



Elkhart County  
Extension Homemakers

# *Over The Coffee Cup Newsletter*



*September/October 2019*

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## *Be Creative and Repurpose*

Saturday, October 12, 9 to 11 a.m.  
HFA Building

Call 533-0554 or email  
fink24@purdue.edu to register  
\$10 per person, payable at the door

*Holiday Craft  
And Recipe  
Ideas*

## Letter from your County President

Summer is coming to a close and Fall is coming in. We had many exciting things the last few months.

I went to the Elko Retreat on Monday evening. We did some drumming with a drum line. It was very relaxing. Next year we should try and have a few more people go.

The Michigan City Fall District meeting was held in Porter County. We had reports from each of the counties. Seven people attended from Elkhart County. In the spring, it will be in St. Joseph County. Let's see if we can have someone from each club attend. You would learn so much from the State President.

### Upcoming Lessons:

- October 21st—Dollars & Sense
- November 21st—How Sweet It Is... Is Sugar Addictive?

Remember sewing day is the 2nd Tuesday of every month. Council Meeting is October 17th.

Keep trying "unique abilities". You may learn something new.

Fern Mast  
Elkhart County Extension Homemakers  
County President



## Mark Your Calendars

### September 2019

1	ELKO Retreat Registrations Due
9-10	ELKO Retreat, Camp Mack: "You've Got Rhythm", Milford IN
9	5:30 p.m.—County Officer Board Mtg, ECT
10	9 a.m. to 3 p.m.—VCS Sewing Day, HFA Building
17	IEHA Fall District Meeting—Porter County
23	Educational Program—Staying Scam Safe, ECR

### October 2019

7	5:30 p.m.—County Officer Board Mtg., ECT
8	9 a.m. to 3 p.m.—VCS Sewing Day, HFA Building
12	Fall Craft Day—9 to 11 a.m., HFA Building
17	7 p.m. — County Council Meeting — ECR
20-26	IEHA Week
21	Educational Program—Dollars & Sense: How We Misthink Money and How to Spend Smarter
26	IEHA Make a Difference Day

### Switching Roles: Advocating for Seniors

A free webinar series for caregivers, community members, and those who work with older adults. Held each week on dates below from 12:00-1:00pm at the Purdue Extension Elkhart County office Conference Room. You are welcome to bring your own lunch.

RSVP at (574) 533-0554 or [fink24@purdue.edu](mailto:fink24@purdue.edu)

**October 17th**—Warning signs of self-neglect, what to look for, and what to do

**October 24th**—Financial exploitation of seniors

**October 31st**—Living Well: It's no secret that things change, especially as we age. We'll discuss how to help your seniors navigate life transitions, develop a more positive outlook, and find their purpose.

## September and October Birthdays

- **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, Amanda Rospopo, Kathy Royer, Norma Schrock, Nikki Stump, Elnora Weaver, and Margaret Weybright
- **October**— Donna Anderson, Lois Bontreger, Mary Foster, Kathy Graber, Vietta Hartzler, Nancy Hawkins, Karen Hershberger, Judy Hickman, Marian Hostetler, Tena Jakubowicz, Alice Moy, Kathy Overholt, Beth Phillips, Marlys Prough, Diana Rohrer, Janet Ryman, Ruby Snyder, and Nancy Stucker

## Fair News/Home & Family Arts Results

### Fashion Show Highlights

A huge thank you to the Fashion Show Committee for organizing such a fantastic event. “Spiking Up Sewing Trends” included 18 seamstresses showcasing 28 different aprons or outfits.

Fashion Show winners included non-professionals Linda Moudy in Aprons, Doris Biller in Dresses, Deb Parcell in Family Outfits, Lucy Rensberger in My Choice, Janis Engle in Other: Embellished, Karen Meade in Separates, Edna Van Diepenbos in Sewing for Others (Infant—5), Deb George in Sewing for Others (6-12), and Mabel Wortinger in Sewing for Others (13-17). Professional winners were May Beane in My Choice.

### Open Class Results

The Home & Family Arts Building housed over 1,150 entries from 340 exhibitors. Grand Champion winners included Karen Smiley in Antiques/Vintage, Kris Peterson in Aprons, Diane Cook in Clothing Construction, Donald Sheline in Creative Arts, Emily Stump (Co-Grand Champion) in Culinary Arts: Baking, Karen Meade (Co-Grand Champion) in Culinary Arts: Baking, Amber Schlundt in Culinary Arts: Cake Decorating, Sally Kyle in Culinary Arts: Food Pres., Canning, Janet Yoder in Culinary Arts: Food Pres., Misc., Clifford Logan in Handicrafts, John Twichell in Needlework, Stacey Garber in Photography, Cheryl Baker in Purdue 150th An-

niversary, Stephanie Woodard in Quilts: Individual, and Judy Hunsberger in Quilts: Team or Group.

