



Extension - Health and Human Sciences



### Inside this issue

Presidents Report 1-3

Volunteer Award 3

Book Club Interest Group  
Volunteer Community  
Support 4

Outreach/Membership  
Education Focus  
Group 5

95th Achievement  
Luncheon 6

Melody Makers 7  
of Indiana Association

Volunteers Needed 8

IEHA Communication  
Tree 9

Household Hints 10

HHS Update 11

Fall District  
Meeting in  
Warren County 12

Recipes 13

Articles for the  
July/August  
Issue due by  
June 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



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May/June 2023

### President's Report – Mary Hancock

Spring is in the air, and so, are the activities with Extension Homemakers. In the month of March, many focus groups met to discuss the District Meeting, ABC'S (Ag Day) at the Fairgrounds and Garden Expo Membership (Outreach) tables and the TCEH food table. I was so happy to see our members stepping up and helping where ever they were needed.

The ABC Day (formerly Ag Day) was held on March 10-Friday. It was a cold damp day but that didn't bother the children from Miller, Ameila Earhart and Cole school. The children were 4<sup>th</sup> graders. (age 9-10). Many of them have never seen farm animals, tractors or the many function of corn processing. The Extension Homemakers served sugar cookies and milk. Brock Turner, our Educator, presented a program on the ingredient's found in the sugar cookie. At the last minute, Hershey canceled because they could not find a bus driver for the event.

We had about 215 children attending this event.

Our last District meeting was held in Sept 2019 at St Andrews Church. We had 149 Members in attendance. Our speaker was Judy Wood and she spoke on the "History of Teapots". Phyllis Kockert has been with the Education Committee for 8 years and has organized and worked at 3 (Three) District meetings. Kudos to Phyllis and her committee. Our next District Meeting will be 2027.

2023 District meeting was held at St. Andrews Church. Speaker was Lee Goudy from "The Farm" Prophetstown.

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Michelle Baker spoke on the challenges of leadership at Purdue University. Michelle Roberts-State President and Linda Carunchia were in attendance.

**Meeting with State President.** IEHA insurance has gone up. We were paying \$2.50 per person now it will be \$2.75 per person. Our new insurance will not cover food problems. A separate insurance will be needed for any food event that the homemakers will propose. Ann Moore would like clubs to send their new current brochure to Ann for display at the Family Conference. Cultural Art display-Fairy Garden must not exceed 18x18x18. It could be much smaller. Battery operated displays must have lights turned on early in the morning till closing of each day. We were given a special form to fill out for cultural arts. On this form, revised this year 2023, lists the person bringing the item to conference and the person picking up the item. Form must be filled out completely before the conference. Submitted to Cultural Arts Chair. This year this is Cricket Brown. County Presidents must fill out report on how many hearts were made and where they were distributed.

Fall District Meeting will be held in Warren County on Sept 13 at the Beef House. Invitation will be sent out to the County President.

Next year's President theme- "Get Connected and Stay Connected" President elect Peggy Peter will become State President. Her favorite color will be Michigan State green.

**Home and Family Conference** will be set up by April 1<sup>st</sup> on the website. The dates are June 5-7<sup>th</sup> at the Embassy Suites in Noblesville. If you are calling for room reservation, use the **code IEHA**--for your discounted room rate. Fashion show is scheduled for Monday. Mike Lunsford an author and an award-winning columnist will be the speaker on Tuesday. Wednesday's speaker is Todd Taylor. Melody Makers of Lafayette will be performing on Tuesday night.

**Achievement Luncheon** will be held at the Lafayette Country Club on May 22. Monday. Theme is "Women Stepping Forward". Registration deadline is May 10 to Nan Dobbins. Price of Luncheon is \$22.00. Speaker is Bess Witcosky from Joyful Journey. Lunch: Grilled Chicken with smoked gouda cream sauce, roasted potatoes, fresh green beans, rolls and our 95<sup>th</sup> Anniversary Cake.

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Cathy Case is replacing Kathy Delaney on our Facebook page. Our Facebook page is under Tippecanoe County Extension Homemakers.

