



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



July/August 2019

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Letter From Your County President

Greetings from your County President,

We had a great week at the Elkhart County 4-H Fair. Thank you for all of your participation with hostessing and craft potpourri at the fair. Volunteers are always very important so that we are able to get things done for the week.

As we use our unique abilities, Extension Homemakers are able to meet together and use our skills in many different ways. We play together, work together, and even share our time together.

Lessons for the next few months are “What’s the Buzz About Bees and Honey” on August 26th and “Staying Scam Safe” on September 23rd.

Volunteer Community Sewing will be starting in September on the 2nd Tuesday of the month from 9am-3pm in the Home & Family Arts building.

Below are important, upcoming dates:

- September 9-10: Elko Retreat — “You’ve Got Rhythm”
- September 17– Fall Michigan City District Meeting-Porter County
- October 20-26—IEHA Week

Fern Mast
County President
Elkhart County Extension Homemakers



If anyone picked up or finds an antique hat pin that was displayed in the HFA building during the fair, please contact the Extension Office at 533-0554 or drop it off as soon as possible. Thanks!

Extension Homemaker News

Mark Your Calendars!

August 2019

2-18	Indiana State Fair
5	County Officers Board Meeting , Ext. Office Table—5:30 pm
8	Council Meeting for Club Presidents, ECR—7:00 pm
26	EH Lesson: What’s the Buzz About Bees and Honey?

September 2019

1	ELKO Retreat Registrations Due
9	County Officers Board Meeting , Ext. Office Table—5:30 pm
9-10	ELKO Retreat , Camp Mack, “You Got Rhythm”
10	VCS Sewing Day , HFA—9 am to 3 pm
17	Fall Michigan City District Meeting (Porter)
23	EH Lesson: Staying Scam Safe

Welcome New Members!

Sarah Downing is a new member to the Creative Homemakers club. She enjoys traveling, spending time with her rescue dog, and visiting with her parents and 22 cousins. She is active in Daughters of the American Revolution and has held offices at the local and state level.

Please welcome **Sonya Miller**! She has joined York Homemakers. Sonya and her husband Tom live in Middlebury on a 5 acre farmette where they have chickens and two beef cows. Quilting, sewing, traveling, reading, and gardening are just a few of her hobbies. Sonya ran a greenhouse for 28 years and even grew plants for the quilt garden! She also raised her 5 children and homeschooled them.

Welcome **Karen Meade** to Four Seasons. She grew up in Milford and has lived in Goshen for the past 27 years. Karen enjoys gardening, crafts, and cooking. Bowling is a passion as she coaches kids and has been inducted into the Goshen Bowling Hall of Fame! Thank you Cathy VanHuystee for sponsoring Karen!

Please welcome **Linda Richards** to Clinton Clique. She is from West Virginia and now resides in Goshen. Linda likes sewing, crafts, and potting flowers. Linda is hoping to meet some new friends. Thanks Mabel for asking her to join!

July and August Birthdays

- **July**— Diahanna Archer, Lucy Bontrager, Vicki Burnett, Linda Davis, Donna DeVito, Mary Ann Dubash, Judy Eldridge, Beverly Fisher-Yoder, Georgia Gouin, Eleanor Hawkins, Joanne Holtzinger, Betty Kern, Barbara Kulesia, Joanne Leonhard, Shirley Marks, Jill Meek, Nancy Miller, Roanne Prough, Marilyn Rohrer, Laretta Schrock, Sarah Snyder, Judy Teall, Nancy Thwaits
- **August** — Shirley Bailey, Jill Cohen, Sarah Downing, Judith Eby, Shirley Hershberger, Barbara Jewett, Carla Kelley, Sharon Lemmon, Catherine Mabie, Patricia Osbourne, Kris Peterson, Bonnie Rife, Betty Rohrer, Elaine Sheets, Phyllis Showalter, Jeannine Talley, Andrea Ulrich, Cathy Van Huystee, Allison Von Blon, Linda Weltz,

Thank You!

