

AUGUST - SEPTEMBER 2023

### MEET OUR NEW EXTENSION EDUCATOR!

Recently, you might have noticed a new face around the LaPorte County Extension Office and that would be me... I'm Chrissie Lai, the new Health and Human Science Extension Educator. Since joining Purdue Extension in March, I've been exploring LaPorte County and meeting with organizations regarding potential partnerships. I want to thank you for the warm welcome I have received from those I have met. In the midst of summer, I have been spending as much time outdoors as possible, whether it's camping or kayaking, to soak up as much sunlight as possible. I find it really refreshing to be outdoors and take in the beauty of nature. It helps me to clear my mind and refocus on what's important. Plus, I get to spend quality time with my friends and family. It is my hope that all of you take the time to do the same.

The months of August and September are ideal for this. Even if its just for an hour, make sure to take a break from the hustle and bustle of everyday life and enjoy the beauty of nature. You won't regret it.

In case I haven't met you yet, I look forward to doing so very soon. Please don't hesitate to say hi if you see me out and about, or stop in at our office. I'm looking forward to meeting all of the wonderful people that make up this community. I'm sure we'll have many great conversations and I'm excited to learn more about the area. I'm confident that together we can make a positive difference.



CHRISSIE LAI

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*Embracing  
Change to meet  
Tomorrow's  
challenges*



Extension - LaPorte County

extension.purdue.edu/laporte



# SAY HELLO TO OUR NEW EXTENSION SECRETARY!

## SUE SALISBURY

Hi! My name is Sue Salisbury, I have recently started working at the extension office. I am the secretary to the HHS and ANR. I have met several of the extension homemakers, and you have all been wonderful!! I appreciate the patience and kindness you have all shown me!

I have been married for 41 years, I have two sons and 5 grandchildren (who are my pride and joy!) In my spare time I have been raising sheep for the last 30 years. I enjoy westerns on TV and someday I will get to go to Wyoming and Montana to visit a real working ranch!



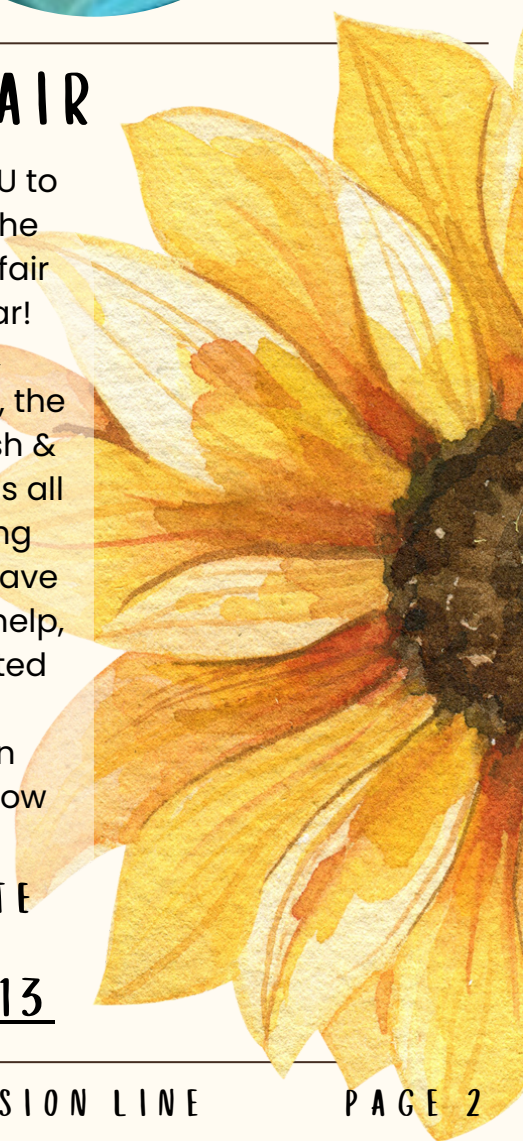
# LAPORTE COUNTY FAIR

We would like to say a huge THANK YOU to all of the Extension Homemakers for the wonderful donations that were at the fair booth this year. It was a fantastic year!

