



Extension - Health and Human Sciences



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Articles for the July - August Issue due by June 1, 2024 to Holly Sietsma hoover47@purdue.edu

# TIPPECANOE COUNTY EXTENSION HOMEMAKERS

## Home Echoes

<https://extension.purdue.edu/county/tippecanoe/Tippecanoe-County-Extension-Homemakers.html>



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Tippecanoe County Extension Homemakers



May-June 2024

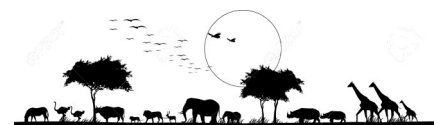
### Our Safari Adventure continues.....

*THANKS to each of you who have volunteered to help plan and implement our programs. A special **THANKS** to each of you who attended these programs and donated to Community projects suggested by our Volunteer Community Support committee. What a blessing we have been to so many!*

*It has been a pleasure to serve as a Co-President this year and to get to know so many of you better. Continue to invite guests to join a club or be a Mailbox Member; or just bring a Guest to one of our events so they can see what outstanding educational information we offer.*

*Starting in April, the beauty of Mother Nature brings Spring, flowers, trees, rain, warmer weather and sunshine. May brings May Flowers, Mothers Day and Graduations; June continues with Graduations and celebrations, Weddings and Father's Day. Then we head into Summer with Fairs, Family Reunions, Vacations and Fun events. Enjoy this very busy time of the year!*

*Blessings, Kathy Delaney*



## **April**, the Angel of the Months.

Wow, it's Spring with Easter Family traditions and celebrating all that we are grateful for. Memories of Easter egg hunts and family gatherings; they are special. We are looking forward to what new adventures will come our way. If you look at our newsletter, we have a lot of events coming up. I hope you all can attend. You won't want to miss anything!

I want to say I am grateful to all the Extension Homemaker members for your support, ladies for all the time and effort. Working together you are the center and the heart of what makes our organization succeed. You all are very special with many talents.

On a Safari there is something around every bend. With March being Women's History Month, I have a few books to offer for you to explore. If you didn't know, one of my favorite hobbies is collecting children's books; old and new. Since I am an artist by heart, I like the illustrations by artists I know. I also have a Children's book to share that would be a gift for any child or Adult.

Children's Book, *"The Boy, the Mole, the Fox and the Horse"*  
by *Charle Mackesy*

*"One Hundred Graces"* by *Marcia and Jack Kelly*

*"Wise Women"* by *Joyce Tenneson*

*"Women of Words"* by *Janet Bukevinzky*

*"A History of Women in 101 Objects"* by *Annabelle Hirsch*

To find books at good prices, old and new, check out [Thriftbooks.com](https://www.thriftbooks.com).

Learn the craft knowing to open your heart and to turn on your creativity.  
There's a light inside you. (Quote by Judith Jameson)

Blessings, Linda S. Casey

## 2024 Garden Expo Lunch Saturday April 27, 9-3:00

Clubs are designated to assist with different events each year. The 2024 fund-raising clubs are: Tippe Choral, Highland, Ladybugs, Lamplighters, Laughing L's, and Hillwood.

The President or committee representative of those clubs will be signing up volunteers to work on the luncheon at the Master Gardeners' annual Garden Expo. Last year was our first time. It did not produce the income of the Country Kitchen during the county fair, but it requires a lot less people, for just one day.

We are planning on just 2 hour shifts, rotating from 9-3:00 plus a few extra moments at closing. There are a few sit-down jobs making sandwiches, and the rest are serving food and drinks and cleaning up. Please wear your Extension Homemakers name tag! (We have separate booths, so Membership will also be needing volunteers). We are again serving vegetable soup, ham and turkey sandwiches, chips, and drinks.



You are cordially invited to

## 'Afternoon Tea'

with the residents' at

Bee Hive Homes of Lafayette, Memory Care

830 Park East Blvd Lafayette, IN 47905

Sunday, April 28<sup>th</sup>, 2024 at 2:30pm

{Former club member and our dear friend, Martha Cox, is a resident of Bee Hive.

