



Extension - Health and Human Sciences



TIPPECANOE COUNTY EXTENSION HOMEMAKERS

Home Echoes

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Tippecanoe County Extension Homemakers



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January - February 2023

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Articles for the March/April 2023 Issue due by February 1, 2023

President's Report – Mary Hancock

I hope everyone had a great Thanksgiving and Christmas. Cold weather will be coming soon. Please be careful attending your club meetings and other scheduled events.

I want to Thank Phyllis and her committee for a very interesting educational program on Oct 19. The food was delicious. It was catered by the North End. Thank you, Sandy Martin, for permitting us to use your church.

Another Educational program will take place on January 18th. I am encouraging Ladies to attend and learn from our designated speakers. It will be held at the Community Reformed church on 18th Street. Also, another note, please read your program books for other events in the upcoming year.

“Ladies Lunch Out” was held on November 15th at Whittaker Inn in West Lafayette. We had 26 Members attending this event. We played 5 games. We had 9 Gift bags and 19 food Gift cards. A big Shout out to Applebee’s, Chick a Fill, Wendy’s, Arni’s, El Rodeo, Olive Garden, Pizza Hut and Culvers. Food was delicious. Everyone loved their Pumpkin Praline Cheesecake. Elizabeth Whittaker also talked with us about how and why they built the Whittaker Inn. Afternoon Teas are also available. Must call to make a reservation.

Tippecanoe County Extension Homemakers have a Facebook page. Please visit and like the page. Please send us pictures of your club activities and we (Kathy or I) will post your events.

At our Council Meeting we voted to sell food at the Garden Expo. It will be sandwiches, Chips and a drink, Dottie Warner is the Chair. More information will be forth coming.

Education Focus Group News

Our Fall Workshop was held on October 19, 2022. Sadly only 40 members attended. Our first speaker was a lively, entertaining young woman that told us about her Muslim faith & culture. For those of you that were unable to attend here's some of the highlights of her talk.

Her name was Ghadeer & she works at LARA (the Lafayette Reading Academy). Ghadeer came from Palestine and had always wanted to come to America. She explained that "Muslim" means peace. There is evil in her religion & culture just as there is in the American faiths & culture. Ghadeer felt blessed that we asked her to come to talk to and with us. Ghadeer didn't shy away from any questions.

In Ghadeer's religion and culture the women are not forced to wear the head coverings. Ghadeer's sister doesn't wear a head covering. Ghadeer's father sat her down at the age of 19 and asked her to explain why she wanted to wear one. If she put it on it would be on for her life. She realized she had a natural beauty and wanted to follow her Muslim faith. The head covering is to keep men from looking at her or following her; basically to keep men from "hitting" on her as our American girls say. She is able to take it off in the presence of males as long as she would be unable to marry them such as brothers, cousins, or uncles.

Ghadeer's marriage was an arranged marriage. Ghadeer and her husband had a type of courtship for about a year and was not forced to marry. They don't date like American's do. They were able to meet in their homes and were allowed to have privacy within the home & to ask any questions of each other. Ghadeer's husband had been in America for about 30 years before they wed.

The Muslim faith does allow a man to have more than one wife but it has to be the case that a wife is unable to perform her marital duties such as an invalid unable to manage the home. If a husband takes another wife it has to be in agreement with everyone.

In America if we have guests in our home we may serve coffee & cookies. In the Muslim home they serve dates & very strong, spiced coffee. They burn the beans then grind them & brew. After brewing they add spices such as cinnamon & cardamom. Ghadeer brought along a tray of dates & a pot of coffee to sample.

Our delicious lunch was catered by the North End Café and he brought lots! After lunch our very own Brock Turner taught us some great relaxing techniques. I'm sure some nodded off but that means he was a success in his teaching? Ha!

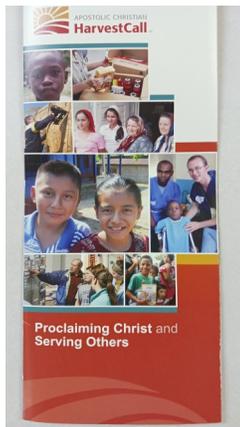
Submitted by Phyllis Kochert

Co-Chair for Education Focus Group



News From the Hillwood Club!

