



**Elkhart County
Extension Homemakers**

Over The Coffee Cup Newsletter



March/April 2020

In This Issue:

- Letter from County President—pg. 2
- Mark Your Calendars—pg. 3
- Extension Homemaker News—pgs. 4-6
- Council Meeting Minutes—pgs. 7-10
- Human Development—pg. 11
- Family Resource Management—pg. 12
- Food & Nutrition—pg. 13
- Leadership Development—pgs. 14-15

It is the policy of the Purdue University Cooperative Extension Service that all Persons have equal opportunity and access to its education programs, services, Activities, and facilities without regard to race, religion, color, sex, age, national Origin or ancestry, marital status, parental status, sexual orientation, Disability or status as a veteran. Purdue University is an Affirmative Action Institution. This material may be available in alternative formats.

PURDUE
UNIVERSITY

Extension

Letter From Your President

Hi,

This is your County President. I would like to thank all of the Club Presidents who came to the February Council meeting and for their flexibility since we had to change the week of the meeting. Winter is still here, but spring is around the corner. We have had some sunny and warm days. This year is leap year and since we have an extra day Heritage Skills day will be on February 29th.

Forms that are due in March:

- Homemaker of the Year Applications—Due March 1
- County Committee Sign Up Sheets—Due March 1
- Program Planning Suggestions—Due March 1
- Volunteer Hours Sheet—Due March 15

Upcoming Events: (Let's have many people volunteer for these items.)

- Volunteer Community Sewing—March 10
- Michigan City Spring District Meeting at the St. Joseph County Fairgrounds—March 25

The March Council meeting is March 26 and Cultural Arts entries are due then. I would like to see many beautiful entries. Bring your new Club President. Also, remember Point System forms are due by April 1.

Have a good month,
Fern Mast

How to Pressure Can Educational Program

Saturday, March 28 9 am—12:30 pm
Purdue Extension Elkhart County Office

Do you have a pressure canner or are you thinking about buying one so that you can learn how to can low acid foods such as meat, poultry, and low acid vegetables? Join us for a hands-on program to learn about food safety and the step-by-step process of pressure canning. To pre-register (required), call (574) 533-0554 or email fink24@purdue.edu. A \$5.00 fee will be collected at the door to cover jars, canning supplies and meat. Participants will go home with a pint of pork that was canned during the program. Bring an apron, cutting board or mat, and a sharp knife.



Mark Your Calendars

March 2020

- 1 **Homemaker of the Year Applications** due in office
- 1 **County Committee Sign-up Sheets** due in office
- 1 **Program Planning Suggestion Sheets** due in office
- 9 **County Officer Board Mtg**, 5:30 pm, Ext. Back Table
- 10 **VCS Sewing Day**, 9 am—3 pm, HFA Building
- 15 **Volunteer Hours Sheet** due to County Vice President
- 15 **IEHA Career Advancement Scholarships** due
- 16 **Educational Program**, Indiana CBD Update
- 25 **IEHA Spring District Meeting** (St. Joseph)
- 26 **Club President Council Mtg**, 7:00 pm, Conference Room
(Cultural Arts Entries due)

April 2020

- 1 **Point System Forms** due in office
- 6 **County Officer Board Mtg**, 5:30 pm, Ext. Back Table
- 13 **Educational Program**, Tools for Mending Relationships
- 14 **VCS Sewing Day**, 9 am—3 pm, HFA Building
- 27 **Achievement Night**, 6:00 pm, ECCC

Looking ahead...

- June 1 **Club Dues** due to County Treasurer
- June 1-3 **Home and Family Conference**, Plainfield
- June 18 **Officer Training**, 6:30 pm, HFA Building
- June 25 **County Committee Chair Training**, 6:30 pm, Ext. Office

Extension Homemaker News

Happy Birthday!

