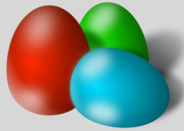




Extension - Health and Human Sciences



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Articles for the May - June Issue due by April 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



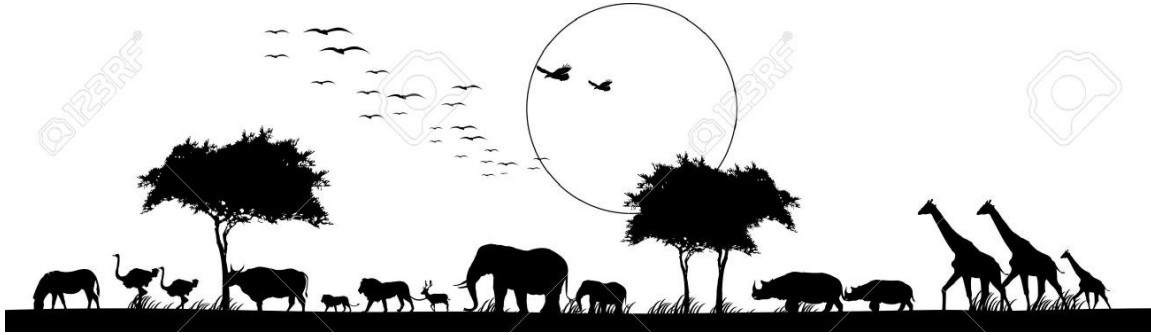
Volume 24, Issue 2

March-April 2024

“Far away there in the sunshine are very highest expectations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.” Lousia May Allcott

2024 Here we are in January almost pushing February. The year has begun. With new expectations, and resolutions and challenges. With the New year we have lots of aspirations and hopes and dreams. With that we make a list of what we hope for the new year and what we can accomplish. Some we will pursue and reach our goals. Whatever they are, from being brave taking a new position, or a new class to a new recipe, try a new book of poetry. A work out class, or just walking on your own. Life is a Safari, something far more reaching that we try and may get there. It's the trying to reach ahead to better ourselves we pursue. The goals are set and we try to reach them. But like all things we can only do so much, but that doesn't mean we don't try to do better and reach for it... With fresh ideas and pocket full of hope we, Endeavor to do our best. From trying something new, or planning a trip in the future, or a new class in art or, history. Anything is possible it's a new year with all its expectation anew with exploring all things that is ours there to try. Step out try something new! Be willing to try. With February coming in on Cupid's wings there is all things of sweets and chocolates to try from someone special. So, I have included a recipe. Also, some special books for the month of February. With the new month I look forward to all the new things coming, hope to see you all this year. Thank you, Ladies for all of your time and service no matter what it is you have done its wonderful, I am grateful and appreciation to all that you do, for Extensions' Homemakers. Special thank you to Kathy Delaney, Blessings to all of you.

Dream big, Dream Often.! Thank you, Linda S. Casey



## **Life's A Safari**

### **Mind**

**Emily Dickinson: Collected Poems Published Barnes and Noble 1993**

**The Fragrance of Kindness: Cheri Fuller 2000**

**Summers Cup: Penhaligon's Scented for Pouri of Verse and Prose:  
Sheila Pickles 1993**

### **Body**

**Joyce Tenneson: WISE WOMEN A Celebration of the Insights, Courage, and  
Beauty**

**Elizabeth Gilbert: Eat Pray Love A woman's search for everything across  
Italy, India, Indonesia 2006**

### **Spirit**

**Emily Post's Entertaining at Home by Peggy Post Hallmark Books**

**Nell Hill's Decorating Secrets by Mary Carol Garrity 2004**

# HELP WANTED

*Your Extension Homemakers Council is in need of volunteers to fill positions for the upcoming year, July 1, 2024-June 30, 2025 in order to keep all our programs and activities available for all of us to enjoy. We succeed because of our volunteers!*

VICE PRESIDENT; continue to President 2025-26	_____
EDUCATION; Plan & implement 3 Educational programs per year	_____Chr; Wanda Overpeck, Co-chr
LEADERSHIP; Plan Officers Training	_____Chr; _____Co-chr
VOLUNTEER COMMUNITY SUPPORT;	Jan Wallace, Chr; _____Co-chr
ACHIEVEMENT EVENT 2025;	Mary Hancock Chr; _____Co-chr
CULTURAL ARTS EXHIBIT (April 2025);	Jean Macy Chr; _____Chr
TCEH Facebook Administrator(s)	_____

Although all positions are important, it is especially important that we get a Vice President who will move up to President the next year and an Education Focus Chair if you want to continue our 3 Educational programs each year. Responsibilities of each of the positions are listed in your Co. Program Book, pages 28-34.