This year the club members were divided into groups of 4 or 5 & that group plans each of the assigned meetings. Members Wanda Glavash, Doris Wallmann, Colleen Bjork & Janet Connelly planned November's meeting & they took 19 of us on a field trip to Wolcott for a fun filled day. We started at the ROOT diner & bar with a fantastic lunch. As you can see from the pictures it was Margarita day for ones not driving. We then went for a tour of the soap factory, Apostolic Christian Harvest Call. So interesting! They use fat from the hog plant & a semi load of fat could cost up to \$20,000! They work on donations & work for Christ distributing bath & laundry soap to charities & food pantries all over. They used to send to foreign countries but shipping became so expensive they just send money now. Soap that doesn't turn out quite right is ground into laundry soap. Our club collected \$67 to donate to them. Each of us were given a package of 2 bars of soap. Do make a trip to this small town that is big on helping others or at least consider a donation to help keep America clean!



VOLUNTEER COMMUNITY SUPPORT IS APPRECIATED!

Volunteer Community Support had a successful take in of items at the Fall Education Workshop. The workshop was very informative and enjoyed by all. We were able to donate the following items to Cover Up Lafayette... 45 pairs of gloves, 63 pairs of socks, 1 pair of ear muffs, 21 hats, 35 scarves, 2 sweat shirts, 11 men's coats, 6 sweaters, 6 quilts, 26 blankets, 4 Afghans, 10 throws, and 1 ph yarn mat.

I want to share the experience I encountered while delivering. When I pulled up there was a young man that was just leaving the porch with a scarf. It was a bitterly cold morning. I noticed he was warming his hands together with no gloves on.

I stopped him and asked if he needed gloves. This young man said to me, "I need everything, as all my stuff where I stay was stolen". I offered him gloves, socks, blanket and he asked for the mat. The porch containers were empty and he had no idea what he was going to do. He could not stop saying thank you and how much he appreciated it.

I wanted you to know that what we do for the community does not go unappreciated by those who receive items from us. Kudos to all that participated in donating items.

Cathy Case, Co-Chair

Let's support our community!



Return this form with payment by
February 7th, 2023 at Council meeting
or mail to:

Nancella Dobbins
TCEHA Treasurer
3033 Greenbrier Avenue
West Lafayette, IN 47906
dobbinsnj@comcast.net

**INTERNATIONAL COINS FOR FRIENDSHIP
NICKELS FOR INDIANA LEADERSHIP**

**Due at February Council meeting
February 7, 2023**

Please make check payable to:

**TIPPECANOE COUNTY EXTENSION HOMEMAKERS OR
TCEHA**

| | |
|---|-----------|
| CLUB: | |
| International Coins for Friendship | \$ |
| Nickels for Indiana Leadership | \$ |
| Check Total | \$ |

WINTER WORKSHOP - Phyllis Kockert

When: Wednesday, January 18th

Where: Community Reform Church, corner of 18th & Iroquois Streets

Time: Registration 12:00-1:00

Speaker: Heather Starkweather,
Clinical Director of Vision of Hope.

Have your light lunch at home then come enjoy some delicious desserts & visit with your friends to chase the winter blues away!

**TIPPECANOE COUNTY HOMEMAKERS
SENIOR SCHOLARSHIP REMINDER**

The deadline for the \$1000 Tippecanoe Extension Homemaker's Senior Scholarship application is March 1, 2023 at 4:30pm. Applications received after that time will not be considered.

Requirements and application forms may be found on the Purdue Extension Tippecanoe County website, <https://extension.purdue.edu/county/tippecanoe/>. Click on Extension Homemakers, Extension Homemakers Forms, Senior Scholarship Application.

Questions should be directed to Paulette Niles, Scholarship Chairman, 765-463-3475.

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 my previous letter with stress reduction techniques were helpful. I am happy to share that the *Addressing Stress with Relaxation Techniques* program has been delivered multiple times with positive feedback through the community. I am pleased TCEH asked me to develop this program for the fall educational event.

Another program I have recently become trained to provide is *Matter of Balance*. *Matter of Balance* is a fall prevention program that teaches physical movements, environmental assessments, and a thought processes to prevent falls that may lead to significant bodily harm. I hope to offer this program in 2023. If you are interested in participating in this program, please contact me or my office.

I will leave you with some hints to address the possible new items that have made their way into your living space after the holidays. I have offered the program *Empower Me to be Clutter Free* multiple times over the last few months. I've implemented many techniques to declutter my own spaces as well. Here are a few thoughts that I share during this program:

- My goal is to organize for how I am living **today**, not tomorrow or yesterday!
- If you think your kids want a certain item, offer it to them now.
- I am creating space for the things I really use.
- Decluttering will save me time in the long run.
- I will schedule a time, start small, and celebrate my efforts to declutter!