Her birthday is May 1<sup>st</sup>. If you cannot attend the Tea, consider sending her

birthday blessings/wishes at the Bee Hive address.}




Hosted by the Ladybugs Tippecanoe County Extension Homemakers Club

RSVP by 4-20-24 to: Emalese Adams [emalese@hotmail.com](mailto:emalese@hotmail.com) 765-427-6057

-or- Connie Brown [jerry.brown.536@comcast.net](mailto:jerry.brown.536@comcast.net) 765-427-0546

'Please feel free to add to the afternoon fun by wearing your favorite hat to the Tea!'



## Greetings from Florida

Although I'll be back in Lafayette by the time you receive this, I'm struggling a bit getting over the Snowbird mentality. On rather short notice I spent the worst of Winter in Sebring Florida, getting back April 3<sup>rd</sup>. Also on short notice, February 17<sup>th</sup> I got married, at the little church we attend there in Florida. The church family and the park neighbors were so warm and welcoming, possibly because nearly all were transplants or seasonal residents; they very much made it feel like a second home. I did not anticipate being teary eyed when we left! Of course there was a carry-in (pitch-in/pot-luck/ covered dish) dinner after Easter church before we left. I could make an entire cookbook if I had the recipes from all the different dishes from all the 9 carry-ins we were part of, even our wedding reception.

The Park was a great substitute for Extension Homemakers! Three ladies sew dresses and shorts for children thru a charity based in Ohio. They had a Ladies Lunch once a month, had a fancy tea... well it started fancy but when several men put on a ladies' fashion show it changed the tone, had a wine tasting, as many as 9 walked 6 mornings a week, had a trip to the Everglades, small groups tried various farmers markets, free concerts, and local wineries. Every day there were different games: euchre, corn hole, pool, nine ball, dominoes, washers/holey board; plus golf

and fishing. So many opportunities to help with repairs, airport pick-ups, doctors appointments, dog walking, plant watering, etc. It's a mixed park, meaning double-wides, park models, trailers and various sized RVs, a few year-round, a few short term, and mostly 4-6 months residents, age range about 55-95 years young, from 15 states, for 110 units. It really illustrated many differences in "the greatest institution in the world, THE HOME". Have we considered not just including men, but having a Men's club? How about a Seasonal/ 6 month Club, besides 'traditional' and mailbox options?

Back in Lafayette, Larry and I had purchased a condo in Torchwood before we headed South, ready to move into. I'll get used to being more than 2 minutes from both church and the Extension office. Since disappearing for the Winter didn't get me fired, I'll be your County President for IEHA year 2024-25. Planning ahead to be gone next winter, and having a great Vice President to fill in for me, plus all the other incoming chairs is exciting! I still want to visit as many club meetings as I can, so keep those invitations coming. I'm looking forward to the Garden Expo in April, State Conference in June, and getting back to Open Class entries in July. It'll be a busy Summer!

**Happily, Dottie Warner-Halsema**

## Purdue Extension – Health & Human Science Educator Update

Hello Spring and March Madness! Last year about this time Purdue fans were saying “There’s always next year.” Well here we are and hopefully we can continue the momentum. \*I’m writing this as Purdue just made it to the Final Four.\*

I have a couple of updates. First, I am looking forward to the report that Purdue Master of Public Health student Lizzy is putting together based on community feedback and needs assessments. This Health Education report will help guide some of my work for the next couple of years. One interesting find before the report is complete, was the higher-than-expected desire for education on Environmental Wellness. In addition to our popular *Clutter Free* classes, I am looking forward to finding ways to bring education on this topic to the community.

We just finished up my first offering of *Be Heart Smart*. I enjoyed this course very much and I hope the participants did as well. We tested heart healthy snacks each week and learned about our risks, our numbers, our nutrition, and considered ways to incorporate heart healthy activities into our daily lives! I will look to provide this program in the future as well. If you would like to be on the “interested” list, please let me know.

Guess what’s next? A *Matter of Balance* program will start on April 30<sup>th</sup> and go through the month of May. The classes will be on Tuesdays and Fridays **except on May 16th which is a Thursday**. I think this is a great class to add in some chair exercises and address concerns about falling before a situation occurs. If you are interested, we are completing the registration online only. I have made a little video to help walk through the process. You can click on our link to get registered at <https://cvent.me/zQzWB1> space is limited and we already have multiple individuals registered.

If you are interested in these or educational content on other health related topics, please do not hesitate to reach out.

