



Extension - Health and Human Sciences



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May/June 2023  
Issue due by  
April 1, 2023

# 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 23, Issue 2

March/April 2023

### President's Report — Mary Hancock

Happy New Year to everyone. I hope everyone had a beautiful Christmas and New Year.

I Want to Thank everyone who attended the “Ladies Lunch Out”. (July 25, September 19 and November 15-2022, and November 3, 2021) It was truly a lot of fun and the prizes were wonderful. Special thanks go out: El Rodeo, Olive Garden, Texas Roadhouse, Applebee's, Pizza King, Pizza Hut, Arni's, Bob Evans, Chick-fil-A, Wendy's, and Hardees.

Our bus trip to Beef and Boards was a lot of fun thanks to Pam Windler. She told us the history of St Anthony's and then we had several games regarding “It's A wonderful Life”. It was a dreary rainy day, but no worry, we had the bus driver. Bus dropped us off on front of the door.

2023 Home and Family Conference is just around the Corner. It will be held on June 5- 7<sup>th</sup>. Embassy Suites 13700 Conference Center South Drive, Noblesville, Indiana. More information will be found on line under IEHA website. We will also continue to post this information.

cont'd on next page

2023 Cultural Art is Fairy Garden. Must be 18x18x18. You may have a house, stones, trees, fairy, moss, pond or whatever you choose. Should be a lot of fun.

Save the Date: Remember our **Spring Lafayette District is March 28 (Tuesday) at St Andrews Church 4703 N 50 W. West Lafayette.** More info in the Home Echoes.

Achievement Committee has been working very hard to organize our 95<sup>th</sup> Anniversary Luncheon which will be held at the Lafayette Country Club on May 22. Monday. Registration starts 11:30 to 12:00. Lunch is scheduled for 12:00. Our speaker will be Bess from Joyful Journey. Theme for the event is **“Women Stepping Forward”** We are very fortunate to have the Country Club who accommodates us accordingly. Thank you, Tracey, For all you help.

The Garden Expo will take place at the Fairgrounds. (April 22, Saturday 9:00 to 3:00pm) They had 2000 people attending the event last year. Council has voted to participate by selling sandwiches and drink. Dottie Warner is Chair. We will need your help. Our Extension Club needs to be physically seen in the community. Plus, we need to make money for other adventurous events. Many people recognized us from the Country Kitchen but it's been several years that we are losing our recognition.

We are still looking for someone who would be interested in leading our Tippecanoe County Extension Homemakers as President. I know there are many of you who can do this job. Please Contact Nancy Jones or Kathy Delaney.

I want to Thank our Office staff for always helping us out. Thank you, Holly and Paige.

## **Homemakers' Fundraiser 2023!**

At the Tippecanoe County Gardeners Expo

Saturday April 22

Serving Soup and Sandwiches 10-2:00

Hearty Vegetable Soup \$3

Ham or Turkey Sandwiches \$5

Bagged Chips \$1

Meal Deal of all 3 items: \$8

We're calling on the 7 clubs listed on page 5 of our handbook to **supply volunteers, 2 for 9-3:00 (Fairfield, Highland, L...bugs, Meadowlarks, Randolph, Quilters, and Hillwood)** It is up to you whether 2 members stay all day or several work in shifts. We'll be assembling sandwiches starting at 9:00, and hopefully be sold out and through cleaning up before the Expo ends at 3:00. Please bring your own apron. Call or text me with questions, or your list of volunteers! Dottie 317-432-2933. I should have more details at the Feb 7 council meeting.

Thank-you!

Dottie Warner and the fantastic committee consisting of:

Nina Morgan, Marilyn Hammack, Kathy Delaney, and Mary Hancock

**Due Dates for:**

**March 28 District Meeting:** Let's have a good showing from Tippecanoe County. Event will be held at St Andrew's United Methodist Church, 4703 N 50 West, West Lafayette; A reservation form from county treasurer will be emailed to club treasurers and presidents. **Due date of March 17, 2023 to County Treasurer.** Mailbox members contact County Treasurer directly.

**Club Membership Renewal:**

Club Treasurers be aware that your Club membership dues to the County (\$10) along with a list of members, noting new members this past year, will be due to the County Treasurer by **April 1, 2023.** Mail your list of members and dues to County Treasurer.

**Mailbox Members:** Renewal letters will be sent to Mailbox members by March 1, 2023. Due back to County Treasurer by April 1, 2023.

Submitted by Nancella Dobbins



**Laundromat Books** - We have delivered from July to January a total of 510 books. We are in need of books, all age groups, can be paperbacks, hardbacks, new or used. The library's have book sales, and you can always pick up from Goodwill or the thrift stores. You can make arrangements to get them to me or bring to our workshops. We appreciate your help with keeping this project going.

