



**Elkhart County  
Extension Homemakers**

# *Over The Coffee Cup Newsletter*



*January/February 2020*

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**PURDUE**  
UNIVERSITY

Extension

## Letter From Your President

Greetings from your President,

Happy New Year! We are in a new century and can use all of our talents and gifts this next year. Our IEHA mission statement is to strengthen families through continuing education, leadership development and volunteer community support. I have stepped up to develop my leadership skills. I am taking small steps and doing my best to help each one of you develop your skills.

We have two educational programs coming up. On January 27 we have a lesson on “The Power of Positive Thinking”. On February 24 is the “Cooking Under Pressure” lesson. We always have Volunteer Community Sewing the second Tuesday of the month from 9am to 3pm. Our next President Council meeting is February 13 at 7pm. Remember to bring paper goods. On February 1 the following are due: Club Officer Sheets, Nickels for Leadership, and Coins for Friendship.

Heritage Skills Day is February 29. Remember to turn in your registration form by February 17. There are many new projects to learn. On another note—only 7 months to the fair! What a great time to demonstrate your crafting skills during Craft Potpourri or volunteer to help in the building.

Have a safe and good year,  
Fern Mast  
2019-20 EH County President



## Mark Your Calendars

### January 2020

- 1 **New Year's Day**—Office Closed
- 6 **County Officers Board Mtg.**—5:30 pm, Ext. Back Table
- 14 **VCS Sewing Day** — 9 am—3 pm, HFA Building
- 20 **Martin Luther King Jr. Day**—Office Closed
- 27 **Educational Program**—The Power of Positive Thinking

### February 2020

- After Feb. Club Mtg. **Club Officer sheets** due in office

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- 1 **Nickels for Leadership/Coins for Friendship** due—mail to County Treasurer (*see pg. 3 of yearbook*)

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- 1 **Heritage Skills Registrations Due**

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- 3 **County Officers Board Mtg.**—5:30 pm, Ext. Back Table

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- 11 **VCS Sewing Day**—9 am—3 pm, HFA Building

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- 13 **Club President Council Mtg.**—7:00 pm, Conference Room (HFC 1st Timer Award Applications Due)

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- 19-20 **Midwest Women in Agriculture Conference** (Muncie)

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- 24 **Educational Program**—Cooking Under Pressure

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- 29 **Heritage Skills Day**—8:30 am to 3 pm, Ext. Office

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### Looking Ahead

- March 1 **County Committee Sign-up Sheets** due in office

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- March 1 **Program Planning Suggestions** due in office

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- March 1 **Homemaker of the Year Applications** due

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- March 15 **Volunteer Hour Sheet** due to County Vice President

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- March 26 **Cultural Arts Entries** due at 4th Council Meeting

## Extension Homemaker News

### Happy Birthday!

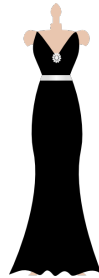
**January**— Louanne Dunn, Norma Hilbish, Pat Hochstedler, Nan Hummel, Laurie Hund-Schieber, Barbara Johnson, Phyllis Kehr, Harriet Kruse, Holly Leeper, Beth Lozano, Kimberly McCreary, Brenda Mestach, Patricia Miller, Deb Noffsinger, Ruby Rink, Rebecca Smuts, Garlene Stone, Sue Stroup, Jan Troyer, Marsha Wade



**February**— Lori Bontrager, Becky Carrington, Shielda Collins, Sheila Cook, Bonnie Craft, Veryl Elliott, JoAnn Fisher, Gilberta Hartsough, Cheryl Hoffman, Mary Lemmon, Mary Jane Monteith, Debra Scheets, Judy Taylor, Martha Weirich, Margaret Whirledge

### Committee Members Needed

We are looking for volunteers to serve on the Silent Auction and Fashion Show Committees for the Home & Family Arts Department. If you are interested, please contact Mary Ann Lienhart Cross at [lienhart@purdue.edu](mailto:lienhart@purdue.edu) or 574-533-0554



## Like and follow us on Facebook!

Keep up-to-date on our Extension Homemaker upcoming events, lessons, past events, and news!