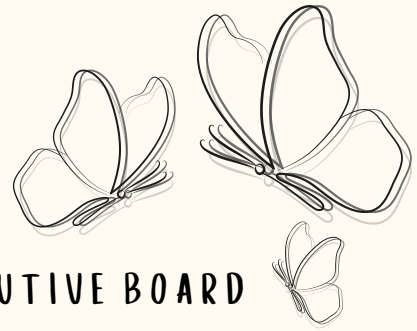
Everyone donated such nice items, whether it was a basket from the clubs, the beautiful home sewn items, to the Cash & Carry items or just the grab bags, it was all a huge success!! This kept our building watchers busy, and we sure couldn't have been so successful without all of their help, so THANK YOU to the ladies that donated their time watching the building!

Please attend the council meeting in September if you would like to know how the fair booth went.

**PLEASE ADD 2024 LAPORTE  
COUNTY FAIR ON YOUR  
CALENDAR! JULY 6 - JULY 13**



# EXTENSION HOMEMAKERS NOOK



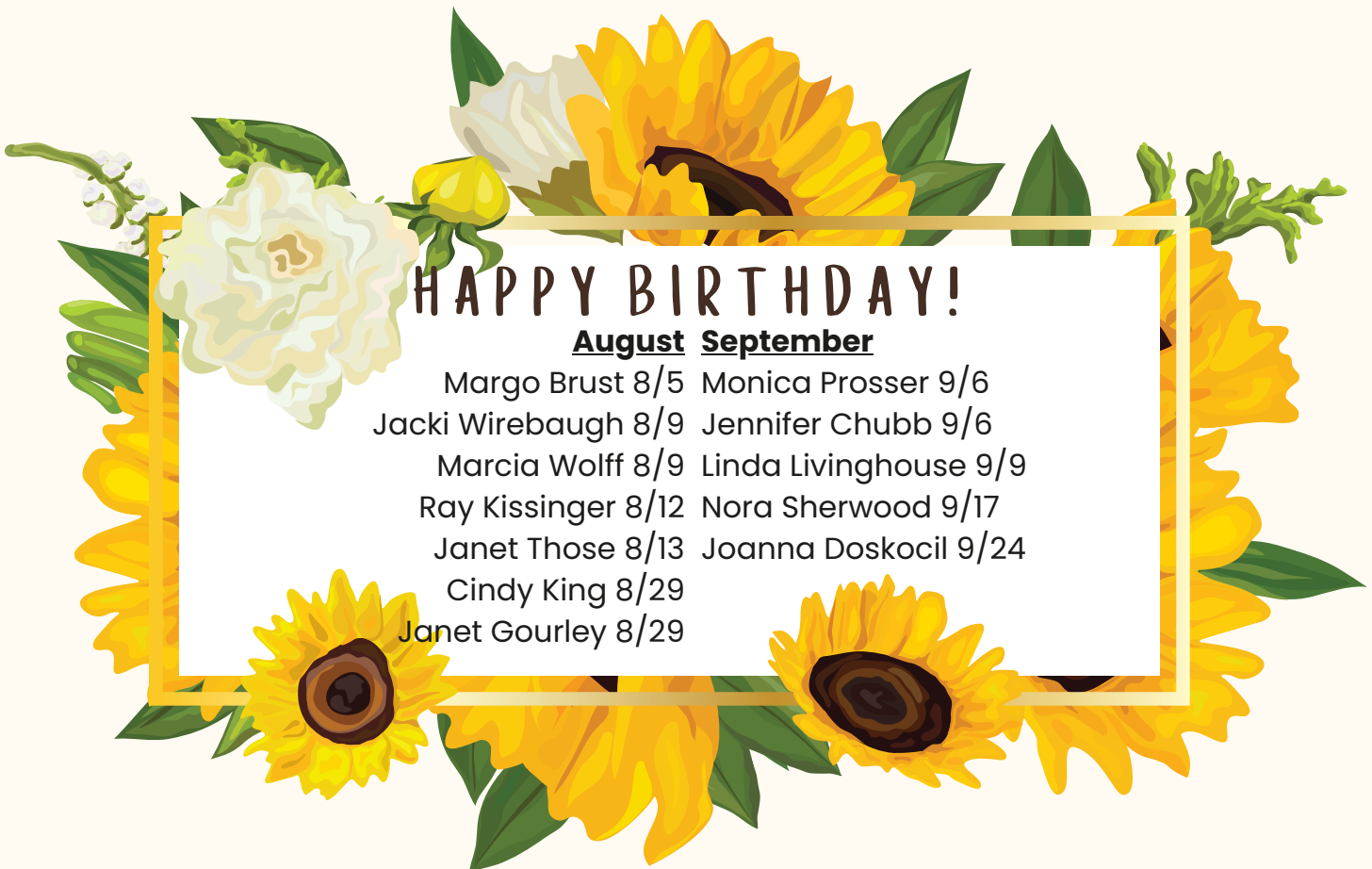
## A MESSAGE FROM THE EXTENSION PRESIDENT

Greetings, ladies and gentlemen,  
I am excited to be leading you into the next chapter of LaPorte County Extension Homemakers. My vice president Betty Carpenter and I have been making plans for the coming year and will be visiting you over the next month or so at your local meeting to discuss what we are all about and what you can expect from this wonderful organization. This will help us make the most of the opportunities of the present and look forward to the promises of the future as we continue improve, enlarge and to endear the greatest institution in the world. Looking forward to seeing you at the council meeting in September

-Peggy Grzesiowski

## 2023/24 EXECUTIVE BOARD

**President**  
Peggy Grzesiowski  