I hope you stay happy and healthy!

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 ext. 2658
turnerbm@purdue.edu

"Women Stepping Forward"

**95th Annual Achievement Event
Tippecanoe County Extension Homemakers
Monday, May 22, 2023
Lafayette Country Club
1500 S. 9th Street, Lafayette, IN**

Ladies of Tippecanoe County Extension Homemakers, plan to attend!! A registration form will be sent to Club Presidents/Treasurers after January 1.

Time: check-in between 11:30-12:00 noon; meal will begin at noon

Speaker: Bess Witcosky from Joyful Journey

Registration Deadline: May 10, 2023. PLEASE honor this date.

Cost: \$22. Check made payable to TCEH. Club members please pay your Club treasurer so that one check can be sent for each club. Mail check and names to: Nancella Dobbins, 3033 Greenbrier Avenue, West Lafayette, IN 47906.

Menu: Small House Salad, Grilled Chicken with a Smoked Gouda Cream Sauce, Roasted Red New Potatoes, Green Beans, Rolls and Butter, Coffee, Tea, or Lemonade. There will be options for Gluten Free and Vegan.

Dessert: A 95th Anniversary sheet cake will be served.

Please also be aware that Club Presidents and Focus Group and Outreach Committee Chairs need to send the following information for the program book:

- ◆ 100 word reports due March 1 to Nancella.
- ◆ Focus Group and Outreach Committee, and Book Interest Group reports due March 1 to Nancella.
- ◆ New Member Names and Names of Deceased members: Due March 1 to Nina Morgan, 5123 East 300 North, Lafayette, IN 47905.



Fall Magic Cake

Ingredients for the cake

- 1 (15 oz) box of yellow cake mix
- 3 eggs
- 1 cup milk
- 1/2 cup vegetable oil

Ingredients for the pumpkin pie

- 1 (15 oz) can of pumpkin
- 1/2 cup evaporated milk
- 1/2 cup heavy cream
- 3 eggs
- 1 cup brown sugar
- 1 teaspoon pumpkin pie spice



Ingredients for the frosting

- 1 (5.1 oz) pkg of instant vanilla pudding mix
- 1 cup cold milk
- 1 teaspoon pumpkin pie spice
- 3 cups imitation whipped topping

1. Preheat oven to 350 degrees F.
2. Lightly grease a 9x13" cake pan
3. Mix the cake mix, 3 eggs milk and vegetable oil.
4. Pour the cake batter into the prepared cake pan and set aside.
5. In another bowl, whisk pumpkin, evaporated milk, heavy cream, 3 eggs, brown sugar and 1 teaspoon of pumpkin pie spice together until smooth.
6. Slowly pour the pumpkin pie mixture over the cake mixture, preventing it from mixing as much as possible.
7. Carefully place the cake pan in the oven and bake until the center is no longer jiggle and a toothpick inserted into the cake layer comes out clean (about 50 mins to 1 hr.). Don't worry if the cake seems slightly darker than normal. The cake layer should be on top now.
8. Let the cake cool to room temperature.
9. In large bowl, place the pudding mix, remaining pumpkin pie spice and cold milk and whisk until smooth and starts to thicken.
10. Gently fold in the imitation whipped topping until completely combined.
11. Spread the frosting on top of the cooled cake, slice and enjoy!

Submitted by Dawn Lowry - Hillwood Club

LAVA CAKE



4 oz bittersweet chocolate
4 oz butter
3 large eggs
1/2 cup sugar
1/4 cup flour
1 teaspoon vanilla extract
1/2 teaspoon Instant coffee or espresso powder optional

- Preheat oven to 400° F. Generously butter and dust 5 (4 oz) ramekins with cocoa powder or sugar; set aside.
- In a medium microwave-safe bowl, melt chocolate and butter in 30-second increments.
- In a separate large bowl, whisk the eggs and sugar until pale and fluffy. Whisk in the melted chocolate along with the flour, vanilla, and instant coffee if desired.
- Divide batter into ramekins and place them on a baking sheet. Bake 12 minutes or until the edges begin to pull away from the ramekins but the center is still jiggly.
- Remove from oven and serve immediately with ice cream.

Submitted by Mary Hancock



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Extension Office Closed:

- ⇒ Jan 2 New Year's Day
- ⇒ Jan 16 Martin Luther King, Jr. Day
- ⇒ Feb 20 President's Day



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February 1, 2023

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