Elkhart County  
Extension Homemakers

## 2019-2020 Cultural Arts Exhibit

Home and Family Conference  
Rules and Guidelines



All entries are due at the Fourth Council Meeting.

1. Only one entry per member per category.
2. The entire article must be a finished item and the work of an Indiana Extension Homemaker.
3. The exhibit must have been completed within the last two (2) years and never before exhibited at Home and Family Conference. (*Home and Family Arts exhibits are eligible.*)
4. There will be 5 categories for the exhibits and a 1st place winner for each category. The categories will be as follows: **Quilts, Needlework, Crafts/Miscellaneous, Knitting/Crocheting, and Special.** If there is a concern as to which category the item fits, the exhibitor will make the choice with help from the registering committee.
5. **Special Category:** Apron
6. An exhibit may be made from the following: painting, sculptures, photography (mat and frame, not to exceed 22" x 28"), fiber art, needlework, rug making, and heritage skills (including but not restricted to quilting, spinning, weaving, and hand-crafted items.)
7. There should be no visible personal identification on the entry.
8. No volunteer community support items will be accepted.
9. NO KITS. (This includes quilts, crewel, needlepoint, pillows, etc.) This exhibit is to encourage creative work.
10. All participants will be recognized at Achievement Night.

Registrations forms can be found in the Club President packet sent out in December and can also be found online at: <https://extension.purdue.edu/elkhart/article/6344>



## Heritage Skills Classes

### Saturday, February 29, 2020

The Heritage Skills Classes provide the opportunity to appreciate and learn family heritage and heirloom skills. A positive attitude will assist your learning. Information is available on our office website at <https://extension.purdue.edu/elkhart/article/6344>. Prepaid registration is required and includes lunch. All registration fees will be held until the minimum participant number required is met. If a cancellation occurs your check will be returned. Registrations will be accepted through February 17. Registration form can be found in the back of this Coffee Cup.

#### Full Day Classes

8:30 a.m. to 3:00 p.m., lunch will be served from 11:30 a.m. to 12:30 p.m.

**Twirl N Spin Table Runner** by Mary Ann Lienhart Cross—\$40. You will learn how to create a 60-degree angle star. The three stars can be incorporated into a table runner, wall hanging or beginning of a quilt. Participants will receive a complete supply list after registration is received. Pre-requisites: Participants must know how to read a ruler, use a sewing machine and use an iron to press. Participants will complete pre-sewing prior to class.



#### Half Day Classes

Morning classes: 8:30 a.m. to 11:30 a.m., Afternoon classes: 12:30 p.m. to 3:00 p.m.

**Beginning Knitting (Morning)** by Sue Martin— \$22. Limited to 6 participants. This is a technique class where the focus will be on learning knitting skills. Participants will also work on a small coaster. Bring a pair of size 8 knitting needles and a skein of worsted weight yarn (ex. Vanna's choice, Red Heart, etc.) The knitting needles can be any needle length in any material such as wood, bamboo or aluminum. You can also use a circular needle.



**Drop Spindle Spinning (Morning and Afternoon)** by Elaine Pyle—\$27. Limited to 6 participants. Learn about different methods of spinning wool, cleaning, types of spindles and forgeable dyes. Supply kit provided includes all materials and tools needed.



**Intermediate Crochet (Morning and Afternoon)** by Jill Cohen—\$15. Limited to 5 participants. Learn how to crochet a string market bag. Participants must bring a size G or H hook and about 5 oz. of all cotton yarn (ex. Sugar 'n Cream brand) in any color. All other supplies will be provided. Pre-requisite: Participants must know the basics of crocheting including basic stitches.



**Wool Applique (Morning and Afternoon)** by Judy Hunsberger—\$28. Limited to 6 participants. Participants will make a wooly mug mat with wool applique. Participants must bring scissors and a small light box (if you have one). All other supplies will be provided in a kit. Participants can share a steam iron and portable ironing mat. Pre-requisite: Participants must have some knowledge of embroidery as we will be learning 6 embroidery stitches.



**Woven Basket Angel (Morning and Afternoon)** by Lisa Hernley—\$22. Limited to 6 participants. Learn how to make a hand-woven angel that is 8" high with a base of 4" that is nice to display year-round and put a battery tea light underneath to illuminate. Participants should bring a pair of sharp scissors. The supply kit provided includes all other materials and tools needed.



