

the

Extension Line

May/June 2025

A Message from your President:

As spring is coming into full bloom with flowers and trees budding out, we move into a new era with Extension Homemakers. Our new officers will be installed on June 9th and lead us into the future with new programs and ideas to help us as we work together to make a better world. I have full confidence in the incoming officers to continue and improve our program. Betty Carpenter will be taking over with Della Wittgren as her vice president to help her out. I will still be available to listen to ideas and concerns but please feel free to contact any of the officers if you feel something needs their attention. It's been a great honor to lead you these past two years and I have developed several friendships working with you. I will still be around working on committees and programs as we continue to improve, enlarge and endear our lives. So its farewell as prez. but.... I will see ya later!

Your President, for the last time, Peggy G



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Embracing Change to
meet Tomorrow's
challenges



Extension - LaPorte County

extension.purdue.edu/laporte

The Nook

Steady Stitches Quilt, Craft and Bake Sale

The Steady Stitches Quilt, Craft & Bake Sale held on April 5 at Cummings Lodge was a fantastic success! A total of 23 stunning mystery quilts were submitted and auctioned off in a silent auction, with additional support raised through voting. The bake sale was a crowd favorite, and our wonderful vendors added even more excitement to the event.

Thanks to mystery quilt entry fees, generous donations, ticket sales, and our ever-popular donation jar, the total income—after covering expenses—was truly remarkable. We're so grateful to everyone who contributed their time, talent, and generosity to make this event such a success!



Steady Stitches Sewing Class

Ready to sew up something fun?

The Steady Stitches are excited to host a beginner-friendly sewing class—perfect for anyone with little to no experience on a sewing machine!

Join us on June 3, 2025, from 4:30 to 7:00 PM at the Steady Stitches Studio for a hands-on workshop where you'll learn how to create a stylish decorative towel (great for your kitchen or bathroom!) and a handy casserole hot pad. Whether you're just starting out or want a fun refresher, we'll guide you every step of the way. Come stitch with us and leave with two beautiful, handmade creations!

Please sign up through the Parks Dept!



The Nook

2025 Fair Information

It is hard to believe that the LaPorte County Fair is less than three months away! I hope many of you are busy making some projects for the Make and Take part of our fair booth!

- You should also be planning your club's Silent Auction Basket!
- The last two **Crafty Fridays** are scheduled for May 2nd and June 6th. We have a few Make & Take projects to finish up so we hope you will be able to come and help us out!
- **Fair Booth Schedule** - Enclosed with this newsletter is the Volunteer Schedule. You will need to call in your preferences directly to Sue at the extension office, at 219-324-9407. It would be a good idea to have a second or third choice as well.
- **Grab Bags** - In addition to Silent Auction and the Make & Take, there will also be the ever-popular Grab Bag. Currently we have plenty of items for children and women but are in need of items for men. Bags are priced from \$1 to \$3 so it doesn't have to be too costly.

Thank you to all and let's make this the best fair ever!!! - Marcia Wolff

HAPPY BIRTHDAY

MAY

Sue Howell 5/7
Angela Baugher 5/8
Bette Schaefer 5/10
Cindy Barnes 5/15
Shirley Griffin 5/17
Jane Wayland 5/19
Tina Albertson 5/19
Theresa Lile 5/22
Jeanne Miller 5/23

JUNE

Carolyn Kissinger 6/4
Betty Swanson 6/9
Theresa Wahlster 6/13
Angela Lile 6/23
Rita Flores 6/27
Sharon Russ 6/27

Mark Your Calendars

May Upcoming Events

May 2 - Crafty Friday at the Studio

May 9 - Executive Board Planning Meeting for the upcoming Council Meeting on June 9th - 9:30 a.m. @ The Studio - Everyone is welcome!

May 15 - PAY YOUR DUES!

Educational Retreat & Cultural Arts Contest

May 21 2:00 pm - 4:30 pm - Carry in Meal

- 2:00 p.m. Cultural Arts judging begins, items must be at the extension office by 1:30 p.m.
- 3:00 - 3:45 p.m. Educational Retreat Lorraine Tighe will be here to speak on dog training
- 3:45 - 4:30 p.m. Learn how to make an adorable spring flower bouquet out of cupcake liners. Please RSVP to the Extension Office at 219-324-9407



June Upcoming Events

June 2 - 4 - Home and Family Conference - Betty Carpenter, Joan Kelsey and Karen Schultz will be attending. Karen will be hosting a class on a simple ghost wall hanging. The Steady Stitchers will be donating a quilt for the raffle. Everyone is welcome to attend! Joan will bring a table display of the International Faire from New Zealand and the 100th anniversary of East Galena Club.