Special contest winners were Extension Homemakers Allison Von Blon in Longest Apple Peel and Karen Meade in Dairy Delicious: Main Dish, Fresh Salsa: Fruit, and Crockpot. Other special contest winners included Jim Meinert in President’s Item; Carolynn Riddle in the Senior Citizen’s Cookies, Green Beans, and Dairy Delicious: Party Foods; Mark Zak in Bursting with Blueberries; Kevin Eyer in Byler Lienhart Cook-Off: Beef: Ground and Cut, Lamb: Ground and Cut, and Pork: Ground and Cut; Trevor Wendzonka in Year of the Pumpkin; Esther Deakins in Fresh Salsa: Vegetable; The Parcell Family in the Great Homemade Ice Cream Crank-Off; and Smokin’ Straws (Gerald and Brooklyn Straw) in Best of Michiana Ribs.

### Volunteer Appreciation

Another huge thank you goes out to all of the Extension Homemakers and friends who volunteered their time to demonstrate their crafts and/or hostess in the Home & Family Building during the fair. The HFA Building could not be open as long, or run as efficiently, without the help of these wonderful volunteers.

### Fair Booths

We also need to share our appreciation for the Four Seasons club who presented an educational booth in the HFA Building during the fair. The information and resources the booth provided to the public was invaluable.

### Silent Auction

The 2019 Silent Auction was a big success and took in \$3,570. Please give a big round of applause to everyone who organized the auction, as well as to all those who crafted and/or donated items for the event.

**Like and follow us on Facebook!**

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



**Elkhart County  
Extension Homemakers**

## **Extension Homemakers Council Meeting August 8, 2019**

Submitted by Brenda Mestach, Elkhart County Extension Homemakers Secretary

Call to order was given by President Fern Mast. Pledge of Allegiance was led by Shirley Hershberger, York Homemakers. Ruby Rink, Be-Y's, led us in the Club Creed. Positive Thought was given by Joellen Allison, Bound-4-Knowledge. Roll call was given by Secretary, Brenda Mestach. Each club was asked to tell what their favorite part was in the HFA building. Only 3 clubs were not represented. Brenda Mestach asked if members had read the minutes. Shirley Hershberger made a motion to accept the minutes as they were in the Coffee Cup newsletter. Sharol Cloud 2nd the motion and the council unanimously accepted them.

**Treasurer's Report**—Jan Ganger, our County Treasurer, gave the report from the books. There is a balance of \$8,494.03 in our checking account and \$5.00 in savings. Sierra Walters Scholarship has \$5,132.37. The budget for the year was approved at the Officer Training meeting.

**Home & Family Arts Treasurer's Report** - Sharon Lemmon turned in a report that there is an ending balance (as of August 8) in checking of \$5,570.45, \$11,840.76 in the savings account and the Helen Stewart Memorial. The silent auction netted \$5,570.45, with more items to be paid for. There is \$1,593.80 in Helen Stewart Memorial.

Mary Ann Lienhart Cross shared some information to ponder (Us and Them).

### Committee Reports

**Achievement Night** – Sharol Cloud gave a report that the committee has not yet met. Plan is to have the 1st meeting in October – the date is set as October 28, 2019 at 10 AM. The theme for next year's event is "Unique Abilities" with a projected date of Tuesday, April 21, 2020.

**Auditing & Budgeting** –Sheila Cook, Creative Homemakers, no report.

**Award Winning Cookbook** – 62 cookbooks sold at fair!

**Cultural Arts/Heritage Skills Day** - Jenny Huffman, Busy Homemakers, reported that the committee met August 8. The date of the 2020 Heritage Skills has been changed to February 29, 2020 as printed in your yearbooks. The

committee has 6 classes scheduled so far. They are Intermediate Crochet, Knitting, Basketry, Embroidery, Quilt piecing and possibly Quilling. We are open to suggestions for other classes. Please contact me if you have any ideas at all. We want this event to attract club members as well as the public, which we feel will ultimately attract more club members. My cell phone is 574.370.0699, or email me at granniej48@yahoo.com. We also discussed a separate class on a different day on Fundamental sewing and making a T-shirt quilt. This would be an evening class or a Saturday. The Extension office might do a class on Food Preservation, such as Canning. Let me know your thoughts on this also.