At this time, I want to seriously thank all the clubs that participated making the hearts for your clubs and for the District Meeting. Our state President was truly impressed. A big **THANK YOU TO ALL.**

**Mary Hancock**  
**County President**



Mary Hancock, President of Tippecanoe County Extension Homemakers, received a volunteerism award from Michelle Roberts, State IEHA President, at our District Meeting on March 28, 2023. Mary has so many great ideas to keep TCEH alive and moving forward with activities and enthusiasm.

Submitted by Nina Morgan



## TCEH Book Club Interest Group

Our Club/interest Group will be handing out ALL THESE BEAUTIFUL STRANGERS, by Elizebeth Kleforth at our April 6th meeting for reading and discussing during that month. Reviewing on May 4th. Because our meeting is the first Thursday of each month the calendar doesn't work for us!! We gather at Cross Creek Lake Condo Clubhouse, 1300 Clearvista Drive, at 10:00 am. If you have an interest in joining our group, please contact Pam Byers, 838-2529 or [pbyers4@gmail.com](mailto:pbyers4@gmail.com),

We will review, the next book, THE ACCIDENTAL EMPRESS by Allison Pataki on June 1. These books are provided to us by Indiana Humanities-Novel, so no expense to you.

Thank you again, Jan Harris



## Volunteer Community Support...

We had a very productive year in giving. We donated as a whole to Cover Up Lafayette, Family Promise, Visions of Hope, Riley Children's Hospital, Laundromat books, and Indiana Donor Network. As well as individual groups donating to many other worthy causes. Kudos to those who gave of their time, money, and talents. We have brought warmth, needed items and cheer to those in need. Thanks so much for your kindness!

Laundromat books are still needed. Please help by donating books from ages infant to young teens.

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

## **Outreach/Membership Committee Report**

### **Submitted by Cheryl McCool**

THE OUTREACH/MEMBERSHIP COMMITTEE MET ON FEBRUARY 23 AND MARCH 31 TO PLAN FOR MEMBERSHIP RECRUITMENT WHICH WILL TAKE PLACE ON APRIL 22 AT THE GARDEN EXPO EVENT AND AT THE COUNTY FAIR. WE WILL HAVE TABLES SET UP WITH INFORMATION ABOUT OUR CLUBS, ACTIVITIES, AND EDUCATION. WE WILL ALSO HAVE RECIPES, SEEDS AND SCATTER KINDNESS HEARTS TO GIVE AWAY AT BOTH EVENTS. THERE WILL BE SIGN-UP SHEETS WITH TIMES FOR MEMBERS TO RECRUIT AND DISTRIBUTE INFORMATION. IF ANYONE KNOWS OF ANY OTHER ACTIVITIES WE COULD PARTICIPATE IN TO RECRUIT NEW MEMBERS PLEASE LET CHERYL MCCOOL KNOW AND WE WILL DISCUSS AND DECIDE IF WE SHOULD PARTICIPATE.



## **Education Focus - Submitted by Phyllis Kochert**

### **Phyllis Kochert & Nancy Wittenauer, Co-Chair**

Our Tippecanoe clubs hosted the District meeting on Tuesday, March 28th. We had over 100 attend the meeting held at St. Andrew's Church in West Lafayette. We are still receiving so many compliments on the program. Lee Goudy & Robyn Anderson from Prophetstown State Park gave a delightful talk & slide presentation about the beautiful farm/park right here at our back door. We definitely need to go to the park & enjoy it! Of course, Christo's served a delicious lunch & thank you to all our clubs that brought the fabulous desserts! As mentioned at the meeting, we need to support our local small businesses. Mary Lou Donuts, Great Harvest Bread Store, & Sisters Too all donated items for the door prizes & breakfast. We obtained the linen tablecloths from Midwest Rentals & both Midwest & Christo's are locally owned. Your Focus group had the room decorated in array of spring flowers & colors. You couldn't help but enjoy it & as Barb Sondgerath said "I love this! There's people here I haven't seen in years!".

