



Extension - Health and Human Sciences

Happy New Year

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Articles for the March - April Issue due by Feb 1, 2024 to Holly Sietsma hoover47@purdue.edu

TIPPECANOE COUNTY EXTENSION HOMEMAKERS

Home Echoes

<https://extension.purdue.edu/county/tippecanoe/Tippecanoe-County-Extension-Homemakers.html>



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Tippecanoe County Extension Homemakers



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Jan—Feb 2024

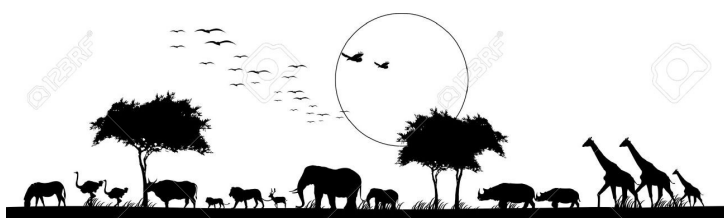
2023 Fall & Winter seasons have begun in all its beauty. I am reminded of a quote, “ There are two ways of spreading light, to be The candle or the mirror that reflects it.” By Edith Wharton. As the holidays fast approach, we reflect on what we have accomplished. Creating all the new ideas and challenges. Kathy and I began with eagerness, energy with lots of ideas, planning, changes and detours, along the way with many meetings and dates to attend. As our theme began, “Safari, Mind Body, Spirit”. We are reaching the goals we have tried to implement. With many eager members willing to do the task whatever it maybe. I am grateful for all the help and support you all have given. Like our Safari began with the Officers training and other events that have taken place since we are on our journey. We have succeeded, having new ideas, and they have been a success with more to explore.

Kathy has been on track where I have not been able to be involved as I would have liked, due to family circumstances. I miss all the events that have taken place, and miss everyone. Kathy has taken the journey of fulfilling the ideas and thoughts that we had envisioned early on. She has kept us on our path giving me updates. Sometimes, we have choices that are not ours. So sometimes we have to take detours and paths different than we expect. But that doesn't mean that our journey is over its still is on the path just a few roadblocks and streams to crossover. We have wonderful Extension Homemakers Ladies that help no matter what comes. We still have future ideas in the upcoming year, with great expectations and planning will be lots of energy and fun. With the holidays coming, I thought of some books that might be of interest, maybe a gift for someone as well.

Cont'd page 2

Whether you have plans for a small or big trip or a future trip, or just an armchair traveler, there are lots of topics to look in to or just creative hands to try. We all have journeys to take and a big or small adventure to have. I wish you many travels, have wonderful memories with your family's and Holidays to come.! "Love is the spirit that motivates the artist's journey. The love may be sublime, raw, obsessive, passionate, awful, or thrilling but whatever its quality, it's a powerful motive in the artist's life." Quote by Eric Marisel

Thank you, Blessings to all,
Linda S. Casey



LIFE 'S A Safari

Out of Africa by Isak Dinesen

Straight on Till Morning Biography of Beryl Markham by Mary S. Lovell (Women bush Pilot)

Egyptology Search for the tomb of Osiris, Candlewick Press

Spirit

Grace for the Moment by Max Lucado

Simple Abundance A Day Book of Comfort and Joy by Sarah Ban Breathnach

Mind

Grits Friends Are Forever A Southern Style Celebration of Women by Deborah Ford

Grits Guide to Life by Deborah Ford

Wool Pets by Laurie Sharp /easy needle felted critters for gifts

Body

Organizing from the Inside Out by Julie Morgenstern

Trim & Terrific Home Entertaining the Easy Way by Holly Clegg

Nell Hill's Decorating Secrets by Mary Carol Garrity



Winter Education Program

The Education Focus Group Committee will plan a Valentine Tea for February 14 at 1:00pm at the Community Reformed Church located on 2501 S 18th Street, Lafayette. Registration will begin at 12:30pm. The fee is \$6.00. We need your reservation to your club treasurer by January 30th.

