



Extension - Health and Human Sciences

WELCOME 2026



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Articles for the
March - April 2026
Issue due by
February 1 to
hoover47
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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



Volume 26, Issue 1

January – February 2026

President's Corner

Hello, Homemakers!

I hope this message finds you well. It's important to begin this update by sharing some sad news: Our county past President from 2011 – 2012, **Marilyn Matlock**, passed away on November 5th, 2025.

Marilyn was an active and cherished member of the Randolph Club, and we send our deepest prayers and condolences to her friends and family.

On a note of gratitude, a huge thank you to everyone who donated to the "Under the Bridge" project. The outpouring of community support has been truly amazing! **Jan Wallace** and her dedicated committee continue to work tirelessly to reach those in need, and their efforts are deeply appreciated.

We also want to acknowledge some recent transitions: As most of you have heard, our President, **Beatrix Rausch**, has resigned. Beatrix remains a valued Choral member and will continue to support Extension Homemakers. We thank her for her leadership! Speaking of success, our Fall Education Workshop was wonderful! We enjoyed the speakers and the food, and I want to give a special shout-out to **Doris Minalga**, **Wanda Overpeck**, and their committee for their fantastic work. The membership committee, led by **Emalese Adams**, has also been busy—she, **Jan Harlow**, **Dottie Warner-Halsema**, and I attended the County Commissioners meeting on October 20th, where we proudly received a proclamation celebrating State Homemakers week.

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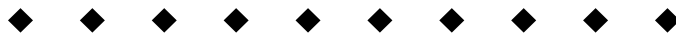
President's Corner continued

Finally, please keep two important dates in mind:

1. **Scholarship:** Don't forget the deadline for our student scholarship application. We will be awarding \$1,000 this spring! Applications and requirements are available online.
2. **Officers:** It's time to start thinking about county officers for next year. We need your suggestions—and your talent—to ensure our club can continue our mission. Please contact me directly with your ideas or if you are interested in serving.

I look forward to seeing you all at the Winter Education Workshop on **February 11th!**

Marilyn Hammack



Thanks so much for all the donations for the Under the Bridge Project at the October Workshop! Your support was overwhelming!

The following items were taken to IU ER to be distributed:

23 blankets
29 hats
23 scarfs
15 sweatshirts or flannels
56 pairs of socks
3 pair of pants
13 coats

At our February Education Workshop, we will be collecting hygiene products for the Women's Shelter. Bath soap, toothpaste, deodorant, lotions are always in need. We do such good work in our community with everyone's help.

Thank you so much!

Jan Wallace

Jeri Bosworth-Parker

Co-chairs Volunteer Community Support

Thank You!

A Fresh Start: Embracing 2026

End of the Holidays

The festive season has officially drawn to a close! We hope you all enjoyed a restful, joyful, and healthy holiday break. The confetti has settled, and the decorations are packed away, giving us a perfect moment to take a collective deep breath before diving into the new year's endeavors.

The Busyness of the Past Few Months

Late 2025 was a complete whirlwind for the club. From successful fall events to countless hours of holiday volunteering, your commitment was truly inspiring. Thank you for balancing packed personal schedules with the club's generous spirit. Your energy proved once again that the Extension Homemakers is a powerhouse of action and support!

Forward Look: Welcome 2026

We enthusiastically welcome 2026! A new year brings a clean slate and renewed purpose, and we are carrying forward the incredible momentum built last fall. Our immediate focus is the **Winter Education Workshop**, designed to offer intellectual growth and extended fellowship. Look for details soon. Let's make 2026 a year of success!

Marilyn Hammack

Tippecanoe County Extension Scholarship

Happy New Year everyone! I hope your holidays were fun and filled with great memories.

'Tis now the season to join me in search of our next \$1,000 scholarship recipient. This high school student must be a resident of Tippecanoe County or a 2026 graduate of a Tippecanoe High School. In addition, this student must write a thoughtful & coherent essay (no longer than 2 pages in length) describing activities he or she has participated in while also highlighting his or her leadership skills and involvement in community service. Students must also describe their educational and career goals, with attention given to how their parents & grandparents influenced their educational and career goals! Deadline for submission of applicant forms is March 1, 2026 at 4:30pm.

