

the Extension Line

DECEMBER EDITION

I HOPE THIS NOTE FINDS YOU WELL AND FILLED WITH JOY AS WE ENTER THE WINTER HOLIDAY SEASON. AS THE EXTENSION EDUCATOR, IT IS MY PLEASURE TO WELCOME YOU TO OUR LATEST EDITION OF THE NEWSLETTER, WHERE WE ARE EMBRACING THE FESTIVE SPIRIT.

WINTER HOLIDAYS ARE A TIME FOR CELEBRATION, REFLECTION, AND CONNECTION. IT IS A TIME TO GATHER WITH LOVED ONES, EXCHANGE GIFTS, AND CREATE LASTING MEMORIES. IN THIS EDITION, WE HAVE CURATED AN ARRAY OF ARTICLES AND RESOURCES TO HELP YOU MAKE THE MOST OF THIS SPECIAL TIME.

IN ADDITION, WE HAVE GATHERED SOME DELICIOUS RECIPES THAT ARE PERFECT FOR WINTER GATHERINGS AND COZY NIGHTS AT HOME. FROM HEARTY SOUPS TO DECADENT DESSERTS, THESE RECIPES WILL WARM YOUR HEART AND DELIGHT YOUR TASTE BUDS. WHETHER YOU ARE HOSTING A HOLIDAY DINNER OR SIMPLY ENJOYING A QUIET EVENING BY THE FIRE, THESE RECIPES ARE SURE TO BRING JOY TO YOUR TABLE.

AS WE BID FAREWELL TO THIS CHALLENGING YEAR, LET US EMBRACE THE SPIRIT OF THE WINTER HOLIDAYS AND LOOK FORWARD TO A BRIGHTER FUTURE. MAY THIS NEWSLETTER BRING YOU INSPIRATION, JOY, AND A SENSE OF COMMUNITY DURING THIS SPECIAL TIME.

WISHING YOU A JOYFUL WINTER HOLIDAY SEASON

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Embracing
Change to meet
Tomorrow's
challenges



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the Extension Homemakers Nook

A Message from the Extension President

AS WE HAVE BEEN TRANSITIONING FROM SUMMER TO WINTER WE HAVE ALSO BEEN BUSY PLANNING NEW ACTIVITIES FOR THE UPCOMING YEAR. WE ARE LOOKING FORWARD TO WATCHING OUR PROGRAM GROW AS WE FOCUS ON BUILDING LEADERSHIP, FELLOWSHIP AND STEWARDSHIP. OUR FIRST COUNTYWIDE CELEBRATION OF IEHA WEEK WAS A HUGE SUCCESS! IT STARTED WITH INTERNATIONAL FAIRE AND FINISHED WITH A BAKE SALE FUND RAISER AND MAKE A DIFFERENCE DAY. ALL WERE WELL ATTENDED AND THOSE THAT WE HELPED WERE VERY APPRECIATIVE. SOMETHING WE WANT TO CONTINUE. HOPING TO MAKE IT BIGGER AND BETTER NEXT YEAR! OUR OFFICERS TRAINING SESSION WAS ALSO WELL ATTENDED AS WE WORK TOWARD BUILDING A LEADERSHIP TEAM FOR EACH OF OUR LOCAL CLUBS. THE NEXT STEP IS TO BUILD FELLOWSHIP AMONG OUR MEMBERS. EAST GALENA IS WORKING HARD ON OUR HOLIDAY PARTY. WE ARE PLANNING A SOUP TASTING IN JANUARY. THERE WILL BE SEVERAL SOUPS TO SAMPLE, RECIPES TO EXCHANGE, MORE INFORMATION WILL BE COMING SOON! AS WE CONTINUE TO PLAN AND IMPROVE OUR PROGRAMMING, WE ARE ALWAYS LOOKING FOR NEW IDEAS TO HELP IEHA CONTINUE TO GROW AND IMPROVE OUR WONDERFUL ORGANIZATION! !

