



Extension - Health and Human Sciences



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Nov - Dec  
Issue due by  
Oct 1, 2023 to  
Holly Sietsma  
Email address  
on back page

# 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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Sept – Oct 2023

### ***Co-President's Report – Submitted by Kathy Delaney***

*When Linda Casey and I started to plan out what we wanted to accomplish this next EH year, one of the things we needed to do was come up with a “theme/motto”. Linda, the creative one, came up with....*

#### ***Life's a Safari: Explore Mind, Body and Spirit***

*and she wanted to use some fun animals to go along with it; such as lions, tigers, giraffes, and yes, even monkeys. (Expect to see some of them throughout the year)*

*For this year's Safari (Adventure) we hope to explore programs and activities that engage your mind, encourage you to eat nutritionally and exercise for a healthy body and to maintain a personal mental well-being. All the things that we ALL need; and an organization needs to succeed.*

*Although we love to remember (and learn from) the past things we've done, this EH year Linda Casey and I are leading you towards new things while keeping the ones that are part of our success.*

***So, let the Adventure begin....***

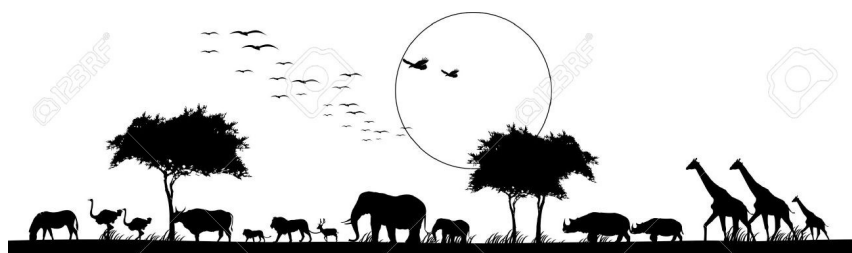
*JULY started with a Tour of the Purdue Extension Master Gardens. It is a “hidden gem” in our community. At the Tippecanoe County 4-H Fair did you stop in and see the creative and beautiful workmanship of exhibits in the Home and Family Arts Open Show?*

*Cont'd on pg 2*

*Next year, let's double our Extension Homemaker participation in it! Thanks to those who volunteered to share EH at the Membership table that Cheryl McCool and Emalese Adams and others set up in that area. We are spreading the word about Extension Homemakers.*

**NEXT STOP** - ALL club officers and focus chairs are to attend the Officers Roundtable on August 10<sup>th</sup>. It will be a NEW type of training, interactive and FUN by your county officers and focus chairs. If you are supposed to attend but can't be there, be sure to send someone else in your club to attend for you. This will help your club get off to a good start!

*Come along with us and Explore More with Extension Homemakers!*



**Life's Safari: Explore, Mind, Body, and Spirit**  
**Submitted by Linda Casey, Co-President**  
**2023-2024**

The Adventure begins, Kathy and I attended the 109Th, Annual Home and Family Conference on June 5-7, 2023 in Noblesville. With the theme of Scatter Kindness, traveling along with us, we were in company of Dottie Warner and Cheryl McCool. First off, we went to the Perkins Restaurant where we had a great meal. Then on to the Embassy Suites by Hilton in Noblesville. After getting settled in. And yes, we had lots of fun and we met up with, Extension Homemakers that attended from

Tippecanoe County and other Counties EH ladies were so excited. We walked about met a few fellow Extension Homemakers and visited with them. I have to say for not going to Conference for some time, it was wonderful. I recommend going if you have never gone. With late nights talking of how we can improve and grow new and old ideas and forming on those discussion in our room. Think EH Brain think Tank.

Cont'd on pg 3

You will have a super time. Lots to do and see. Programs to get informed on and others to explore your senses and learning skills. A silent auction, and craft show, along with vendors of different booths. From beauty skin products to Jewelry and Tupperware and other things to see. The most interesting was the Vintage Fashion show, loved the Ladies all decked out in their dresses of a different time. Impressive and the Speaker, Debby Jordan, she gave you information on the materials that were used to make some of the dresses of that time period. The Age of Elegance, review of Styles of the 40s. Impressive show. Debby Jordan, she is from Spencer, Indiana. I could go on and on about other things that stood out. The game night, or the speakers we had through the week. But in the end, the New President spoke of her future plans, and one is to continue the Scatter the Kindness and continue making of the Hearts since they have had such great response from the project. I have to say to that the other Speaker Todd Saylor who is author of a book called, "Are, You Wired Differently? He was very interesting, his book, was very inspiring. Kathy shared his book and I enjoyed reading it very much. He is from Aurora Indiana. There is more I could say about the Conference but I leave that to you to go next time. See what you're missing!