**ELKO Retreat** (September 9-10) "You've Got Rhythm" – Jill Cohen, Homemakers of Today, was absent however others reported that there would be drumming and other things connected with rhythm. All are encouraged to attend.

**Fashion Show** – Katie Case, Clinton Classics, was absent. Report given by Judy Eldridge. The Fashion Show was a huge success this year, thanks to an extremely hard-working committee and generous donations from the community. The theme was "Spiking Up Sewing Trends" and there were 29 entries in 10 different categories. The committee began meeting in March and regularly met each month at Dunkin Donuts until the show commenced. Donations were provided by Trend Clothing, Great Lakes Forest Products, and Kerchers. Trend Clothing provided prizes for our first-place winners; Great Lakes Forest Products donated \$300.00 to aid in the cost of pictures, decorations, and prizes. Kerchers donated a fern towards the four ferns on the front of the stage. The ferns became prizes for the top four sewing champions. Trend Clothing also offered 30% off coupons on the night of the Fashion Show. The show took place in the Home and Family Arts building on the Elkhart County 4-H fairgrounds. Michelle Eldridge and her daughter Abbi took the pictures, Jenny Chupp was the narrator and MC, Deb George lined up models, and Lisa Honey and Judy Eldridge checked people in and handed out numbers. Programs were made by the office staff and refreshments were provided by extension clubs. Next year the committee plans to use the building sound system to play music as models walk the runway.

**Fall Holiday Program** -October 12 - Kim McCreary, Modern Homemakers gave this report: FHP has met 3 times since April. We have made great progress. The program will be held on October 12, 2019 from 9-11. We have established 3 make and take crafts, as well as some other demos. We

have been working on the food items to get those chosen also. All members are working to make this a successful program and are very excited.

**Home & Family Arts**—From Deb Pepple - Even though the heat was unbearable at times and not everything went as planned, we had a successful year in our Home and Family Arts building. Jim and Debbie George were responsible for the large sign that adorned our roof and helped us get a second place in the First Impressions contest. They also created the new sign in our building for recording the winners of our daily contests. We had 340 exhibitors who entered 1159 projects in our many different categories. Our volunteer sewers were busy every day and finished at least 4 quilt tops for Quilts of Valor. There were also chair pockets made for school classrooms. We had many other crafters throughout the week but can always use more next year. The crafters draw a lot of people into the building. This is evidenced by those who come just to see the wood carvers and the spinners. I want to publicly thank all of the ladies and gentlemen who helped out in the building before, during, and after the fair. These volunteers are invaluable to us as they did everything from checking in exhibits to assisting at judging to placing exhibits on display. They also put up booths, set up and broke down tables swept floors, and washed windows. They greeted visitors, helped prepare meals for workers, and assisted at check-out. This is a great committee that can always use more people. We will be having a follow-up meeting on August 26 at 2:30.

**Home & Family Arts Fundraising:** - Judy Eldridge and Katie Case, Clinton Classics: Committee met several times during the year to plan and prepare for fair season. The committee tried to focus on receiving donations of smaller sums from local businesses to make items more affordable for fair patrons. In all there were 39 available items or gift baskets up for bidding. There were a few donations dropped off last minute without names and we still are not sure who donated the children's quilt. Covering everything with plastic proved to be one of the most difficult parts of setup and multiple persons are needed to achieve the task quickly. Judy or Katie came in each day to write the new high bids on poster boards and rearrange items as needed. We spoke to Deb Pepple regularly to make sure auction requirements were meeting building standards and we thank her for her patience. The binders for bidders and bidding worked extremely well and were convenient for keeping an accurate calculation of bids. The Auction total was \$3,570.00

**Home and Family Conference**—Plainfield June 1-3, 2020

**Homemaker of the Year** – President Fern Mast reminded the Club Presidents that there were forms in their packets to nominate someone from their clubs.

**Membership**—Lisa Honey of Clinton Clique was absent – No Report

**Nominating** – Janet Ryman, Busy Homemakers, asked for suggestions, especially for Vice President. She thanked those that were willing to serve.