STEADY STITCHERS WISH LIST:

505 SPRAY BASTING
BEST PRESS/SPRAY STARCH/SIZING
BABY PRINT COTTON FABRICS
LARGE SHELVING UNIT

LEND-A-HAND-DAY 11.8.2023

116 ITEMS MADE - 18 VOLUNTEERS

MAKE A DIFFERENCE DAY 10.28.2023

12 VOLUNTEERS COMPLETED - 53 ITEMS
91 MORE ITEMS DONATED
OVER 400 HATS, SCARVES AND MITTENS WERE DONATED
TO CENTER TWP TRUSTEE AND CONCERNED CITIZENS FOR
THE HOMELESS

IMPORTANT REMINDERS

DECEMBER 7TH - HOLIDAY COUNCIL MEETING

PLEASE BRING: PAPER PRODUCTS OR
FOOD PANTRY ITEMS FOR THE PAX
CENTER - WE ARE ALSO LOOKING FOR
OLD CHRISTMAS CARDS TO SIGN AND
GIVE TO THE NURSING HOMES

JAN. 18, 2024 - SIT & SLURP SOUP TASTING

PLEASE BRING A CAN OF SOUP TO GET
IN!
SOUP TASTING IS AT NOON AND
4:00PM
COME HUNGRY, BRING A FRIEND &
HAVE A GREAT TIME!

NEED A RIDE TO A MEETING OR EVENT?

YOU CAN CALL
THE EXTENSION OFFICE @219-324-9407
BETTY CARPENTER @ 219-363-6072
DELLA WITTGREN @ 219-363-5616
PEGGY GRZESIOWSKI@219-716-5003

WELCOME NEW CLUB
MEMBER!!
MELANIE LEDGERWOOD



Happy
Birthday to our
December
Homemakers

SANDY McENTERFER 12/7
KAREN SCHULTZ 12/18
SANDY ROTH 12/22
BONNIE STONER 12/22
HARRIET LUTE 12/26





Mark Your Calendar!

THURSDAY, DEC. 7, 2023
COUNCIL HOLIDAY PARTY

WEDNESDAY, JAN. 17, 2024
LEND-A-HAND DAY

THURSDAY, JAN. 18, 2024
SIT & SLURP SOUP!
SOUP TASTING

HAVE INFO TO SHARE FOR
THE NEXT NEWSLETTER?
PLEASE SUBMIT YOUR
INFO TO SUE BY
DECEMBER 15TH!



Generations Post December Spotlight



MABEL RENFRO SEITZ



VIRGINIA ELAINE HOCK SEITZ



JULIA AGNES MURDOCK HOCK



VICTORIA ROSE KELSEY



JOAN ELAINE SEITZ KELSEY

ONE OF THE MANY CHANGES OVER THE YEARS HAS BEEN THE CHANGE IN NAMES. PRIOR TO 1964, THE GROUP WAS CALLED LAPORTE COUNTY HOME DEMONSTRATION CLUB. GRANDMOTHER HOCK BELONGED TO ACORN CLUB (ESTABLISHED IN 1924), AND GRANDMOTHER SEITZ BELONGED TO THE GOLDEN BELLES CLUB ALONG WITH HER FOUR DAUGHTERS, LILY MAE KRUEGER, DORIS MAJOR, JANET FOWLER, AND CAROL WARD-SANDERSON. THE MATERNAL SIDE OF THE FAMILY, BELONGING TO ACORN CLUB AND EVENTUALLY EAST GALENA CLUB WERE TWO OF THE GRANDPARENTS' COUSINS, MILDRED CONDON, JEAN MURDOCK.

THE COUNTY OFFICE HAD A HOME DEMONSTRATION AGENT.

ACCORDING TO RECORDS, VIRGINIA JOINED IN 1979, HOWEVER, THERE ARE NEWSPAPER ARTICLES FROM 1963 THAT SHOW HER PARTICIPATION IN EXTENSION ACTIVITIES. JOAN JOINED IN 1998 AS A MAILBOX MEMBER ONLY ATTENDING MEETINGS WHEN AVAILABLE SINCE SHE WAS TEACHING FULL-TIME. JOAN REMEMBERS THAT AFTER JOINING, SHE WAS TOLD, BY HER MOTHER, THAT SHE NEEDED TO DO A DEMONSTRATION AT MAPLE LANE MALL FOR SOME KIND OF EVENT. JOAN DEMONSTRATED FANCY NAPKIN FOLDING TECHNIQUES.