Thank you all for the help it is very much appreciated. If there are any new ideas or suggestions. Just email us any-time. Come join us, on a Safari, it's going to be new trip for all us we will be traveling to places, do things new in the County. Linda C & Kathy D.

In Africa, to go on a Safari---the Swahili word for journey ---is to leave the comfort and safety of civilization to venture into the wilderness. Each time you listen to the women within ----your authentic self---you do the same. Remind yourself of this often. "You have to leave the city of yourself and go into the wilderness of your intuition," Alan Alda advises the inner explorer in you. "What you'll discovery will be wonderful. "What you will discover will be yourself.

Uncovering the source of the Nile or charting the course of the Amazon are outward parallels to the inner journey you are on today---a Safari of the self and the spirit. By, "Sarah Ban Breathnach"



## **IEHA Home and Family Conference - By Kathy Delaney**

Friendships, Education and fun are just some of the things you will experience by attending this Conference. You meet other Extension Homemaker women from across the State. I just happened to sit beside a lady named Carol from the Portage area who just happened to be a friend of our member, Carol Smith. Indeed, it is a small world! Next year it will be held June 10, 11 and 12 at Noblesville again. Why not consider going?

## **Membership Committee - Cheryl A. McCool**

Please plan on attending our officer training on August 10 at 5:30 if you are an officer or committee head chair. We will be discussing our goals for the Membership committee this year and hope to make some plans for reaching those goals.

We have new member packets available at this time to distribute to potential new members along with lots of scatter hearts to give them too. So if you have someone who is interested in joining ask either Emmalese Adams or myself Cheryl McCool for a packet of information.

Hope to see you all soon.



## **August 10 at 5:30. Community Reformed Church**

Be sure to send your club officers.

Program books will be distributed at officers training. Please plan to send your officers and if the president of your club cannot attend, ask another officer to pick up your club's books. We will be unable to distribute them earlier.

Nina Morgan  
Nancella Dobbins

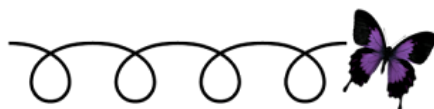
## Salute to Women, A Legacy of Excellence

The first Salute to Women awards dinner was held on March 15, 1974. Realizing that the local community lacked an environment of support for women and that many women were not being recognized for their achievements, the Lafayette Women's Political Caucus conceived the idea of a Salute to Women awards dinner. Since that first dinner several Tippecanoe County Extension Homemakers members have been honored- Women of Promise, Women of Distinction, Women of Wisdom. (if I have missed anyone, please let me know). Let's all try to attend the dinner next year, 2024, in support of the YWCA and all the women of the community. I personally thought this year (2023) was exceptionally well done.

TCEH Awardees over the years have been:

Helena Byers	Marie McCorkle
Nancy Christmas	Harriett McDowell
Martha Cox	Patricia Millard
Kathy Delaney	Mary Frances Smith
Jean Gamble	Helen VanHook
Grayce Lechtenberg	Linda K. Workman

Submitted by Nancella Dobbins



### THE HERITAGE by Harriet McDowell - Submitted by Kathy Delaney

In Grandma's day when the ladies met,  
They invited the new bride-to-be,  
To quilt and mend, and make a friend,  
And have a cup of tea.

It's been the same down through the years,  
And what you learn today,  
May be just what your neighbor needs,  
To help her on her way.

Our lives are enriched a hundred-fold,

when we learn the gift of giving,  
of a little time and a helping hand,  
and to share the joy of living.

We each one have a purpose,  
In our busy world today,  
To pass along to others all  
we have gathered along life's way.

