



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



*September/October
2024*

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Letter From Your County President

Hello ladies,

In my last letter I promised to do some marketing research at the Fair and report back on this issue. I was in the Home and Family Arts building all but two days of the fair. I spoke with many women while I was there, including a lot of younger women. (At my age almost everyone seems younger!)

It was more difficult than I anticipated to ask the question “What could Extension Homemakers be doing to make you feel it is worth your time and effort to be involved?” The most frequent response was “I don’t have time” which typically ended the conversation. Another frequent response was “What’s that?” That gave me an opportunity to share a lot of information about club. It also tells me that not enough people know about us. Nevertheless, I did have many great conversations every day.

I would like to take this opportunity to share some exciting news. Back at Achievement Night in April, I presented the idea of starting new clubs as a way of growing our organization. At the time, my goal was to possibly start 1 or 2 clubs over the course of the year. By the beginning of Fair week three women had shared with me their intent to begin new clubs: Brenda Mestach is starting a new general interest club in the Wakarusa area, Jenny Huffman is starting a new special interest club on Book Alteration, and Sherry Weaver is starting a new special interest club on Scrapbooking. In addition, since Fair I have spoken with a younger woman, new to Extension Homemakers, with 4-H experience, who intends to start a new general interest club in the Dunlap area. She has already recruited about 20 women to join her effort! She is sure to be successful.

I would like each new club to have two existing members as mentors.” If you would like to help with one of these clubs, please let me know or you may directly contact the women mentioned.

We also had a significant number of women express an interest joining already existing clubs. You may see one of them in your club someday.

From where you are Elkhart County Extension Homemakers may look pretty much the same, but we are starting to grow!

Let’s grow together!

Louanne Gressman-Dunn
County President and Membership Chair
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

September 2024

- 9-10 **Camp ELKO Retreat**
- 10 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 16 **County Officers Board Meeting**, Ext. Office—4:30pm

October 2024

- 8 **VCS Sewing Day**, HFA Bldg.—9 am to 3 pm
- 14 **County Officers Board Meeting**, Ext. Office—4:30pm
- 16 **Fall Michigan City District Meeting** (Porter County)
- 17 **EH Lesson: “Move Your Body with Chair-based Exercise”** (1pm & 6pm, both in-person)
- 21-26 **IEHA Week**
- 24 **Council Meeting**, Ext. Office—6:30pm
- 26 **Fall Holiday Program**, HFA Bldg., - 9 am to Noon
- 26 **IEHA Make a Difference Day**



September— Barbara Bender, Michelle Blough, Jen Chupp, Phyllis Cooper, Janet Gardner, Nancy Gleim, Vickie Gortney, Charlene Hay, Carol S. Kauffman, Crystal Marrufo, Barbara Ogle, Deb Pepple, Marilyn Potthast, Norma Schrock, Nikki Stump, and Margaret Weybright

October— Kathy Graber, Nancy Hawkins, Karen Hershberger, Judy Hickman, Tena Jakubowicz, Kathy Overholt, Marlys Prough, Diana Rohrer, Janet Ryman, Ruby Snyder, and Sherry Weaver

Extension Homemaker News

Forms Due to Extension Office

The following clubs need to submit their enrollment forms to the Ext. Office: Creative Circle (all members); Creative Homemakers (6 members); Hex Rural (2 members); Mailbox Members (2 members); New Moon Crew (all members); Pie Gabba Sew (Honor Club) (2 members); and York Homemakers (all members). Clubs that still need to submit their sign-up sheet for lessons are: Bound-4-Knowledge, Clinton Clique, Creative Homemakers, Jefferson, and New Moon Crew.

A Note from County President Louanne Gressman-Dunn

In the last edition, I mistakenly reported that the York Homemakers Club had donated 50 quilts to Ribbon of Hope. I should have reported that they had donated 150 quilts. In addition, they found over 40 more quilts they had stored and donated them as well. That makes nearly 200 quilts that the York Club donated to Ribbon of Hope! Great job, York ladies. I am sorry for my error and apologize.

New EH Treasurer Email

The current County Treasurer can be contacted through a generic email that will be passed on to future County Treasurers. It is: ECE-HTreasurer@outlook.com It is not case-sensitive.

Possible County Chorus Opportunity

We are hearing of interest in forming a vocal chorus (choir) in our county. There are many possibilities for performing in our communities and we would like to hear feedback from our members. Times and a place to rehearse will be decided after we assess the interest. This singing group would be open to all current members, anyone in our community, regardless of gender, non-members, and would include a variety of music. If you are interested, please contact Brenda Mestach at tbmestach@gmail.com or 574-612-2449.

2024-25 Yearbook Updates

Please make the following updates in your 2024-25 Yearbook:

- **Pg. 14 & 43**— April 24, 2025 Council Meeting will be held in the HFA Building.
- **Pg. 19**—Add the following people to the HFA Committee:

| | |
|--------------------|--|
| Debbie George (HR) | 574-536-2325 / 574-862-2660 |
| | bellyacres70@yahoo.com |
| Ramona Huber (BH) | 574-536-1006 |
| | rhub2@earthlink.net |

Fair News/Home & Family Arts Results

Fashion Show Highlights

Fourteen local seamstresses entered into the Fashion Show. The 1st place winners of each category are Aprons: Sandy Bartoe; Coats or Suits: Jeannette Collins; Dresses: Louanne Gressman-Dunn; My Choice: Louanne Gressman-Dunn; Other – Embellished: Janis Engle; Sewing for Others (infant to 5): Karen Meade; Sewing for Others (ages 6 to 12): Edna VanDiepenbos; Sewing for Others (ages 13 to 17): Janis Engle; Sewing for Others (adult): May Beane; and Bridesmaids or Formals: Karen Meade.