We will get confirmation for our speaker the first part of January. Also, we have more interesting ideas in the works

This will be an enjoyable Valentine Day Tea, and you will get home before dark. Just pray the weather and roads are good.

Submitted by Barb Sondgerath and
Dawn Lowry



REGISTRATION FORM FEBRUARY 14, 2024 VALENTINE TEA

Community Reformed Church

Sign-in begins at 12:30 pm; Program/Tea begins at 1:00 pm

Cost is \$6 per person

Sandwiches, teas, scones and cookies; each table will have a 'hostess'.

There will be a speaker and surprise guests to entertain us.

Club Name _____

**Please mail this form with your check for the total number of your club's attendees.
To: Nancella Dobbins, 3033 Greenbrier Avenue, West Lafayette, IN 47906. Due
date is Tuesday, January 30, 2024.**

- | | |
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| 3. _____ | 13. _____ |
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| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

[Should classes for Tippecanoe School Corporation be cancelled due to bad weather, program will be cancelled. If TSC is on a delay, program will be held.]

♥ Happy Valentines Day ♥

Thank you! Thank You!! Thank You!!!

We collected lots of great items at the October Workshop for Cover Lafayette!



Here is a list of those things:

- ◆ 87 blankets
- ◆ 38 coats
- ◆ 24 hats
- ◆ 92 pairs of socks
- ◆ 30 pairs of gloves
- ◆ 18 sweatshirts
- ◆ 4 sweat suits
- ◆ 19 sweaters
- ◆ 14 scarfs
- ◆ 8 tote bags
- ◆ 3 pairs of house slippers
- ◆ 2 PJ pants
- ◆ 9 long underwear
- ◆ 2 vests
- ◆ 1 pair of boots
- ◆ 4 pairs of ear muffs
- ◆ 1 pair of bib overall

We are taking items every week to help fill the totes on the porch!

All of you Community Support Chairmen, please send me anything you have done as a club from August to November (besides the Lafayette project).

At the February Workshop, we will be collecting items to donate to Cary Home. These things are "extras" for the children. Some suggestions are hygiene products, like shampoo, deodorant, toothpaste, combs, brushes, art supplies, games, and playing cards. Keep in mind that these items are for children ages 12 - 19.

Jan Wallace and Cathy Case - Volunteer Community Support Chairs

Purdue Extension - Health & Human Science Educator Update

Hello everyone! I hope you have been able to experience this holiday season with joy, happiness, and relaxation. I hope the new year is full of joy and health for you and your families. If you are creating new years resolutions, I hope you have the support around you to achieve what you want in 2024. For HHS Extension, I am looking forward to what the year may bring.

If you missed out on our *Matter Of Balance* class this past October, Ashlee Davis and I will have another class starting on April 30th being held on Tuesday and Friday thru May. If you are interested, please reach out to be added to the waitlist. As a bonus, we received new chairs for many of the exercises.

I am also looking at potential dates to deliver our *Be Heart Smart* class in the first half of 2024. This is 4 session class focused on improving heart health. If you are interested in this, please let me know.

All 3 sessions of *Empower Me to Be Clutter Free* will be delivered at the Wea Library on March 3rd, April 9th, and May 14th. Just in time for spring cleaning and organizing.

I've worked quite a bit with the new Artificial Intelligence tools that are being developed. I'll share what the program ChatGPT was able to create in just a couple of seconds after being asked to create a New Years poem for my favorite group. If you want to hear more about the AI work I've done, let me know.

As the New Year dawns, let's celebrate,
With hearts full of hope, we anticipate.
Together we've stitched, cooked, and learned,
In every craft, a new page turned.

May this year bring joy, peace, and cheer,
To each home and heart, far and near.
With each project, our bond grows stronger,
In our association, we belong here longer.

