

the Extension Line

January/February Edition

A Message from Your President

As we step into the new year, let's embrace the endless possibilities it brings for growth, learning, and connection. For all of the dedicated homemakers in the Extension community, 2025 is a time to celebrate the strength, resilience, and creativity that you bring to our homes and communities. Let's continue to build on the knowledge we've gained, share experiences, and support one another in making this year even more impactful!! Whether it's learning a new skill, trying out fresh ideas, or nurturing the heart of your home, let's make 2025 a year of positive change, growth, and togetherness. We will be starting the year off with a 100th Anniversary celebration for our East Galena club, this was one of our original clubs, formed in 1925 when Extension Service was first offered in LaPorte County. Please watch your mailbox for information on the Mystery Quilt contest, as well as a fund raiser to help with the repairs and maintenance of the Steady Stitchers Studio, this Craft & Quilt show will be held on Saturday, April 5th, 2025, anyone wanting details can call Peggy at 219-716-5003. I hope to see all of you participating and bringing guests to our programs.

We are always open to suggestions for new ideas!

HAPPY NEW YEAR to all of our Extension Homemakers!!!

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LaPorteCounty



*Embracing
Change to meet
Tomorrow's
challenges*



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the Nook

Thanks to our amazing volunteers, we've accumulated a total of 6,698 volunteer hours, making a real difference in our community!

There were 32 guests present at the Holiday Party. Everyone was very generous in donating socks; we collected 176 pairs of adult socks and 61 pairs of childrens socks. These were donated to the Center Twp. Assessor. The Extension Homemakers recognized two members that have been active for 50 years, Sandra Provan and Shirley Reinfurth. Congratulations!



The Kitchen Kin Extension Homemakers Club of LaPorte County celebrated its 75th Anniversary on October 10, 2024, at the Purdue Extension Office. Members and guests attended the event, where current president Bonnie Netzer welcomed everyone.

Jane Wayland offered a prayer, followed by cake and apple cider.

Sue Howell shared the club's history, and attendees participated in a trivia game with prizes. Notable members include Angela Baugher, Jackie Carpenter, Barbara Herrold, Sue Howell, Bonnie Netzer, Sherry Riehle, Jane Wayland, and Della Wittgren.



JANUARY

Melli Germann 1/5
Connie Lute 1/6
Dania Bocanegra 1/11
Kathy Ulman 1/16
Cindy Ault 1/29

FEBRUARY

Sue Mohlke 2/4
Betty Carpenter 2/5
Joan Kelsey 2/7
Sandra Provan 2/8
Shirley Reinfurth 2/15



Mark Your Calendars!

January

January 9 - Lend a Hand Day @ The Studio

9:00 a.m. - 8:00 p.m.

January 10 - Crafty Friday is POSTPONED UNTIL FEBRUARY 7TH

January 12 - Membership drive with soup tasting - POSTPONED UNTIL FEBRUARY

January 14th - East Galena Extension Club 100-Year Anniversary Party

2-4 pm at the Rolling Prairie United Methodist Church

3444 East U.S. 20, Rolling Prairie, IN

Join East Galena for some snacks, fun, games and activities!!

February

February 7 - Crafty Friday @ The Studio

Crafty Fridays are held the 1st Friday of every month. We're looking for creative ideas for simple, yet unique crafts to sell at our upcoming fair booth! Whether it's homemade jewelry, personalized decorations, eco-friendly products, or any other crafty creations, we want to hear from you! The goal is to create easy-to-make, affordable items that will stand out and attract buyers. If you have a favorite craft idea or a fun twist on a classic, share your suggestions and help us bring some handmade charm to the event!

February - TBD - Soup Night - more information to follow - watch your emails!

March

March 13 - Council Meeting - Elections

The Extension Homemakers are in need of a Vice President, Treasurer and At-large volunteers - Please call Peggy Grzesiowski @ 219-716-5003 for information.

★ **White Elephant Auction Returns!!** ★

the Recipe Corner

Cupid's Cloud Dessert

Prep Time: 15 Min | Total Time: 15 Min | Servings: 6

Ingredients

- 1 cup whipping cream
- 1 tbsp sugar
- 1/2 tsp vanilla
- 2 cups frozen raspberries
- 1/2 cup sugar

Directions

1. Using a mixer, whip together the whipping cream, 1 tbsp sugar, and the vanilla. Set aside.
2. In a food processor blend together the frozen raspberries and 1/2 cup sugar.
3. Once the raspberries have been blended, fold them in to the whipping cream. I do this by using a spatula.
4. Evenly distribute the dessert between 4-5 dessert cups or fancy glasses.
5. Refrigerate until you are ready to enjoy!



Recipe Tips

- Raspberries: Use frozen raspberries only. If you use fresh raspberries they will just turn into mush and make this dessert too wet.
- Mixing the raspberries and sugar: Use a small food processor, or even the blender, to do mix the frozen raspberries and sugar.
- Whipping Cream: Use 33% whipping cream
- Make Ahead: You can make this dessert ahead of time, but there are a couple of things to consider: if you make it and serve it right away, it is more fluffy. If you make it a few hours ahead, the dessert can get a bit soupy...it's delicious but not fluffy. Just make sure to keep it in the fridge until you're ready to serve it.
- Option: If you don't want to use raspberries, you can substitute them with strawberries or blackberries, or even a mix of berries.
- More ways to enjoy Cupid's Cloud: This raspberry and cream dessert is delicious as a stand alone dessert, but it can also be used for other things: use it to top pancakes, put it inside crepes, serve it with chocolate cake, put it on Eton Mess or Pavlova.