Cathy Case, 765-337-6454, [cathyj1212@yahoo.com](mailto:cathyj1212@yahoo.com)

**Leadership**

The Leadership focus group is responsible for developing the Program Book each year. We depend on the club leadership to gather and update their officer and club member information to help put the book together. **April 1** is the deadline for submitting your clubs Dues and Membership to our County Treasurer, Nancella Dobbins. **April 1** is also the date to submit your clubs Officer list to the Leadership Focus Chair. We ask that you use the forms on our website and that were distributed at Officer's Training. It helps so much when we are preparing the book. Remember, we do this without the help of the Extension Office Secretaries. Your help is greatly appreciated.

Nina Morgan, Chair

Nancella Dobbins Co-Chair

## **Education Focus Group - January Winter Workshop**

The committee made some changes this year by having the Winter Workshop starting at 1:00 pm just in the event we had bad weather. If we would of catered the meal, then cancelled, we would have had to pay for the food, plus this gave the crews time to clear the roads & parking lots. Instead, a fabulous dessert buffet was provided by the committee. We started registration at noon. We then had an hour to enjoy our desserts & visit with other members. Give your committee some feedback on the change. Our speaker, Heather Starkweather was very entertaining and educated us on all the work/activities provided for women with addictions at the Vision of Hope located on 26 East. Heather also brought her mother, Diane. Heather was so enlightening with her vision & work that Cathy Case announced that members will bring needed items to the Spring Workshop for Vision of Hope. See the needed list in this Echo's newsletter under Volunteer Community Support.

## **The Spring Workshop**

**When: Wednesday, April 19th**

**Where: Community Reform Church at the corner of Iroquois & 18<sup>th</sup> Street**

**Time: Registration from 9:00-10:00 am**

Speakers:

10:00-11:00 John Collier, Assistant Director Economic Development. John will be sharing with us the activities currently going on in Greater Lafayette & what's being planned for the future.

11:00-12:00 Mark Eberhart, owner of MD Home Inspections. Mark will be explaining why we must keep up good maintenance to our homes on a yearly basis & what inspectors will look for in a home being sold.

1:00-2:00 Pam Windler & her co-workers from St. Anthony's Healthcare will talk about muscle & bone maintenance.

12:00-1:00 Lunch will be served by Arni's.

**\*Cost: \$10\* Lunch registration & money due by April 7<sup>th</sup> to  
Nan Dobbins, 3033 Greenbrier Ave, WL 47906**

An array of desserts will be provided by our 1:00 speaker/guest, Pam Windler, St. Anthony's Healthcare, be sure to thank her!

Submitted by Phyllis Kochert  
Phyllis Kochert & Nancy Wittenauer, Co-Chairs

**DISTRICT MEETING**

When: Tuesday, March 28th

Where: St. Andrew's United Methodist Church,  
4703 N 50 W, West Lafayette

Registration: 9:00-10:00

Speaker: Lee Goudy, Prophetstown State Park

Lunch provided by Christo's, chicken & vegetable stir fry, rice pilaf, house salad with ranch dressing, rolls & butter. Dessert Buffet provided by Tippecanoe Extension Clubs.

**\*Cost: \$18\***

**Lunch registraion money due by March 17<sup>th</sup> & mailed to:**

Nan Dobbins, 3033 Greenbrier Ave, West Lafayette 47906

Submitted by Phyllis Kochert

**MY PET PEEVES — Submitted by Phyllis Kochert**

Individuals that come into your home or a restaurant & plop their purses/bags on your clean, most times, sanitized tables! Think of where the bottom of that bag has been!

Flushing a stool with lid still open! As a contractor's wife I've been to many plumbing conventions over the years. The sales people always said these newer hi-flush toilets will shoot a nasty mist up to 5 feet in the air. Now look around your bathroom...where's your toothbrush, makeup, hand towel? How many times have you run into a public restroom, grabbed a piece of toilet paper & blown your nose? YUK! My grandkids leave the lid open just to see how loud I'm going to yell, then run away laughing!

Let's hear your pet peeves.

## **95<sup>th</sup> Anniversary Achievement Luncheon**

**May 22, 2023 - Monday  
Lafayette Country Club 9<sup>th</sup> Street  
Registration 11:30 to 12:00   Lunch 12:00**

**Speaker: Bess Witcosky- Joyful Journey  
Theme: "Women Stepping Forward"**

**Cost \$22.00**

**Menu: Salad, Grilled Chicken with Cream Gouda Cheese,  
New potatoes, Green Beans, rolls, coffee/tea  
Dessert: Special 95<sup>th</sup> Anniversary Cake**

**Club Treasurer send one check with members attending to  
Nan Dobbins 3033 Greenbrier Ave, WL 47906**





***May 22, 2023 We will be celebrating our  
95<sup>Th</sup> Achievement Luncheon***

**Here's a list of our past Achievement Luncheon Themes:**

|      |   |                      |
|------|---|----------------------|
| 2013 | Celebrating 100 years (Homemakers)            | Best Western         |
| 2014 | Dinner at Tiffany's                           | Best Western         |
| 2015 | Reflections of Our Achievements               | Outpost              |
| 2016 | Embracing Indiana's Bicentennial              | Courtyard Marriott   |
| 2017 | Honoring the past, Inspiring the Future       | Five Points Sheraton |
| 2018 | Toasting the Future                           | Five Points Sheraton |
| 2019 | Creating Connections                          | DoubleTree Hilton    |
| 2020 | Relax, Reflect and Recharge                   | Canceled             |
| 2021 | Women of Substance, Making Changes Together   | Laf Country Club     |
| 2022 | Pathway to Success: People, Purpose & Passion | Laf. Country Club    |
| 2023 | Women Stepping Forward                        | Laf. Country Club    |