Tippecanoe County has been blessed with outstanding and experienced persons to continue our legacy of being a role model for other counties in Indiana. This year we are, once again, searching for members to step up and volunteer in leadership positions. This is **YOUR** opportunity to say **YES** to EH growth.

*To volunteer, contact Dottie Warner (317 432-2933); Kathy Delaney (765 404-5384); Nancella Dobbins (765 426-7579); Nina Morgan (765 491-5724) or Mary Hancock (765 404-4800)*

*Kathy Delaney*

## Tippecanoe County Home and Family Arts Show

It is never too early to start thinking about the Tippecanoe County Home and Family Arts Show. We have been working hard on the program book for this year's competition. All the usual divisions are still there: Collectables, fiber arts, fine arts, quilting, sewing, photography, ..... Some classes have been added and some have changed.

The Special event for this year goes back to our 4-H roots. We have a division for Aprons; made by the exhibitor, for cooking partners, and antique aprons. We also have a division for adults to have fun with decorated cupcakes and cookies.

As in the past, Thursday will be the judging for most events. Judging will be closed to the public. Saturday will be the other big day. Judging will take place for foods and also, gardening and flowers. There will be a foods auction after the foods judging and before flowers and gardening judging.

The judging on Saturday will be open to the public. It is great fun to watch.

We are looking into demonstrations going on during the fair. If you have a special skill you would like to showcase please let us know. We will also need hostesses for the room so bring a friend and join us.

As in the past, the club with the most participants will win a prize!!

The Open Show has a new email address for questions:

[tippecanoeopenshow1980@gmail.com](mailto:tippecanoeopenshow1980@gmail.com).

The book will soon be available both in print and online. If you want to be added to the mailing list, email us your information.

Thanks,

Mindi Swank (765) 586-1456

[meswank@purdue.edu](mailto:meswank@purdue.edu)

[tippecanoeopenshow1980@gmail.com](mailto:tippecanoeopenshow1980@gmail.com)



### Quilt Club News - submitted by Phyllis Kochert

We ended 2023 with a Christmas luncheon and as always Homemakers are the greatest chefs! Such an array of tasty and different dishes were brought and enjoyed!

We meet on the 2<sup>nd</sup> Thursday every month in the basement of the Extension Office at 1:00. We've had some visitors that have just come to see & appreciate the talents of these amazing women, others visited, then joined. Currently we have about 39 members. Feel free to stop in & be wowed! If you check out TCEH Quilt Club on Facebook and hit the "like" button, you will see all the monthly projects our members have created. Come visit anytime. Currently we're working with the Council to possibly make a beautiful, queen size quilt to have as a display and sell raffle tickets at various events. A committee has been formed to see if this is feasible and the Council is checking on legalities and deciding how to use the money. More information will be coming in the future newsletters. If you have a thought or suggestion on this project, please talk with one of the Quilt Club members or your Council members.

**Lafayette Spring District Meeting - Celebrating Indiana Women**  
**Hosted by White County Extension Homemakers**  
**Thursday, March 7, 2024**

**Monticello United Methodist Church**  
**200 S. Main Street**  
**Monticello, IN 47960**

**Check In 9:00 am Eastern**  
**Meeting 10:00 am Eastern**

**Menu**  
**Breakfast - Assorted Items**

**Lunch**  
**Roast Beef, Mashed Potatoes & Gravy**  
**Glazed Carrots, Pasta Salad, Broccoli Salad**  
**Tea, Lemonade, Water, Coffee**  
**Dessert**

**Reservations, \$16 per person. One check payable to TCEH and this form**  
**Due by February 13, 2024. Mail to**  
**Nancella Dobbins, 3033 Greenbrier Ave, West Lafayette, IN 47906**

**Club Name \_\_\_\_\_**

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## Purdue Extension – Health & Human Science Educator Update

Hello everyone! 2024 is off and running. I hope if you have created New Years resolutions 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 a good time to reevaluate the resolutions, or jump back into the mix. If you are looking for some Extension Education offerings to help, I might have an option that fits you!

