



Extension - Health and Human Sciences



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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Volume 22, Issue 3

May-June 2022

President's Message

They say "April showers bring May flowers". What a nice thought! Hopefully the early flowers survived the recent cold weather. It's been awhile since we have met and I hope you all are anticipating better times ahead.

The Council meeting will be held on April 12 at 10:00 AM at the "new" Extension Office, located in the old YMCA building off of 18th Street behind the former Dorgan School. Please enter at the North end of the building; there are steps and a ramp for your convenience.

Hopefully, you are looking forward to the Spring Workshop. Phyllis, Nancy, and their committee have planned a very interesting program for the day. Of course, lunch will be from Arni's—that's always good! I am excited to see many quilts and hear their interesting stories.

The Achievement Program is planned for a luncheon at the Lafayette Country Club on May 17. We will be wrapping up the year's activities, listening to a very interesting speaker, and hear from our Scholarship winner.

The State Extension Homemaker Meeting is planned for June 6-9 at the Embassy Suites in Noblesville. I attended in 2021 and met members from all over the state, gaining valuable information from the various educational sessions. Be sure to investigate this learning opportunity.

There will be a Home and Family Arts Open Show at the County Fair this year! The Show will be held July 15-23. Be sure to get your exhibits ready and share the word about the Show with others, especially since there has been no Open Show for the past two years. Paper copies of the entry book will be available soon, and the entry book and entry form are also available online at the Purdue Extension Tippecanoe County website.

Thank you, ladies, for contributing to the many charities we are involved in. These were great activities to do while we were staying home during the pandemic! We are a group of ladies that have so much to give to others!

Our new officers are busy planning the programs and activities for next year. Be ready to participate!

Nancy

Mark your calendar and be prepared for the
Tippecanoe County Extension Homemakers Celebration of Our
Annual Achievement Luncheon

Pathway to Success - People, Purpose and Passion

Tuesday, May 17, 2022 11:30 a.m.

At the Lafayette Country Club

Registration Deadline - May 7, 2022

Please have your club treasurer send a list of
attendees and a check.

Cost is \$20.00

Payable to: Tippecanoe County Extension Homemakers

Mail to: Nancella Dobbins, Treasurer

3033 Greenbrier Ave

West Lafayette, 47906

Speaker: Lorie Amick

Menu: Hot Chicken Salad with Fruit and Roll (gluten free)

Vegetarian Meal: Vegetable Pot Stickers with Wild Rice

Reminders: Please let Nan know if your club has any

new members or deceased members.

Thank You!

Achievement Event Registration
Tuesday, May 17, 2022 - Lafayette Country Club
"Pathway to Success: People, Purpose and Passion"

Regular Meal

Hot Chicken Salad/Fruit dish roll
 (gluten free meal)
 Peppermint Ice Cream/chocolate
 sauce on the side

Vegetarian Meal

Vegetable pot stickers with Wild
 Rice
 Peppermint Ice Cream/chocolate
 sauce on the side

Please list those attending and circle their meal choice. Send along with one check payable to TCEH for \$20 each individual. Mail to Nancella Dobbins, 3033 Greenbrier Avenue, West Lafayette, IN 47906.

Due date to County Treasurer is May 7

<u>Name</u>	<u>Regular Meal</u>	<u>Vegetarian Meal</u>
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		
9. _____		
10. _____		
11. _____		
12. _____		

FROM TREADLE TO COMPUTER

It's not your Grandma's sewing machine nor yours!
Come join us to see how technology has changed the sewing world & feast your eyes upon some beautiful quilts made by our very own Quilt Club plus some antiques.

WHEN: Thursday, April 21st
WHERE: Bethany Presbyterian Church
3305 Longlois Drive
TIME: Registration 10:00-11:00
COST: \$10.00 to your club treasurer by April 12th.

First Speaker from Sisters Too sewing shop to start at 11:00
demonstrating a machine you'll drool over!

Enjoy a lunch buffet at noon provided by Arni's Pizza

At 1:00 PM our ladies will be showing & explaining the history of quilts.
You'll have time before the meeting & at lunch to view the quilts.
We ask that you please do not touch the quilts, eyes only.

Parking is "one way" off of Longlois
As you enter building there's an elevator to the left.
See you then!



Purdue Extension - Health & Human Science Educator Update

Hello Spring. I hope everyone is taking time to enjoy the improving weather in Indiana. Purdue Extension is gearing up for activities across the county with a variety of projects that include ABCs of Ag, Master Garden Expo, county fair, and various educational programming. I am looking forward to being outside walking, playing golf, and attending some festivals around the area. We have the 2022 Indiana Festival Guide in our office if you would like to know more.

I am understanding more and more what other HHS educators mean when they say, “no two days in extension are the same.” I have been in 3rd grade classrooms, at Food Finders, on Zoom calls, and even Homemakers Spring District meetings. I have enjoyed providing programming, meeting new people, and identifying how I can be of service to the community. I have been presenting *Food Labeling: What’s In There Anyway?*, *Dimensional Wellness programming*, and recorded a podcast for Men’s Health Month recently.

Food Labeling: What’s In There Anyway?, is a single session education program focused on helping individuals feel more confident when grocery shopping. This course helps participants identify components on food labels, understand marketing claims, and make informed food decisions. Having a better understanding of food labeling can help us save money and eat healthier! If you want to become a food label expert, please let me know.

I hope you stay happy and healthy!