March—Tammy Bainter, Cinda Beggs, Bea Blosser, Marla Carlson, Carol Denton, Jan Ganger, Mary Gawthrop, Denise Goveia, Jo Harris, Staci Hartsough, Ramona Huber, Sally Kyle, Peggy Malott, Joan Mathias, Rosemary Maust, Evelyn Moyer, Jan Secor, Joy Von Blon, and Suzette Yurko

April—Cheryl Baker, Rebecca Buss, Shai Fields, Sherrill Glick, Shari Graber, Brenda Houser, Carol L. Kauffman, Brenda McCuddy, Elaine Miller, Susan Rowe, Sharon Joy Schaubert, Doris Wall, Kathy Weaver, Teresa Wells, Pauline Yoder, Eleanor Yoder, and Maryann Zerbe

Club President Council Meeting Reminder—March 26th

Current Club Presidents, we encourage you to personally invite your newly elected incoming President to this meeting. Also, Cultural Arts items are due at this meeting. The special project is an apron.

Spring District Meeting

The Spring District Meeting will be held Wednesday, March 25th at the St. Joseph County Fairgrounds at 5117 S. Ironwood Dr., South Bend, Indiana. The cost for the day is \$10 which includes lunch, snacks, and meeting expenses. Reservation deadline is March 19.

Achievement Night—Monday, April 27 at 6:00pm

The theme is “Unique Abilities”. Doors will open at 5:30pm for club members to arrive. Please bring either a salad or dessert to share. There will be a little different set up for seating this year. After you have handed off your food item, you will be asked to draw a number from a basket. This will tell you which table you will be sitting at. We hope this will get club members not to sit with their club. According to our President Fern Mast, this will help you “bloom where you are planted and make the most of who you are” by sharing yourself with your tablemates and develop new friendships. See you there! Think Spring!

Quilt Gardens

Your Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fairgrounds. The Extension Homemakers have the responsibility every other week of maintaining the garden. This means that we need to pull the weeds, sometimes trim the parsley, and just do general maintenance. The weeks we have the responsibility are the 2nd and 4th weeks from June through September. The days can vary but we need to make sure one of the visits is Thursday or Friday so it is nice for the weekend, and the other is earlier in the week. To sign up to help maintain our Quilt Garden, call or email the Extension office at 533-0554 or fink24@purdue.edu.

Fair-time Thoughts

July 24-August 1, 2020

- **Educational Booth**— If you have an idea for a booth, get with your club members and reserve your spot!
- **Hostessing and Craft & Needlework Demonstrations**—We need volunteers to help greet visitors and answer questions. We also need your crafting/needlework skills for demonstrations. Call the office to sign up.

Schedules showing availability can be found on the following pages.

To schedule a time for Hostessing or Craft & Needlework Demonstrations, call or email the office at:

533-0554 or
fink24@purdue.edu



Hostessing Schedule

Two hostesses per time slot. Times are as follows:

- Opening shift (arrive 8:45 am) from 9am—11am
- 11:00 am to 1:00 pm
- 1:00 pm to 3:00 pm
- 3:00 pm to 5:00 pm
- 5:00 pm to 7:00 pm
- Closing shift from 7:00 pm to 9:00 pm

Craft & Needlework Demonstration Schedule

Demonstrators are encouraged to participate in both shifts per day. Dates and times are as follows:

- Friday, July 24 — 1 to 3pm and 4 to 6pm
- Saturday, July 25 — 1 to 3pm and 4 to 6pm
- Sunday, July 26 — 1 to 3pm and 4 to 6pm
- Monday, July 27 — 1 to 3pm and 4 to 6pm
- Tuesday, July 28 — 1 to 3pm and 4 to 6pm
- Wednesday, July 29 — 1 to 3pm and 4 to 6pm
- Thursday, July 30 — 1 to 3pm and 4 to 6pm
- Friday, July 31 — 1 to 3pm and 4 to 6pm
- Saturday, August 1 — 1 to 3pm and 4 to 6pm

(see Club President for forms)

Extension Homemakers Presidents' Council Meeting February 20, 2020

Call to order was given by President Fern Mast. Pledge of Allegiance was led by Shirley Hershberger. Cindy Beggs led us in the Club Creed. Positive Thought was given by Sandy Kauffman. For Roll Call, each club was asked if their club members were sewing an apron for Cultural Arts. There were 5 of our 20 clubs not represented. Brenda Mestach asked if members had read the minutes from the last Council meeting. It was voted to accept the minutes as printed.