EVERY CLUB HAD THEIR OWN EDUCATIONAL EXHIBIT (BOOTH) AT THE FAIR WHICH WAS JUDGED AND RIBBONS EARNED.

THERE WAS A SEWING CONTEST EVERY SPRING, EVENTUALLY CALLED THE STYLE SHOW, WHICH JOAN ENTERED FROM AROUND 1998 TO 2007. THEY MODELED FAMILY OUTFITS AT THE STATE FAIR TWICE. EVENTUALLY, VICTORIA MODELED HER OWN ENTRY AT THE STYLE SHOW AS A MEMBER IN 2014. SHE JOINED IN 2013 AFTER BEING A TEN YEAR 4-H MEMBER. VICTORIA CURRENTLY BELONGS TO EAST GALENA CLUB, BUT ONLY ATTENDS A FEW MEETINGS A YEAR DUE TO HER WORK SCHEDULE AND THE FACT THAT SHE PURCHASED A HOME IN PLYMOUTH.

Upcoming Programs

AIR FRYER PROGRAM

LPCPL AT UNION MILLS
JANUARY 17, 2024
5:30-6:30 PM

OUR AIR FRYER PROGRAM IS DESIGNED TO PROVIDE YOU WITH A HEALTHIER ALTERNATIVE TO DEEP FRYING. WITH THE INNOVATIVE TECHNOLOGY OF AIR FRYING, YOU CAN ENJOY YOUR FAVORITE CRISPY AND DELICIOUS FOODS WITHOUT THE GUILT. SAY GOODBYE TO EXCESSIVE OIL AND HELLO TO A HEALTHIER LIFESTYLE.

CHEESEBOARD

LPCPL EXCHANGE
JANUARY 24TH, 2024
5:30 PM - 6:30 PM

2ND SESSION
JANUARY 25TH, 2024
10 AM - 12PM

IF YOU'RE A CHEESE LOVER, THIS PROGRAM IS PERFECT FOR YOU. WHETHER YOU'RE HOSTING A SOCIAL GATHERING, PLANNING A ROMANTIC DATE NIGHT, OR SIMPLY INDULGING IN A CHEESE TASTING EXPERIENCE, OUR PROGRAM WILL GUIDE YOU IN CREATING THE ULTIMATE CHEESEBOARD. WITH A VARIETY OF ARTISANAL CHEESES, COMPLEMENTARY ACCOMPANIMENTS, AND EXPERT TIPS, YOU'LL BE ABLE TO IMPRESS YOUR GUESTS AND ELEVATE YOUR CHEESEBOARD GAME.

INSTA POT PRESSURE COOKER

LPCPL AT HANNA
FEBRUARY 7TH, 2024
5:30 PM - 6:30PM

SLOW COOKER PROGRAM

LPCPL AT UNION MILLS
MARCH 20, 2024
5:30 - 6:30 PM

DESSERT PROGRAM

LPCPL AT HANNA
APRIL 3, 2024
5:30 - 6:30 PM

Educational Health Post

FROM YOUR EXTENSION EDUCATOR

PRIORITIZING HEALTH AND WELLNESS THIS HOLIDAY SEASON

THE HOLIDAY SEASON IS A TIME OF JOY, TOGETHERNESS, AND CELEBRATION. IT'S ALSO A TIME WHEN WE TEND TO INDULGE IN DELICIOUS FOOD, SWEET TREATS, AND FESTIVE DRINKS. WHILE IT'S IMPORTANT TO ENJOY THE FESTIVITIES, IT'S EQUALLY CRUCIAL TO PRIORITIZE YOUR HEALTH AND WELLNESS. HERE'S HOW YOU CAN MAKE YOUR HOLIDAY SEASON A TRULY HEALTHY AND HAPPY ONE:

NOURISH YOUR BODY:

AS YOU PARTAKE IN HOLIDAY FEASTS, REMEMBER TO BALANCE INDULGENCE WITH NOURISHMENT. INCLUDE PLENTY OF FRUITS, VEGETABLES, AND LEAN PROTEINS IN YOUR MEALS TO ENSURE YOU GET THE ESSENTIAL NUTRIENTS YOUR BODY NEEDS. OPT FOR SMALLER PORTIONS OF INDULGENT TREATS AND TRY TO FILL YOUR PLATE WITH HEALTHIER OPTIONS.