I hope you stay happy and healthy!

Brock Turner, MPH, MS, CHES®, CPT  
Extension Educator, Health and Human Science  
Purdue Extension, Tippecanoe County  
1950 S. 18<sup>th</sup> St., Lafayette 47905  
(765) 474-0793  
[turnerbm@purdue.edu](mailto:turnerbm@purdue.edu)

## SAVE THE DATE!

96th Anniversary Achievement Luncheon  
Tuesday, May 21, 2024  
Lafayette Country Club—1500 S. 9th Street  
Registration 11:30 to 12:00  
Lunch 12:00

Theme: “Life is a Symphony-Choose Your Notes  
Speaker : Kathy Williamson”  
Writing Family Memories”

Cost \$25.00

Menu: Salad, Grilled Chicken with Smoked Gouda Cream Sauce,  
Roasted Red Potatoes,  
Whole Green Beans,  
Rolls/Butter  
Brownie with scoop of Strawberry Ice Cream



Registration due to County Treasurer by May 13  
Registration form will be sent to Club Presidents.

## 2024 IEHA Home and Family Conference June 10-12, 2024

The Home & Family Conference Planning Committee has been hard at work planning this year's conference. Conference information will be shared in detail at your Spring District Meetings as well as the next Presidential Pointers. Your officers will share everything from registration costs and form, all concurrent session descriptions so you will know ahead of time what each session is about and who is leading the session, the heritage skills and craft sessions that will be available this year, a bio on our keynote speaker that we are sure you are going to love, and much more!

For more information copy and paste the link below in to your browser

<https://ieha-families.org/conference>



## Tippecanoe County Home and Family Arts Show

The 2024 Home & Family Arts Open Show books have been mailed out. If you participated in the Open Show last year or signed up at the fair you should be getting a book in the mail soon. The book and entry form is available to download at [www.extension.purdue.edu/tippecanoe](http://www.extension.purdue.edu/tippecanoe)

Please consider helping at the Welcome / Membership table during the fair. We are hoping to combine the Open Show and Extension Homemakers tables during the fair.

At this time we are looking for volunteers to assist with check in on Wednesday July 17<sup>th</sup> 5:30-7:30 pm and Thursday morning July 18<sup>th</sup> 8:00 – 10:00 am & Check Out on Friday July 26 4:00 – 6:30 pm and Saturday July 27 –10:00 – 11:00 am.

Do you have any special skills or hobbies you would like to demonstrate during the week of the fair? We are looking for ideas and people to demonstrate hobbies & crafts. For example Krystal Sigman will demonstrate how to do Diamond Painting.

If you are interesting in volunteering or doing demonstrations please email us at [tippecanoeopshow1980@gmail.com](mailto:tippecanoeopshow1980@gmail.com)

Thank you in advance for your support and volunteering. We look forward to seeing you at the Home & Family Arts Open Show.

Mind Swank  
[tippecanoeopshow1980@gmail.com](mailto:tippecanoeopshow1980@gmail.com)

Follow us on Facebook - Tippecanoe County Home and Family Arts Open Show



## Quilt Club News submitted by Phyllis Kochert

As always, this club continues to grow. Our past couple of months have been busy with lessons on different ways to add borders to our quilts, a lesson on the Disappearing 9 Patch Quilt, & the Potato Chip Block Quilt. Several of our members are working on the Churn Dash Quilt completed in gold and black fabric that will be used to raffle off at different events throughout the year.

Several members are working for a company called "Little dresses for Africa". This organization makes very simple dresses out of pillowcases or material & sends them to Africa. Such a worthwhile project. The company has grown from a lady's garage to a big warehouse. If you'd be interested in helping with this project, please contact Phyllis Kochert at 765-413-6633. We'll be sending a box in June.

Many of our members have signed up for the Common Threads trip to the

Missouri Star Quilt Shop. Another item of interest presented is the Sisters Too Shop, go see them as they have beautiful fabrics, sewing machines, & notions along with sewing classes. Sign up for some of their classes & learn what your machine can do. Even some of the older machines have pretty stitches that you can utilize on quilts & your sewing projects. Please feel free to visit our meetings located in the basement of the Extension Office on the 2nd Thursday of the month at 1:00. The ladies bring all their gorgeous quilts they've completed or are working on the past month. Also, visit & "like" the TCEH Quilt Club on Facebook to view all our projects. Of course, being Homemakers, there's always great snacks & desserts to enjoy at the meeting.



