



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*September/October 2021*

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## Letter from your County President

Happy Summer's End Greetings to all!

Time seems to be flying by, does it not?! The 2021 4-H Fair was a huge success and I would like to commend all who made that happen! Even though the entries for the Open Class judging were down a bit, there were wonderful items on display. Our Silent Auction netted \$1,758. All of the baskets you made up were wonderful and we had many comments and bids on them.

This past Tuesday, August 17th was the Michigan City District meeting held in Lake County. Eight of us attended and were quite encouraged and challenged by Lake County Educator Linda Curley who gave a lesson on *Slow Movement Trends in Food, Music, Craft, and Culture*. Indiana President-Elect Michelle Roberts gave an update on Jan Gogel, our Indiana President, who has been ill. We had cards at our tables and all signed it, giving wishes and prayers for her recovery. The lunch was wonderful with soup, chicken or tuna croissants, fruit cups, and peppermint ice cream for dessert.

Coins for Friendship and Nickels for Leadership were collected at each table and the centerpieces were a beautiful stack of books that were offered to each person at the table. A raffle was held with items to choose from on a table up front. Yours truly won and chose another stack of 3 books to take home. An encouraging presentation about reading books and what books are "hot" at this time was given by one of the members.

Also, as an update on our membership, we collected eighteen cards that were filled out at the fair by prospective people. Each one has been sent a letter and our Membership Chairman, Sarah Downing, is personally reaching out by phone to them. In our President's Council Meeting on August 26, these cards were handed out to our club presidents for them to follow-up with an invitation to attend one of their meetings in the near future. As was shared in the last edition of our Over the Coffee Cup, I am looking forward to increasing membership this year.

May I encourage you that our organization is moving forward and there are many reasons to be proud of all of you as you share your club's activities with those you come in contact with. Let's continue to "walk hand in hand, side by side."

Blessings on you all!

Brenda Mestach

Elkhart County Extension Homemakers President

## Mark Your Calendars

### October 2021

4	County Officer Board Mtg.. - 4:30pm, Ext. Conference Room
12	VCS Sewing Day— 9am to 3pm, HFA Building
16	Fall Holiday Program— 9am to 11am, HFA Building
18-23	IEHA Week
23	IEHA Make a Difference Day
21	Educational Program—Train Your Brain: Ways to Keep Your Brain Healthy
28	County Council Meeting—7:00pm, Location TBA

### November 2021

1	County Officer Board Mtg. - 4:30pm, Ext. Conference Room
9	VCS Sewing Day— 9am to 3pm, HFA Building
11	Veteran's Day—Office Closed
18	Educational Program—Savor the Flavor: Cooking with Herbs & Spices
25-26	Thanksgiving—Office Closed



**September**— Barbara Bender, Michelle Blough, Jennifer Chupp, Phyllis Cooper, Dianne Frandsen, Janet Gardner, Vickie Gortney, Charlene Hay, Marilyn Hochstedler, Carol S. Kauffman, Connie McGowen, Barbara Ogle, Debra Pepple, Marilyn Potthast, Kathy Royer, Norma Schrock, Nikki Stump, and Margaret Weybright

**October** — Sherie Archer, Theresa Botwinski, Mary Foster, Kathy Graber, Nancy Hawkins, Karen Hershberger, Judy Hickman, Tena Jakubowicz, Kim Mauer, Alice Moy, Beth Phillips, Marlys Prough, Diana Rohrer, Janet Ryman, Ruby Snyder, Nancy Stucker, and Sherry Weaver

## Extension Homemaker News

### Welcome New Members!

**Cansie Witcher** has joined the Homemakers of Today club and is sponsored by her mom Cheryl Hoffman. She enjoys crocheting, quilting, and gardening. Her husband is a retired Army sergeant, and they have four children (three teenagers and one toddler). Currently, Cansie and her family live in Middlebury. Welcome Cansie!

### **Cookbooks for Sale**

Cookbooks with award-winning recipes from the Elkhart County 4-H Fair Open Class dept. are available for sale at the discounted price of \$5. Stock up on presents for your family, friends, and loved ones! Cookbooks are available for purchase in the Ext. Office Monday-Friday 8-4:30pm.

### Fair News/Home & Family Arts Results

#### **Fashion Show Highlights**

A huge thank you to the Fashion Show Committee for organizing such a fantastic event. "A Stitch in Time" included 9 seamstresses showcasing 21 different aprons or outfits. Fashion Show winners included non-professionals Maryann Zerbe in Aprons, Doris Biller in Dresses, Mabel Wortinger in Family Outfits, Lucy Rensberger in My Choice, Lucy Rensberger in Separates, Donna Hibschan in Sewing for Others (Infant—5), Lucy Rensberger in Sewing for Others (13-17), Karen Meade in Sew for Others (adult), and Lucy Rensberger in Bridesmaids or Formals. Professional winners were May Beane in Family Outfits, Sewing for Others (6-12), and Bridesmaids or Formals.