February is Heart Health Month! I recently lost a high school friend to a cardiac event and it has motivated me to offer our **Be Heart Smart** class this March. The 4 classes will be offered on Fridays from 9-10 on March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup>. If you are interested in attending this class please call or email me to be added to the list.

### Warning Signs of a Heart Attack

1. Pain or discomfort in chest
2. Lightheadedness, nausea, or vomiting
3. Jaw, neck, or back pain
4. Discomfort or pain in arm or shoulder
5. Shortness of Breath

### Use the F.A.S.T. Warning Signs to spot a Stroke

1. F = Face Drooping
2. A = Arm Weakness
3. S = Speech Difficulty
4. T = Time to call 911

\*Recommendations from American Heart Association

Another offering coming soon is our **Matter of Balance** program. If you missed our last class, or want to try it again, let me know. Ashlee and I will host this class at the Tippecanoe County Central Office starting at the end of April through May. Space is limited, and we have new chairs for the exercises!

If decluttering was on your new years list, mark these dates for our **Empower Me to Be Clutter Free** classes at the Wea Library.

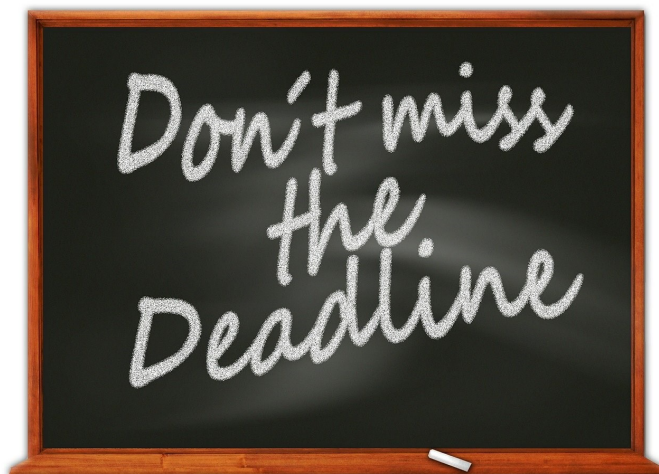
- Session 1 Clutter Free on March 12<sup>th</sup> at 6:30pm at Wea Library
- Session 2 Paper Piles on April 9<sup>th</sup> at 6:30pm at Wea Library
- Session 3 Maintaining the Order on May 14<sup>th</sup> at 6:30pm at Wea Library

I hope you stay happy and healthy!

Brock Turner, MPH, MS, CHES®, CPT

(765) 474-0793

[turnerbm@purdue.edu](mailto:turnerbm@purdue.edu)

**REMINDER: SOME UPCOMING IMPORTANT DUE DATES**

- ✓ **February 13: Registration due to county treasurer for March 7 district meeting**
- ✓ **February 29: Coins and Nickels due to county treasurer**
- ✓ **March 1: application due to extension office for high school senior scholarship**
- ✓ **April 1: Membership for 2024-2025 due to county treasurer**
- ✓ **April 1: Information for Achievement Event due to county treasurer (new members, members who has passed, anniversary of club). All member anniversary years will be run from the membership list at the office.**
- ✓ **April 1: Club officer list due to Nina Morgan**
- ✓ **April 8: registration for spring education program due to county treasurer (registration form in this newsletter)**

## 2024 Cultural Arts Event

Ladies, it's time to get your creative juices flowing. The 2024 Cultural Arts Event is scheduled for April 17, 2024, at the Spring Education Workshop. This will be held at the Community Reformed Church.

Categories for this year's event are as follows:

Knitting/Crocheting

Needlework

Other Crafts

Quilts

Special Project - Table Runner (must be at least 18" wide). Any medium is acceptable.

Feel free to enter as many categories and as you want. I know that we have many talented ladies in our organization and look forward to seeing all of your completed items.

Prizes will be awarded for the best in each category. The overall winner will represent Tippecanoe County at the Home and Family Conference in June.

Jean Macy, Chair

# Volunteer

## Volunteer Community Support

We are looking forward to the Winter Education Workshop on February 14th. It will be so great to see everyone after the dreary days of winter!

Remember to bring items for Cary Home. "Little extras." Maybe hygiene products like; shampoo, deodorant, combs, brushes, toothpaste and toothbrushes, and body lotions.