June 6 - Crafty Friday at the Studio

June 9 - Council Meeting and Installation of Officers at 4:00 p.m. with Potluck dinner

Hometown Happenings

Master Recycler Program - Spring 2025

Join this FREE class and help to become advocates for recycling! Program consists of six - two hour classes and at least four optional field trips.

Classes begin May 14th and occur weekly at 6pm through June 18th at the Extension Office. Call to sign up today at 219-326-0014 or email sgeeburns@solidwastedistrict.com

Michigan City Food & Music Festival - May 24-25

Diverse lineup of food vendors and musicians, ensuring that there's something for every palate and taste. From gourmet dishes to local bands, MC Food & Music Fest is the place to indulge your senses.

1 Fedder Dr, Michigan City, IN 46360

Foodie Tuesdays - May 27 - August 26 2025 - Unity Park, LaPorte

Join us each summer to enjoy a delicious lunch break lakeside at Unity Park (1010 Pine Lake Avenue) 10:30 a.m.-2:30 p.m.

Movies in the Park

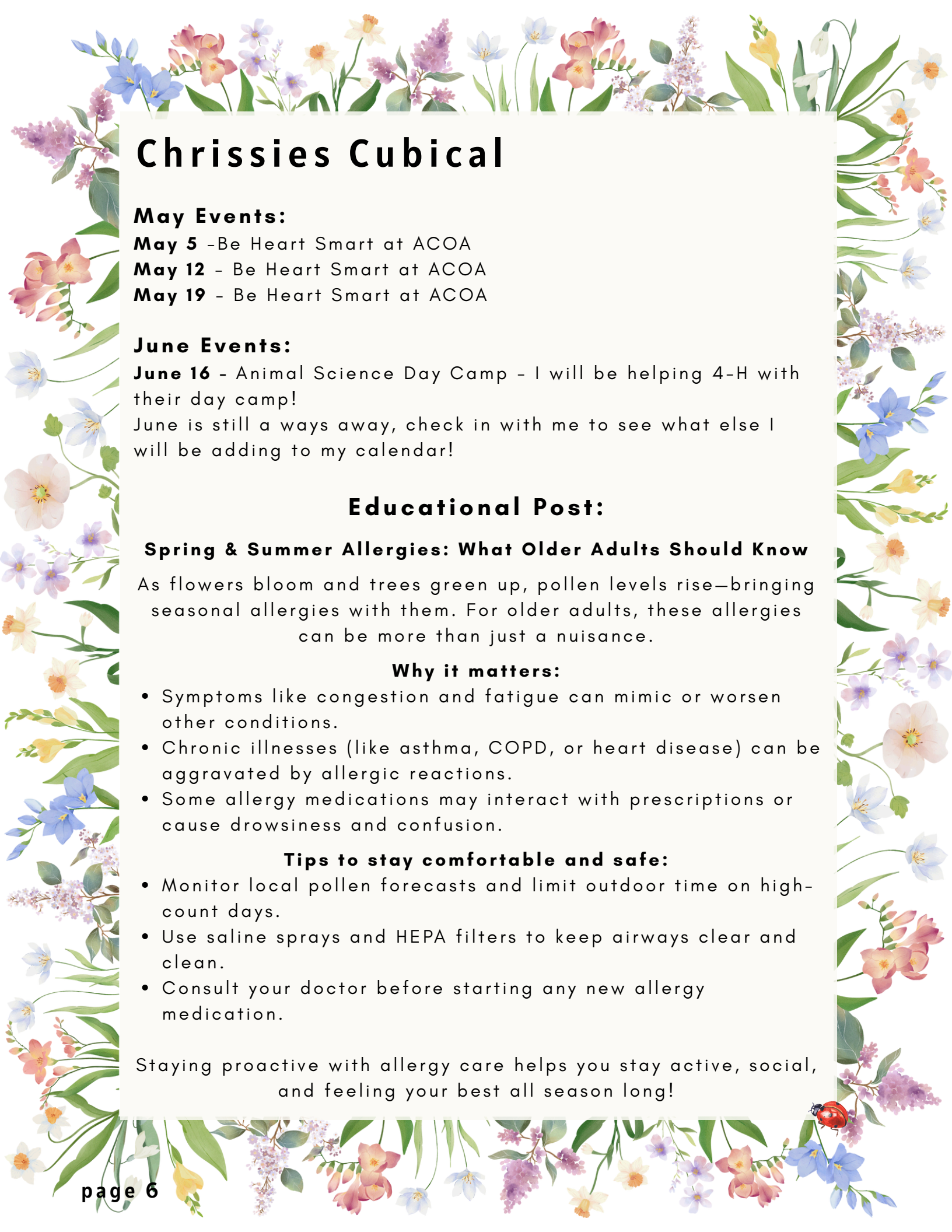
- Friday, June 6 - Despicable Me 4
- Friday, June 27 - Moana 2
- Friday, July 19 - Inside Out 2
- Friday, August 1 - Snow White (2025)
-