2024 Open Class Results

Over 300 exhibitors entered into the Open Class contests. Congrats to our Grand Champions: Antiques: Barbara Brown, Elkhart; Aprons: Sharol Cloud, Bristol; Creative Arts: Emily Thomas, Elkhart; Culinary Arts – Baking: Linda Nicolai, Syracuse; Cul. Arts – Cake Decorating – Cakes: Amber Schlundt, Goshen; Cul. Arts – Food Pres., Canning: Fancheon Resler, Albion; Culinary Arts – Food Pres., Misc.: Fancheon Resler, Albion; Handicrafts: Fiona Denham, Goshen; Holiday Handicrafts & Paper Art: Anita Gorden, Elkhart; Needlework: Penny Conover, Elkhart; Photography: Tiffanee Gwaltney, Goshen; Quilts – Individual: Terry McCaskey, Elkhart; Quilts - Group: Denise Sanders, Elkhart; Sewing (Wearable): Elaine Egging, Nappanee; Sewing (Non-wearable): Anita Gorden, Elkhart; and Overall Grand Champion: Emily Thomas, Elkhart.

The Special Contest winners are: President's Baked Item: Fancheon Resler, Albion; Fresh Salsa: Maggie Seeck, Nappanee; Dairy Delicious: Karen Meade, Goshen; Fastest Fingers: Kay Stewart, Elkhart; Year of the Squash: Cheryl Baker, Middlebury; Longest Apple Peel: Patricia Hochstetler, Goshen; Annual Senior Citizen's Cookies: Lisa Giddens, Carolyn Riddle, and Cheryl Baker; Charcuterie Board: Heidi Wachowicz, Granger; Unique Birdhouse: Dennis Hahn, Goshen; Bursting with Blueberries: Karen Meade, Goshen; Best of Michiana Ribs: Randy & Elaine Robbins, Cassopolis, MI; Ice Cream Crank-Off: Karen Meade, Goshen; Byler Lienhart Cook Off:

- ⇒ Pork-Cut: Mark, Neil, & Justin Slabaugh, Goshen
- ⇒ Pork-Ground: Mark, Neil, & Justin Slabaugh, Goshen
- ⇒ Beef-Cut: Chuck Robbins, Goshen
- ⇒ Beef-Ground: Mark, Neil & Justin Slabaugh, Goshen
- ⇒ Lamb-Cut: Randy & Elaine Robbins, Cassopolis, MI
- ⇒ Lamb-Ground: Mark, Neil, & Justin Slabaugh, Goshen
- ⇒ Best Overall Pork - Mark, Neil, & Justin Slabaugh, Goshen

For more results and recipes, visit:
<https://extension.purdue.edu/county/elkhart/open-class-hfa.html>

Human Development

The Importance of Self Care
Emily Christ, HHS Educator

Mental health includes our emotional, psychological and social well-being. It is pivotal to our overall health and quality of life. Mental health can affect how someone thinks, feels, acts and responds to different situations. An important way to manage our mental health is by implementing self-care techniques. The act of self-care can help you manage stress, lower your risk of illness and increase your energy level. Self-care can look different for different people. So, how do you go about incorporating self-care into your daily life?

In some cases, the act of self-care can be seen as a luxury instead of a necessity. As busy adults, we often push self-care off until we feel stressed and completely burnt out. Many researchers actually recommend making self-care a part of your routine and intentionally setting aside time for these activities. This could be scheduling specific time on the calendar for self-care or setting standing dates with friends, family members and partners to connect. While it's encouraged to take time for self-care, it isn't always easy to disengage from distractions like your cell phone/media devices or common stressors in your environment.

When days begin to run together and you are feeling burnt out, evaluate which areas of your life are in need of some attention and self-care. As life situations change, priorities change. Don't attempt to tackle everything at once. Do it in small steps that can be sustained long-term. Schedule time to focus on your needs. Even when you don't think you can squeeze anything else in, make self-care your priority. Always be kind to yourself and your basic human needs.



Health & Wellness

Body Image
Emily Christ, HHS Educator

Body image is how people think and feel about their own body. Body image perception is different with each person. In today's society with the growing sense of an ideal body image, individuals will try to lose or gain body weight to receive the "perfect body".

In recent years, the use of social media has increased tremendously resulting in an increased number of those who struggle with mental health, body image issues, and eating disorders. On average, youth spend anywhere between 6 to 10 hours a day scrolling through social media. During these hours on the internet, youth can see thousands of photos, posts, and images of celebrities and models that they can compare themselves to resulting in dissatisfaction with their own bodies.

Significant research has shown a correlation between lack of body image and increased social media use. While having body image dissatisfaction is a relatively common experience, it can be a risk factor for mental health problems later on. It's important to seek help when needed and to understand that you are not alone.

There are ways to diminish the negative feelings of body image which include limiting screen time, practicing healthy conversation, and knowing you are unique in your own way. Understand that nobody is the same. In our daily lives, we can all be more aware of how we speak about our own and other people's bodies in casual conversations with friends and family.