## **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  
by May 10 to**

**Nan Dobbins 3033 Greenbrier Ave, WL 47906**





## MELODY MAKERS OF INDIANA ASSOCIATION



[www.melodymakersofindiana.com](http://www.melodymakersofindiana.com)

Concert April 16, 2023, 4:00 pm  
Rossville School Auditorium

The Melody Makers of Indiana along with the Rossville Sophisticated Ladies choir will be presenting a concert on April 16, 2023 at 4:00 pm in the Rossville auditorium.

The Melody Makers chorus is made up of women of all ages who love to sing. MMIA was started by Al Stewart at Purdue University in 1934 as a part of the Indiana Extension Homemakers program. The members come from different county choruses in the State of Indiana and are directed by Dr. Scott Buchanan of Indiana State University. Our pianist is Dr. Kristofer Sanchack of Alabama State University.

A variety of music will be presented by both choruses as well as a number together. Tickets are \$10 for adults and \$5 for children 6 and up. Age 5 and under are free. Tickets may be purchased from the Clinton and Tippecanoe county chorus MMIA members along with the Rossville choir members or at the door the day of the performance.

Come and join us for a delightful afternoon of music.

Submitted by Nancella Dobbins

## DO YOU HAVE 2 TO 3 HOURS A WEEK TO HELP?

Franciscan Hospice Care needs your help. Franciscan Hospice Care is a nonprofit and the oldest hospice in this community. We need volunteers to keep our patients company and provide respite care for their caregivers. We provide training to become volunteers for our families.

Meet Clara, a 97year old with terminal Cancer. Her caregiver daughter would like to run errands for a couple hours a week and needs someone to be with Clara while she is gone.

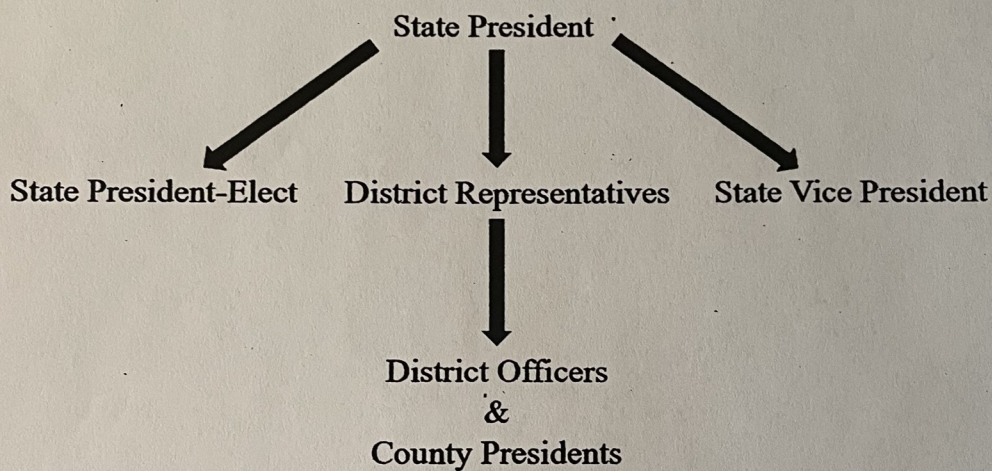
Meet Tom, a 67 year old with end stage COPD. He loves to play cards or talk about the local sports teams with someone.

Meet Marcie who is 102 and alone. Marcie lives in a nursing home. She sleeps most of the day. You would sit in her room and read scripture to her and hold her hand.

Are you being called to work with the terminally ill? To discern if this amazing opportunity is for you, please call Elizabeth Berger at (765) 423-6924 or email at [Elizabeth.berger@franciscanalliance.org](mailto:Elizabeth.berger@franciscanalliance.org). You can also begin the application process by calling Elizabeth Berger or filling out an application online at [http://franciscanhealthcare.formstack.com/forms/hospice\\_volunteer\\_application](http://franciscanhealthcare.formstack.com/forms/hospice_volunteer_application)

Authored by Marilyn Matlock  
Submitted by Carol Smith



*INDIANA EXTENSION HOMEMAKERS ASSOCIATION®***IEHA COMMUNICATION TREE**

**All District Representatives call:** District Officers and County Presidents in their district.

**County Presidents call:** Club Presidents, who in turn, call club members.

Send information by using a mass email for those with computer access or send information by US Mail to those without computer access so all will receive the same information.