A huge thank you to those who helped with hostessing and craft potpourri at the Elkhart County 4-H County Fair this year: Joellen Allison, Sharon & Mark Allman, Diahanna Archer, Tammy Bainter, Sandy Bartoe, Patsy Berkey, Sherry Berry, Michelle Blough, Brenda Bontrager, Lori Bontrager, Rosalie Bontrager, Sue Carter, Katie Case, Sharol Cloud, Jill Cohen, Sandy Cook, Sarah Downing, Louanne Dunn, Judy Eldridge, Veryl Elliott, Dianne Frandsen, Janet Gardner, Barb Geiger, Gerry Geyer, Nancy Gleim, Georgia Gouin, Sondrea Hamilton, Vi Hartzler, Eleanor Hawkins, Charlene Hay, Mary Herschberger, Donna Hibsichman, Joanne Holtzinger, Brenda Houser, Jenny Huffman, Sandy Jacobs, Tena Jakubowicz, Barb Jewett, Carol L. Kauffman, Sandy Kauffman, Helen Koller, Sally Kyle, Mary Lemmon, Sharon Lemmon, Janet Little, Cathy Mabie, Teresa Mack, Peggy Malott, Crystal Marrufo, Fern Mast, Kim McCreary, Alice Moy, Deb Noffsinger, Gloria Oesch, Theo Outman, Kris Peterson, Beth Phillips, Jeanne Raska, Janet Rheinheimer, Patti Rheinheimer, Georgi Rhodes, Bonnie Rife, Kathy Royer, Janet Ryman, Angie Saunders, Elaine Sheets, Lisa Stephens, Garlene Stone, Nancy Stucker, Nikki Stump, Judy Teall, Nancy Thwaits, Jan Troyer, Allison Von Blon, Joy Von Blon, Linda Weltz, Sherry Weaver, Margaret Weybright, Linda Weybright, Diane Wise, and Mabel Wortinger.

Yearbook Updates

- Page 3—Brenda Mestach's mailing address: PO Box 743, Wakarusa, IN 46573
- Page 20—Judy Eldridge added to the Fashion Show committee
- Page 22—Judy Eldridge is Chair for the HFA Fundraising committee
- Page 55—Michelle Blough's address: 57643 County Road 31, Goshen, IN 46528

2019 First Timer Award

I was honored to receive the First Timer Award to Home & Family Conference. I met a lot of friends. I learned a lot from the sessions. One workshop brought back memories of high school. I use to do calligraphy in art class. The entertainment was awesome! The Melody Makers concert was beautiful and had more than 300 women in the choir plus a few men. Kristin and Danny had us rolling. The ladies from the audience participated in the show. They were very entertaining! If you've never gone to Home & Family Conference before, I suggest going. I had a blast! Thank you again for the First Timer Award.—Mary Herschberger, York Home Extension Club

Silent Auction

We are looking for the person who donated a smaller, machine-quilted quilt made from reproduction fabric for the Silent Auction. If you know who donated the blanket, please let the Extension Office know.

Fall Holiday Program

Saturday, October 12, 2019 from 9:00-11:00a.m. Reservations are due by October 4 by email to Jenn Fink at fink24@purdue.edu or call 533-0554. Event fee is \$5.00 paid at the door. We will be tasting a variety of recipes and crafts will be demonstrated. Plan to attend!

2019 Open Class HFA Green Bean 1st Place Recipe

Carolynn Riddle, Goshen

- 1-1/2 lb. Fresh Green Beans, Trimmed
- 1 Shallot, Halved and Sliced
- 1/4 C. Butter, Cubed
- 3 Garlic Cloves or 1-1/2 tsp. of Jarred Minced Garlic
- 1 T. Sugar
- 3/4 tsp. Salt
- 1/4 tsp. Black Pepper
- 1 T. Lemon Juice
- 1/2 tsp. Dried Parsley
- 2 C. Cherry Tomatoes, Halved
- 2 T. Fresh, Minced Basil or 1 tsp. Dried Basil

Place green beans in a steamer basket; place in large saucepan over 1" water. Bring to a boil; cover and steam for 8-10 minutes or until tender crisp. Sauce shallots in butter until tender. Add garlic, sugar, salt, pepper, lemon juice, and parsley; cook 2 more minutes. Stir in beans and tomatoes; heat through. Sprinkle with basil.