#### **Open Class Results**

The HFA building held over 980 entries from over 265 exhibitors. Grand Champion winners included Michelle Bontrager in Antiques, Maryann Zerbe in Aprons, Cheryl Ringler in Creative Arts, Fancheon Resler in Culinary Arts: Baking, Christeene Dinehart in Culinary Arts: Cake Decorating, Brenda Bontrager in Culinary Arts: Food Pres., Canning, Janet Yoder in Culinary Arts: Food Pres., Misc., Barbara Logan in Handicrafts, Mary Jane Robinson in Needlework, Jon Strahm in Photography, Meredith Yoder in Quilts: Individual, Kathy Koch in Quilts: Team/Group, Suzette Yurko in Sewing: Wearable, and Susan Garberick in Sewing: Non-wearable. Maryann Zerbe won the Overall GC Exhibit.

Special contest winners were Extension Homemakers Donna Hibschan in Fruit Carving; Sharol Cloud, Karen Meade, and Maryann Zerbe in Senior Citi-

zen's Cookies; Diana Rohrer in Ugly Lampshade; and Karen Meade in Best of Michiana Ribs. Other special contest winners included Dorothy Schwartz in President's Item; Gwen Hernley in Fastest Fingers; Kathy Thorpe in Longest Apple Peel; Elle Zimmerman in Most Creative Face Mask; Amy Nelson in Canning Jar Centerpiece; Kathy Overholt in Marzipan Sculpture; and Sarah and Virginia Zimmerman in Ice Cream Crank-Off. Byler Lienhart Cook-Off winners were Karen Meade for Beef: Ground; Chuck & Garnetta Robbins for Beef: Cut; Lloyd & Kathy Overholt for Lamb: Ground and Lamb: Cut; Randy Robbins for Pork: Ground; and Ryan Meade for Pork: Cut.

### **Volunteer Appreciation**

A huge thank you to all of the Extension Homemakers and friends who volunteered their time to demonstrate their crafts and/or hostess in the HFA building during the fair. The building could not be open as long or run as efficiently without the help of these wonderful volunteers.

### **Silent Auction**

The 2021 Silent Auction was a big success and took in \$1,758. The gift baskets made by the clubs looked amazing and drew many bids! Below are the basket types and selling price. Keep these ideas in mind as we may be doing this again for our Silent Auction. The HFA Committee is looking for someone to be the coordinator for the 2022 Silent Auction. The HFA Director will be working with you/helping.

1. Family Game Night—\$100
2. Summer Fun—\$75
3. Cast Iron Delight—\$100
4. Just for Men—\$60
5. Handmade Craft Baskets—\$100
6. Wakarusa Merchants Products—\$75
7. Popcorn Night—\$70
8. Landscape Watercolor—\$225
9. Bath & Body Works—\$45
10. Garden Basket—\$80
11. Wooden Bowl—\$100
12. Handmade US Map—\$100
13. Small Vintage Arts/Craft Basket—\$40
14. Large Vintage Arts/Craft Basket—\$40
15. Games and Puzzles—\$81
16. Maxwellton Golf Basket—\$175
17. Baby Pram, Clothing, Comforter, and Toys—\$250
18. Baby Basket—\$42

### Fair Booths

Thank you to all the clubs who presented an educational booth! Senior Queen Michelle Blough and 2nd Runner-Up Cathy Van Huystee stand in front of the Four Seasons Booth in the HFA building during the fair. Both women are long-time members of the club. The club was sponsored and mentored by the 3 C's Club in 1970 and celebrated their 50th year in 2020. The booth featured vintage items from the 70's and activities the club has enjoyed through the decades. Member and former art teacher Joan Mathias created the four seasons tree. She will be moving to the Houston, Texas area later in August to be near her son and future daughter-in-law. Charter club members still active are Diana Rohrer, Maryann Zerbe, and Cathy Van Huystee. Doris Wall began her membership in Kosciusko County and is also a 50 year homemaker member, now in Four Seasons. Members share that friends, fellowship, and educational opportunities attracted them to Extension Homemakers and kept them involved. The club encourages other clubs to share their club history in the Coffee Cup.