We'll share our skills, and laughter too,
Creating memories, old and new.
Here's to a year of joy and creation,

Happy New Year to our Extension Homemaker Association!

Brock Turner, MPH, MS, CHES®, CPT
Extension Educator, Health and Human Science
Purdue Extension, Tippecanoe County
1950 S. 18th St., Lafayette 47905
(765) 474-0793 turnerbm@purdue.edu

Coins and Nickels contributions are due to County Treasurer by end of February. You are welcome to bring your contributions to the February 6 Council meeting, using the correct form please. -nancella dobbins

- ✓ International Coins for Friendship: This state fund is divided into three parts: 35% for Association Country Women of the World projects; 15% for Homemakers Exchange Program; 50% for general fund (dues to international groups, postage, distribution of international material to counties, special projects of ACWW, etc.)
- ✓ Nickels for Indiana Leadership: This fund is used to pay for Indiana Leadership, Education and Development (i-LEaD) which trains Indiana Extension Homemakers for leadership positions.



Quilt Club

The Tippecanoe County Quilt Club meets every 2nd Thursday of the month at 1:00 pm in the basement of the Extension Office. You don't have to be a quilter or even sew, just come & enjoy seeing all the amazing things these women (& sometimes men) make & maybe enjoy seeing some of the programs presented. November's meeting had Katie Klassen of Klassen Barn Quilts along with her grandpa showing us how to make a barn quilt. Her grandpa lives in Crawfordsville & he even quilts. Katie is currently working on her PhD at Purdue with a background in farming. To view more of Katie's work, she can be found on Facebook at Klassen Barn Quilts. Katie will do demonstrations and teach how to make a barn quilt.

For more information call or text:

Phyllis Kochert

765-413-6633

Focus Day at Danville—October 19, 2023

Education: Education Committee eliminated “Wander Indiana.” Hotels, Visitor Bureau have the same information. The committee voted to proceed with more information about Organ Donations. How to register, how to give. Meet Donors and recipients. Will Have a speaker at Home & Family Conference. Promoting more activity on making shawls. Shawls are to be 65” Long by 24 x 34” wide. Will discuss bone marrow and blood plasma donation. Discussed Fashion awareness for our age group. What to wear and how to represent ourselves at major events. Discussed Human Trafficking.

Leadership: Plan of Action for 2025. Scholarships for **Dreamers and Doers.** Dreamers are risk takers, motivated and dream out of the box. Doers are organized, detailed, and can Lead.
No- I LEAD: Found that no one is interested. Had extremely low turnouts Will be creating more information about our Legislators.
Address and names on website

Volunteer Community Support: Revising our report forms. Old ones have been too confusing and double dipping. Will be updating more info coming.

Membership: There was a NO SHOW for young Membership Table.
Create Specialty Clubs: Pickleball, Cooking Clubs, Euchre Clubs, Traveling Clubs Gardening clubs etc. How to retain Members.

IEHA WEEK Ideas: Donuts to Teachers with our Logo, candy to Business with logo, Pancake Breakfast free will donation, special Craft Day with light refreshments, veteran bags, Pizza to local First Responders, DEMO Day: Make it and take it. Gift wrapping classes and donate. CARNATION to local companies with your info, Almond Joy-Bring Joy to you etc. Day Care gifts for moms....Help at Food Pantries

Home and Family Conference; New PR tool Kit Last one 1.0--- new one 2.0
Cultural Arts: 2025 Placemats 12x 18 2024 Table runner 18” wide and length

Mary Hancock-Past TCEH County President 2022-2023
Education Focus Committee 2023

From the Kitchen Table, Recipes'

Porcupine Balls

1 lb. of ground beef or ground turkey
½ cup of white rice
1 teaspoon salt
1 T of minced onion
1 can of tomato soup
1 T of Worcestershire sauce

Combine meat, rice, onions and salt. Mix and form balls. Place in a baking dish. Combine with tomato soup, water and Worcestershire sauce. Pour over the meatballs. Bake at 350 for a 1 hour. Serve hot, pour sauce over the meatballs. Serves 5 depending on size of meatballs. Great with smashed potatoes. By G. Casey