Maybe art supplies; colored pencils, small notebooks, playing cards or games.

*Keep in mind that these kids are ages 12-19.*

Also, I still need reports from clubs for September 23 to December 23 on projects you have done. I've received Hillwood and Laughing L's

Thanks for all you do for our community,  
Cathy Case and Jan Wallace, Co-Chairs



## **Membership Committee Update**

The Membership Committee is currently planning our booths (2 separate booths) for Garden Expo on April 27th.. We will need volunteers to work in both the food booth (we will sell sandwiches, soup, chips and soft drinks) and another booth to give out recipes and do children's activities (planting, coloring). Please save the date for this event and come and help us. We will use this opportunity to recruit new members, so let's all try to get out there and recruit, recruit, recruit!

Cheryl McCool and Emalese Adams



### **ATTN: Knitters and Crocheters**

Consider volunteering your time to knit or crochet a shawl for the Indiana Donor Network's Threads of Compassion program.

*Offered at a time when there are no words to say, Indiana Donor Network's Threads of Compassion program provides comfort shawls to donor families at the time of their loved one's donation. The shawls are knitted and crocheted by volunteers across Indiana who give their time to create beautiful, hand-made gifts for families as loving remembrances. The hope is that the shawls will bring families comfort in their time of sorrow and transition.*

Contact Kathy Delaney ([k42delaney@gmail.com](mailto:k42delaney@gmail.com) or 765 404-5384) for Yarn to make them. OR use your own yarn if you choose. OR for a booklet of a few simple patterns.

(Shawls should be rectangular, 24-34" wide, 65-70" long - any pattern). If possible, bring them to the April 17, Spring Education program.

Submitted by Kathy Delaney

# SAVE THE DATE!

96th Anniversary Achievement Luncheon  
Tuesday, May 21, 2024  
Lafayette Country Club—1500 S. 9th Street  
Registration 11:30 to 12:00  
Lunch 12:00

Theme: “Life is a Symphony-Choose Your Notes  
Speaker : Kathy Williamson—”Writing Family Memo-  
ries”

Cost \$25.00

Menu: Salad, Grilled Chicken with Smoked Gouda Cream Sauce,  
Roasted Red Potatoes,  
Whole Green Beans,  
Rolls/Butter  
Brownie with scoop of Strawberry Ice Cream



Registration due to County Treasurer by May 13  
Registration form will be sent to Club Presidents.

# March and April

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Chocolate

Tulips

Spring

Blarney Stone

Ham

Candy

Easter Eggs

Daffodils

Easter

Leprechaun

Music

Flowers

Snow

Presidents Day

Palm Sunday

Sweet Potatoes

Church services

Hearts

Cream Pie

Four Leaf Clover

Easter Egg Hunt

Shamrocks

Green

St. Patricks Day

# Sweet Treat

## Recipe from the Kitchen Table

### Marshmallow Crème Fudge

$\frac{3}{4}$  of Butter

1 bag of Chocolate Chips

Nuts optional

3 cup Sugar

1 cup of Milnot

1-7 oz of Marshmallow Creme

Mix sugar and Milnot and ingredient's and cook until mixture it comes to a boil, stirring frequently. Boil for five mixtures stirring constantly. Remove from the fire and stir in the Chocolate chips and Marshmallow crème. Stir the mixture until it is creamy and smooth. Pour into a buttered 9x9 pan. Allow it to cool. Cut as desired. Yields 2  $\frac{1}{2}$  pounds. Can use butterscotch chips. You can add mint too.

Submitted by Linda S. Casey

from a Milnot recipe card.



**Reservations 2024 Spring Education Program  
Wednesday, April 17, 2024  
Community Reformed Church  
2501 S. 18<sup>th</sup> Street**

10:00 am - Sign in; enjoy pastries and coffee or tea  
Cost \$12, names and check payable to TCEH due to county treasurer by April 8