Senior Queen Michelle Blough

2nd Runner Up Cathy Van Huystee

### Ext. Homemakers Council Meeting—August 26, 2021

Submitted by Patsy Berkey, Elkhart Co. Ext. Homemakers Secretary

Officers Present: Brenda Mestach, President; Deb Pepple, Vice President; Patsy Berkey, Secretary; Jan Ganger, Treasurer; Patricia Osbourne, Asst. Treasurer; and Kathy Stoltzfus, Advisor.

The meeting was called to order by our new President Brenda Mestach.

The pledge was given by Joellen Allison of Bound-4-Knowledge.

The club creed was led by Lori Bontrager of Clinton Classics and the positive thought was given by Jenny Huffman of Busy Homemakers (Life's Little Instructions).

The roll call was answered by 12 clubs.

Brenda encouraged each club to read the seven goals of Extension Homemakers. It is a good idea to go over them a couple times a year.

The treasurer's report was given and approved by Donna Hibschan and seconded by Jenny Huffman and passed by all. The HFA treasurer's report was given and approved by Sharol Cloud and seconded by Carol Kauffman and passed by all.

Virginia Aparicio gave a program on resilience. The 3 main points were: 1. Accept suffering as a part of life. 2. Carefully choose where you focus your intentions. 3. Is what I'm doing helping or harming me?

### Committee Reports

**Achievement Night**— Submitted by Sharol Cloud. Achievement Night was held April 20, 2021 at the ECCC under COVID-19 rules so there was no salad and dessert portion to the event and I know that was sadly missed by everyone. Even so, I think the event turned out well. We honored 20 membership tenures of the 25, 45, 50, 55, 60, and 65 years. We awarded Homemaker of the Year awards to 3 people, one in each area of Young, Intermediate, and Senior divisions which represented us at the fair this year. I personally want to thank everyone on the committee for their contribution and time toward the event.

Next year's committee will have its first meeting to plan for the 2022 Achievement Night (April 19th) on Tuesday, October 5th at 10:00am in the Extension office conference room. We can still use some members as there are only 4 of us on it this year so far.

**Auditing**—Report shared.

**Cultural Arts**—No report.

**Fall Holiday Program**—No report.

**Fashion Show**—No report.

**Home & Family Arts**— Submitted by Sharol Cloud. The HFA committee worked hard to successfully hold another wonderful “Open Class” event at the county fair this year. Our participation was down most likely related to the COVID situation and the later decision of opening the fair totally up as usual.

We had participation in all of the Special Contests even though sometimes that was just 1 entry. The mask contest where visitors were able to vote for their favorite seemed to be well accepted. The President’s pie contest went very well with 18 entries. We successfully sold cartons and cartons of our famous cookbooks.

Our Silent Auction of 18 baskets brought in \$1,758 and the committee wants to thank all of the clubs for their participation. There may be a similar type of Silent Auction again next year where the clubs all provide a sale item. This does not necessarily mean it has to be a basket. It could be a picture, quilt, cookies monthly for a year, etc. Be thinking as all of you are very creative.

Director Sharol Cloud is planning the first meeting on Tuesday, October 5th at 1:00pm in the HFA building to review our program book and update it with proper classes of items, etc. There is a need for a Fashion Show Chairperson and a HFA Fundraiser Chairperson, plus members on those committees. I need your help ladies to make 2022 a success.

**Home & Family Arts Fundraiser**— No report.

**Membership**— Submitted by Sarah Downing. Eighteen cards for potential members were collected at the county fair. Sarah met with Vice President Deb Pepple to pickup the cards and discuss the process of matching potential members to clubs. Preliminary matches were made. Club Presidents are asked to invite these potential members to their September club meetings.

**Nominating**—Not met yet.

**Volunteer Community Sewing**— Meeting September 14th from 9:00am-3:00pm.

**Yearbook**—Hoping to meet January 2022.

### New Business

**Raising Dues**—Clubs were given information on why we need to raise dues. They will take it to their clubs to discuss and bring responses to next Council Meeting.

**Camp Elko**—Sept. 13th-14th. If money is on the way by mail, please call the office.

Next Council Meeting is Oct. 28, 2021.

Spring District Meeting is March 15, 2022.



### Fall District Meeting Minutes—August 17, 2021

The 2021 Fall District Meeting was held on August 17 at Andorra Banquet Center in Schererville (Lake Co.). It was attended by Brenda Mestach, Deb Pepple, Kathy Stoltzfus, Michelle Blough, Jeannine Martin, Fern Mast, Margaret Weybright, and Virginia Aparicio.

A report was given on annual conference which was attended by 160 homemakers across the state. Step It Up for a Cure was participated in by about 125 of those homemakers while at conference. Members counted their steps and pledged money for those steps. 950,191 steps were counted and \$1,228 was collected for the Purdue Cancer Research Endowment. If we are interested in doing something like this within our county, Amy Runkel, the Morgan County Educator can help answer questions and help set it up (arunkel@purdue.edu).