*(This poem was written for a contest held by the  
Tippecanoe County Extension Homemakers in 1965.  
It won the local contest, and the State Contest.)  
Harriett served as Tipp. Co. Council President in 1978.*

## 2024 Cultural Arts Special Project

Ladies it is not too early to start thinking about an entry for the 2024 Cultural Arts event. The special project will be a table runner. Guidelines are as follows: Must be 18" wide and can be any length. The medium is your choice. Some suggestions are plastic canvas, crochet, knit, quilt or any other specialty you may choose. Look forward to seeing your entry.

Jean Macy, Chair  
Cultural Arts



## Education Focus Group

Save the Date - October 18 for our Fall Education Workshop and lunch at Community Reform Church, 2501 S. 18<sup>th</sup> Street. Registration begins at ten o'clock (enjoy pastries and drinks). First speaker at 11:00 will be Lindsey Johnson, representing the Indiana Donor Network and Donor Life Indiana. Great Harvest will cater the lunch of soup and sandwiches and we will enjoy delicious desserts prepared by your Education Committee. The cost is \$11.00 and must be paid to your club treasurer by October 9. We are inviting members from other counties, so it is important to have an accurate count. After lunch, a police officer will speak to us about scams and safety. Also, we are expecting a very famous guest, if she has time to stop by. Almost forgot to mention -we are collecting donations for Cover Lafayette. Please donate anything that keeps one warm - blankets, gloves, socks, etc.

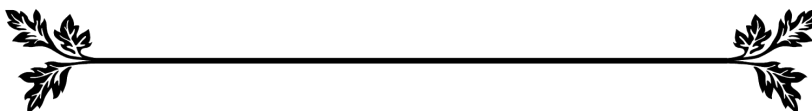
Remember - Mark your calendar for October 18.

Barb Sondgerath - Chair  
Dawn Lowry- Co-Chair

## QUILT CLUB

Come join us on the 2nd Thursday of each month to see all the beautiful projects our members are working on. If you came to the fair open show you saw many of these completed projects. September 14th is our next meeting at 1:00. We meet in the basement of the Extension Office. You don't just have to quilt, bring any sewing project or come just to visit & learn. Hope to see you on the 14th!

Phyllis Kochert  
765-413-6633



By Mary Ellen Kerber, as told to Nancella Dobbins. (thanks to Sharon Albregts for alerting Nancella to this important history). [2019.021.01 - Quilt | Tippecanoe County Historical Association \(pastperfectonline.com\)](https://www.tippecanoe.org/2019.021.01-Quilt-Tippecanoe-County-Historical-Association-pastperfectonline.com)



"Sharon Albregts and I delivered this quilt, two pillow covers and a four block wall hanging on January 10, 2019 to Kellie Hippi at the Historical Museum in Lafayette, IN. This quilt is a real treasure of the history of the Tippecanoe County Extension Homemakers in 1985. Many homemaker friends participated in making and designing this beautiful quilt. I felt the Museum was the proper place to care and preserve this history. Two years ago the Tippecanoe County Extension Homemakers Past President conceived the idea of a county quilt. Each Extension Homemaker Club made a block depicting the area of origin of their club name. of the Indiana Extension Homemakers Association this beautiful quilt was presented to me. It is a treasure and one I am extremely proud and happy to share."

Cont'd on pg 8



The blocks were collected, pieced together and quilted by a special group of ladies. In June 1985 as I took the reign as President of the Indiana Extension Homemakers Association this beautiful quilt was presented to me. It is a treasure and one I am extremely proud and happy to share."

Pauline Wilcox, chairman  
Gertie Reynolds  
Kathy Delaney  
Helena Byers  
Louise Brown  
Kathryn Wilcox

Maude Biery  
Gene Fisher  
Leonora Wiggins  
Mildred Smith  
Marguerite Bowerman

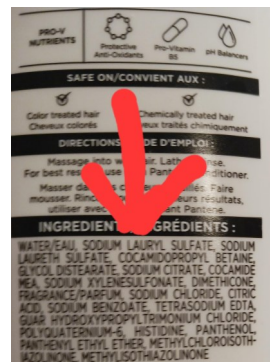
### Quilt Blocks by:

- Council Past Presidents: designed by Harriett McDowell and Marilyn Gray, completed by Pauline Wilcox
- Battlefield Belles: Nancy Christmas
- Buck Creek: Evelyn Liphard and Ada Woods
- Cairo: Mary and Ed Ferringier, Margaret Martin and Marilyn Haan
- Charm 'N Chatter: Leonora Wiggins
- Choral Club: designed by Gertie Reynolds, stitched by Kathy Delaney
- Colburn: several club members contributed
- Digby: Louise Allyn
- East Side: Lulu Vice, Linda Vice
- Elston: Amy Williams
- Fairfield: Dorothea Buck
- Highland: Edith Norwood
- Hillwood: Pat Peterson
- Immanuel: designed by Olive Kraft, completed by Gayla Simons
- Jackson: Jean Gamble
- Jolly Jills: Diana Clark and Martha Martin
- Lady Bugs: Judy Oderkirk
- Lafayette: Linda Lowe
- Lamplighters: Sandy Smith and Ruth Mills
- Laughing Lassies: Jackie Bruer
- Merri Misses: Diana Roudebush
- Miami: designed by Mary Sanchille, sewn by Betty Onley
- North Park: Christina Harshman and Judy Hough
- Quiatenon: Dorothy Fetterling and Judy Port
- Perry: Colleen Spitznagle
- Randolph: Jackie Kerkhoff and Sharon Corwin
- Sheffield: Peg Scott
- Shelby: Norma Gray
- Stockwell: Kathryn Wilcox
- Tecumseh: Ruth Leffler and Carrie Snyder
- Tippecanoe: Gertie Reynolds
- Union: Marie Pearl
- Vinton: designed by Jackie Roby, completed by Lorene Baldwin
- Wabash: designed by Ruth Andersen, completed by Blanche Martin
- Wayne: Linda Kerber, with the help of club to decide idea
- Wea: designed by Cathy Cox, embroidered by Mae Buschman



**HAIR LOSS, ITCHY SCALP?** Submitted by Phyllis Kochert

Gals, I came upon this info quite by accident (on Facebook) so I did some research. "Sodium Lauryl Sulfate" is an ingredient in most shampoos and conditioners. This ingredient is banned in many countries...where is our FDA? Guessing getting paid off by Big Pharma! I messed around trying to get my thyroid meds regulated thinking that was causing my hair loss. After re-searching this I immediately ordered bottles of Tea Tree shampoo and conditioner, there's many different brands. The itching has slowed significantly after just 6 washings so hoping hair loss slows too. It's aggravating we have to question everything!

**Strawberry Poke Cake - Submitted by Mary Hancock**

- 1 package white cake mix (regular size)
- 1-1/2 cups boiling water
- 1 package (3 ounces) strawberry gelatin
- 1 package (8 ounces) cream cheese, softened
- 2 cups whipped topping
- 4 cups fresh strawberries, coarsely chopped

**Directions**

Prepare and bake cake mix batter according to pkg directions, using a greased 13x9-in. baking pan.

In a small bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Cool cake on a wire rack 3-5 mins. Using a wooden skewer, pierce holes in top of cake to within 1" of edge, twisting skewer gently to make slightly larger holes. Gradually pour gelatin over cake, being careful to fill each hole. Cool 15 mins. Refrigerate, covered, 30 minutes.

In a large bowl, beat cream cheese until fluffy. Fold in whipped topping. Carefully spread over cake. Top with Strawberries. Cover & refrigerate at least 2 hours.

## Household Tips

By Mary Hancock

### Kitchen:

**Grease on Cabinet:** Mix 1 part Vinegar and 1 Part Baking Soda or make a paste. Spray on cabinet let sit 5 minutes. Wipe off with Microfiber Towel.

**Dried up food in microwave:** Place 1 cup of vinegar and a lemon on the side. And cook for 1 minute. Let rest. Wipe out everything off. You have steamed the food off.

**Dishwasher:** Clean your dishwasher every two weeks to remove soap scum and food particles. In an empty dishwasher place a cup or bowl filled with vinegar And start dishwasher under CLEAN CYCLE. Your dishwasher will be fresh and shiny.

**Faucets:** Cut a fresh lemon. Use on the handles and faucets. Wipe with cloth. It removes scum and makes it shiny.

**Kitchen Condiments:** Date your condiments with expiration dates.

**Flour:** You can freeze your flour, refrigerate or store in cool place. If storing in the pantry add a bay leaf to prevent pantry bugs.