**Volunteer Community Sewing** - Kris Peterson, Busy Homemakers, was absent. Her report was read by Jenny Huffman. Our next meeting will be September 10 from 9-3. Come when you can and leave when you have to. Lunch is provided. Please bring a sewing machine if you can or there are other tasks that also need done. Due to budget cuts we are in need of used and in good condition mattress pads (laundered, no pet hair or smoke), or quilt batting (crib size or larger). Monetary contributions can be made to Extension Homemakers with memo for VCS. We are looking forward to ramping up for the winter with blankets for the homeless and continuing to make lap robes and baby blankets. Jenny also reported that she had looked at the budget and it is the same as last year and not all the funds were used.

**Yearbook** - Evelyn Buss, Clinton Clique, reported that they will not meet till the first of the year.

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**New Business/Looking Ahead**—President Fern Mast told of changes/corrections that needed to be made to the Yearbook: Judy Eldridge added to the Fashion Show Committee (p. 20), and Judy Eldridge is Chair for the HFA Fundraising Committee (p.22), Brenda Mestach's new mailing address is PO Box 743, Wakarusa, IN 46573 and Michelle Blough's new address is 57643 CR 31, Goshen, IN 46528.

The Michigan City Fall Meeting is September 17th and reservations need to be made with Treasurer Jan Ganger by September 1. Call the office with any reservations by this date.

There is a new website for IEHA: <https://ieha-families.org>

### Future Council Meetings

October 17, 2019 – bring non-perishables

February 13, 2020 – bring paper goods

March 26, 2020 – bring personal care items

## Michigan City District Meeting—September 17, 2019

Submitted by Michelle Blough, Michigan City District Secretary

The Michigan City Fall District Meeting was held in Porter County at the Old Town Banquet Center in Valparaiso, IN on September 17, 2019. Everyone was welcomed by Porter County President Becky Kreiger. They have four clubs with 48 members. Becky shared a few highlights of Porter County and thanked her members for preparing for the meeting.

The business meeting was called to order by DR Diana Kuhn at 10:40 a.m. EDT. Sandy Feece, Marshall County, led the Pledge of Allegiance and Sue Martin, Kosciusko County, led the reciting of the Homemakers Creed. Fern Mast, Elkhart County, led the reading of the Mission Statement. A few positive thought statements were shared by Lorrie Nelson, Lake County. Guests were welcomed and introduced. IEHA President, Anne Moore, and IEHA President-Elect, Jan Gogel were present. Former State President Bev Earnhart was introduced. Past District Reps were asked to stand. DR Diana also thanked the Elkhart County office for creating and printing the meeting program.

Minutes of the spring district meeting were highlighted and had been approved at the planning meeting. They were available for inspection. Michelle Blough, District Secretary-Treasurer, conducted roll call. County Presidents were asked to introduce themselves, their county's educator, and share how many members were in attendance. They were also asked to comment on an activity or event a homemaker group conducted at the fair.

- Elkhart—7 present, Educators Mary Ann Lienhart Cross and Virginia Aparicio present
- Kosciusko—9 present, Educator not present (giving a presentation)
- Lake—11 present, Educator Linda Curley present
- LaPorte—14 present, Educator Allison Goshorn not present
- Marshall—2 present, Educator Karen Richey present
- Porter—26 present, Educator Annetta Jones present
- St. Joseph—8 present, Educator not present (presentation elsewhere)
- Starke—7 present, Educator Mandy Medbourn present

Anne and Jan presented gifts to the first time meeting attendees. Fair activities included silent auctions, raffles, senior day events, open class exhibits, entertainment, demonstrations (bicycle repair), guessing contests, and informational presentations (Master Gardener on hydroponic gardening).

Michelle Blough presented the treasurer's report which was approved at the district planning meeting. The current balance is \$2,002.28. The yearly budgeted expense amount is \$2,212.50. The purpose of the Coins for Friendship and Nickels for Leadership funds were reviewed. Members were asked to circulate the collection jars. President-elect Jan Gogel gave a report from the NVON (National Volunteer Outreach Network) conference in Springdale, Arkansas. The President and President-Elect of IEHA are voting members of this 8 state organization. Beginning January 1, 2020, Indiana's Stephanie Jerabek will serve as chair for 2 years. Indiana's Mary Jo Prue serves as the current treasurer.

Penny Flick, LaPorte County, shared her experiences as a first timer to Home and Family Conference, June 2019. She appreciated being selected and the opportunity to attend. She enjoyed meeting the state officers and other new members. Penny displayed the cloth goodie bag she received. (First Timer applications are due to the DR by March 15, 2020.)