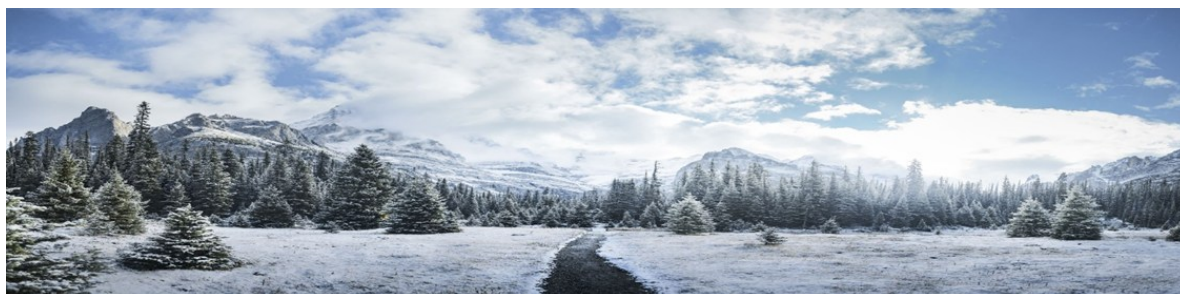
Thank you in advance for making this search for our 2026 scholarship recipient a success!

If you have questions, you can e-mail me at nancyshook@aol.com

Submitted by Nancy Shook



SCHOLARSHIP



February 11, 2026 Winter Education Program
Community Reformed Church, 2501 S 18th St, Lafayette, IN

10:15 am Check in: Breakfast Pastries, Coffee/Iced Tea/Lemonade

11:00 Speaker: Emily Sampson, “Isiah 117 House”

12 noon Lunch: Wolcott Cafe, Mini Chicken Salad Croissant, Queso Dip & Chips, and BBQ Meatballs, Pinwheels, Broccoli Salad, Cookie and Brownie Tray.

1:00 pm Speaker: Michelle Schmidt, “*Under The Bridge*” project for the homeless

List below the name of your club and list of attendees. Cost is \$11/per person. Make check payable to Tippecanoe County Extension Homemakers (TCEH) and mail names and one check to Nancella Dobbins, 3033 Greenbrier Avenue, West Lafayette, IN 47906.

Due date is Tuesday, February 4, 2026

Club Name

[illegible]

Purdue Extension – Health & Human Science Educator Update

Hello everyone! I hope you have and will be able to experience this holiday season without disruption from the weather. I hope if you are creating New Year resolutions, that you have the support around you in achieving what you want in 2026! Make sure to stay up to date with events by following our newsletter and social media!

If you missed out on any of our great classes this past year, I hope you add some to your calendar in 2026. I hope to bring some **NEW Programs** to the area this year. The first being, **Steps to a Healthy You**. If you would like to be on the early registration list, please let me know if you would like to attend this new program focused on healthy living! All you need to do at this time is send me an email saying you are interested or call into the office. I will email those on my preregistration list when full registration opens up!

Speaking of “Healthy Living,” we are in a season where unhealthy practices are the easy choice. Consuming too many sweets at Halloween, Thanksgiving, Christmas, New Year's, and Valentine's Day to name a few. The weather is too cold outside, so we do not travel to the gym for exercise class. The sun is hidden behind the snow clouds, and we receive little Vitamin D. All these practices, and others, can lead to difficulties in fighting off disease when it hits.

There are a few simple steps you can take to stay healthy this winter. First, stay active. If you are not currently exercising, start. If you have been exercising, keep it up! Keep the fruits and vegetables apart of your diet. There will be plenty of options for sugar-filled foods, it would be best to keep those limited. And get some good sleep. This time of year can be stressful with travel, buying gifts, cooking, and everything else we have going on. Make sure to have a focus on sleep so your body can recover and heal.

I hope you stay happy and healthy!

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2026 Cultural Arts Event

Ladies, it is not too soon to begin your entry for the 2026 Cultural Arts Event to be held in conjunction with the Spring Education workshop on Thursday, April 23, 2026. No advance entry is required and participation is free.

Categories are:

- Knitting/Crocheting
- Needlework
- Quilting
- Other Crafts

The special category for this year is Children's hand/homemade book or toy. Maximum size is 18" X 18" X 18" (may be smaller).

Medium of entrants choice (wood, paper, canvas, crochet, knit, quilting other). State specified that natural items such as sticks or rocks could also be used.

Any toy or book for any ages.

No commercial printing/publishing for books; parts can be printed from a home printer and printed transfers can be used.

Winners shall be selected by vote of workshop attendees.

Cash prizes to be awarded to category winners.

The following local guidelines apply to entries:

Entries must be the work of the entrant. Exception will be quilts; which may be quilted by a professional.

Entries must have been completed in the last eighteen (18) months.

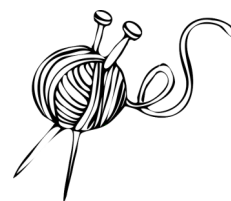
Entries may not have been entered in any prior competitions.

Participants are not limited to one entry per category.

Attendance at the Spring Education Workshop is encouraged by not required to participate in the Cultural Arts Event.

Any questions, please feel free to contact me at 765-446-1471.

