural, met with the Committee March 26 with 15 members present. Deb provided a mock-up copy of the Open Class booklet for the members to look over and provide input and corrections before she turned it over to Jenn to print and send out. Those booklets should be out in April.

Clubs wanting to do an educational booth at the fair should contact Deb Pepple or Lisa Stephens. There will be a \$20 prize for the winning booth.

We are still in the process of obtaining judges. The Fair Board is still providing ribbons this year, so we may be close to meeting our budget. The entry fee has been raised to \$2.00 per entry. If a person wants 5 daily passes, they will need to pay \$40.00 for unlimited entries and the 5 passes. We are not allowed to undercut the fair's presale prices.

Judging of our landscaping outside the HFA building is May 1, 2024. There will be a work day April 23, 2024 at 11:00, basically, to just clear away debris, etc. The next meeting is April 23 at 1:30 p.m. to learn more about guidelines for pass distribution/tickets and training for people to input information into the computer on entry days.

Home & Family Arts Fundraising—Lisa Honey, Clinton Clique

Home & Family Arts Landscaping—Covered above

Nominating—Kathy Stoltzfus, Creative Circle, presented the 2024-2025 Officers' Ballot (See pg. 6-7). A motion was made to accept the Slate of Officers. It was seconded and passed unanimously.

Volunteer Community Support—In Kris Peterson's absence it was reported that 10 blankets and 28 mittens were given to First Light Mission, 4 baby blankets to Baby's Basic Needs in Middlebury and 13 blankets to First Light Mission. We have dozens of blankets that need knotted before they can be delivered. If you'd like to do this individually or with a group, contact Kris at 574-238-2065. We will meet April 9 for our last sewing day in the Home and Family Arts building. May's session will be in the Extension office. We will not meet again until September.

Yearbook— Vickie Gortney, Four Seasons reported the Committee met Feb. 14, 2024 at 4:30pm at Culver's Restaurant, South. Each of the four committee members volunteered for one of the 4 categories for the upcoming yearbook. They are as follows: (1) Evelyn Buss, Roll Call, (2) Donna Hibschan, Positive Thought, (3) Teresa Mack, Helpful Hints, and Vickie Gortney will do the Song of the Month. The upcoming info will be sent to Jenn Fink by March 28. Our next meeting will be April 11 at 4:30 pm at Culver's South. We will review new material at that time.

Survey Results were shared by Sharol Cloud. The primary changes that were desired by the County Extension Homemakers Membership were as follows:

- There will be 1 category for Homemaker of the Year.
- Achievement Night will remain as is with a salad & dessert buffet provided by members attending. It will, however, be a Fall event in 2025.
- Certificates will not be printed for all categories.
- Certificates will be printed only for special categories: 25 years of service, 50 years of service, bronze/silver/ & gold outstanding clubs
- The point system should be continued.

Upcoming Events

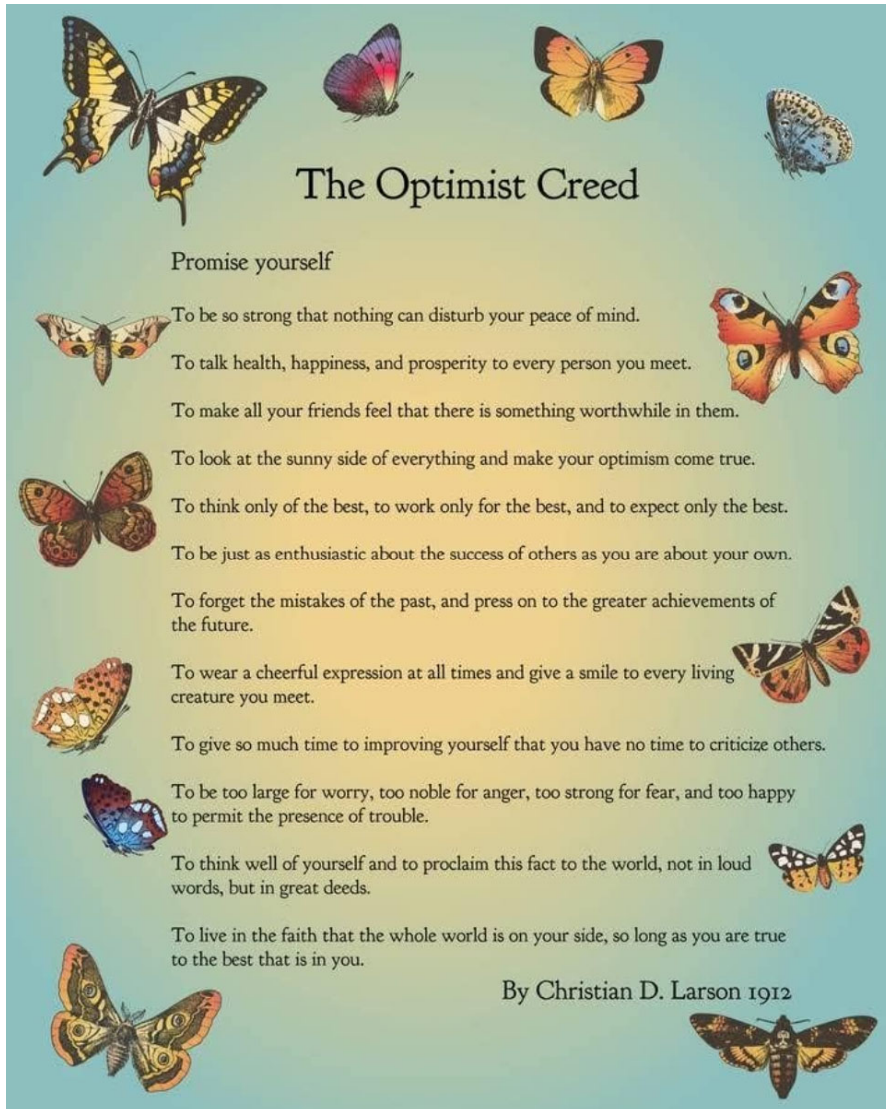
- **Achievement Night**—April 16, 2024 at 6:00pm
- **Home & Family Conference**—June 10-12 at Embassy Suites by Hilton & Conference Center, 13700 Conference Center Dr. South, Noblesville, IN 46060, 317-674-1900. Cutoff date to make reservations in the block is May 10th. Use Group Code: IEH