President Anne More explained the quilt raffle. The proceeds will be used to help with expenses of hosting the CWC conference in Indianapolis, September 2020. The quilt is a queen plus size. Tickets are \$2 each or 3 for \$5. CWC members share lesson ideas. The current project in common is "Double Your Influence". "Add 2" is President Moore's membership goal which is to have a new club in each active county and to form at least a club in counties where there is no active membership. She shared her feelings about her theme "Embracing Change to Meet Tomorrow's Challenges". She thanked Jenn Fink from the Elkhart County office for the meeting program cover.

Jan Gogel presented the I-Lead lesson titled "Challenging Traditions—Embracing Change." Using the discussion guide, table groups discussed how traditions in their families and clubs have changed over time and the challenges to making the changes.

JoAnn Woolett and Jill Cohen shared about Camp Elko. Next year it will be Sept. 14-15, 2020 at Camp Mack near Milford, IN.

Della Wittgren, LaPorte County, shared a quote from John Lennon as our inspirational thought before lunch; "Happiness is the key to life". Everyone enjoyed the delicious lunch. Anne Moore and Jan Gogel met with the presidents and Diana Kuhn.

Linda Curley, Lake County, presented the program "Positive Thinking". We were asked to think about positive and negative people we knew. How are we reflected when we conduct our daily business? A positive attitude helps our heart health, reduces inflammation and creates inner peace. Turn negative self-talk around into positive messages. Instead of "but" say "yes, and". Think about new challenges as opportunities. Recognize a positive event each day. Be mindful and think about ways to use our personal strength.

Lynn Lambert invited everyone to attend the Spring District Meeting in St. Joseph county on Wednesday, March 25, 2020 at the fairgrounds.

Diana introduced President Anne Moore. Past President Cindy Saferight's Crafting for a Cure project raised about \$5,000 at conference and \$1,300 at state fair. Homemakers have now contributed more than \$200,000 to the Cancer Research Fund. She highlighted the new IEHA membership brochure and updated website. The 2 resolutions from the US that were presented at the ACWW conference were approved. They were about saving bees as pollinators and addressing iron deficiencies throughout the world. Focus Day is Oct. 3. The theme of the Membership Focus group is "Planting a Seed". The 2020 conference will be held June 1-3. She challenged us to identify our challenges and change to meet the challenges.

Counties shared activities for a Port of Call.

- Elkhart—Fall Program with demonstrations and food Oct. 12 at the fairgrounds.
- Kosciusko—a new club for young mothers—Mommy and Me
- Lake—Hosting a small craft fair for homemakers
- LaPorte—Partnered with Salvation Army and donated about 800 pieces of clothing to be distributed.
- Marshall—Attended St. Joe County's Sew-a-Thon and visited Busy Hands for a tour.
- Porter—Partnering with the Youth Services Bureau for a Tot Shop
- Starke—A new club, Hoosier Artisan, Skill, and Hobby Club. A family oriented club that has a short meeting and an activity or demonstration at the meeting.
- St. Joseph—Bake-a-rama on a Sunday afternoon and open to the public.

There were 91 people present at the meeting. \$84.00 was collected for Crafting for a Cure. Unsold items were distributed to each county. \$93.26 was deposited for Coins/Nickels. The meeting was adjourned at 2:34pm EDT.

## Family Resource Management

### Talking to Children About Violent Events

*Source: Extension, Msu.edu*

The world can be confusing and scary, even for adults. In times of public violence and loss, everyone is impacted, especially young children. Incidences of violence and hate have a lasting impact on individuals.

**Ask them what they know.** Ask your child to tell you what they think they know or understand about the situation. Children often have misconceptions or a limited understanding of a complex issue, so start by asking them what they know. You can clear up any misconceptions.

**Establish a dialogue.** Talk openly with your child about what happened. Tell your child the age-appropriate facts about what happened, why it happened and what the result was. Take the lead from your child on how much information they are ready to hear, so keep your responses brief and look for cues that your child either needs to be done talking or wants more info.

**Accept their emotions.** It's tempting to want to minimize a child's emotional response because we don't want them to be anxious, sad or scared. It's important we allow children to express themselves openly and we accept whatever they are feeling. Maybe they are angry or confused instead of just sad. All feelings are OK, even if they differ from yours. Children should have an outlet for processing their emotions. Some may want to just talk while others may process by writing, drawing or thinking on their own.