Check LaPorte Park & Recreation Dept. for location updates

Movies start around 8:15PM (or dusk)

Movies will be shown at the Dennis F. Smith Amphitheater in Fox Park. In addition to the movies, food trucks and surprises await to enhance your experience!

Contact Emily Archambault at earchambault@cityoflaportein.gov for more information or if interested in becoming a sponsor.



Chrissies Cubical

May Events:

May 5 - Be Heart Smart at ACOA

May 12 - Be Heart Smart at ACOA

May 19 - Be Heart Smart at ACOA

June Events:

June 16 - Animal Science Day Camp - I will be helping 4-H with their day camp!

June is still a ways away, check in with me to see what else I will be adding to my calendar!

Educational Post:

Spring & Summer Allergies: What Older Adults Should Know

As flowers bloom and trees green up, pollen levels rise—bringing seasonal allergies with them. For older adults, these allergies can be more than just a nuisance.

Why it matters:

- Symptoms like congestion and fatigue can mimic or worsen other conditions.
- Chronic illnesses (like asthma, COPD, or heart disease) can be aggravated by allergic reactions.
- Some allergy medications may interact with prescriptions or cause drowsiness and confusion.

Tips to stay comfortable and safe:

- Monitor local pollen forecasts and limit outdoor time on high-count days.
- Use saline sprays and HEPA filters to keep airways clear and clean.
- Consult your doctor before starting any new allergy medication.

Staying proactive with allergy care helps you stay active, social, and feeling your best all season long!

Recipe Corner



Bow Tie Pasta Salad

Yields: 10-12 serving(s) | Prep Time: 10 mins | Total Time: 15 mins

Ingredients

1/2 tsp. kosher salt, plus more for pasta water
1 lb. bow tie pasta
1 1/2 cups frozen peas
1/2 cup mayonnaise
1/2 cup sour cream or Greek yogurt
1/4 cup olive oil
1/4 cup chopped fresh flat-leaf parsley
3 Tbsp. yellow mustard
2 Tbsp. fresh lemon juice
1 tsp. honey
1/2 tsp. ground black pepper
1/2 lb. deli ham, cubed
1/2 lb. cheddar cheese, cubed
1 red bell pepper, chopped
4 green onions, sliced thin



Directions

1. Bring a large pot of salted water to a boil. Add the pasta and cook for 1 minute longer than package directions. In the last minute of cooking, add the peas to the boiling water with the pasta. Drain, rinse with cold water, and let cool.
2. In a very large bowl, whisk together the mayonnaise, sour cream, oil, parsley, mustard, lemon juice, honey, salt, and pepper until well combined. Fold in the pasta, peas, ham, cheese, bell pepper, and green onion.
3. Cover and refrigerate until ready to eat.

Tip: If you don't have time to make your own dressing, use 1 ¾ cups of your favorite creamy bottled salad dressing.

Made by YOU

Coffee Filter Hydrangeas

Materials Needed:

- Scissors
- Pencil
- Baking Sheet
- 12 Coffee Filters
- Small bowls
- Water
- Eye dropper
- Liquid watercolor paint
- Glue gun
- Green pipe cleaner

Instructions:

1. Begin by creating a stack of two coffee filters. Fold each filter in half, then fold them in half again, and repeat this process two more times.
2. On the top (open) section of the filters, sketch petal shapes, this should look like a butterfly shape with a tree trunk coming out of the bottoms. Carefully cut out the petal designs. Unfold the filters once, then snip between the petals to separate them. Continue unfolding and cutting until all petals are distinct.
3. Repeat step 2 to cut a total of 12 filters.
4. Layer 4 filters on a baking sheet.
5. In a small bowl, mix 10 drops of liquid watercolor paint with about 2 tablespoons of water. Do this for any additional colors you wish to use (the photo below features blue and purple).
6. Using an eye dropper, apply blue paint to the center of the filters, then surround it with purple on the outer petals, alternating between the colors.
7. Allow the filters to dry overnight or place them in a low-temperature oven to speed up the process.
8. Attach the first coffee filter to a pipe cleaner stem. Bend the end of the pipe cleaner (about 1/4 inch) to create a closed "U" shape.
9. Insert the single end of the pipe cleaner through the center of one filter (you may need to cut a small hole in the center of each filter for easier passage).
10. Pull the pipe cleaner through until the filter reaches the end of the "U."
11. Apply a few dots of hot glue around the pipe cleaner.
12. Gently scrunch the bottom center of the filter, shaping it into a "V" form. Hold the coffee filter in place until the glue sets. Continue this process with all but the last few filters.
13. For the remaining filters, scrunch them in the opposite direction to create an upside-down "V." You can add hot glue to the base of the final coffee filter to simplify attachment.
14. After adding the last filter, fluff the flower and separate the petals so they appear natural. Your beautiful hydrangea is now complete!

Step 2.



Step 6.



Finished Result

Old Farmers Almanac

MAY

Named for the Roman goddess Maia, who oversaw the growth of plants.

10 PERENNIAL FLOWERS FOR BEGINNERS: WHY THESE PERENNIALS ARE SO EASY

- | | |
|--|---|
| <ol style="list-style-type: none">1. Black-eyed Susans2. Purple Coneflowers3. Daylilies4. Goatsbeard5. Hostas6. Peonies7. Salvia8. Foxglove9. Cushion Spurge10. Columbine | <ul style="list-style-type: none">• do not need fussy care• fairly resistant to pests and disease• have a long life span• adapt to a wide range of conditions• do not spread all over the garden• grow and bloom well even if you do not divide them• are tough enough to hold their own against invasive neighbors• will grow anywhere in North America (zones 2-9) |
|--|---|

WHEN TO PLANT PERENNIALS:

You can plant perennials anytime, but the best time to plant is fall and spring. This allows the plant to get well-established before winter or very hot, dry summers. We prefer fall because the soil is already warmed. Planting in the summer is okay, but you'll need to water frequently.

JUNE

Named for the Roman goddess Juno, patroness of marriage and the well-being of women.

7 FACTS ABOUT THE JUNE SOLSTICE:

1. "Solstice" derives from Latin, meaning the Sun "stands still" as it reaches its northernmost point.
2. The Sun stops advancing north at the Tropic of Cancer, named for its past position in the constellation Cancer.
3. The Sun's path on the solstice is curved, unlike its straight path during equinoxes.
4. The midday Sun is highest but is gradually getting lower due to Earth's decreasing tilt.
5. The longest day isn't the latest sunset or earliest sunrise; those occur before and after the solstice.
6. In India, the solstice marks the end of a 6-month period of easier spiritual growth.
7. The Sun rises farthest left and sets farthest right, illuminating unique spots in homes.

BONUS SUN-THEMED FACTS:

1. The Sun primarily emits infrared energy, which we feel as heat.
2. Among visible emissions, green light is the strongest, making our eyes most sensitive to that color.

Weather Almanac

HAIL

Hail forms in strong thunderstorms with intense updrafts and high moisture. Updrafts carry raindrops to cold areas of the cloud where they freeze into ice. These ice particles can gain additional layers from supercooled water before falling as hail when too heavy for the updrafts to support. Stronger updrafts result in larger hailstones.

WEATHER HISTORY:

- **May 1, 1972:** Severe summer drought began in the eastern US, lasting until September.
- **May 22, 1980:** Temperature reached 106°F in Williston, South Dakota.
- **May 24, 1990:** A tornado in Barton County, Kansas, blew 88 railroad cars off the tracks.
- **May 29, 1986:** Hailstones up to 3 inches caused over \$65 million in damages in Montreal, Quebec.
- **May 31, 1889:** Johnstown, Pennsylvania, experienced the worst flood disaster in US history, resulting in over 2,100 deaths.

INTENSITY SCALE:

- **H0:** Pea size, no damage
- **H1:** Leaves & petals punctured/torn
- **H2:** Leaves ripped from trees/plants
- **H3:** Glass panes broken; cars dented
- **H4:** Windows broken; small branches broken
- **H5:** Windows smashed; small animals injured; large branches broken
- **H6:** Shingles breached; metal roofs scored; wooden frames broken
- **H7:** Roofs shattered; cars seriously damaged
- **H8:** Roofs destroyed; small trunks split; serious injuries
- **H9:** Concrete roofs broken; large trunks split; risk of fatalities
- **H10:** Brick houses damaged; high risk of fatalities

TORNADOES

Tornadoes form from severe thunderstorms, particularly supercells, which have a rotating updraft known as a mesocyclone. They develop when warm, moist surface air meets cooler, dry air, creating atmospheric instability. Wind shear causes the rising air to rotate horizontally, and as the storm strengthens, this rotation can tilt vertically, leading to the formation of a tornado when it reaches the ground.