Achievement Night Survey Results

Below are the survey results related to Achievement Night and the Point System. These will be reviewed by board.

1. Would you like 1 or 2 Homemaker of Year winners?
29 in favor of 2
28 in favor for 1
5 no comment
2. Would you pay for catered meal?
5 in favor
32 opposed
4 no comment
3. Would you like Achievement Night to just have dessert?
28 in favor
38 opposed
8 no comment
4. Do we need certificates printed for all?
24 in favor
31 opposed
1 no comment
5. Should we print certificates for special categories only?
58 in favor
3 opposed
1 no comment
6. Should we continue the point system?
35 in favor
22 opposed
4 no comment
7. Should there be changes to the point system?
43 in favor
14 opposed
8 no comment

8. Should the point system coordinate with the club year of July 1st to June 30th?
 54 in favor
 5 opposed
 5 no comment
9. Should Achievement Night be changed to September if the point system goes with club year?
 52 in favor
 8 opposed
 4 no comment



Achievement Night

Submitted by Sharol Cloud

Achievement Night was a winning success getting the checkered flag to honor Vickie, our County President and all the ladies of the board, chairpersons, cultural arts winners, distinguished members and clubs.

Peg Peter, our State President and her husband David came to enjoy our evening and Peg installed our 2024-2025 new board members. Louanne Gressman-Dunn, our incoming president gave us an insight to her goals, to be open minded and be willing and ready for change to grow our clubs. Her theme is "All growth produces change. Often change produces growth".

Club of the year went to Homemakers of Today. Eight new members joined our clubs this past year. Outstanding members Nancy Hawkins and Sharon Lemmon were honored as 60 year members. Sandy Bartoe, Jane Detweiler, and Jan Fribley celebrated 55 years. Paula Adams, Rebecca Buss, Shielda Collins, Phyllis Kehr, Barbara Ogle, and Rae Rolston achieved 25 years.

Club tenure awards were as follows: 40 years—Bound 4-Knowledge, 45 years—Creative Homemakers, 70 years—Clinton Clique and Modern Homemakers, and Hex Rural for 95 years!

Our Homemakers of the Year are Tammy Bainter (Intermediate) and Karen Meade (Senior) who will represent all of us during the fair. Congratulations ladies!

Remember next year since we changed to a July 1 through June 30 club year, our Achievement Night will be celebrated September 16 at 6pm. Thanks to everyone for an outstanding year!



Family Resource Management

Financial Freedom

Emily Christ, HHS Educator

Financial freedom, often referred to as financial independence, means having the resources and means to live life on your terms without being constrained by financial worries. It doesn't necessarily mean being extravagantly wealthy but rather having control over your financial situation and the freedom to make choices based on your values and desires. Financial freedom begins with setting clear and achievable financial goals. These goals might include paying off debt, building an emergency fund, saving for retirement, or even pursuing a passion like starting a business or traveling the world. Having specific, measurable, and time-bound objectives keeps you motivated and focused.

The first step of financial freedom is living within or below your means. Cutting unnecessary expenses and focusing on what truly matters to you allows you to save and invest more of your income. While reducing expenses is essential, don't forget to explore opportunities to increase your income. Look for career advancements, side hustles, or investments that can boost your earnings and accelerate your journey to financial freedom. Financial freedom doesn't mean sacrificing all of life's pleasures today to save for tomorrow. It's about striking a balance between living well in the present and securing your financial future.



Financial freedom is attainable with careful planning, discipline, and dedication to your financial goals. It's a journey that takes time and effort, but the rewards are immense. By setting clear goals, managing your finances wisely, and investing in your financial knowledge, you can work toward achieving financial freedom and the ability to live life on your own terms. Remember that it's not just about wealth; it's about having the freedom to make choices that align with your values and aspirations.

