



Kosciusko County  
Purdue University Extension

## Homemakers Newsletter

October-November 2024

### Inside This Issue:

DeeAnna's Deep Dish 1

Invitations 2/3

IEHA Week 4

Boxes of Care 5

Recap of Camp Elko 6/7

Upcoming Events 8

### Insert:

Christmas Sessions  
Homemade Christmas

### Multiple Inserts

### Web Page

[www.extension.purdue.edu/  
county/Kosciusko](http://www.extension.purdue.edu/county/Kosciusko)

### Follow Us On



Kosciusko County  
Indiana  
Extension Homemakers

**Kosciusko County**  
Extension Office  
202 W Main St  
Warsaw, IN 46580  
574-372-2340

### Hours

Monday thru Friday  
8:00am—4:30pm



### Welcome to fall, pumpkins, spice and everything nice!

Continuing on our theme to “*Create Your Own Sunshine – and Be Happy!*” - but in an unconventional way by talking about.... negativity! This might seem contrary to happiness, but negativity mitigates our ability to be happy.

*This is my adaptation of a speech by Craig Groschel.*

**1) Why does negativity hurt us?** Negativity can be toxic to us mentally and physically. Chronic negativity puts us into a constant flight or fight status. Consequently, we always feel in danger and think the worst. Our thoughts have POWER!

**2) Identify where we are most vulnerable.**

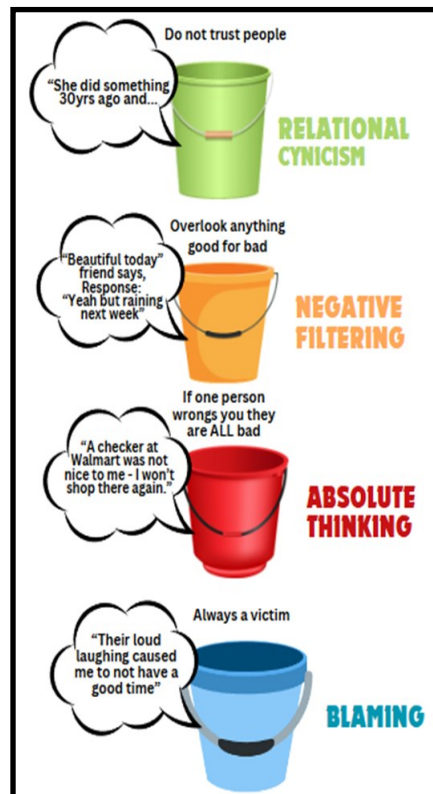
There are four main buckets. Which bucket do you tend to fill or maybe it is several at a time or all of them.

**3) How do we change from a negative attitude?** Trying to change from a negative thought to a positive is extremely difficult. Psychological research shows that if we hear a negative like 90% of people have cancer but then hear it corrected to only 50% of people have cancer – we will still believe the negative number no matter how much research is produced. We need to stop our brains from creating instant funnels to negativity.

**4) Catch ourselves and dwell on the positive.** For Christ followers, we can obtain strength from God by praising God, ruminating and meditating on God's word. As King David encouraged himself, we can be slow to anger and abounding in love. Psalm 86:15; Psalm 103:8; Psalm 145:8. But God said it first in Exodus 34!

We can work to think of things that make us happy, that we enjoy and train our neural pathways to bend toward the positive.

**Brain Training Camp! We can do it!**



Please email all articles for the October/November newsletter to Crissy at [csmialo@purdue.edu](mailto:csmialo@purdue.edu) by November 22, 2024.

# Invitations



Spend an enjoyable couple hours with friends hearing from an author, delicious meal, fun games and your ticket donates to help with the literacy crisis in our community!

**LEADING THROUGH LITERACY**  
Operation Read was previously Kosciusko Literacy Services

LIBATIONS - BLENDED FRESH	DOOR PRIZES
LITERACY LOLLIPOP RAFFLE	LITERACY LAURELS (AWARDS)
WHISPERS OF THE ENCHANTED BIDDING (SILENT AUCTION)	MELODIES IN THE FLESH (LIVE MUSIC)
	SPECIAL LAUNCH PRESENTATION

RSVP by Oct 04  
☒ **REGISTER ONLINE:**  
<https://www.operationreadusa.org/authordinner/register/>  
☒ **REGISTER BY MAIL:**  
 Send name, number attending and check to:  
 Operation Read, Inc., PO Box 796, Warsaw, IN 46581