Brock Turner, MPH, MS, CHES®, CPT
 Extension Educator, Health and Human Science
 Purdue Extension, Tippecanoe County
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New Physical Address:
 1950 South 18th Street, Lafayette, IN 47905

New Mailing Address:
 20 North 3rd Street, Lafayette, IN 47901

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Dear Club Members,

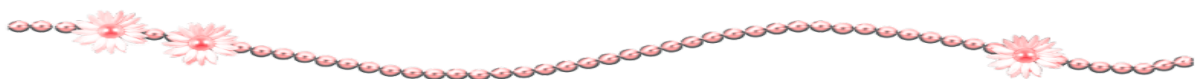
We are looking forward to seeing you all at the Spring Workshop on April 21st. As a community project we would like for you to collect material for the Quilt Club to make baby blankets. Some ideas would be Cotton, Flannel, and Fleece material in baby colors---some ideas would be animals, flowers, hearts or solids.

Also, YWCA Women's Shelter needs: Disinfectant spray, hair shampoo, conditioner and body wash. For the little ones: diapers size 5 and 6, Pull Ups-size 3T/4T,4T/5T. Any of the above items would be appreciated!

Be sure and bring your Riley Blankets, Pop tabs, Shawl's, Tote bags, Bottle caps, Soaps and lotions for the homeless.

Thank You all for your generosity in helping those in need!
You are a VERY GIVING group!!

Nina May - Chair



KITCHEN DIVAS AND COOKS BY NIGHT

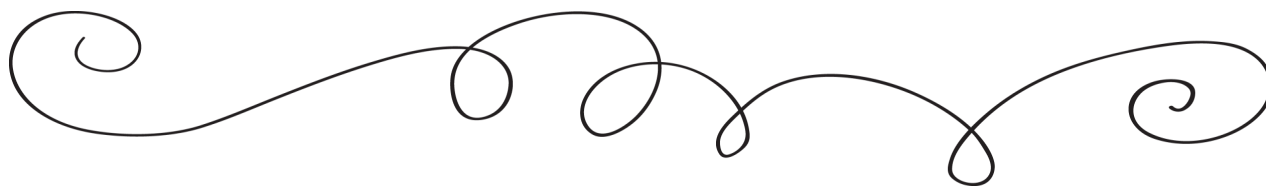
by Kathy Delaney

It is with a heavy heart that I am discontinuing the Kitchen Divas and Cooks By Night Foods Clubs at the current time. THANKS to each of you who attended any of our meetings and provided encouragement and support.

TCEH Book Club Interest Group

Last month we read a delightful Book everyone over 70 should read, "**Driving Miss Norma**". The Author is her son and daughter-in-law, an inspirational story about what really matters at the end of life! Also, this is a true story. Can't say I have ever recommended a book from our Book Club so whole heartedly! We will be reviewing, as we do with all the books we read, next month April 7th at our meeting place Cross Creek Lake Condo Clubhouse, 1330 Clearvista Drive, Lafayette, at 10:00 am.

Do you like to read, and have the time now, **come join us?** The book we receive this month is "**Blessed is the BusyBody**" by Emilie Richards. Any questions? Please contact Pam Byers, 838-2529, pbyers4@gmail.com or Jan Harris, 448-9022, jcbeharris@aol.com.



Outreach - we will be setting up at the 2022 Garden Expo this year. It will be held at the Tippecanoe County Fairgrounds, Saturday, April 23, 2022, 9:00 am to 3:00 pm. Hope to see you there!

Laundromat Books -. We continue to deliver every month to the local laundromats. We are always taking children books and would welcome anyone who would like to help or do a monthly delivery it takes about an hour for deliveries. If your interested in helping or donations please contact Cathy Case, cathyj1212@yahoo.com or 765-337-6454.

Cathy Case

Honey Yummy Chicken Kabobs

¼ cup vegetable oil or canola oil

⅓ cup honey (or more),

⅓ cup soy sauce

¼ teaspoon ground black pepper

8 skinless, boneless chicken breast halves - cut into 1-inch cubes

2 cloves garlic

5 small onions, cut into 2-inch pieces

2 red bell peppers, cut into 2-inch pieces

2 green peppers, cut into 2-inch pieces

Skewers (If you are using wooden skewers soak them in water ½ hour)

Step 1

In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better). (Overnight is also good)

Step 2

Preheat the grill for high heat.

Step 3

Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.

Step 4

Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Watch carefully due to honey. May burn quicker. Turn and brush with reserved marinade frequently.

Mary Hancock

BAILEY'S IRISH CREAM BREAD-MACHINE ROLLS (OR BREAD)

Could also be made by hand.

1 1/4 cups very warm water

1 package (1 1/4 tsp) yeast

1 cup Quaker Oats

3 cups bread flour

1 tsp salt

1/3 cup honey

2-3 Tablespoons Bailey's Irish Cream (I use off brand)

Consult your machine instructions on how to add the ingredients. Place in machine & select "dough". Remove from machine & punch down the dough. If making rolls divide dough into 4 sections, then cut sections into 4 more, making 16 rolls. Roll into balls, place on greased baking sheet, cover with light towel & let rise in warm place for 45 minutes. Bake in preheated oven for 8-12 minutes. Remove from oven & cover with towel until cool. Store in plastic bag. If wanting a larger roll for using as sandwich buns cut dough into 3 sections, then 4 more for each section.

Enjoy!

Phyllis Kochert





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Important Dates:

- ⇒ **April 21: Spring Workshop**
- ⇒ **May 17: Achievement Luncheon**
- ⇒ **July 15-23 Home & Family Arts Open Show**

Extension Office Closed:

- ⇒ **April 15: Good Friday**
- ⇒ **May 30: Memorial Day**
- ⇒ **June 20: Juneteenth**
- ⇒ **July 4: Independence Day**

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