Health & Wellness

Building Boundaries

Emily Christ, HHS Educator

Setting healthy boundaries is an essential part of maintaining our physical and emotional well-being. Boundaries are like invisible lines that define our personal space, rights, and limits. They help us navigate relationships, work, and life in general.

Boundaries are not barriers meant to isolate us from others. Instead, they are guidelines for how we want to be treated and what we consider acceptable behavior in different situations. Healthy boundaries respect your needs and feelings while also acknowledging the needs and feelings of others. Setting boundaries is an act of self-care. It means recognizing when you need time, space, or solitude to recharge.

In fact, setting boundaries is crucial for any relationship. They help establish mutual respect, open communication, and trust. Healthy boundaries ensure that both you and the people around you feel comfortable and understood. By clearly defining what you can and cannot take on, you avoid overextending yourself and the accompanying stress that often follows. It can also help you manage and even prevent issues like anxiety and depression.

To incorporate healthy boundaries, recognize what you need in different areas of your life, whether it's personal space, time for self-reflection, or protection from excessive demands. Express your boundaries assertively but kindly. Use "I" statements to convey your feelings and needs without blaming. Be in tune with your emotions and feelings. This will help you recognize when your boundaries are being crossed and act accordingly. Boundaries lose their effectiveness if they are not consistently enforced.

Be firm in your decisions to protect your well-being. Healthy boundaries are the cornerstone of a balanced and fulfilling life. They empower us to protect our well-being, maintain positive relationships, and create a healthy environment in both our personal and professional lives. Learning to set boundaries is a process that requires self-awareness, practice, and persistence.

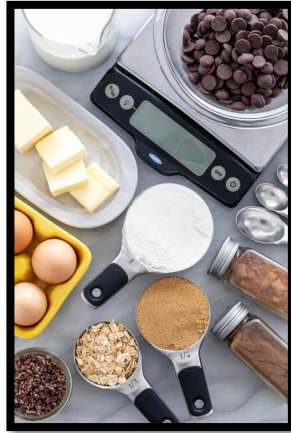
Food and Nutrition

How to Cut a Recipe in Half

Emily Christ, HHS Educator

Cooking for a smaller household or just want to enjoy your favorite dishes without an abundance of leftovers? Learning how to cut a recipe in half is a valuable skill that can help you reduce food waste and simplify your meal preparation.

Start with accurate measurements. Using a digital kitchen scale is a precise way to measure ingredients. If you don't have a scale, consider investing in a set of dry and liquid measuring cups for a consistent outcome. Begin by carefully reading the entire recipe. Analyze it to understand which ingredients and steps can be easily halved. Some ingredients, like eggs, may require a bit of math since you can't halve them precisely. Maintain the proper ingredient proportions. For example, if a recipe calls for 2 cups of flour and 1 cup of sugar, when halving, use 1 cup of flour and half a cup of sugar. This ensures the flavor and texture remain balanced.



In some cases, you may need to adjust the cooking or baking time when halving a recipe. For example, if a dish typically bakes for 40 minutes, start checking it around the 20-minute mark to avoid overcooking. Feel free to experiment and tweak your halved recipes. Taste as you go and adjust seasonings, spices, or other ingredients to suit your preferences.

Remember, cooking is an art and personalization is part of the fun. Successfully halving recipes may take some practice. Don't be discouraged if the first attempt doesn't turn out exactly as you hoped. With time, you'll become more adept at reducing recipes to your desired portion size. With a bit of patience, practice, and attention to detail, you'll be able to create delicious, perfectly portioned dishes that suit your smaller household.

Human Development

Becoming Mentally Resilient

Emily Christ, HHS Educator

Life is full of ups and downs, and our mental resilience (the ability to bounce back from adversity) plays a crucial role in how we navigate those challenges. Developing mental resilience is like strengthening a muscle that helps you face life's hardships with courage and adaptability.

Start by embracing a growth mindset. A growth mindset is the belief that your abilities and intelligence can be developed with effort and learning. By adopting this perspective, you'll be more inclined to see challenges as opportunities for growth rather than threats. Embrace challenges as chances to learn and improve. Remember setbacks are not failures but stepping stones to success.

Know yourself and your emotional responses. Self-awareness is the foundation of mental resilience. Pay attention to your thoughts and feelings and understand how they influence your behavior. When you can identify your reactions to stress, you can work on managing them effectively.

Mentally resilient individuals don't just react to problems; they actively seek solutions. Develop strong problem-solving skills by breaking issues into manageable steps, brainstorming solutions, and taking action to address them. This proactive approach can help you regain a sense of control.

Set achievable, realistic goals. Unrealistic expectations can lead to disappointment and frustration. Break larger objectives into smaller, manageable steps, and celebrate your progress along the way. Small victories build confidence and resilience.

Resilience doesn't mean suppressing or avoiding negative emotions; it means learning to manage them effectively. Adopt healthy coping strategies such as regular exercise, mindfulness meditation, deep breathing, or creative outlets. These techniques can help you reduce stress and stay balanced in challenging situations. Mental resilience is not about avoiding challenges but about learning to navigate them with grace and determination. Be kind to yourself when things don't go as planned and remember that each setback is an opportunity to learn and grow.