Jean Macy, Chair



For Home Echoes Dec 1 deadline – Carolyn Kuespert, Nancella Dobbins

At the recent Fall Lafayette District Meeting, the following was given as an inspirational reading at the start of the program. I commented to Carolyn Kuespert, who was sitting next to me, how much I liked it and wished I had copy of it. She said she did have a copy of that from her church bulletin a while back. Carolyn sent this to me.

It's Spring Planting Time

Plant five rows of peas:

Preparedness, promptness, perseverance, politeness, prayer.

Next Plant three rows of squash:

Squash gossip, squash criticism, squash indifference

Then Plant five rows of lettuce:

Let us be faithful, let us be loyal, let us be unselfish, let us love one another, let us be truthful

No Garden is complete without turnips:

Turn up for church, turn up with a smile, turn up with a new idea, turn up with real determination.

The Other Fellow – Funny. Or is it?

When the other fellow takes a long time, he's slow. But when I take a long time, I'm thorough. When the other fellow doesn't do it, he's lazy. But when I don't do it, I'm too busy. When the other fellow does something without being told, he's overstepping his bounds. But when I do something without being told, that's initiative! When the other fellow gets ahead, he's getting the breaks. But when I manage to get ahead, it's hard work.



SHARE SOME BLOOM(ER)S

"Where flowers bloom so does hope."

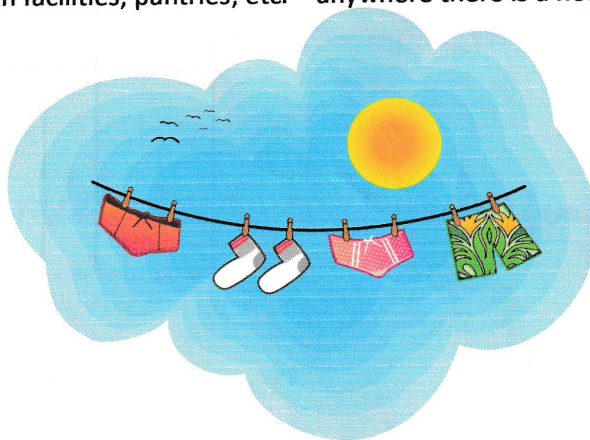
—Lady Bird Johnson

In our country, charitable efforts usually focus on extreme or obvious needs, such as hunger, housing, and medical care. While clothing donations are often made, most charitable organizations do not accept used underwear, and new underwear doesn't usually make the list. I'm calling it underwear insecurity--the lack of sufficient, clean and size-appropriate underwear. It's a problem with not only children, but adults, as well.

Poverty can play a role--when people are struggling to pay rent or utilities and put food on the table, underwear becomes a luxury item. Children in poverty often have hand-me-downs, shared undies or no undies at all. Homelessness and mental illness issues can also be a factor for many adults and children. Underwear insecurity can cause issues with confidence, self-esteem and dignity--something everyone deserves.

What Can We, as Homemakers, Do?

Please make a trip to a store and buy underwear, panties and/or socks---they can be for children, men or women. Donate them to your local schools, homeless organizations and shelters, crisis centers, mental health facilities, pantries, etc. ---anywhere there is a need in **your** community.



SPECIAL DONATIONS

There has been some confusion regarding donations promoted by our state organization.

Cathy Wilkymacky, State President, has as her special project underwear donation. Every state president has a special project, most recently the pocket hearts and hygiene kits. This is a special focus as underwear is the most requested item at shelters. Her connection is her theme of 'Planting seeds to grow forever' leading to flowers- blooms- bloomers- underwear. Donate to your favorite local cause. Club totals go through Volunteer/Community Service reports.

On to our international organization ACWW, who is promoting "Support the Girls", referencing bra donations. The first batch were delivered at a Summer officers meeting. Any further donations go to Spring District meeting, but will remain in Indiana. Tallies will also go into your Volunteer/Community Service reports.



Special interest group: Book Club

Reminding everyone that we do not meet in January! We have too many snowbirds, and bad weather here.

Our February book is *The Johnstown Flood*, an older true story of a disastrous fatal flood due to a perfect meeting of human error and weather conditions. Sound familiar?

We always have extra books, so stop by and see if you are interested. Perfect attendance is not required; we have ways to get due books collected and new books available. We read a wide range of genres, with members voting on a long list, then I get them scheduled through Indiana Humanities, Novel Conversations (they have over 900 titles; check out their website!)

We are meeting at Immanuel Church at 1526 S 18th St, Lafayette, on the first Thursday at 10-11:00, in the upstairs library (elevator right inside the door). Some often go out to lunch afterwards.

Questions? Call or text Dottie Warner-Halsema.





"Fallin' in Tippecanoe" - 2026 Meeting Update!



Get ready to jump into a giant pile of planning (and maybe a few actual leaves) because **Tippecanoe County** is officially hosting the **Fall District Extension Homemakers meeting in October 2026!** Yes, it's 2025, and yes, we're already planning like it's 1999—that's just how we roll!