**PREMIER SPONSOR:**  
**PBS Michiana**  
 whit

FROM THE BEST SELLING AUTHORS OF BOOK BOOGIE AND READ TO GROW

**THE STORY OF LITERACY**  
 BY OPERATION READ  
 Our visual story of 30 years supporting literacy

**AUTHOR DINNER**  
 THURSDAY, OCTOBER 10, 2024  
 1400 E. SMITH STREET, WARSAW, IN

**6PM - 8PM**

**SPEAKER:**  
 INDIANA AUTHOR  
 BARBARA SHOUP  
 NINE PUBLISHED NOVELS

**\$1994 VIP TABLE SPONSORSHIP**  
 \$94 RESERVE SEATING  
 \$70 UNRESERVED SEATING

Scan your phone camera on QR code for more info

**Operation READ**

<https://www.operationreadusa.org/authordinner/register/>

**Join Us**  
as we celebrate

**OPERATION READ**

**BABY'S FIRST LIBRARY**  
Baby books and die-cut bookmark for all newborns

**READ AROUND KOSC. COUNTY**  
Books for every 2nd grade classroom

**BOOK BOOGIE**  
Reading Incentive program throughout the school year to encourage reading for recreation

**TUTORING**  
Adults over 18 who struggle, juvenile offenders under 18, and children under 3rd grade during the summer

**BOOKS FOR BUILDS**  
Books for low-income families moving into their first home

**READ TO GROW**  
Books for children in financial need from birth to five years old

A literacy social services non-profit organized in the state of Indiana

YOU COULD READ THIS - NOW HELP OTHERS DO THE SAME

We have so many things happening at it! We have different sponsorship levels so if it is a smaller business they can contact me to still work something out for them! Would be really nice to have an entire Extension table!

<https://www.operationreadusa.org/authordinner/>

<https://www.operationreadusa.org/authordinner/author/>

<https://www.operationreadusa.org/authordinner/register/>

<https://www.operationreadusa.org/authordinner/entertainment/>

<https://www.operationreadusa.org/authordinner/menu/>

<https://www.operationreadusa.org/authordinner/vip/>

<https://www.operationreadusa.org/authordinner/menu/>

# Invitations

**The St. Joseph County Extension Homemakers  
invite you to an**

# Open House

***Date: Saturday, Oct. 19th***

***Time: 10:00 a.m.-2:00 p.m.***

All are invited to partake in this **FREE** event where various presentations will be offered, make and take crafts can be made, and boxes of care will be assembled for people in our community. Refreshments will be offered during the event including lunch at 12:30 p.m.

*Held at the Esther  
Singer Building on the  
St. Joseph County  
4-H Fairgrounds  
5117 S. Ironwood Dr.  
South Bend, IN 46614*

**Presentations:**

10:05 a.m. Decluttering Your Home (Kirsten Sharpe, The REALTOR for SENIORS™)

11:05 a.m. Introduction to Tai Chi & Qigong (Liz Kuntz, Instructor)

12:05 p.m. Learn About Extension Homemakers (County Officers/Members)

12:45 p.m. Brain Health (Dr. Randall Bjork, MD, South Bend Neurology)

*Look for the St. Joseph County Extension Homemakers on Facebook for more details  
or to contact us with questions!*





# IEHA WEEK



The Indiana Extension Homemakers Association has named the week of **October 21 thru October 26** as Indiana Extension Homemakers week. They encourage us to promote ourselves to the public by setting up displays in local libraries to let others know what we are all about.

- Monday is **BLUE** and **GOLD** day and we are encouraged to wear our favorite shades of blue and gold and tell people about Extension Homemakers.
- Tuesday is **GIVING DAY**, this can be done in several ways: giving “survival kits to needy people, sharing a smile to someone you meet on the street, or donating to your local charity.
- Wednesday is **EDUCATION DAY**. Say thank you to Teachers and Bus drivers. Leave a small treat in a break room. Tell someone about our scholarships given each spring.
- Thursday is **COMMUNITY SUPPORT DAY**, volunteer in your community.
- Friday is **MEMBER DAY**, celebrate club anniversary and member anniversaries.
- Saturday is **MAKE A DIFFERENCE DAY**, share a smile, volunteer in your community, take a treat to the local firemen and police officers, Thank them for their service.

# BOXES OF CARE

**State President, Linda Carunchia, project for the 2024-25 year is Boxes of Care.**

These are personal care items that can fit into a container the size of an Altoid tin or a plastic container of similar size:

- compressed wash cloth
- .6oz toothpaste
- thumb toothbrush
- band-aids
- safety pins/buttons and threaded needles

These boxes can be distributed to homeless shelters, or other agencies that work with people in need. Perhaps they could also be placed in those self-serve pantries that some churches support. Be creative as to where and for whom these boxes of care would be useful. You may like to include a message of encouragement and it's from an Extension Homemakers Club. Hint: many of these items may be purchased from Amazon.

***For more information please contact Judy Egolf***



# CAMP ELKO 2024 RECAP

## Ulrich Lodge at Camp Mack

### “Make Me Laugh”



Camp Elko Retreat was a time of learning, laughter, connecting with old friends and making new friends. There were forty-four in attendance from five different counties, including a guest from North Carolina, who really enjoyed the experience.



Shannon presented two lessons on Monday morning: Benefits of Laughter, Exercise & Fall Prevention. Laughter is important and beneficial to our health, outlook on life and living longer. We ALL participate in the exercises from the Fall Prevention series all done while seated in a chair. Breathing or deep breathing is especially important component of feeling and being well and something we should do many times a day.