Submitted by Linda Casey



\$1000 Homemakers Scholarship Available for 2024 Graduating Senior

A \$1,000 scholarship offered through the Tippecanoe County Extension Homemakers Association is available to a qualified applicant. The applicant must be a graduating high school senior in 2023-2024 and must have a parent or grandparent as a current member of any Tippecanoe County Extension Homemaker Club. The applicant must be admitted to a full-time course of study at an accredited two or four-year college, university, or vocational school. Scholarship selection will be based on the applicant's record of **leadership** and **community service**.

You will find information on the application form that states the criteria for selection. The deadline for application is **4:30 p.m. March 1, 2024**. The \$1,000 scholarship check will be made payable directly to the student and presented in May at the 2024 Extension Homemaker Achievement Banquet. The awardee will be expected to give a two-minute speech in acceptance of the award. Requirements and application forms may be found on the Purdue Extension Tippecanoe County website: <https://extension.purdue.edu/county/tippecanoe>.

Click on Extension Homemakers, Forms, Senior Scholarship Application.

**Several other Scholarship opportunities are available to Members and Non-Members of the Tippecanoe County Extension Homemakers and IEHA.
Note Deadlines:**

For Tippecanoe County Extension Homemaker members

Applications are available at <https://extension.purdue.edu/county/tippecanoe>
Extension Homemaker Forms. Select the scholarship you want.

February 1, 2024 - First Timer to Home and Family Conference, offered by TCEH (This is for a member who has never attended Home & Family Conference.) This Award will cover expenses up to \$125.

March 1, 2024 – “I Want to Go To Conference” Award, offered by the Lafayette District. The Award is for \$75 towards H&FC Registration.

March 1, 2024 – “I want To Go Again” Award, sponsored by IEHA Past Presidents. This Award pays \$150 towards registration to H&FC.

IEHA STATE SCHOLARSHIPS available to Ext Homemaker members & the General Public

Application Forms are available at <https://ieha-families.org/>

March 1, 2024 - Ruth B. Sayre Memorial Scholarship offered by Country Women’s Council USA is a \$500 scholarship for the purpose of fostering educational development of women. Cover sheet is available at <https://ieha-families.org> and the Application is available at <https://extension.purdue.edu/county/tippecanoe>.

March 15, 2024 - Career Advancement Scholarship, offered by IEHA. Eight (8) \$500 scholarships will be given: Two (2) to an IEHA member; One (1) to a degree in the medical profession & Five (5) random. Must be a Homemaker, 25 years of age or older and a resident of Indiana.

May 1, 2024 - “Steps to Success” & Vocational or Technical Scholarship for High School Seniors. Five (5) \$500 scholarships will be given: Four (4) to an applicant admitted to or enrolled in a state accredited college or university and One (1) to a state accredited vocational and technical program through a public school.

Holiday, January and February

D H R L B E E W C H U R C H S E R V I C E S I V
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 T U M N Z F L A T B C N T S D N S E V L E X V L
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 B Q K N A M W O N S E H T Y T S O R F T K Q K S

Donations
 Church Services
 Happy Valentine's Day
 Elves
 It's A Wonderful Life
 Carols
 Gift Giving
 Greetings

North Pole
 Candlelight Dinner
 Parades
 Joy to the World
 Sled
 Santa Claus
 Cookies
 Celebrate

New Year's Resolutions
 Candy
 Frosty the Snowman
 Wreath
 Blizzard
 Cards
 Noel
 Candles

Happy New Year
 Dozen Roses
 Tinsel
 Christmas Eve
 Ornaments
 Snow
 Merry Christmas
 Bells

From the Kitchen Table, Recipes'

Slow Cooker Chicken and Dumplings

4 skinless, boneless chicken breast halves'
 2 tablespoons butter
 2 cans condensed cream of chicken soup
 1 medium onion, finely diced
 1 (10 ounce) package of refrigerated biscuit dough
 2 cups of water, as needed/ or chicken stock

Step 1 Place chicken, condensed soup, onion, and butter in a slow cooker. Add enough water to cover: stir well Cover and cook on high for 5-6 hours

Step 2 About 30 minutes before serving, tear biscuit dough into pieces. Place dough in the slow cooker until dough is no longer raw in the center.