Jan Ganger, County Treasurer, reported there is \$7,045.24 in checking. She reminded us that we are to start collecting the \$13 dues which are to be turned in by June 1. Donna Hibschan made a motion to accept the report and the motion was seconded by Kim McCreary.

Committees

Achievement Night: Sharol Cloud, Homemakers of Today and Ramona Huber, Busy Homemakers—The committee met on January 13, 2020 and plans are developing nicely for our annual Achievement Night. The date has been changed to Monday, April 27 at 6PM sharp related to a building scheduling conflict. Doors will open at 5:30PM for arrival. We will be meeting in the same ECC building which is the long white building right off the parking lot at the fairgrounds. There will be a little different seating this year. After you have handed off your food item, you will be asked to draw a number from a basket to determine which table you will be sitting at. We are hoping to mix the clubs members up so according to our president, Fern Mast, we will “bloom where we are planted and make new friends”. The committee would like for the presidents to get an approximate count of their members who will be attending and report this number at the March 26th council meeting.

County Committee Sign-up Sheets – Kathy Stoltzfus, County Vice President - Reminder: these are due to the office March 1! Kathy encouraged EVERYONE put names on the blue committee sheets in their packets.

Cultural Arts/Heritage Skills Day: Jenny Huffman and Margaret Weybright - Cultural Arts items due at the March 26 Council Meeting. Jenny reported there are a few openings left for the Heritage Skills classes. They did have to cancel the Drop Spindle Spinning, however hope to try it again next year. Classes this year Beginning Knitting – Coaster/Dishcloth (1PM), Knitting Q&A (3PM), Intermediate Crochet-Market bag (3PM), Wool embroidery – Small Bunny Pillow (9AM & 1PM), Basket Making – Angel (1PM), and Piecing-Twirl and Spin Tablerunner. You do need to get your registration in because there is preparation for this one. Cultural Arts entries are due on March 26th for judging at the 4th Council Meeting. There are 5 categories. They are Quilts, Needlework, Crafts/Misc, Knitting/

Crocheting, and the special category, Aprons. Be sure to read the rules and eligibility in the Coffee Cup. All Extension Homemakers are encouraged to enter.

Fashion Show: Brenda Mestach, Friends and Neighbors, reported that a meeting with Jen Chupp, Deb George, with a possibility of others, will be scheduled before the end of February. Those interested in participating with the Fashion Show should contact the office or Brenda Mestach.

Home and Family Conference: (June 1-3 in Indianapolis) - First Timers Applications – In Officer’s Training Packet – Fern Mast gave information that is in the packets. This included the 1st Timer Award application. She also said that there will be more walking than usual at the conference, due to the venue.

Home & Family Arts: Deb George, Progressive Homemakers - The committee met on Monday, February 10th at 1PM in the Extension Office. There are 4 more meetings scheduled for April 6, at 1PM, May 11 at 1PM, June 11 at 1PM, and July 13 to clean the building, meeting after lunch. Changes, updating and tweeking were made to the Open Class Booklet. (Mary Ann informed us that the books have already been completed and mailed.) The President’s Baked Item, chosen by Trent Hochstetler, is Dutch Apple Pie. Healthy Dark Green Salad with Dressing will replace Green Beans. In honor of the “Year of Corn”, we will hold an “Anything Goes With Popcorn” special contest. Shirley’s Gourmet Popcorn is the sponsor for this event. While we’re talking about corn, different sizes of bags filled with popped corn will fill our tube for the guessing game. Club participation is needed for educational booths during the fair. The term “Craft Potpourri” is being replaced with “Craft and Needlework Demonstrations”. The committee was challenged to come up with decorating ideas for the outside of our Home and Family Arts building. Ideas are to be shared at the April 6th meeting. We will be selling our cookbooks in the Home and Family Arts building during the fair and also have them in the large commercial building if space is available. A reduced cost was mentioned as the initial cost of the cookbooks has been met and we have lots of them left to sell. Judy Eldridge has resigned as Chairman of the HFA Fundraising Committee. We are in need of a chairman for the silent auction. A backup idea for this year is for each club to solicit/donate 3 or 4 items for the silent auction. More information to come. Plans are in motion for the Fashion Show review and we will get more details to you at a later date. The motion to purchase a sweeper was made by Mary Ann Zerbe and seconded by Diana Rohrer. Linda Weybright and Donna Hibschman are to present their recommendations at the April meeting.