**Vice President**  
Betty Carpenter  
**Secretary**  
Marcia Wolff  
**Treasurer**  
Sherry Riehle  
**Publicity**  
Connie Carter  
Kathy Ulman  
**Membership**  
Ruth Lile  
**At-Large Members**  
Karen Schultz  
**Past President**  
Sherry Riehle  
**District Representative**  
Michelle Blough




## HAPPY BIRTHDAY!

### August September

Margo Brust 8/5    Monica Prosser 9/6  
Jacki Wirebaugh 8/9    Jennifer Chubb 9/6  
Marcia Wolff 8/9    Linda Livinghouse 9/9  
Ray Kissinger 8/12    Nora Sherwood 9/17  
Janet Those 8/13    Joanna Doscocil 9/24  
Cindy King 8/29  
Janet Gourley 8/29



# EXTENSION HOMEMAKERS NOOK



**Council Meeting**  
@ Steady Stitchers Studio  
September 6 @ 4pm CST

## **International Taste of Fall**

**When?** Sunday October 22,  
2023 @ 2pm - 4pm CST

**Where?** Rolling Prairie  
Methodist Church

**Why?** Recognition of clubs  
and members, tenure &  
memorial of past members

**Other:** \$5 fee, Dessert &  
Drinks will be served!

## **Educational Retreat**

**When?** October 12th @ 2:45-5:30PM  
CST

**Where?** Extension Office -Call to  
register by October 5th, 4PM

**Other:** Carry in meal

## **LEND-A-HAND**

**SEPTEMBER 14 @ 9 AM - 8PM CST**  
LOOKING FOR DONATION  
ITEMS - PLASTIC ZIPPERS,  
COTTON KING SIZE BATTING,  
POLY FIBERFILL



## MARK YOUR CALENDARS!



**July 28th - August 20th**

Indiana State Fair!