**Knitting Question & Answer Session (Afternoon)** by Sue Martin— \$15. Limited to 6 participants. Need stitch or technique help? Bring your questions and unfinished projects to this class for assistance!



# Leadership Development

## The Three Circles of Team Commitment

*Kevineikenberry.com*

Having team commitment seems like a good thing (it is). But it isn't something people always think about or feel like they have much influence over (you do). Even if you want to and believe you can improve your team commitment, you must know what you are trying to improve. Because team commitment isn't one thing—there are three types (or circles) of team commitment.

I call them circles, because that is how we think about our relationships with others. The people you trust and care about are “in your circle”. I'm extending the metaphor to commitment. The three circles of commitment are:

- Commitment to each other
- Commitment to the team
- Commitment to the organization

Let's talk about what each is, and why it is important.

### Commitment to Each Other

The level of commitment to each other is a measure of the interpersonal relationships and trust that exist among individuals on the team. When people have a higher commitment to each other, they will support and reach out to help each other in the short and long term. Their motives are largely personal, and the level of this commitment might vary from one team member to another.

The foundation of interpersonal relationships is a powerful one on which to build work structure and process. This level of commitment is personal, and therefore, isn't directly connected to work. But once this level of commitment and connectedness is in place, it is easier to build on the other two.



### Commitment to the Team

Commitment to the team goes beyond the individuals you work with—but to the work of and goals of the team itself. This is a commitment and level of caring about the work and the work outputs.

When people are committed to the team, they go the extra mile, are more diligent, and act in the best interest of the team—both as a group and for the outputs. High levels of commitment to the team breed pride, but can also create organizational silos, where people focus on the team and their outputs as their only and ultimate goal.

### Commitment to the Organization

The more people care about the mission and goals of the organization, the more committed they are to the organization. This is what people think about when the generic, “Are they committed?” question is asked.



It's obvious that commitment of this type is valuable and important to organizational productivity and results. We want people to support, believe in, and be committed to the big picture and the purpose of the organization. And now you realize that while all three circles are separate, they can build on each other. In other words, it is easier to build one of the circles if you have more of the other two to start.

### So What?

Once you understand these three circles, you can ask yourself a couple of important questions:

- In which circle do we need more commitment?
- What can I do next to create or nurture that type of commitment?

When you think about commitment broadly, it might not be helpful. It often feels “too big” to know what to do about it. Once you have a model, you can look at team commitment differently and more productively. It is the first step towards improving that commitment—whichever circle it is in.

## Human Development

### How Your Smartphone May Help You Keep Your Resolutions

AARP

Whether you want to read more or spend less, reduce your weight or increase your steps, mobile applications, or apps, can help you turn your New Year's resolutions into lasting habits. To get started, head to the App Store (if you're an iPhone user) or the Google Play store (if you have an Android) to download the apps that match your goals. And remember, persistence is key — experts say it takes at least three weeks to make a new habit stick.

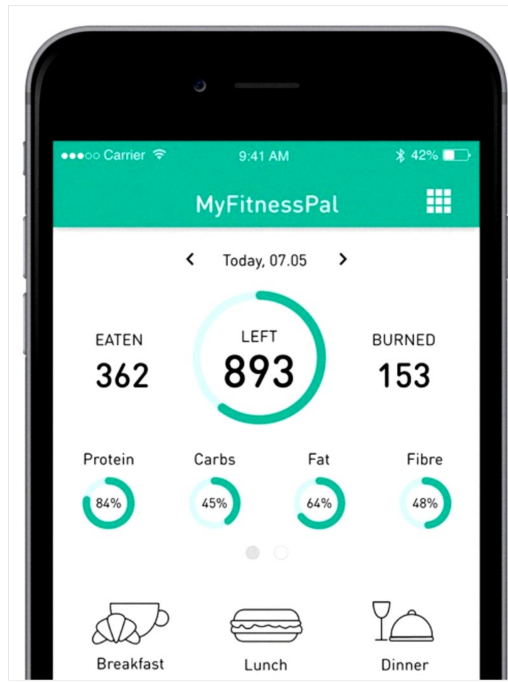
"You have to build up to your goal, otherwise you end up sabotaging yourself," says New York-based life coach Sharon Good. Apps, Good says, can help you gain traction in a few ways: some ask you to log your daily progress toward a specific achievement, while others connect you to a community of users. They can also offer creative ways to achieve goals you might otherwise avoid (for instance, by letting you practice a new language from home, rather than traveling across town for a weekly class).