Eileen Gilman from Lake Co. won one of the cultural arts awards and her beautiful diamond painting was displayed for all to see. Next year's special contest will be a lawn ornament (12" x 16").

Next year's conference will be Monday, June 6 through Wednesday, June 8. It will be held at the Embassy Suites in Noblesville.

Michelle Roberts, State Vice President, represented President Jan Gogel who was unable to attend because of a medical issue. She reported that this year's project from NVON is BEE-CAUSE Pollinators Feed the World. The NVON website (NVON.org) has lots of bee information.

Linda Curley, Lake Co. Educator, presented a lesson on Slow Movement Trends in Food, Music, Crafts, and Culture. This movement began in Italy around 1986 by Carlo Petrini. It has to do with slowing down, making sensory connections, paying attention purposefully, being mindful, etc. [Slow Food Nation](#) by Carlo Petrini, Slow Food Seattle on Facebook, Craft in America at PBS.org and [www.slowart.com](#) are all places to find more information.

Members are encouraged to sign up for state focus groups. These are very similar to our county committees and you don't have to be a county officer to belong to one. Most only meet twice a year, once virtually and once in person in Noblesville, where all committees get together on the same day at the same time so you and your friends can carpool. If you are interested, see Brenda Mestach and she will get you signed up. Committees are: Education, Leadership, Volunteer Community Support, Cultural Arts,

### Fall Holiday Program

The Fall Holiday Program is scheduled for October 16th in the HFA Building. More information coming soon!



Marketing and Logo, Membership, Public Relations, Silent Auction, and Young Homemakers.

There was a virtual lesson on Perseverance led by the I-Lead team. This has been especially important to have during COVID. Important points were to be independent and take responsibility for yourself, seek positive reinforcement and a network of support, don't be afraid to seek advice from successful people, learn to forgive yourself and others, start taking some reasonable risks, and finally, do not quit.

Michelle Blough was presented with thank you gifts for her service to the district as secretary/treasurer for the past several years. Everyone received door prizes of a book of their choice from a large stack decorating their table.



Spring District Meeting will be in Starke County on March 15, 2022. All Elkhart County Extension Homemakers are invited to attend.



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## Human Development

### 8 Things to Remember About Child Development

*Source: Center on the Developing Child—Harvard Univ.*

Even infants and young children are affected adversely when significant stresses threaten their family and caregiving environments. Adverse fetal and early childhood experiences can lead to physical and chemical disruptions in the brain that can last a lifetime.

Development is a highly interactive process, and life outcomes are not determined solely by genes. The environment in which one develops before and soon after birth provides powerful experiences that chemically modify certain genes in ways that then define how much and when they are expressed.

While attachments to their parents are primary, young children can also benefit significantly from relationships with other responsive caregivers both within and outside the family. Close relationships with other nurturing and reliably available adults do not interfere with the strength of a young child's primary relationship with his or her parents.

A great deal of brain architecture is shaped during the first three years after birth, but the window of opportunity for its development does not close on a child's third birthday. The regions of the brain dedicated to higher-order functions which involve most social, emotional, and cognitive capacities, they continue to develop well into adolescence and early adulthood.

Severe neglect appears to be at least as great a threat to health and development as physical abuse—possibly even greater. Young children who experienced prolonged periods of neglect exhibit more serious cognitive impairments, attention problems, language deficits, academic difficulties, withdrawn behavior, and problems with peer interaction as they get older.

Young children who have been exposed to adversity or violence do not invariably develop stress-related disorders or grow up to be violent adults. They can be helped substantially if reliable and nurturing relationships with supportive caregivers are established as soon as possible and appropriate treatments are provided as needed.

Simply removing a child from a dangerous environment will not automatically reverse the negative impacts of that experience. Children who have been traumatized need to be in environments that restore their sense of safety, control, and predictability, and they typically require therapeutic, supportive care to facilitate their recovery.

Resilience requires relationships, not rugged individualism. Science tells us that it is the reliable presence of at least one supportive relationship and multiple opportunities for developing effective coping skills that are the essential building blocks for strengthening the capacity to do well in the face of significant adversity.

## Food and Nutrition

### Pomegranate: Autumn's Nutritional Super Food

*Source: MSU Extension*

Pomegranate, a popular fruit that grows well in hot dry regions like California, has grown in popularity over the last few years. This super food harvested in September through December provides a powerhouse of heart healthy antioxidants, lycopene, potassium and fiber making it an excellent fall food choice. Purchasing this unique fruit in season when the cost is less makes great sense. Add in the fact that pomegranates have a long shelf life increasing the likelihood that even busy people and families can purchase, store and enjoy this delicious tart fruit.