STAY ACTIVE:

THE HOLIDAYS CAN BE HECTIC, BUT DON'T FORGET TO STAY ACTIVE. ENGAGE IN PHYSICAL ACTIVITIES YOU ENJOY, WHETHER IT'S A BRISK WALK, A DANCE SESSION, OR A HOME WORKOUT. EXERCISE IS NOT JUST GOOD FOR YOUR BODY; IT ALSO BOOSTS YOUR MOOD AND REDUCES STRESS.

MINDFUL EATING:

PRACTICE MINDFUL EATING BY SAVORING EVERY BITE AND PAYING ATTENTION TO YOUR BODY'S HUNGER AND FULLNESS CUES. AVOID EATING OUT OF STRESS OR BOREDOM, AND LIMIT MINDLESS SNACKING. THIS APPROACH WILL HELP YOU SAVOR YOUR FAVORITE HOLIDAY DISHES WITHOUT OVERINDULGING.

PRIORITIZE SLEEP:

QUALITY SLEEP IS THE FOUNDATION OF GOOD HEALTH. MAKE SURE YOU GET ENOUGH REST DURING THE HOLIDAY SEASON. A WELL-RESTED BODY AND MIND ARE BETTER EQUIPPED TO HANDLE THE DEMANDS OF THIS FESTIVE TIME.

MANAGE STRESS:

THE HOLIDAYS CAN BE A STRESSFUL TIME FOR MANY. MANAGE STRESS THROUGH RELAXATION TECHNIQUES LIKE MEDITATION, DEEP BREATHING, OR YOGA. PRIORITIZING YOUR MENTAL HEALTH IS JUST AS IMPORTANT AS YOUR PHYSICAL WELL-BEING.

HYDRATE:

DON'T FORGET TO DRINK WATER! STAYING HYDRATED IS CRUCIAL FOR YOUR OVERALL HEALTH. AMIDST THE HOLIDAY BEVERAGES, ENSURE YOU'RE GETTING ENOUGH WATER TO KEEP YOUR BODY FUNCTIONING OPTIMALLY.

GIVE THE GIFT OF HEALTH:

CONSIDER HEALTH-CONSCIOUS GIFTS FOR YOUR LOVED ONES, SUCH AS FITNESS GEAR, COOKING GADGETS FOR HEALTHY MEALS, OR SUBSCRIPTIONS TO WELLNESS APPS. SHOW YOU CARE BY ENCOURAGING THEIR WELL-BEING.

GRATITUDE AND CONNECTION:

REMEMBER THAT HEALTH IS NOT JUST ABOUT THE BODY BUT ALSO ABOUT THE MIND AND HEART. EXPRESS GRATITUDE, CONNECT WITH LOVED ONES, AND PRIORITIZE YOUR MENTAL WELL-BEING. THESE ACTIONS CAN CONTRIBUTE TO A HEALTHIER AND HAPPIER YOU.

THIS HOLIDAY SEASON, LET'S FOCUS ON THE GIFT OF GOOD HEALTH, FOR OURSELVES AND THOSE WE CHERISH. BY MAKING MINDFUL CHOICES AND TAKING CARE OF OUR WELL-BEING, WE CAN TRULY SAVOR THE HOLIDAY SEASON WHILE NURTURING OUR BODIES AND MINDS. WISHING YOU A HEALTHY AND JOY-FILLED HOLIDAY SEASON! [#HEALTHYHOLIDAYS](#)