No matter the goal (or the app you use to get there), Good says that mind-set is key. In other words, don't just tell yourself you should do something — remind yourself why you want to in the first place.

#### Optimize Your Health

Eating smarter and exercising are classic resolutions that can be tricky to keep. For success, try a two-pronged approach: Download one app, like MyFitnessPal, to track your calories and nutrition, and a separate exercise app, like Johnson & Johnson's 7 Minute Workout, to follow along with professionally guided fitness routines.

If you struggle to get motivated, something like the Charity Miles app offers an extra incentive: for every mile of "movement" (walking, biking, run-



ning and dancing are all fair game), the app's sponsors will donate a small amount (typically 25 cents) to your choice of charity. So far, there are more than 40 to choose from.

#### Watch Your Wallet

Whether you want to track your retirement spending or set specific savings goals, apps like Mint or Personal Capital give you a bird's-eye view of your finances, from daily expenses to home loans to investment growth. These secure apps let you link your cards, bank accounts and more to track spending (and savings) in real-time, with colorful charts and graphics that make it easy to visualize your financial progress.

#### Conquer Your Reading List

Having trouble making a dent in the pile of books on your nightstand? An app like Goodreads can help. Users compile reading lists, review and rate the books they finish and scroll through customized recommendations. If you prefer audiobooks, consider the Librivox app, which offers unlimited access to more than 50,000 works of fiction and nonfiction.

#### Learn a Language

Whether you're looking to pick up a new language or brush up on the basics of one you learned years ago, apps can help you boost your fluency and your brain health at the same time (one study, for example, found that learning a second language as an adult delayed the onset of dementia by four to five years). Options like Duolingo, which offers courses in more than two dozen languages, or Memrise, which features user-generated lessons, are a great way to fit in bite-sized practice sessions throughout the day.

#### Clear Your Mind

Hoping to feel less stressed in the new year? Meditation isn't just a mood-enhancer — when practiced regularly, research shows that it offers a host of health benefits, from increasing pain tolerance to lowering blood pressure. All you need to get started is an app like Calm or Headspace, which offer guided meditations on a variety of themes, such as sleep or anxiety, to help you achieve mindfulness in minutes.



And if you find yourself losing steam, don't panic. "Very often when you're making a change, you're going to lose consistency for a while," Good says. "Don't let that discourage you. Start again."

## Food and Nutrition

Raise Healthy Eaters in the New Year  
*Academy of Nutrition and Dietetics*

Ring in a healthy new year by teaching kids the importance of food, nutrition and eating skills: food to fuel busy, successful lives; nutrition to nourish strong bodies and smart brains; and eating skills to enjoy the social aspect of meals with family and friends.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent or adult caregiver, you can help to raise healthy eaters during these critical years by doing your best to:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods
- Provide calm, pleasant meal times where adults and children can talk together
- Remove distractions such as television, phones and tablets so that your attention is on each other
- Allow children to use their internal signals to decide how much and what to eat from the foods you set out for each meal
- Explore a variety of flavors and foods from different cultures and cuisines
- Share an appreciation for healthful food, lovingly prepared and shared with others
- Make simple food safety, such as washing hands, part of every eating occasion
- Teach basic skills for making positive food choices away from home
- Find credible food and nutrition resources when you don't know the answer

While this may seem like an intimidating to-do list, two family habits go a long way to making all this happen: regular family meals and involving kids in nutrition from the ground up.