Home & Family Arts Fundraising: A work in progress!

Membership: Lisa Honey, Clinton Clique and Michelle Blough, Four Seasons - There was no report, however President Fern stated that the committee needs more members. Then Mary Ann told that they had met and were planning a Pressure Canning demonstration where your only ticket to get in is to bring someone with you that is not a current member. The date is not confirmed at this time, however it will most likely be the end of March. Mary Ann also reported that there is a club that has gotten so many new members that they have elected to have a few of their long-time members help to start a new club. This is very exciting!

Volunteer Community Sewing: Kris Peterson, Busy Homemakers - Kris showed us packets of materials that have been made up to make comforters and we were encouraged to take one. She stated that we may out-source some of the work, ie. Church groups, etc. Based on the size, they will be sent to Ribbons of Hope, or Interfaith Hospitality Network at St. Marks UMC in Goshen. They continued making twin size comforters for local shelters this winter. Interfaith will receive them once they are knotted. They have already given them 4 blankets, 35 youth and adult hats, and 20 pillowcases. Our organization has been blessed again this year by outside agencies who have volunteered to knit. The baby sized blankets will go to CAPS and the lap blankets will go to Ribbons of Hope. Crocheted and knitted baby hats will go to the local hospitals. We made fleece mittens and hats for local shelters/day centers and schools, and additionally crocheted youth and adult hats for the Window, Guidance Ministries and Roosevelt Elementary. We also made 100 chair pockets for Monger Elementary. We are in the process of receiving our largest donation to date. Multiple van loads so far! The fabrics are being sorted at Kris’ house and put into kits. In a continual process, if you have a seamstress or two in your club, or have family and friends that would like to help out, we always have quilt tops and backs that can be made. The instructions are basic. Use the fabric provided to make a quilt top and back ONLY. YOU DO NOT NEED TO PUT IT TOGETHER INTO FINAL FORM. You may use any quilt pattern, design, or create your own! We’re not asking for perfection – we’re asking for help. We’d love to have these created by the end of August so that they can be assembled into comforters during VCS sewing days. We suggest ¼ inch seams. If there is a piece of fabric that you don’t like, don’t use it. If you want to add something, feel free! If we have any suggestions, they’re on a note inside the kits. Please contact Kris Peterson at 574-238-2065. Additionally, there are skeins of yarn in the Extension Office foyer and Home and Family Arts building that can be used to make Shawls of Compassion, baby hats, or any other charitable yarn project. Tuesday, March 10, is our next volunteer sewing day. We will continue to work on twin, baby, and lap blankets. We always need sewers, pinners, and fabric cutters. Come when you can – 9-3, and enjoy a free, delicious lunch.

Yearbook: Evelyn Buss – The Committee met on Feb. 13th. The books will be ready by the end of February for Jenn.