Recipe found at

<https://aprettylifeinthesuburbs.com/cupids-cloud-a-valentines-day-dessert/#tasty-recipes-48743-jump-target>

the Recipe Corner

Sizzling Chicken and Cheese Skillet

Prep Time: 15 Min | Cook Time: 45 Min | Total Time: 1 Hr | Servings: 4

- 2 lbs chicken breasts (each chicken breast sliced in half)
- 5 oz bell peppers sliced
- 1/2 onion sliced
- 1 cup Italian dressing plus 2 TBSP for peppers & onion
- 3 tbsp canola oil
- 1 cup Monterey Jack cheese grated
- 4 cups Mashed potatoes



1. Heat a large oven-safe skillet over high heat. Sear the bell peppers and onion in 1 tsp of oil for 3 minutes or until charred-looking. Add 2 TBSP of Italian dressing and stir to coat. Remove and set aside.
2. Season the chicken breasts with salt, pepper, and paprika on both sides. Add 2 tbsp of oil into the same skillet and sear the chicken breasts for 2 minutes on each side. Remove and set aside.
3. Pour 1 cup of Italian dressing into the same skillet (still over high heat) and deglaze the pan for 1 minute. Remove from heat and pour dressing aside.
4. Lightly grease the pan with 1 1/2 tsp of oil. Sprinkle 1/2 cup of cheese onto the bottom and spread 4 cups of mashed potatoes over the cheese. Sprinkle with the remaining 1/2 cup of cheese. Layer the chicken breasts a top and pour over the dressing. Garnish with bell peppers and onion.
5. Bake at 400° F for 20-30 minutes or until sizzling hot.

MAKE AHEAD INSTRUCTIONS: Layer ingredients as instructed into a baking dish. Keep refrigerated until ready to serve. Bake at 400°F for 30 minutes or until sizzling hot.

NOTE: Can use mozzarella, cheddar, or any Monterey jack blend cheese.

Recipe found at <https://www.alynascooking.com/sizzling-chicken-and-cheese-tgi-fridays-copycat/>

Valentines Word Scramble

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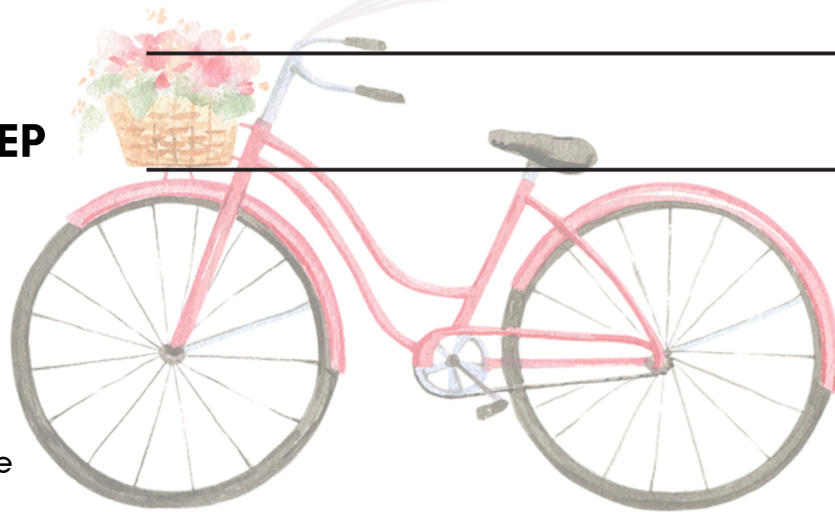
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Chrissies Cubical

The start of a new year is a perfect opportunity to prioritize health and well-being. It's a time to set achievable goals, whether it's improving physical fitness, adopting a balanced diet, or enhancing mental health practices like mindfulness and stress management. Small, consistent changes can lead to significant improvements, making it easier to build lasting habits. By focusing on self-care and taking proactive steps, the new year can serve as a fresh chapter for cultivating a healthier, more fulfilling lifestyle. I hope every one has a safe and happy New Year!

- Warmly, Chrissie

Upcoming HHS Events

Food Budget & Meal Prep

Learn practical strategies and tips that transform your approach to shopping and cooking.

January 14th 5-6pm @ Rolling Prairie Library

January 23rd 5-6pm @ Fish Lake Library

Food Labeling

Discover how to navigate the often confusing world of food labels and make choices that align with your health goals and dietary needs.

February 11th 5-6pm @ Fish Lake Library

February 25th 5-6pm @ Rolling Prairie Library

Plant-Based Eating

Explore the benefits and challenges of plant-based eating with our balanced program designed to weigh the pros and cons.

March 11th 5-6pm @ Coolspring Library

March 29th 5-6 pm @ Coolspring Library

xoxo

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Extension - LaPorte County

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