## Family Resource Management

What Should You Keep in the Car?  
*National Safety Council*

Every vehicle should have an emergency supply kit located in the trunk. Kits should be checked every six months, and expired items should be replaced to keep it up to date. Vehicle emergency supply kits should include:

- A properly inflated spare tire, wheel wrench and tripod jack
- Jumper cables
- Tool kit and/or a multipurpose utility tool
- Flashlight and extra batteries
- Reflective triangles and brightly colored cloth to make your vehicle more visible
- Compass
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers and instant cold compress
- Nonperishable, high-energy foods, such as unsalted nuts, dried fruits and hard candy
- Drinking water
- Reflective vest in case you need to walk to get help
- Car charger for your cell phone
- Fire extinguisher
- Duct tape
- Rain poncho
- Additional items for cold weather include a snow brush, shovel, windshield washer fluid, warm clothing, cat litter for traction and blankets



## Clear the Clutter!

Clutter is evidence of many things: poor habits, lack of organization, sentimental attachment, or too much stuff. Each item of clutter is a decision delayed. Beating clutter requires building new habits, applying new organizational methods and creating new household routines. It takes time. Your clutter didn't happen overnight and it will take time to get a handle on it.

Clutter falls into four categories:

- **Physical clutter** is the collection of things you don't use and don't care for. This type of clutter is often scattered about your home and office in an untidy mess. Very often, lost and misplaced items stem from physical clutter.
- **Paper clutter** is one of the most frustrating challenges people encounter. When you live amongst piles of paper, it becomes extremely difficult to locate important documents like bills, medical histories, tax papers, passports and more. Not to mention the fact that piles of unread papers, newspapers, magazines, catalogs and other random papers give a home an untidy appearance.
- **Digital clutter** is found on computers, cell phones, tablets and other electronic devices. It often consists of voicemail, email, usernames, passwords, bookmarks, social media and the like.
- **Emotional clutter** is the clutter we hold within our mind and heart. It's feelings and emotions people deal with every day like negativity, anxiety, worry, stress, frustration and fear. You can't just hit the 'delete' key with emotional clutter. It takes specific strategies and practice to get back on happy solid ground.

Clutter in any form can wreak havoc on your life. It robs you of precious time, working to destroy your productivity and happiness. It can have detrimental effects on your health and well-being... sometimes even on your relationships. It sends out negative messages to those around you and places a huge obstacle right in front of your goals and dreams. The last thing you want in your life is clutter. The best thing you can do is meet clutter head on... and take it down, make it vanish, and say goodbye to it forever.



## Registration Form – Heritage Skills 2020

Registration will be accepted through February 17, 2020. All classes will be held on the Elkhart County 4-H Fairgrounds. Prepaid registration is required and includes lunch. Checks will be held until after the event. Questions can be directed to Jenny Huffman at 574-370-0699.

*Please print all information clearly. Thank you.*

**Participant 1:** Will you be joining us for lunch? Yes No

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, ST, Zip \_\_\_\_\_

Email: \_\_\_\_\_ (for future events)

**Participant 2:** Will you be joining us for lunch? Yes No

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, ST, Zip \_\_\_\_\_

Email: \_\_\_\_\_ (for future events)

**Select classes and circle preferred time for participant 1 (and participant 2 if applicable).**

| Part 1 | Part 2 | Time     | Class                              | Cost x # of Part. | Total |
|--------|--------|----------|------------------------------------|-------------------|-------|
|        |        | Full Day | Twirl N Spin Table Runner          | \$40              | \$    |
|        |        | AM       | Beginning Knitting                 | \$22              | \$    |
|        |        | AM PM    | Drop Spindle Spinning              | \$27              | \$    |
|        |        | AM PM    | Intermediate Crochet               | \$15              | \$    |
|        |        | AM PM    | Wool Applique                      | \$28              | \$    |
|        |        | AM PM    | Woven Basket Angel                 | \$22              | \$    |
|        |        | PM       | Knitting Question & Answer Session | \$15              | \$    |

Total amount enclosed: \$ \_\_\_\_\_

**Make checks payable to:** Elkhart County Extension Homemakers

**Mail check and completed registration form to:**

Jenny Huffman · 4 The Willows · Goshen, IN 46526





PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE  
*Elkhart County*  
Elkhart County 4-H Fairgrounds  
17746 County Road 34 Ste E  
Goshen, IN 46528-6898  
*Cooperating with U.S. Department of Agriculture*

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