Tips; Cover the chicken with stock instead of water for a richer flavor if you prefer. You can use more biscuit dough if you like but the biscuits might take longer to cook. By Allrecipes

Tips; Cover the chicken with stock instead of water for a richer flavor if you prefer. You can use more biscuit dough if you like but the biscuits might take longer to cook. By Allrecipes

Submitted by Linda Casey



I found this prayer in my grandmother's scrapbook. Great time of the busy season to keep this in mind, enjoy.



*Slow me down, Lord
 Ease the pounding of my heart by
 the quieting of my mind.
 Steady my hurried pace with a vision
 of the eternal reach of time.
 Give me, amid the confusion of the
 day, the calmness of the everlasting
 hills.
 Break the tensions of my nerves and
 muscles of the singing streams
 that live in my memory.
 Help me to know the
 magical, restoring power of sleep.*

*Teach me the art of taking minute
 vacations -- of slowing down to
 look at a flower, to chat with a
 friend, to pat a dog, to read a few
 lines from a good book.
 Slow me down, Lord, and inspire me
 to send my roots deep into the soil
 of life's enduring values that I
 may grow toward the stars of my
 greater destiny.*

Author: Maria Sarka

Submitted by Phyllis Kochert

During the Holiday Season many of us make candy to enjoy and to give away as gifts. Here are some tips for successful candy making.

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

<u>Product</u>	<u>CANDY THERMOMETER CHART</u> <u>Test in Cold Water</u>	<u>Degrees F. on</u>
<u>Candy Thermometer</u>		
Fudge, Penocha, Fondant	Soft Ball (holds shape)	234-238
Caramels	Firm Ball (holds shape unless pressed)	242-248
Divinity, Taffy, Caramel Corn, Nougat	Hard Ball (holds shape yet pliable)	250-266
Butterscotch, English Toffee	Soft Crack (separates into soft threads)	270-290
Brittles, Glace	Hard Crack (separates into hard & brittle threads)	300-310

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY HINTS

When humidity is high, cook candy 1-2 degrees higher.

To check candy thermometer: Dip in boiling water. If thermometer does not register 212 degrees, add or subtract same number of degrees in recipe.

To keep dipping chocolate liquid, use double boiler.

Chocolate that becomes stiff when melting can be thinned by adding vegetable shortening or oil.

To avoid sugar crystals in your candy, don't reuse your stirring spoon once the mixture has started to cook.

Keep close watch of candy last moments of cooking, as temperature rises fast after 220 degrees F.

Never store chocolate in a damp place, as it doesn't melt properly once moisture gets into it.

Overcooked candy or fudge that doesn't set can be remedied by adding 1/4 to 1/3 cup of milk or water carefully. Thermometer will drop a few degrees below the desired temperature. Continue cooking until back to proper temperature.

To keep candy from boiling over, use a large pan and wipe down sides with damp cloth.

"Repair" fudge that is too stiff by kneading to soften, then shape into roll and slice.