**Knives:** Do not place sharp knives in basket, place on the top drawer. This will prevent rust on your knives. And this will not dull your knife.

**Stainless Steel Sinks:** Use Liquid Bar Keepers Friend to clean and then rinse. You can also use this on your glass top stoves. Squeeze on. Then rotate with paper towel. Let Dry. Use several wet towels to remove dried soap. Then a nice clean towel for the final step.

**Wallets:** Clean your wallet weekly. Remove receipts, check the dates on your gift cards and your coupons. Remove the loose change to make your purse lighter.  
I always write the amount of gift card with marker on the back of card.

## Purdue Extension - Health & Human Science Educator Update

Hello everyone! I hope you were able to enjoy the fair season! Life in Health and Human Science Extension is moving right along. I have a variety of programs in August and September that include *Meal Planning with Artificial Intelligence*, *Staying Scam Safe*, *Where Does Your Money Go?*, and *Aging in Place*. If you are interested in attending any of these classes, please reach out and I will let you know the time and date. We should be highlighting these on our social media as well as our Extension Newsletter.

Another program I will be offering in October, with the help of my colleague, Ashlee Davis is the Matter of Balance program. Space is limited, if you are interested, please email me as soon as possible to be added to the list.

NBC News highlighted a study conducted by Purdue University on Young adults who fall down stairs. Children under 3 and adults over 85 are the age groups most commonly injured from falling down stairs, but the third-most likely group is young adults in their 20s. The 8 risk behaviors they identified with falls were: footwear choice, handrail use, looking at one's feet, using an electronic device, skipping steps, placing hands in pockets, talking while walking and carrying objects while walking. This article suggested that neglecting to look at one's feet while walking was a particular indicator of risk according to Shirley Rietdyk, a professor of kinesiology at Purdue University. More than 69% of the individuals analyzed in the study exhibited two or more risky behaviors. Hopefully we are all being aware of our surroundings as we move through our environment.

*A Matter of Balance* and *Aging in Place* are excellent educational class offerings to address concerns about falls. *A Matter of Balance* is an 8-session program that we will be offering at the Tippecanoe County Central Office (Extension Office) on October 2<sup>nd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 16<sup>th</sup>, 19<sup>th</sup>, 23<sup>rd</sup>, and 26<sup>th</sup> from 9:30-11:30am. Snacks and refreshments will be provided and the cost is \$10 for all 8 sessions. *Aging in Place* will be offered on September 28<sup>th</sup>, (Time TBD) at the West Lafayette Library.

If you are interested in content on other health related topics, 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  
1950 S. 18<sup>th</sup> St., Lafayette 47905  
(765) 474-0793  
[turnerbm@purdue.edu](mailto:turnerbm@purdue.edu)



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

# MATTER OF BALANCE

A Matter of Balance is an award-winning evidence-based fall prevention program that emphasizes practical strategies to manage falls.

**Participants Learn To:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**Who should attend Matter of Balance Classes?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**To Register Contact**

- Brock Turner
- [turnerb@purdue.edu](mailto:turnerb@purdue.edu)
- (765)-474-0793

**Space is limited**

**Dates and Time**

Time: 9:30-11:30am EST

- 10/2/2023
- 10/6/2023
- 10/9/2023
- 10/12/2023
- 10/16/2023
- 10/19/2023
- 10/23/2023
- 10/26/2023

**Location:**

1950 S. 18th Street  
Lafayette, IN 47905

**Cost: \$10**

*Purdue University is an equal opportunity/equal access/affirmative action institution.*

## Tour of the Purdue Extension Master Gardens and Community Gardens By Kathy Delaney

The weather was perfect for a tour of the Purdue Extension Master Gardens and Community Gardens! The sky was overcast; the temperature was warm but not hot! Kristal Sigman, Carolyn Kuespert, and Emalese Adams joined me on the tour along with Cheryl McCool and Dottie Warner who take care of their own garden areas.

It was a busy place with Dee Nicley and others teaching a Junior Master Gardener workshop about fruits and vegetables. As you enter the upper part of the gardens area, these young gardeners have individual garden beds where they grow things they are learning about.