**Special "Thanks" to all the Chair Persons and the Committees who made the Achievement Dinners and Luncheon always a success.**

**Submitted by: Mary Hancock**





**Volunteer Community Support** had a successful take in of items at the Winter Education Workshop. The workshop was very informative and enjoyed by all. We were able to donate 562 items to Family Promise. Cleaning supplies, paper goods, blankets towels, clothing, bath and kitchen towels, wash and dish cloths, pillows, baby monitors, office supplies, kitchen items. My pickup truck was full.

I received many thanks and hugs from the staff and wishes to pass on to everyone who donated to them. They stated they would be sending us a thank you. But at the time of writing this I have not received it to include here.

Kudos to all that participated in donating items!

**Spring Education Workshop** we will be collecting for the Vision of Hope, they voiced they are in need of some things. Please bring your items to the workshop. They have provided me with a list of items they can use that I am listing...

### **General Household Items**

Toilet Paper  
Kleenex  
Copy Paper  
5-8 Alarm clocks no radio with battery back up  
Laundry drying rack  
Coffee  
Peanut butter  
Jelly  
Dish soap  
Dishwasher Soap  
K-cups,  
White Twin Bed sheet sets  
8 pillows  
6 twin mattress pad covers  
Walmart Gift cards  
Meijer Gift cards

### **Items for Residents**

Shampoo, Conditioner  
Nail Polish, Remover  
Tampons/Pads/Panty Liners  
Hand Soap  
Deodorant  
3 x 5 index cards

### **Items for Interns**

Shampoo, Conditioner  
Deodorant  
Gift Cards for Starbucks, DQ, Igloo, Sonic, Etc.

**Let's support our community!**



The annual **Home and Family Conference** is sponsored by the Indiana Extension Homemakers Association and Health and Human Sciences Extension at Purdue University.

**Save the Dates: June 5-7, 2023**

Join us for a three day conference to learn new heritage skill crafts, i-Lead sessions, annual meeting, and more. Conference is held at:

Hotel/Conference site: Embassy Suites, 13700 Conference Center South Drive, Noblesville, IN

Currently there is no information how to register. I was told by February more information will be posted on the IEHA Website.

Submitted by: Mary Hancock-President



**TCEH Book Club Interest Group**

Our Club/Interest Group takes January off, no book to read while sitting by the fire! with the snow pilling up outside!

The book we have read during the "OFF" time is "**Carry On, Jeeves**" by **P. G. Wodehouse**. We will be reviewing, this book at the first meeting of 2023, February 8. Our members meet at Cross Creek Lake Condo Clubhouse, 1330 Clearvista Drive, Lafayette, at 10:00 am.

If you like to read all types of books, come join us! We will pick up the March book at this meeting, if you wish to know the name of that book, please contact Pam Byers, 838-2529 or [pbyers4@gmail.com](mailto:pbyers4@gmail.com). These books are provided for us from Indiana Humanities - Novel Conversations, free of charge! What a deal!!!!

(Members, please let Pam know you are going to attend, looking forward to meeting with you! Jan)

## Purdue Extension - Health & Human Science Educator Update

Hello everyone! 2023 is off and running. I hope if you have created New Years resolutions and that you have been able to stick with them and they are becoming habits. If they have taken a back seat then it might be time to reevaluate the resolutions or jump back into the mix. If you think you have already failed just remind yourself that F.A.I.L is actually your First Attempt In Learning.

A task I completed during Christmas break was to identify habits I want to build or goals I would like to achieve in the 8 areas of dimensional wellness. A few of the habits and goals include reading books for enjoyment, blocking my time for the year, declutter and minimize, as well as listening to motivational videos and saying “No” in order to not over extend myself. Like many during this year, I’ve also included physical fitness goals to go along with the habits and goals I’ve developed in the other dimensions of my life.

I mentioned in my previous letter that *Matter of Balance* is a program that I would love to offer this coming year. I am still interested in hearing from you if this is something I should offer. I would love to also provide the *Get WalkIn’* program to follow or simultaneously. I would love to offer a “Walk with an Educator” time during the *Get WalkIn’* session because one of my personal goals was to spend 30 minutes in nature a week. 30 minutes in nature has been proven to reduce cortisol, the stress hormone.

If you are interested in these or educational content on other health related topics, please do not hesitate to reach out.  
I hope you stay happy and healthy!

Brock Turner, MPH, MS, CHES®, CPT  
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**News Articles for  
May/June Issue due  
April 1, 2023**

**Extension Office Closed:**  
⇒ **April 7 Good Friday**



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