**PLEASE NOTE:** Each district and each county should establish their own calling tree.

**REMEMBER:** Give the bill number and all important information. Members should form their own opinion of the bill and communicate their feelings to their legislators.

*To strengthen families through continuing education, leadership development, and volunteer community support.*

Submitted by Mary Hancock

## Household Hints from Mary Hancock

### **If you wonder why your glasses have a milky look**

You need to wash glass with cold water to remove the protein from milk and then wash by hand or place in dishwasher. They will shine like new

### **Need Ice ring for your punch bowl or even in your cooler;**

Cut the bottom of a 2 liter pop bottle and you will have perfect ice rings

### **Want your towels to smell good**

We need to remove the buildup of soaps/detergents first

Add 1 C vinegar with your wash cycle with no soap

Then rewash your towels with detergent. They will smell good

### **Want to grow seedling in your house**

Repurpose your paper/or plastic egg cartons. Put soil in each

Egg holder and your seed. Water slightly. A good start for your garden.

### **Have a nasty-burned outdoor grill**

You can use a ball of Aluminum foil and remove excess burned food or

You can take off the grill grates and place in a large trash bag. Spray them with oven cleaner. Seal bag for 1 hour. Remove and spray them down with a hose.

### **Do you get lots of gnats in your house?**

Pour bleach in all your sinks and shower traps. Cover them overnight and pour hot water for a few minutes the next day. Now you have killed all the larvae egg hatching. Voila no more gnats.

### **Want to get rid of sand from the beach or lake area?**

Pour baby powder on your feet and it will be removed.

### **Want to build a safe fire starter for your burn pile?**

Use your old toilet paper rolls filled with the lint from your dryer or stuff Kleenex in roll.

## Purdue Extension - Health & Human Science Educator Update

Hello Spring! I hope everyone is taking time to enjoy the improving weather in Indiana. If you had Purdue winning it all in the NCAA Championship, there is always next year! This spring is kicking off and I have just returned from a short week away. I think enjoying a little time off is always important to help refocus and refresh ourselves. This time last year I was truly learning about how in Extension “no two days are the same.” I can confirm a year later that statement holds true.

I recently attended a Train the Trainer session in order to be certified to deliver the program *Strengthening Families: 10-14*. As I learned what it would take to deliver this program in Tippecanoe County, I realized the success of this program will hinge on me having a great team that is dedicated to delivering this program year after year. This program is designed to give families the tools they need to communicate effectively, identify their family strengths and values, as well as provide children skills to address peer pressure and stress. If you are interested in finding out how you can support this program, please let me know. I could use support in family recruitment, meal planning, and community support.

Another program that I will be co presenting is *Matter of Balance* a fall prevention educational program. I am partnering with Ashlee Davis, HHS Educator in Fountain County, to provide this class in May in Fountain County. If you would like to be placed on a contact list to know when Ashlee and I will deliver this program in Tippecanoe County, please email me. The estimated delivery in Tippecanoe County will be late summer or early fall. We only have room for 15 participants.

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!