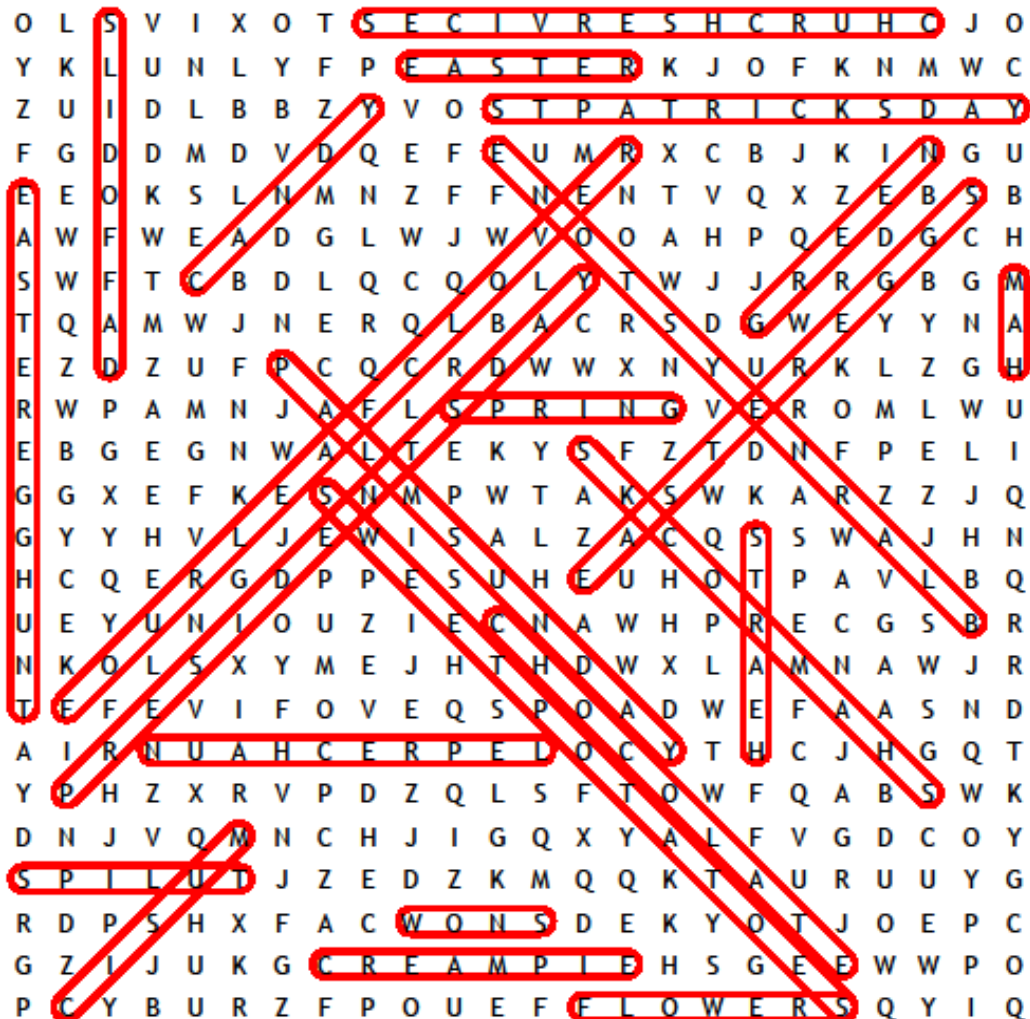
- First Speaker: a surprise; a very, very famous person.
- Lunch: Arni's will cater lunch of pizza, bread sticks, and salad. The Education Focus Group will prepare a delightful dessert.
- Second Speaker: a fireman will speak on using fire extinguishers, fire and smoke alarms, and basic safety from home fires.

Club Name \_\_\_\_\_

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# March and April



Chocolate

Tulips

Spring

Blarney Stone

Ham

Candy

Easter Eggs

Daffodils

Easter

Leprechaun

Music

Flowers

Snow

Presidents Day

Palm Sunday

Sweet Potatoes

Church services

Hearts

Cream Pie

Four Leaf Clover

Easter Egg Hunt

Shamrocks

Green

St. Patricks Day



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TIPPECANOE COUNTY OFFICE  
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LAFAYETTE, IN 47905

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News Articles for  
May/June Issue due  
April 1, 2024 to  
[hoover47@purdue.edu](mailto:hoover47@purdue.edu)



***Tippecanoe County Extension Office Closed:***

⇒ **Friday - March 29, 2024**

**In 2024, daylight saving time  
will begin at  
2 a.m. on Sunday, March 10**

Home Echoes is published bi-monthly by the Purdue University Cooperative Extension Service, Tippecanoe County Office (765) 474-0793. We reserve the right to edit all articles, recipes, and photographs submitted for consideration in this and future newsletters.

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