**September 6th**

Council Meeting

**September 14th**

Lend-A-Hand Day @ Steady Stitches Studio

**September 20th**

Michigan City Fall District Meeting Hosted  
by Elkhart County

**September 30th**

Craft Show @ LaPorte County Fairgrounds

**October 12th**

Educational Retreat @ 2:45-5:30 PM CST

**October 22nd**

International Taste of Fall



# MICHIGAN CITY FALL DISTRICT MEETING

WHEN? SEPTEMBER 20, 2023 @ 9AM CST

WHERE? ELKHART, IN

MORE INFO: \$15/ PERSON

IF INTERESTED, PLEASE CONTACT YOUR CLUB PRESIDENT  
OR CALL THE EXTENSION OFFICE FOR INFORMATION PACKET

## EDUCATIONAL RETREAT

WHEN? OCTOBER 12, 2023 @ 2:45 - 5:30 PM CST

WHERE? PURDUE EXTENSION OFFICE

MORE INFO: TWO EDUCATIONAL LESSON WILL BE GIVEN BY  
CHRISSIE LAI, CARRY IN MEAL  
PLEASE CALL TO REGISTER BY OCTOBER 5TH BEFORE 4 PM.

## INTERNATIONAL TASTE OF FALL

WHEN? OCTOBER 22, 2023 @ 2PM - 4PM CST

WHERE? ROLLING PRAIRIE UNITED METHODIST CHURCH

ADDRESS: 3444 US-20 ROLLING PRAIRIE, IN 46371

MORE INFO: \$5 FEE - MENU TO COME

ALL MEMBERS CAN SUBMIT  
ARTICLES FOR THE EXTENSION  
LINE! NEWSLETTERS WILL BE BI-  
MONTHLY.

NEXT ARTICLE DEADLINE IS  
SEPTEMBER 18TH.

KEEP THIS TOP PORTION FOR YOUR RECORDS

PLEASE CUT ON THE DOTTED LINE BELOW AND RETURN BACK BY OCTOBER 5TH



## INTERNATIONAL TASTE OF FALL

**Mail to:**  
Sherry Riehle  
113 Regency  
Parkway, LaPorte,  
IN 46530

NAME: \_\_\_\_\_  
FIRST & LAST NAME, PLEASE PRINT

PLEASE CUT AND RETURN THIS SLIP TO SHERRY RIEHLE ALONG  
WITH YOUR \$5 FEE BY OCTOBER 13, 2023

PLEASE CALL TO CONFIRM YOU WILL NOT BE ATTENDING



# Generation Post

## August-September Spotlights



Extension homemakers have helped empower women and strengthen communities since the early 1900s. The purpose of this post is to highlight the invaluable contributions of 3 Generation Extension Homemakers in our community. Through their dedication, knowledge, and commitment to community service, these homemakers have left a lasting impact on generations to come.

It all began with Phyllis Ekovich, who has been involved with Extension Homemakers since 1959. In addition to serving as county president between 1974 and 1975, she is also a member of Homespun Harmony, Steady Stitchers, and Rolling Stone. In the past, she was a member of Suburban Knight Club. Furthermore, she was the dairy barn superintendent and an active member of the community.

Peggy Grzesiowski is the daughter of Phyllis Ekovich and has been a member since 1979. Her first club was Suburban Knight, her mother's club. Peggy mentioned that when she joined Extension Homemakers, there were over 800 members and over 50 clubs. In her statement, Peggy stated that she joined Extension Homemakers because her mother was involved, and she desperately wanted to win the style show. In 1981, after giving birth to Melli, she switched clubs to Homespun Harmony because there were more women her age there. According to Peggy, there were more kids than members, it was a more relaxed environment, and the members came from all over the county, not just townships. In 2016, Peggy and other extension homemakers formed the "Steady Stitchers" club and built its success. Today, the club remains a great success, with members organizing sewing classes and donating handmade items to charity.

Melli Germann has been coming to Lend-A-Hand and supporting her mom and grandma for many years, and she decided to join "Steady Stitchers". During her membership, she said she was able to develop her crafting skill, as well as expand her social skills. Having two special needs children, this gives her a chance to socialize with other adults, enhance her crafting skills, and give back to the community.