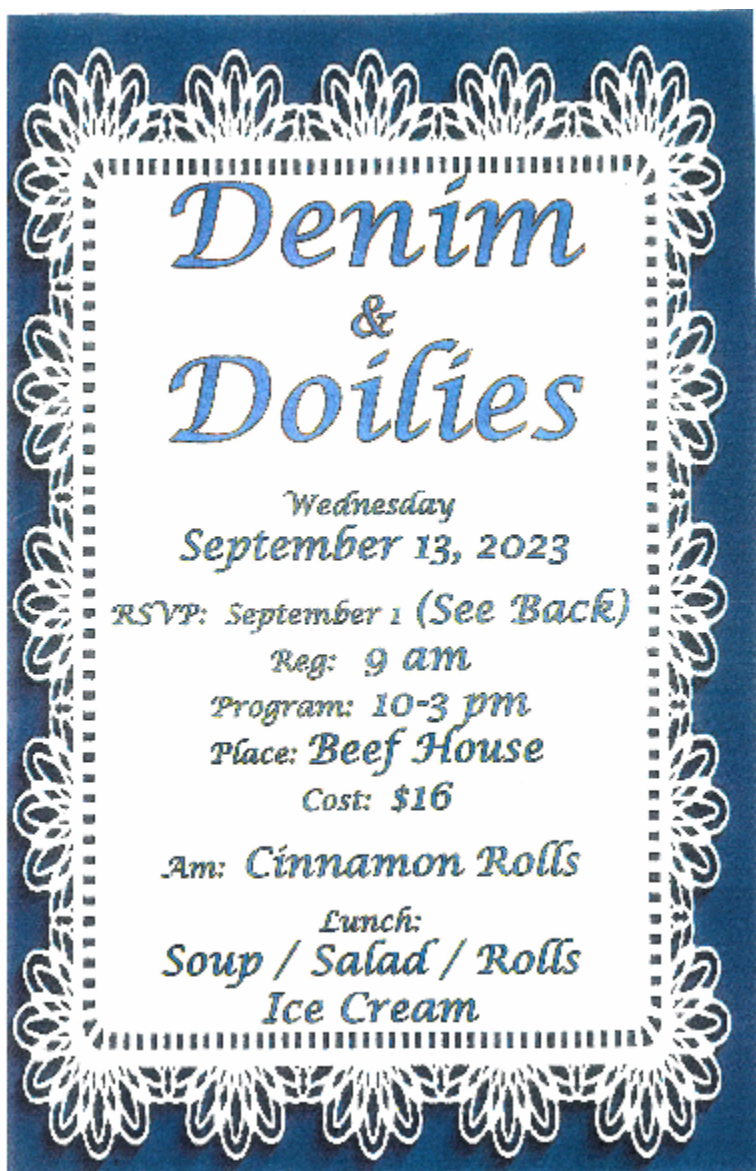
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A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS





**Submit Registration & Payment by September 1 to:**

**Susan Shoaf, 765-366-1553**

**4217 W 400 S**

**Williamsport, IN 47993**

\*\*\*\*\*

**Beef House Restaurant  
16501 North State Road 63  
Covington, IN 47932  
Phone: (765) 793-3947**

[www.extension.purdue.edu/warren](http://www.extension.purdue.edu/warren)

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## Artichoke Puffy Tarts

(3 1/4-inch square) won ton wrappers

4 ounces (1 cup) Cheddar Cheese, shredded  
1 (8-ounce) package cream cheese, softened  
1/4 to 1/2 teaspoon ground red pepper  
1 tablespoon Dijon-style mustard  
1/4 cup chopped red bell pepper  
1 (14-ounce) can artichoke hearts, drained, chopped  
Fresh parsley sprigs, if desired

### Directions

Heat oven to 350° F. Spray 32 miniature muffin cups with no-stick cooking spray. Gently press 1 won ton wrapper into each muffin cup, allowing ends to extend above cups. Spray edges of wrappers with no-stick cooking spray. Set aside.

Combine cheese, cream cheese, ground red pepper and mustard in medium bowl; mix well. Stir in bell pepper and artichoke hearts. Spoon about 1 tablespoon cheese mixture into each cup.

Bake for 18 to 20 minutes or until cheese mixture is set and edges of wrappers are lightly browned. Garnish with parsley, if desired. Serve warm.

Submitted by: Mary Hancock



## The Best Fresh Tomato Salsa



### Ingredients

- 3 cups chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1 cup onion, diced
- 1/4 cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeno pepper (including seeds)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

### Directions

Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl. Serve.

Mary Hancock

**News Articles for  
July/August Issue due  
June 1, 2023**

**Extension Office Closed:**

- ⇒ **Memorial Day - May 29**
- ⇒ **Juneteenth - June 19**



**Flag Day is June 14, 2023**

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