### Gardening & Houseplant Hints

*(From Helpful Hints Almanac, Tippecanoe Extension Homemakers Association, Tippecanoe County, Indiana)*

- Plant onions next to carrots to prevent carrot worms.
- When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.
- Cut old stockings lengthwise to make ties for tomato plants. These will not cut into the stalk and are very strong. They also work great for tying up cauliflower.
- Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.
- Marigolds will prevent rodents.
- To remove poison ivy, mix a gallon of soapy water and 3 pounds of salt and spray the area.
- Spray cut flowers with hair spray to make them last longer.
- Use a salt shaker to sow small seeds in your garden – it will distribute the seeds more evenly.
- Pour boiling salted water on grass or weeds growing between sections of sidewalk or use cheap motor oil.
- Add a teaspoon of sugar to the water in vases of marigolds to remove their strong smell.
- Plants may fail if the water is too cold or hot – use room temperature or warm water. Melted snow is very good for the plants.
- You can give added light to indoor plants by setting the pot on foil or placing foil in back of the plants to reflect sunlight.
- A tablespoon of castor oil chased by water bring sick plants out of their slump.
- Swab plant leaves with a few drops of glycerine on a cloth for a glossy shine.
- Sprinkle moth crystals around in your vegetables and flower garden to keep animals such as rabbits, chipmunks and dogs out. If you have problems with small animals eating your plants, just sprinkle with red pepper powder.
- Don't throw away your leftover coffee in the morning. Pour it around your geraniums to promote blooming.
- Your African violets will bloom longer, prettier and more abundantly, if you stick a few rusty nails in the soil alongside them.
- A geranium cutting can be started easily by boring a hole in a potato and placing the cut end of stem in the potato and planting the potato in soil.

# Sweet Treat

*Strawberries will be in season in June. My friend, Martha Cox gave me this recipe several years ago. From what I understand, when someone moved into the neighborhood, she would take them a pie; especially a Strawberry pie. This recipe is easy to make. Enjoy!*

*Submitted by Kathy Delaney*

## FRESH STRAWBERRY PIE

This recipe is for a small pie shell...Double it for a deep or large pie shell.

Pre-bake a pie crust. Fill the crust with fresh strawberries (about 5-6 cups strawberries, whole or sliced - your preference - for a deep pie). Cool.

Mix together in pan:           1c sugar  
  2 T cornstarch  
Add                                1 c water

Mix thoroughly and still until sugar is dissolved.

Bring to boil and boil for 1 min. Turn heat off.

Add                               1 T strawberry jello

Cool

Pour over pie crust with strawberries.

Cool and serve with whipped cream

First of all, Thank you so much for all the donations we took in for Cary Home! The amount of items was overwhelming! 432 items to be exact! Everything from toothpaste, body wash, deodorant to games, notebooks and colored pencils. The staff was very excited and humbled by our gifts!

We would like to support the LUM Food pantry at the Education Workshop on April 17th with a personal care and paper supply shower. Items suggestions are:

toilet paper	bar soap
paper towels	adult toothbrush
maxi pads	razors
Kleenex	shaving cream
dish soap	baby wipes
shampoo	diapers and pull ups (larger sizes)

Bring these to the April Education Workshop. Thanks for all you do for our community.

Jan Wallace and Cathy Case - Co chairs



International Very Good Looking, Darn Smart Woman's Day

Remember this motto to live by: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, drink in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

Have a wonderful day !

# May and June

O M I T W B I S Y V L I T L K I S F L O W E R S  
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Achievement Event