Old Business

- **Homemaker of the Year** – Fern Mast—The board would like each club to put names in for Young, Intermediate, and Senior awards. She explained that the board will go through all papers turned in and make the final decision as to who will be awarded the titles. Those names will be revealed at Achievement Night.
- **Club-to-Club** – Kathy Stoltzfus reported that the clubs that have participated really enjoyed doing this. She encouraged others to consider participating. Those that have done this are encouraged to turn in a report to be printed in the next Coffee Cup. There was some discussion about clubs being in close proximity to each other. A suggestion was made that the clubs involved meet in a neutral location, easily accessed by members of both clubs. A possibility might be the conference room in the Extension Office if there is availability.
- **Award Winning Cookbook** – Maryann Zerbe - It was reported by the HFA Committee that the cookbooks are paid for and there are still many available. A possible reduction in price is being considered.

New Business

- **Michigan City Spring District Meeting** (March 25, 2020, St. Joseph County) – Fern Mast reported it starts at 10:00 am, EST. Contact Jan Ganger if you would like to attend. March 19th is the deadline for her to be able to send the money in. (We need members to run for Secretary/Treasurer to begin serving July 1, 2020)
- **2020 4-H Fair** -HFA Open House, Craft and Needlework Demonstration, and Hostessing, Booth Sign-up
- **Extension Office Website** – <http://www.extension.purdue.edu/elkhart>
- **Volunteer Hours Sheet** – please complete and return by March 1, 2020 to Kathy Stoltzfus, County VP

Additional items

- **Reminder of Upcoming Educational Programs:**
 - Monday, March 16 – Indiana CBD Update
 - Monday, April 13 – Tools for Mending Relationships
- **Next Council Meeting** – March 26 (collecting personal care items) – Incoming 20-21 presidents are invited to this meeting! Please invite them and maybe even carpool if practical.
- **Past President's Brunch** – May 2
- **Achievement Night** – 6 p.m., April 27 ***NOTE DATE CHANGE***
- **When sending mail to the Extension Office** – please be sure to mark it: Attention HHS
- **Items your organization has for sale:**
 - Award Winning Cookbook – \$20 for over 700 recipes!
 - Extension Homemaker T-shirts (Small to 3x) – \$8.00
 - Extension Homemaker Helpful Hints Books – \$5.00
 - NEAFCS Living Well for Life Cookbook – \$10.00

Human Development

Coronavirus Disease

Centers for Disease Control Prevention

How Does It Spread?

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include fever, cough and shortness of breath.

Prevention

There is currently no vaccine to prevent coronavirus disease. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Facemasks should be used by people who show symptoms to help prevent the spread of the disease to others.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

What to Do If You are Sick

- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your doctor
- Wear a facemask
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces everyday
- Monitor your symptoms

Family Resource Management

How to Avoid Facebook Messenger Scams

Consumer Reports

According to Facebook's latest Community Standards Enforcement Report, the company removed 3.2 billion fake accounts from its social media platform between April and September 2019, up from 1.5 billion during the same period in 2018. "Most of these accounts were blocked within minutes of their creation," Facebook says. But that still leaves some Facebook Messenger users exposed to thieves. The use of the popular messaging app is particularly pernicious, according to security experts, because the scammers appear to be people victims know and trust.

- **Beware of anyone requesting or offering money.** Scammers have dreamed up lots of ways to empty your wallet. They may impersonate a relative in an emergency, for example. Or request a gift card or fee in return for a loan or a prize. If you think you may have interacted with a scammer, block him or her and report the account to Facebook at phish@fb.com.
- **Guard your financial information.** Be wary of texts or email asking for account numbers, credit card numbers, and wire transfers as well as alerts about failed transactions. There's no reason to share such info via message or an unsecure site.
- **Don't open attachments.** They may contain malware. And you should never type confidential information into a form attached to an email. The sender can potentially track the info you enter.
- **Double-check the link.** Before you click on a link in an email or on the internet, try hovering your mouse over it. This will reveal the full address, which can expose signs of fraud. A ".ru" on the end, for example, means the site was created in Russia; ".br" means Brazil. Misspellings are another good tip-off to a fake website. If the URL says globalgrants.com, it's best to avoid it. Search for the company on Google and access the website that way instead. Don't assume that a website is legitimate just because its URL starts with "https."
- **Change your password.** "We're all guilty of not changing our Facebook password often enough," says Jenkins. "Using a more secure password reduces the risk of someone hijacking your account." That doesn't protect you from imposters, but it does prevent scammers from using your profile to defraud others.
- **Enable two-factor authentication.** If you've ever had to use a six-digit verification code texted to your cell phone to log in to a digital account, you have some idea of how 2FA works. Once you turn on the setting, you have to provide a password and another unique identifier to access your account from an unverified device or location. This protects you if a stranger steals your password.
- **Use security tools.** Install an antivirus program on your device and keep it up to date. You can also use a website reputation rating tool, which comes in the form of a browser plug-in, to warn you if you try to go to potentially dangerous websites.