**Love and reassure them.** Children need parents and other families to be a steady foundation—they don't need you to be perfect or happy all the time. Your calm and reassuring presence can help them work through tough situations and feelings and find calm and comfort.

**Be available.** Unfortunately, violence is not a one-time event, and it's not something anyone can just "get over." Be available to continue to support, comfort and talk to your child about their feelings. Check in with them regularly to see how they are doing.

**Limit exposure.** The 24-hour news cycle means that stories about violent acts get replayed over and over again on many different media outlets from news television broadcasts and newspapers to social media, YouTube and in our daily conversations. Limit your child's exposure to the constant talk about violent events, as this may increase their anxiety or confusion of the issue.

## Human Development

### Is Your Smartphone Ruining Your Sleep?

*Source: National Sleep Foundation*

Smartphones make it easier than ever to be connected to the Internet at every waking moment. While that might make you feel like you're always on top of things, that 24/7 connection to technology is actually unhealthy when you're trying to fall asleep.

The problem starts with the fact that 71 percent of people sleep either holding their smartphone, having it in bed with them, or having it on their nightstand. So many people use their smartphones as their alarm clocks, it makes sense that many would want their phones within an arm's reach. But when your cell is that close to you, the temptation to check social media sites, work email, and/or the news headlines is often too strong to resist—even if it's 11:00pm. As a result, you might feel energized from interacting with others or stressed out by something that you read when you should actually be relaxing. That partly explains why people who consume electronic media in bed are at higher risk for insomnia.



That's not the only reason, though. Smartphones—like laptops, tablets, and televisions—emit something called blue light, which is a type of light that the brain interprets as daylight. The blue light actually suppresses melatonin (a hormone that affects circadian rhythm and should increase when you are preparing for bedtime). The result: Your brain feels stimulated. This is fine if you're looking at your smartphone's screen at noon, but if you're looking at the screen at midnight, your brain is going to get confused and think that the sun is out—making it even tougher to fall asleep.

Lastly, when the smartphone is in your room, any ringing or beeping from texts or calls (or even simply hearing vibrations or seeing flashing lights from alerts) can jar you as you're trying to fall asleep and/or wake you up in the middle of the night. Overcome these issues by giving yourself a technology curfew (such as no screen time within an hour before bed), switching to an old-fashioned alarm clock, and keeping your phone in another room overnight (or at least out

## Food and Nutrition

### Getting Enough Liquids

*Source: National Institute on Aging*

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.



## Leadership Development

### What We Can Learn From a Garden Weed

*Source: kevineikenberry.com*

As a “farm kid”, I’ve had a lot of experience with weeds – working hard to eliminate them so that we can grow the crops we needed on our farm. And I’ve spent my fair share of pulling them as an adult both at my house and still at the farm. Now here’s what we know about weeds—they make things look uglier and they take away water, moisture, nutrients, and light from what we’re trying to grow. So weeds are not so good. We would say that leadership is hopefully good. So what is the connection between weeds and leadership?

**Persistence**— Weeds are persistent! A weed can be very hard to pull all the way out so it doesn’t come back and if you don’t get all of it... it’s coming back. It’s not going to give up. If we give up, the weeds win. As leaders we should be persistent in our efforts in our belief in our team members and a hundred other things.

**Determination**—Ever notice weeds can grow everywhere and anywhere? I’ve seen them growing out of the concrete in my driveway. They’re determined to keep growing—their job is to grow. How determined are you as a leader? As determined as a weed?

**Play to Their Strengths**—Some weeds are very invasive and play to their strengths by choking everything else around them. Some of them are extremely fast growing and so they may grow really tall and really fast to shade out all of their competition. Some are early season weeds. Dandelions are among the first things to grow in the spring so they can get their work done early. So weeds play to their strengths—they don’t try to become something they are not. We as leaders should play to our strengths as well. If we try to become something that we’re not, that’s not necessarily going to help us.

**Context**—I’ve asked many people, “is this a weed or not?” Well, it all depends on where it’s growing. See, farmers spend a lot of time, effort, and money to plant corn, but if that same corn plant is growing their soybean field it’s now a weed. It’s not wanted in that place. Like dandelions—some people eat them, but others see them as a weed. So how we define the plant depends on whether it’s a weed or not. So how are we defining out team members? How are we defining a situation? Are we defining it in a way that aids us in being successful or are we defining it in a way to say “oh that’s a problem. That person is never going to be successful. Let’s move on.” There’s not always one right answer. There’s often multiples.





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

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