These three individuals, Phyllis Ekovich, Peggy Grzesiowski, and Melli Germann, epitomize the spirit of the Extension Homemakers community. Their dedication, passion, and commitment to making a difference have inspired and influenced generations. We are grateful for their contributions and proud to have them as shining examples within our community. Let us celebrate their achievements and continue to strive for excellence in all that we do.



# Educational Health Post

## from your Extension Educator

Since we are in the midst of summer and with another summer holiday coming up, it's important to be mindful of food safety practices to ensure that you and your loved ones stay healthy and enjoy the warm weather to the fullest. In this education column, we will discuss some key tips and guidelines to help you maintain good food safety habits during the summer months.

### **Proper Handling and Storage:**

When it comes to food safety, proper handling and storage are paramount. Here are some essential practices to keep in mind:

- **Cleanliness:** Always wash your hands thoroughly with soap and water before handling food, especially when preparing meals outdoors. Additionally, make sure to clean utensils, cutting boards, and surfaces to prevent cross-contamination.
- **Temperature Control:** Refrigerate perishable food promptly, especially during hot summer days. Ensure that your refrigerator is set to the appropriate temperature (below 40°F/4°C) to prevent the growth of harmful bacteria. When picnicking or barbecuing, use coolers with ice packs to keep food cold until it's time to cook or serve.
- **Avoid Cross-Contamination:** Keep raw meat, poultry, seafood, and eggs separate from other foods to prevent the spread of bacteria. Use separate cutting boards and utensils for raw and cooked foods. Also, don't forget to wash fruits and vegetables before consuming them.
- **Marinating:** If you're marinating meat, poultry, or seafood, do so in the refrigerator, not on the counter. If you plan to use some of the marinade as a sauce, reserve a portion separately before adding it to the raw meat.
- **Serving Time:** Don't leave perishable food out for more than two hours (or one hour if the temperature is above 90°F/32°C). Serve smaller portions and replenish as needed to keep the food fresh.
- **Leftovers:** If there are leftovers from your outdoor meal, refrigerate them within two hours. If it's above 90°F/32°C, refrigerate them within one hour.

Maintaining proper food safety practices is essential to ensure a healthy and enjoyable summer season. By following these guidelines on handling and storage, safe grilling practices, and picnic precautions, you can protect yourself and your loved ones from foodborne illnesses. Remember, a little extra caution can go a long way in safeguarding your health and making the most of your summer adventures. Stay safe and have a wonderful summer!



## Zucchini Bread Recipe

- 3 cups of all-purpose flour
- 1tsp baking soda
- 1tsp baking power
- 1tsp salt
- 1tsp cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 ¼ white sugar
- 3 tsp vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts (optional)

## Zucchini Bread Baking Directions

- Preheat oven to 325. Grease two 8x4 inch loaf pan
- In a medium bowl whisk together flour, baking soda, baking powder, salt and cinnamon.
- In a separate large bowl, beat eggs, oil, sugar, and vanilla until well combined
- Stir in zucchini and nuts (if using) until eventually Distributed
- Gradually add dry ingredient to wet mixture stirring until just blended
- Pour batter into prepared pans
- Bake for 60-70 minutes or unit a toothpick inserted into the centered come out clean
- Cool in pans for 10 minutes before removing to cool completely on wire racks



Zucchini are in season!

**HEALTH FACT!**  
ZUCCHINI HELPS  
IMPROVE  
DIGESTION AND  
LOWER THE RISK  
OF HEART DISEASE

**FUN FACT!**  
APPLES FLOAT  
BECAUSE 25% OF  
THEIR VOLUME IS  
ACTUALLY  
AIR!

## Apple Cake Recipe

- 3 eggs
- 1 cup of vegetable oil
- 1 ¾ cup of sugar
- 1tsp of baking soda
- 1 tsp pf cinnamon
- Dash of salt
- 2 cups of flour
- 5 or 6 apples cube
- ½ cup of chopped pecan (optional)

## Apple Cake Baking Directions

- Mix all the ingredient together
- Grease a 9x13 pan.
- Baked at 350 degrees for 1 hour



Make it an experience  
& visit an orchard!