Home and Family Conference

Nine Elkhart County members and Mary Ann Lienhart Cross attended the 107th Home and Family Conference held June 3-5, 2019 in Indianapolis. A few ladies attended I-LEAD leadership classes while others participated in Heritage Skills workshops. Informational sessions covered climate change, yoga, fall prevention, tinker thinking, small plot gardening, digital inclusion, edible landfills, building community, and several others. Anne Moore was installed as our new State President. Tena Jakubowicz was recognized for complete her term as District Representative. Diana Kuhn from St. Joseph County was installed as the new DR. Mary Herschberger attended as the winner of our county's First Timer Award.

The conference keynote speakers were Kristin and Danny Adams who are viral video creators and humorists. Through a mixture of crowd games and improv, they reminded everyone that laughter is essential. A myriad of items were available for Crafting for a Cure with funds going to the Purdue Cancer Research Foundation. To date, IEHA has contributed \$195,688.07. Currently, any money raised is being matched by an anonymous donor.

The 2020 Home and Family Conference will be held approximately the same week. Plan to attend and enjoy the educational opportunities, have fun, and make new friends.

Submitted by Michelle Blough



Back (left to right): Kathy Stoltzfus, Shirley Hershberger, Mary Ann Lienhart Cross, Nancy Hawkins, Tena Jakubowicz, and Michelle Blough
Front (left to right): Theo Outman, Margaret Weybright, Mary Herschberger, and Fern Mast

Food and Nutrition

Top 10 Reasons to Shop at a Farmer's Market

Source: nutrition.gov

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
2. Support your local farmers and economy. You can help new and smaller farmers be successful and save farmland in your area.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It's a great way to get your kids involved. Let them pick out something new to try.
5. Supporting your local farmers market strengthens your community. Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods.
6. Farmers markets offer foods that align with MyPlate guidelines. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.
7. Farmers often have recommendations for preparing their products.
8. You can try a new fruit or vegetables! Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.
9. SNAP and WIC benefits are accepted at some farmers markets.
10. Farmers markets are easy to find.



Leadership Development

Self Feedback: The Art of Giving Feedback to Ourselves

Source: blog.kevineikenberry.com

Feedback. When we think about that word, we think about giving it to someone or receiving it from someone. We don't think about self-feedback—giving feedback to ourselves. Perhaps that will change for you after reading this article. Self-feedback requires no one but yourself. It is not meant to replace feedback you receive (and hopefully seek) from others, but rather enhance it, and in some cases, be the precursor for the valuable feedback you receive from others. There are three reasons it shouldn't be a replacement:

- Research shows humans aren't very self-aware, so we aren't always that accurate in our self-evaluation.
- We can't have a full view of the results of our behaviors—our perspective is necessarily limited.
- We tend to see our actions through the lens of our intention, rather than the lens through which others see it.



How Self-Feedback Can Help

Yes, there are limitations, and yes, we don't want to use it in a vacuum, yet self-feedback can help us:

- *Focus on improvement.* If we are thinking about what we are doing well and/or want to improve, we are doing some internal prioritization. And we know we can't work on everything at once.
- *Examine our motives and results.* When reflecting on how something went, self-feedback comes naturally. When we own our outcomes, we naturally begin to ask ourselves what we could have done differently or better.
- *Raise our curiosity.* When looking at our performance and results, we might not know how to proceed, or we may then want feedback from others. In other words, giving feedback to ourselves can lead to us

asking for feedback from others.

- *Build our confidence.* You've given yourself a pep-talk, right? This is a useful form of self-feedback.