At 10 am on Thursday, July 13<sup>th</sup> we met up with Mickey Penrod, Advance Master Gardener and co-president with Jim Jeray, Advance Master Gardener to tour the gardens. Master Gardener Polynn Aranas showed us all around the Kitchen Garden. Did you know there are individual garden plots, community gardens, a wildflower pollinator garden, an orchard? Even a children's garden area which Master Gardener Patty Hall introduced us to. Each garden area has its own personality, from the rustic look to the "engineer's" style (all in precision order), some with whimsy, experimental testing of techniques, oriental style, Spanish growers and gardening styles of other countries. Some plant directly into the soil, others have various heights of raised bed styles. Mickey is displaying and growing some 60+ new All-America Selection winning plants. The AAS plants are displayed with names of the new varieties of ornamental and vegetables. Come see what is new from the seed companies.

All day long, people come to the gardens to do some weeding, checking for insects and animals that are trying to eat "their fair share", and for pruning and harvesting the fruits and vegetables of their labor. "Leftovers" make it to the compost bed which is used to amend the soil. It is like a community as they share their ideas and compare techniques, observe growing habits and styles, and learn from each other. Although there is construction going on at the new Tippecanoe Animal Shelter, you can drive along the left side of the construction fence and follow the gravel roads that traverse through the garden area. The plants and food items belong to those people who garden there, so don't try to pick any of the food from the gardens. Food from the MG Demo Garden is harvested and distributed to persons and food banks in the community.

Because of a "Report It" message I left on the WLFI TV 18 website, they sent a new intern, Hadassah Harris (who had only been in the Lafayette area for 17 days) to come and cover our tour. Her report of less than 10 seconds was aired that evening.





Next year Home and Family Conference will be held June 10, 11<sup>th</sup> and 12<sup>th</sup> at Noblesville again. Peg Peters from Anderson Indiana is the new IEHA President and her theme is “Get Connected - Stay Connected”. They used a puzzle theme at her Installation.





# fall word search

C E P K U X Y D A O F Q F B I Y V P R M V F C T  
 V W N O P H X B R A T Y T W F R N T M H U T R J  
 I L E A F S S A E A P W K G V A D G M F S I Z K  
 S F R E A N N G E F J P S H W C V I H N P E J U  
 J S V U K G K H O C R W L Y A S E Z Y E E A R H  
 L L I X E S W O Q L I E D E L R W U S K C R M F  
 E L W X Z J T P O Y B N L Y R O V W R K X A C W  
 R O Q O X B U E E F I R O A R L E E E L F I A M  
 R O G N A M N L R W Y L E C X A Q T S Q P N A F  
 I H F L P O L O C R O W E E T I B O K T I T O I  
 U C L K C O S L X A F R C E Z C N O O D E T B R  
 Q S I E W T T G Y H A E R N G Y I G U F A R K E  
 S N N R Y W N L S C D D D X V E E R T R A S I S  
 U I W L U I L A S I O A E N R N U C X N F O N I  
 P L Y W K I U M R G U Q I R U O R C C S P G V D  
 X I Y A H Q D Y S S G G S T C W N H D B Q G U E  
 A G R C S F A R P U T Z S S I I O L A I P Y X Y  
 S Z L V F H H O I N N Q G N B R O W N C X R C H  
 O J N Z M U C N C F A C D O B C K K E Q O C O Y  
 R B Y V J O W T E L R R O L L M D A C U R R P N  
 S J V K R K O I S O B J U Z B D Q U I R U S N I  
 R N B N T Z R G R W I N L M Y R O C L O U D S A  
 R G R A Y J U N Y E V E R A L U C A T C E P S R  
 V T I L N O O M P R C C O O L I N G B R I G H T

hayride	football	branch	nuts	wheat	crow	owl
squirrel	pinecone	sweater	jacket	wind	rain	clouds
sunflower	scarecrow	harvest	squash	corn	acorn	pie
apple	tree	leafs	yellow	red	windy	brown
vibrant	spectacular	soggy	scary	ripe	relaxing	raking
rainy	spices	pumpkin	orange	moonlit	gray	gold
frosty	fresh	fireside	cozy	cooling	cold	chilly
bright	breezy	school				

**News Articles for**  
**Nov/Dec Issue due**  
**October 1, 2023 to**  
**hoover47@purdue.edu**

***Extension Office Closed:***

- ⇒ **September 4, 2023**
- ⇒ **October 9, 2023**



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