(From Helpful Hints Almanac Tippecanoe Extension Homemakers Association)

TEXAS PRALINES

Barb Sondgerath,

Hillwood Club

1 c. buttermilk

2 c. pecan halves

2 c. white sugar

1 tsp. vanilla

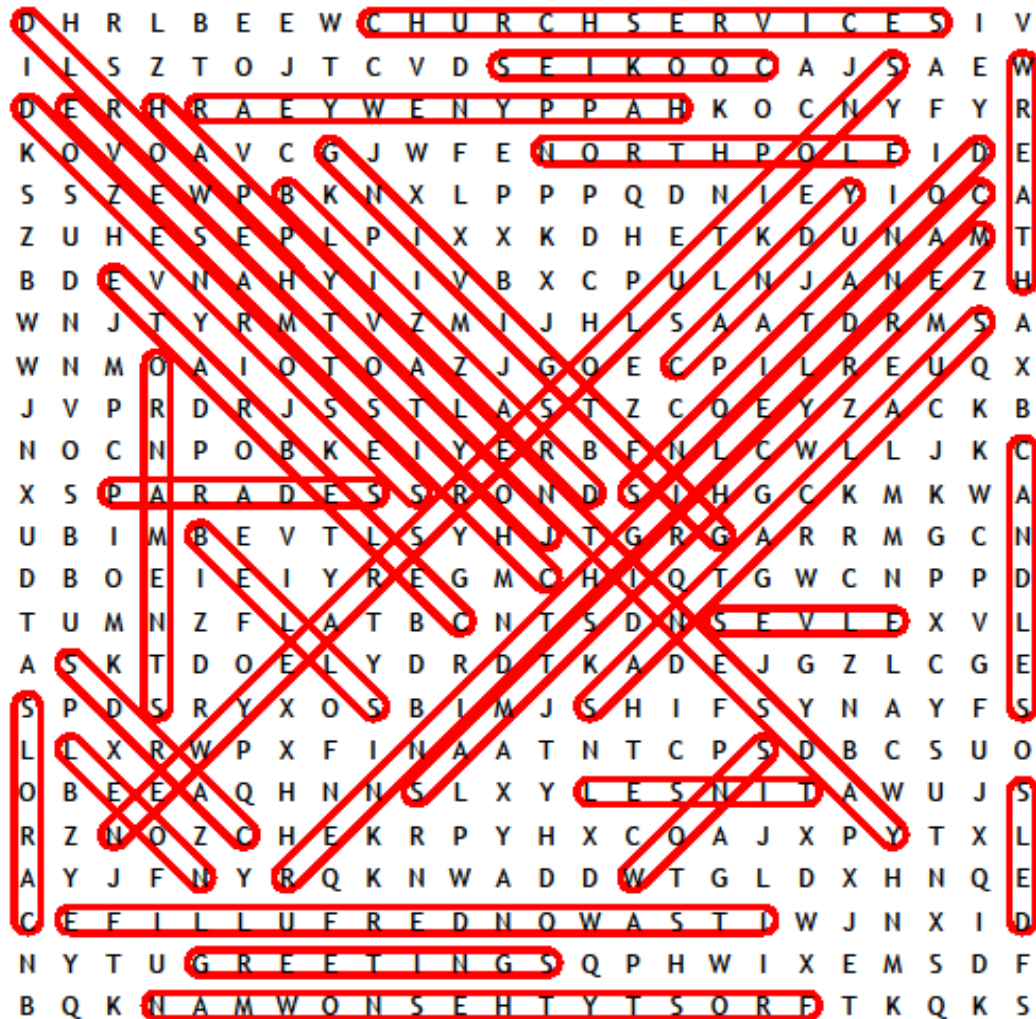
1 tsp baking soda

1 Tbsp. butter

Stir constantly buttermilk, sugar and soda over low heat. When mixture can be made into a soft ball, remove from heat and stir in pecan halves, vanilla and butter. Beat mixture until it becomes glossy and heavy. Then spoon out onto greased waxed paper and let cool.

(From Home Cookin in Tippecanoe County By Extension Homemakers)

Holiday, January and February



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**News Articles for
March/April Issue due
February 1, 2024 to
hoover47@purdue.edu**

Tippecanoe County Extension Office Closed:

- ⇒ **Monday - January 1, 2024**
- ⇒ **Monday - January 15**
- ⇒ **Monday - February 19**

*Happy
New year*

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