Benefits of Laughter

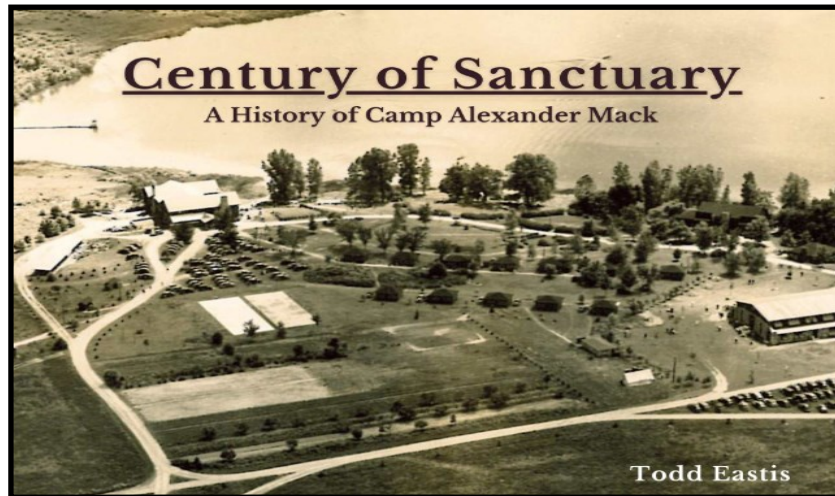


Exercise & Fall Prevention



# CAMP ELKO 2024 RECAP

The remainder of the day was filled with singing, devotions, parade of funny shirts, craft time, business meeting and of course eating. After lunch we were treated to a tour of the camp via tractor and wagon, our tour guide was Todd Eastis.



*Camp Alexander Mack provides a sanctuary where all people are welcomed to connect with God, experience creation, and*

During the business meeting the attendees voted to donate \$500.00 to Camp Mack for improved signage and assistance with debt. The after-dinner entertainment was by humorous Jen Chupp, who is an Extension Homemaker member, from Elkhart County and the auction. There were a variety of items for the auction which raised over \$600.00. This amount will cover the donation to Camp Mack and add to the treasurer.

Tuesday morning included a presentation and impersonation by Dana McAfee of many of our favorite female comedians. Dana is a retired theater teacher from Warsaw High School and now works part time for the Warsaw Public Library.



We played the Candy Bar game which was really entertaining. You had to complete a sentence with the name of a candy bar and then you could keep the candy bar for your enjoyment. The camp concluded with Margaret Weybright playing the camp chimes, funny stories, jokes, sayings, and the final parade of funny shirts.

If you have not attended camp you may want to put it on your calendar for next year. Beth Wells and Peggy Beck of Herscher Homemakers will be chair and vice chair for this event.

# Date Corrections for Your Program Book

These dates are the correct dates for Highlights Mailers:

November 13-Newsletter items due  
November 22-Highlights Mailers

January 22-Newsletter items due  
January 31-Highlights Mailers

March 19-Newsletter items due  
March 28-Highlights Mailers

May 21-Newsletter items due  
May 30-Highlights Mailers

## Extension Office Closed

The Extension Office will be closed:

November 5 for Election Day

November 11 in honor of Veterans Day

November 28 through November 29 for  
the Thanksgiving holiday.

Wish you all a Happy Thanksgiving Day!



## 2024-2025

COUNTY EXTENSION HOMEMAKER OFFICERS			
2024 - 2025			
TITLE	ADDRESS	PHONE	EMAIL
Co-President			
Judy Egolf and Past President	3613 W Old Rd 30, Warsaw IN 46580	574-267-2226 or 574-551-5226	judyegolf@embarqmail.com
DeeAnna Muraski	4431 E. 600 S Warsaw, IN 46580	574-527-0065	deeanna@operationreadusa.org
Vice-President			
Currently vacant	Volunteering is a beautiful thing! We need YOU!		
Secretary			
Marsha Miller	9120 W 125 N, Etna Green IN 46524	574-858-2104 or 574-265-6562	marshamiller65@gmail.com
Treasurer and Assistant Treasurer			
Ruth Dilling, Treasurer	3418 N Old Farm Rd E, Warsaw IN 46582	574-527-3011	Rdilling23@gmail.com
Rita Irwin, Asst Treasurer	3053 N 650 W, Warsaw, IN 46582	574-527-6649	irwinwr@frontier.com

## Meet the County Extension Staff



**Andrew Ferrell**  
4-H Youth Development  
Extension Educator  
County Extension Director  
adferrel@purdue.edu



**Emily Kresca**  
Agriculture & Natural  
Resources Educator  
eluc@purdue.edu



**Shannon Shepherd**  
Health & Human  
Services Educator  
shephe52@purdue.edu



**Caroline Arnett**  
County Wellness Coordinator  
arnettc@purdue.edu



**Tami Graff**  
4-H Administrative Assistant  
& Office Manager  
graff8@purdue



**Crissy Osmialowski**  
HHS & ANR Administrative  
Assistant  
cosmialo@purdue.edu