How to Use Self-Feedback

It is one thing to nod your head in agreement with the bullet points above. It is an entirely different thing to know how to create a process for giving self-feedback. Here is a four-step process to help you do it.

1. *Ask yourself.* How did that _____ go? What went well? What could I have improved? Which parts surprised me about that result or interaction? Where is my weakness? Where was my confidence high (or low), and why? These are just a few sample questions to get you started.
2. *Listen to yourself.* Don't just ask yourself a rhetorical question; truly consider the questions you ask yourself and take your answers and insights to heart. Just like all other forms of feedback, for self-feedback to be helpful, it must be heard and valued.
3. *Try something.* At this point you have done something, reflected on it, and thought about what you might do differently and/or do again. Now you can test it! Try something new (or repeat something you previously tried) based on the insights that came from your self-feedback.
4. *Start over.* Step four is really the urging to start with step one again. This is a feedback loop, applied based on your reflection and feedback. Doing this loop creates greater self-awareness, and most likely, improved performance and results.

What about the limitations of self-feedback? The good news is that when you do the steps outlined here, you set yourself up to be more open and interested in the feedback from others. As you take your own feedback into account, with the intention of improvement, you naturally will seek out and listen to the feedback, perspective, and advice of others.

When you actively give yourself feedback and actively seek it from others as well, your performance, results, and confidence will grow, and who doesn't want those things?

Human Development

Take a Walk

Source: Michigan State University Extension

We've all heard that we need to exercise at least 30 minutes a day, at least five days a week. Now we are learning that this thirty minutes of exercise doesn't need to be done all at once. You can break it up into three ten minute sessions or even six five minute sessions. What exercise should you do? Why not start with walking?

It doesn't take a lot of energy or effort to start walking. This makes it the ideal exercise for those who haven't exercised in a long time or maybe have never exercised. Walking is a weight-bearing exercise that will help strengthen both muscles and bones, lowering your risk for osteoporosis. Walking improves our health by lowering our risk for heart disease and other chronic diseases like diabetes. It also lowers our blood pressure and reduces body weight and the risk of obesity.

The best part of walking, other than maybe buying a good pair of walking shoes, is that it's free! Walking can be done at any age and anywhere. Many of us live in neighborhoods where sidewalks or low traveled roads allow walking. However, if you live in a congested area, you might want to try walking in the grocery store, at a local mall, or checking with a neighborhood school to see if they have walking times or a track you can walk around in good weather. Some gyms have time reserved for seniors to walk for little or no cost.



If you're unable to walk, consider sitting in a chair or on the side of your bed and moving your legs up and down as though walking. You'll get much of the same benefits as walking when standing. If you're bed-ridden and cannot move your feet and legs, flex your feet and bend your knees as though walking. For adults needing assistive devices such as canes or walkers, take your device with you and give yourself time. We're talking about walking, not racing.

Make walking fun! If you're able to walk outside, try taking different routes to enjoy the scenery. Walk with a friend or form a walking club.

Family Resource Management

Kitchen Timesavers

Source: choosemyplate.gov

Try these kitchen timesavers to cut back on time and make less work for you. By taking the stress and hassle out of cooking, you'll have more time to enjoy it and spend with your loved ones.

1. **Organize your kitchen.** Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within easy reach. This will save you from having to search for them later.
2. **Clear the clutter.** Before you start cooking, clear off your counters. This allows more room for prep space.
3. **Chop extra.** When chopping up veggies for a meal, chop more than you need. Take the extra, place in a reusable container, and freeze. Then next time you need it, you can skip a step.
4. **Have everything in place.** Grab all ingredients needed for your meal—chopped vegetables, measured spices, and thawed meats. It will be easier to spot missing items and avoid skipping steps.
5. **Double your recipe.** For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap!
6. **Clean as you go.** Fill up the sink with soapy water and wash the dishes as you cook. It'll make clean up go much smoother!
7. **Save some for later.** Freeze leftover soups, sauces, or gravies in small reusable containers.



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