If you are not familiar with selecting a pomegranate, look for round, plump pomegranates. They should feel heavy when held in your hand. Store either in a cool, dry area for up to one month, or in the refrigerator for up to two months. Each pomegranate contains hundreds of seeds called "arils" which are very versatile and can be eaten raw as a snack, in salads, dips, or made into juice, sauces or marinades. The seeds can be packaged, labeled and stored in the freezer for up to three months.



To open and prepare a pomegranate, follow a few helpful steps to prevent the juice from staining your hands and clothes:

1. Rinse off the pomegranate under running water
2. Cut off the top – the crown – and discard.
3. Score the outside skin or peel lengthwise.
4. Place the pomegranate in a large bowl of water.
5. While the fruit is underwater, begin to separate the outside skin and the white membrane.
6. Remove the seeds from the membrane. The seeds will naturally sink to the bottom of the bowl while the other pieces will float.
7. Use a colander to drain the seeds and continue to pull any white bits of membrane.

Pomegranates take a little time to open and prepare but what a terrific nutritious fruit to add to your table this fall season.

## Leadership Development

### Need to Make a Decision? Flip a Coin

*Source: kevineikenberry.com*

Decisions! We all make them every day. And while we do make them frequently, often we wonder if we made the right one or search for new ways to decide. Do we apply our intuition to our decision making, or is that a bad idea? What approach should we use? I want to tell you about a surprising, scientifically backed approach that might give you more confidence in the decisions you make.

Here is that surprising approach to decision making: Flip a coin. The coin flip is used to help us test our gut feel or our intuition. All the while you have been pondering a decision consciously, looking at the data, doing pros and cons lists, and perhaps talking to others, your subconscious has been at work too. And your powerful subconscious has data and experience that our conscious, rational brain may not be accessing or valuing – it is the message of the subconscious that the coin flip may help us access.

If your rational conscious brain is torn between the choice, pick up a coin. Ask yourself the critical question that your decision revolves around, assign the decision to the heads and tails of your coin ... and then ... flip.

If, after the flip, you seem pleased or relieved with the result, go for it. But if after the flip, you immediately think, “maybe I should go best two out of three” or you question the validity of a coin flip for such a decision, perhaps you should pick the other choice. Either way, the coin flip is a test of your “gut feeling.”

I said this approach was based in science, and it is – but rather than dive into the inner workings of your brain – let’s just say this: our subconscious brains can access our feelings in tangible ways. When we flip the coin, one of two things happens:

- Our conscious (the flip) and subconscious minds (our intuition) agree, and our brain gives off a reward response. It isn’t just logic, but it actually feels good.
- Our conscious and subconscious minds disagree, and our brains send us a threat response – so our gut doesn’t feel so good – even if you can’t explain it.



## Family Resource Management

### 6 Tips to Reduce Children’s Screen Time

*Source: Mayo Clinic Health System*

Due to the COVID-19 pandemic and hybrid and distance learning models, many children are incorporating more screen time into their school day. That’s why it’s more important than ever to reduce the use of electronics the rest of the day. While screens are a part of today’s culture, there are health benefits related to reducing screen time, including improved physical health, decreased obesity and more time to play and explore. This is especially true for children spending considerable time learning on computers and tablets. It’s important to use break times to get in some physical activity.



The average time spent on screens is seven to 10 hours. The American Academy of Pediatrics recommendations for an acceptable amount of screen time are:

- No screen time for children under 2
- One hour per day for children 2 to 12
- Two hours per day for teens and adults

For kids, especially teens, there are studies concerning the negative effects of screen time and its relationship to anxiety, depression and attention span. These 6 tips can help you trim your children’s screen time when not in school:

1. **Be accountable.** Set expectations with your kids, and set goals to be intentional about reducing screen time.
2. **Be realistic.** Start by setting smaller, more attainable goals. Instead of jumping right to the recommended one to two hours or less per day, start by cutting their current screen time in half.
3. **Be engaged.** Spend time each day talking face to face with kids and give them your full attention.
4. **Put hand-held devices away.** During screen-free hours, put devices away or at a charging station in a common area so they’re not attracting your kids’ attention.
5. **Create phone-free zones in the home.** Making family meal areas a phone-free zone is an easy way to start.
6. **Go outside.** Taking a walk or playing outdoors increases your endorphins and provides that feeling of happiness in your brain, boosting your mood and improving your physical health.





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