the Recipe Corner

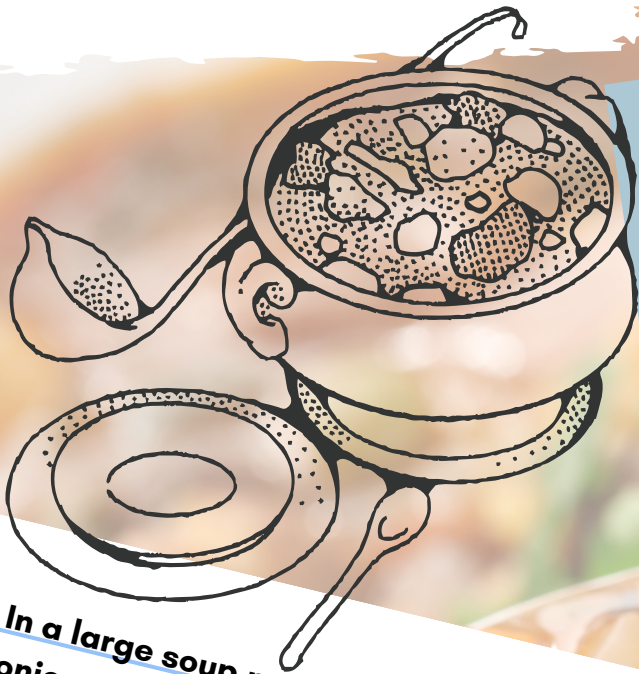


Gingerbread Cookies

- 3 cups all-purpose flour
 - 1 1/2 teaspoons ground ginger
 - 1 1/2 teaspoons ground cinnamon
 - 1/4 teaspoon ground cloves
 - 1/4 teaspoon ground nutmeg
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1/2 cup (1 stick) unsalted butter, softened
 - 1/2 cup granulated sugar
 - 1/2 cup unsulfured molasses
 - 1 large egg
- For the Royal Icing (for decorating):
- 2 cups powdered sugar
 - 2 egg whites
 - 1/2 teaspoon lemon juice

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C).
2. **Mix Dry Ingredients:** In a medium bowl, whisk together the flour, ginger, cinnamon, cloves, nutmeg, baking soda, and salt. Set this aside.
3. **Cream Butter and Sugar:** In a separate large mixing bowl, beat the softened butter and granulated sugar until the mixture is light and fluffy.
4. **Add Molasses and Egg:** Stir in the molasses and the egg until well combined.
5. **Combine Wet and Dry Ingredients:** Gradually add the dry ingredient mixture to the wet mixture and stir until a dough forms.
6. **Chill the Dough:** Divide the dough in half, wrap each portion in plastic wrap, and refrigerate for at least one hour (or longer).
7. **Roll and Cut:** Roll out the dough on a floured surface to about 1/4-inch thickness. Use cookie cutters to cut out your desired shapes.
8. **Bake:** Place the cookies on a baking sheet and bake for 8-10 minutes, or until the edges are slightly browned. Be sure not to overbake.
9. **Prepare Royal Icing:** In a separate bowl, whisk together the powdered sugar, egg whites, and lemon juice until you have a smooth and glossy icing.
10. **Decorate:** Allow the cookies to cool completely, then use the royal icing to decorate as desired. You can use food coloring to create various icing colors and add sprinkles or other edible decorations.
11. **Let It Set:** Allow the icing to set before storing or serving.

the Recipe Corner



Minestrone Soup

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 zucchini, diced
- 1 cup canned kidney beans, drained and rinsed
- 1 cup canned diced tomatoes (with juices)
- 4 cups vegetable or chicken broth
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 cup small pasta (like elbow macaroni)
- Salt and black pepper to taste
- Grated Parmesan cheese for garnish

1. In a large soup pot, heat the olive oil over medium heat. Add the chopped onion, garlic, carrot, and celery. Sauté for about 5 minutes or until the vegetables start to soften.

2. Add the zucchini, kidney beans, and diced tomatoes (with juices) to the pot. Stir well.

3. Pour in the vegetable or chicken broth, and add the dried oregano and basil. Stir to combine.

4. Bring the soup to a boil, then reduce the heat to low, cover, and let it simmer for about 10 minutes.

5. Add the small pasta to the soup and continue simmering for another 10-12 minutes or until the pasta is cooked.

6. Season the soup with salt and black pepper to taste.

7. Serve the minestrone soup hot, garnished with grated Parmesan cheese if desired.

Happy
Holidays

to our Extension
Homemakers!



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Extension - LaPorte County

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