Food and Nutrition

Key Nutrients in Fruits & Vegetables

Fruitsandveggies.org

The Dietary Guidelines for Americans calls for all Americans to eat more nutrient-rich foods. Fruits and vegetables can be great sources of the following important nutrients.

- **Calcium:** Calcium is essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves and some glands.
- **Fiber:** Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.
- **Folate:** Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.
- **Iron:** Needed for healthy blood and normal functioning of all cells.
- **Magnesium:** Magnesium is necessary for healthy bones and is involved with more than 300 enzymes in your body! Inadequate levels may result in muscle cramps and high blood pressure.
- **Potassium:** Diets rich in potassium may help to maintain a healthy blood pressure.
- **Sodium:** Needed for normal cell function throughout the body. Most diets contain too much sodium which is associated with high blood pressure.
- **Vitamin A:** Keeps eyes and skin healthy and helps protect against infections.
- **Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy.



Leadership Development

A Mindset a New Leader Needs

Kevineikenberry.com

The role of a leader is complex, and many skills are needed to lead successfully. Any new leader knows that or quickly becomes aware of that fact. Yet skills aren't the only thing new leaders must master. And as important as those skills are, having the right leadership mindset is even more important – and less obvious. What is the leadership mindset that a new leader needs?

Let's start here: leadership isn't about you. This isn't easy to remember amongst the congratulations and all the change you are experiencing as you begin your new role. Additionally, you may have experienced some bosses who were a bit heavy-handed, a bit power-hungry, and led as if they were all-knowing and in charge. If you are feeling a bit self-centered, having seen that example before, you could be led to buy in to a misguided leadership mindset.

If leadership isn't about us, what is it about? Leadership is about outcomes and others.

The Other-Focused Mindset

You've been given the opportunity and responsibility to lead a team. What is your role? To help that team reach valuable outcomes. You might call these outcomes goals, strategies or something else – but it is your responsibility to accomplish those things and reach those desirable outcomes. You can't do it alone, and you likely don't really want to, which means you need others to help you get there.

As a leader when you realize you will achieve the most when you equip, empower and engage your team to reach those desirable outcomes, you become far more effective. When we



remember this, we realize that our leadership mindset must be focused on others, not ourselves.

A Practical Perspective

While having another-focused mindset requires that we relinquish some perceived control, it truly is a freeing approach to work. Your role is challenging enough without acting and thinking as though all the responsibility rests on you. Rather than trying to exercise control and assuming you must have all the right answers you can now lead, rather than only do.

This allows you to:

- Get more and better ideas. Good things happen when you gain the insights and information from the team. Chances are they have ideas and perspectives you don't have, and more good ideas will lead to better productivity and results.
- Allow others to grow and develop. If you are focused on yourself, you aren't thinking about developing others or giving them much of a chance.
- Have a bigger influence. Rather than thinking about what you might be giving up (control and power), you are gaining far more influence. As you lead effectively you will have more power granted to you by the team (in terms of trust, belief and engagement) that you could have ever had on your own anyway.

Doing these things isn't easy and won't happen automatically. But they won't ever happen at all – and you will never be an influential, effective, and successful leader until you adopt a mindset that is outwardly focused.





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

Return Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO 42
GOSHEN, INDIANA
46526