We've met multiple times, mainly to argue about whether the perfect fall snack is pumpkin spice or just, well, regular spice. Ha! But rest assured, real work is happening! Our theme is the gloriously punny: **"Fallin' in Tippecanoe."** Prepare for décor that embraces everything from autumnal colors to perhaps a few fall food items.

The only thing missing is the exact date, which is currently trapped in the "State Approval Black Hole," but we're sending smoke signals and carrier pigeons, so hang tight!

This massive event is a wonderful chance to showcase our county, and frankly, a perfect excuse to get everyone together. It's always more fun when more members are involved—and we promise the future planning meetings will have great snacks. **Volunteers are desperately needed and enthusiastically welcomed!**

Have brilliant (or ridiculous) ideas? Please call Marilyn Hammack at 765-490-6080. She needs the entertainment!



Indiana Extension Homemakers Association? and Indiana Leadership, Education and Development

PLANTING SEEDS OF LEADERSHIP

The best leaders possess common characteristics and skills that contribute to success. Those leaders guide our teams, groups and organizations in making good decisions and creating impacts on our families and communities.

We are quick to point out bad leaders and poor leadership, but can you identify a good leader? What are those qualities that make certain leaders stand out?

SEEDS OF LEADERSHIP

Integrity The basis of trust in leadership is integrity. Leaders who demonstrate integrity build confidence among their team. A leader who is transparent, who keeps promises made and who admits when wrong builds team bonds and credibility. Integrity ensures that a leader's actions match their words and creates a foundation of trust and respect.

Communication Effective communication is a key leadership quality. It includes sharing ideas, active listening and understanding one another. Leaders must be able clearly explain their vision, provide guidance and listen to feedback from the team. Good communication helps to avoid misunderstandings and keeps everyone focused on the same goals. By encouraging open and honest conversations, team communication, morale and performance will improve.

Accountability When leaders hold themselves accountable, they set a standard of responsibility for the team. Accountable leaders admit their mistakes, learn from them and make amends. This will set a tone for the team where members will feel comfortable taking responsibility for their own actions.

Self-Awareness Self-awareness is the ability to recognize one's strengths, weaknesses and the impacts of one's actions on others. Leaders with a good sense of self-awareness realize how their behavior affects the team enabling them to address areas where they need personal improvement.

Creativity Creativity is a necessary tool for problem solving and developing new ideas. Leaders who value and encourage creativity within their teams create an environment where members feel inspired and challenged. Brainstorming and encouragement to try new ideas can help those who are less creative to step out of their traditional "comfort zones".

Motivation Motivation is enthusiasm for getting things done. It is a crucial element in setting goals and achieving the desired outcomes. Without motivation teams can become bored and lose interest. Good leaders use positive reinforcement and work to make individuals feel valued and respected. Professional growth and development opportunities can also help keep members motivated.

Transparency Transparency helps prevent misunderstandings and creates openness and trust. Transparent leaders make sure that members are informed and involved in decisions. Regular updates are a necessity for effective teams.

Passion Effective leaders are passionate about their work, committed to goals, and display energy and enthusiasm. They motivate others to give their best. Passion encourages members to share excitement and dedication to the team's goals.

Adaptability The most successful leaders learn to adapt to changing situations and challenges. Adaptable leaders are flexible and can embrace change. A willingness to adapt and accept new ideas will help lead members through uncertainty and through difficult situations.

Courage Leadership often requires making tough decisions. Courageous leaders are willing to take risks and stand up for their beliefs. However, being courageous does not mean that one is unkind.

Good leaders are made not born. Leadership is a skill that can be developed and strengthened. Good leaders find opportunities to grow through experience, continued learning and study, and by adapting. Any leadership characteristic can be strengthened if one is open to personal growth and is willing to put in time and effort.

Leadership is less about one strong individual, and more about a group of people working together to achieve results together. If you demonstrate several of the good leadership characteristics, but fail to recognize the importance of the team, it will be difficult to accomplish goals for your organization.

Leadership isn't a destination, it's a journey. Different teams, projects, situations and challenges will require continued growth. Use these leadership qualities in new and different ways to continually keep learning, growing and "Planting Seeds That Grow Forever".

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This information was developed for IEHA by the i-LEaD State Board from i-LEaD materials developed by Purdue University. Other Resources: 22 Essential Leadership Qualities You Can't Afford to Miss, by Anne Gomez, Our



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*Happy
New Year*

Tippecanoe County Extension Office Closed:

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|---------------------|-----------------------------|
| ⇒ January 1, 2026 | New Year's Day |
| ⇒ January 19, 2026 | Martin Luther King, Jr. Day |
| ⇒ February 16, 2026 | President's Day |

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