WEATHER HISTORY:

- **June 6, 1982:** Connecticut & Rhode Island received 5-10 inches of rainfall in 24 hours
- **June 11, 1939:** a tornado struck St. Jean-sur-Richelieu, Quebec, damaging houses and trees, and affecting decorations for King George and Queen Elizabeth's visit the next day.
- **June 16, 1957:** a 10-day heat wave ended with 3 days of 100°F in Valley Forge, Pennsylvania.
- **June 16, 1984:** a flash flood carried 64 cars a quarter-mile in Westby, Wisconsin.

INTENSITY SCALE:

- EF0:** Light damage | 65-85 MPH
- EF1:** Moderate damage | 86-110 MPH
- EF2:** Considerable damage | 111-135 MPH
- EF3:** Severe damage | 136-165 MPH
- EF4:** Devastating damage | 166-200 MPH
- EF5:** Incredible damage | over 200 MPH
- The original F scale was developed by Theodore Fujita to classify tornadoes based on wind damage. An Enhanced F scale (EF) was implemented in the US in 2007. The EF scale uses 3-second gust estimates based on a more detailed system for assessing damage, taking into account different building materials,



LaPorte

County President's Report

Year: 2024 - 2025

County Information:

President's Name: Peggy Grezesiowski

of Members: 91 # of Clubs: 6 Participate in Chorus? Yes # No

Does your county publish a newsletter? # Yes No If yes, how many? 6

Does your county award scholarships? # Yes No

If yes, number awarded. 2 Total Amount Awarded \$ 1000.00

If each of the areas below, please report your participation/accomplishments. If your county did not participate in an area, please write NO ACTIVITY instead of leaving it blank.

Educational Programs Offered:

*LaPorte County hosted 6 retreats with the following lessons: Vitamin Wisdom by Age, Tracking Your Health Records, Build a Charcuterie Board, The Update on Alzheimers, Tour of LaPorte Library Exchange, and Use of a Cricut Machine.

*Held an International Faire: Visited the country of New Zealand by tasting native foods, seeing their culture, and sightseeing through a slide presentation of a traveler in New Zealand.

*Taught sewing and quilt lessons for the local Park Department and Girl Scout Organization.

*At our Taste of Extension we showed and tasted how to use Fall favors in desserts and drinks.

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Leadership/Legislative Issues:

*LaPorte County held an Officer Training and Leadership Development Conference.

*Three members attended the Home and Family Annual Conference.

Volunteer Community Support:

*Our local club, Kitchen Kin, held a FREE clothing/household give away and over 4500 items were distributed to the local needy.

*Steady Stitchers made 26 Lap robes which were presented to our local veterans on Veterans Day.

*During IEHA week 80 gift bags were distributed to the local Meals On Wheels drivers.

And 84 Hats, scarves, and mittens were sewed on Make a Difference Day and given to the local county Trustee.

*Indiana Donor Network were given 240 Teddy Bear Scarves.

*Steady Stitchers paired with the local Lions Club and sent 350 sewed eyeglass cases to Mexico.

Other Activities:

*During our local fair we hold a Silent Basket Auction, Grab Bags, Cash and Carry Table along with homemade items to finance the scholarship fund.

*At our annual Christmas party we gathered 322 pairs of socks and addressed 255 Christmas cards for our local nursing homes.

*Donated 52 dresses and suits to Dress for Success in Michiana

*Distributed 733 Pocket Hearts.

Summary of County Volunteer Activities:

Total Number of Volunteer Hours: 11,067.5 Amount of Money Donated: \$ 38,066.00

Number of Shawls Donated: 52 Pounds of Pop Tabs Donated: 21 lbs.

Amount Donated to Cancer Research: \$ 0 Number of Pocket Hearts Donated: 733

Number of Items Donated to Riley Children's Hospital/Ronald McDonald's House: 26

****Bring 1 copy of this report to the Spring District Meeting, mail, or email to current State President-Elect by April 1.****

Revised: 04/2024



Happy Mothers & Fathers Day!



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