Green Beans

Vegetables

Rain

Indiana Beach

Travel

Lilacs

Race Cars

Grandmothers

Father's Day

Summer

Tomatoes

Gardening

Rainbows

IEHA

Reunions

Flowers

INDY 500 Race

Leaves

Mother's Day

Gift Giving

Strawberries

Roller Coasters

Sunshine

Home and Family Conference

Family Vacations

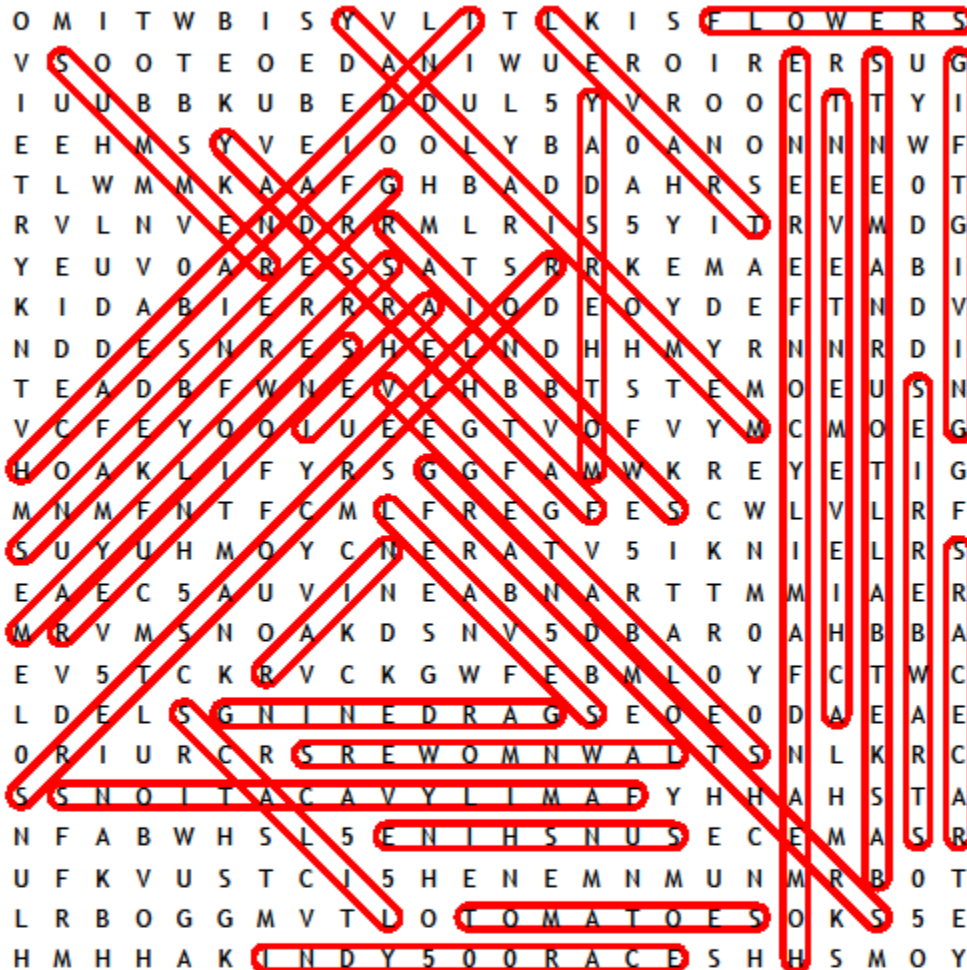
Basketball Tournaments

Memorial Day

Lawn Mowers

May Flowers

# May and June



### Achievement Event

Green Beans  
 Vegetables  
 Rain  
 Indiana Beach  
 Travel  
 Lilacs  
 Race Cars  
 Grandmothers  
 Father's Day

### Summer

Tomatoes  
 Gardening  
 Rainbows  
 IEHA  
 Reunions  
 Flowers  
 INDY 500 Race  
 Leaves  
 Mother's Day

### Gift Giving

Strawberries  
 Roller Coasters  
 Sunshine  
 Home and Family Conference  
 Family Vacations  
 Basketball Tournaments  
 Memorial Day  
 Lawn Mowers  
 May Flowers



**News Articles for**  
**July-August**  
**Issue due**  
**June 1, 2024 to**  
**hoover47@purdue.edu**

***Tippecanoe County Extension Office***  
***Closed:***

- ⇒ **Tuesday - May 7, 2024 Primary Election Day**
- ⇒ **Monday - May 27, 2024 Memorial Day**
- ⇒ **Wednesday - June 19, 2024 Juneteenth**



Home Echoes is published bi-monthly by the Purdue University Cooperative Extension Service, Tippecanoe County Office (765) 474-0793. We reserve the right to edit all articles, recipes, and photographs submitted for consideration in this and future newsletters.

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