



Elkhart County
Extension Homemakers

Over The Coffee Cup Newsletter



July/August 2025

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Extension - Elkhart County

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Letter From Your County President

Hello Everyone,

My name is Lisa Stephens and I am your new County President. I have been a member of Clinton Clique Extension Club for 16 years, which was established in 1954. Wow!! I think about the ladies who formed our club. I was told that our founding members lived on Clinton Street in Goshen and that is where our name came from. Who were all these ladies? What fun activities were they involved in? How did their club look different than what Clinton Clique looks like today? I encourage you to talk about when your club was established, why your club name was chosen, and the women who had a vision while starting your club.

I have been married to my husband Brent for 27 years. We have 2 sons, Travis and Luke, and a daughter-in-law, Michelle. I have 2 perfect (wink-wink) grandchildren, Max and Mabel. Max is 5 and Mabel is 3. I have lived in Goshen most of my life. Being an extension homemaker has allowed me to serve, care for others, and make life-long friends in my club and community.

Man-Oh-Man! We have been through many changes in our organization over the past few years. The extension office has and is going through their own changes. This has forced us to find a new identity and allowed us to grow personally. We switched to having our Achievement Night to the Fall versus the Spring. The Home and Family Arts Department is permanently changing locations after 50 years. I want to send out a huge "shout-out" to those ladies. I have been working alongside them for a couple of years now. They are some of the most dedicated and hard-working women in our organization. They are passionate about their mission and are determined to keep moving forward. We must all remain steadfast, adaptable, and willing to step outside our comfort zones.

My theme for this year is "Forever Young". You will later be hearing more about why I chose this theme and the personal meaning behind it. Take a look at the cover of our new yearbook. Look closely and you will see 3 generations of girls/women relaxing on the beach. Can you see yourself in any or all of them? Maybe it's not by a beach for you. Maybe it's in the mountains, a memorable vacation, or a favorite chair.

When you receive this Coffee Cup, it will be July. I want to thank Jenn Fink for assisting us in so many ways. She helps us by not only "putting together" the Coffee Cup, but many other "behind the scenes" projects. I hope you all have had a wonderful summer so far. I wish for happy and peaceful times for you over picnics, fireworks, family, home extension friends, in your gardens, at the campground, at the lake, amongst the beautiful flowers, and in "the greatest institution in the world", your home.

County President
Lisa Stephens

Mark Your Calendars

Looking Ahead...

- *Any late enrollment forms due in office ASAP
- *EEO statements due in office after 1st club meeting (if not turned in at Officer's Training)
- *Educational lesson sign-up sheets due in office ASAP

August 2025

- 14 **County Officers Board Meeting**, LifePoint Church, Goshen—4:30pm
- 21 **EH Lesson: Sleep On It: Why Sleep Matters**—1:00pm
- 28 **Council Meeting**, LifePoint Church, Goshen—6:30pm

September 2025

- 2 **VCS Sewing Day**, Maple Hall—9 am to 3 pm
- 8-9 **Camp ELKO Retreat**
- 11 **County Officers Board Meeting**, Ext. Office Conference Room—4:30pm
- 16 **Achievement Night**, ECCC Building—6:00pm



July— Diahanna Archer, Lucy Bontrager, Linda Davis, Mary Ann Dubash, Beverly Earnhart, Cheryl Gall, Georgia Gouin, Joanne Holtzinger, Karen Honey, Betty Kern, Barbara Kulesia, Sharon Taylor, Judy Teall, Marcie TerBush, Nancy Thwaites, Kelsey Tubbs, Cindy Westfall, and Cansie Witcher

August — Shirley Bailey, Jill Cohen, Sarah Downing, Rhonda Henderson, Shirley Hershberger, Lauren Hickok, Pauline Hostetler, Barbara Jewett, Sharon Lemmon, Kris Peterson, Elaine Sheets, Jeannine Talley, Andrea Ulrich, Cathy Van Huystee, Allison Von Blon, and Linda Weltz

Extension Homemaker News

Updates

- On the ELKO Retreat agenda, Carol Keppler will be doing a craft class at 9:00am. At 11:00am, there will be a "Benefits of Massages" class.
- In your 2025-26 Yearbook, please add Barbara Jewett as a mailbox member. Her phone number is 574-537-6088.

Elkhart County 4-H Fair— July 18-July 26, 2025

Hostessing and Craft & Needlework Demos—We need volunteers to help greet visitors/answer questions and demonstrate their crafting/needlework skills. To schedule a time to Hostessing or Craft & Needlework Demo., email fink24@purdue.edu or call the office at 574-533-0554

Hostessing Schedule—Three hostesses per time slot. Times are as follows:

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

Note: On Sunday, July 20th, the building does not open until 12:00pm. The opening shift will be 1 hour long from 12pm to 1pm.

Craft & Needlework Demo Schedule—Demonstrators are encouraged to participate in both shifts per day. Dates and times are as follows:

- Friday, July 18 — 1 to 3pm and 4 to 6pm
- Saturday, July 19 — 1 to 3pm and 4 to 6pm
- Sunday, July 20 — 1 to 3pm and 4 to 6pm
- Monday, July 21 — 1 to 3pm and 4 to 6pm
- Tuesday, July 22 — 1 to 3pm and 4 to 6pm
- Wednesday, July 23 — 1 to 3pm and 4 to 6pm
- Thursday, July 24 — 1 to 3pm and 4 to 6pm
- Friday, July 25 — 1 to 3pm and 4 to 6pm
- Saturday, July 26 — 1 to 3pm and 4 to 6pm

Silent Auction Update

The Silent Auction Committee will be collecting your donated items this year. Please contact Chairperson Kimberly McCreary (574-349-7470) to schedule/make a plan to have your items/basket collected.

Indiana Extension Homemakers Home & Family Conference

Ten Elkhart County Extension Homemakers attended Home and Family Conference June 2-4. County officers were trained, crafts created, and vendors visited. The keynote speakers were inspiring and the educational sessions were informative. Several members attended the Melody Makers State Chorus concert. Louanne Gressman-Dunn led a session about membership. Out of 44 special project place mats, Kris Peterson's place mat won the award. Kris also taught a beginning line dancing class. Deb Pepple was honored with the Michigan City District Dreamer Award. The Silent Auction total was \$2,583. The sale of logo items totaled \$3,997.25. Logo items are products that have the IEHA logo on them. Some examples are pill boxes, jar openers, coin purses, note pads, membership pins, the president's pin, various tote bags, and the 2025-26 president's shirt. If you are interested in more information about the logo items, contact Michelle Blough. Her contact details are in the yearbook.



*Kris Peterson, Best of Show
Special Project—Placemat*



*Deb Pepple
Dreamer Award*



Michelle Blough was installed as the Michigan City District Representative.



Kris Peterson taught a beginner line dancing class.



The ladies who attended IEHA Conference were— Back: Kathy Stoltzfus, Becky Carrington, Deb Pepple, Lisa Stephens, and Jenny Huffman. Front: Kris Peterson, Vickie Gortney, Michelle Blough, & Margaret Weybright

Outgoing state president, Linda Carrunchia and incoming state vice president, Michelle Roberts honored the first-time conference attendees. Becky Carrington is in the middle with her certificate.



Lisa Stephens stands next to Rik Roberts, a Barney Fife impersonator, who spoke on therapy Mayberry Method.

Human Development

Having a Growth Mindset
Emily Christ, HHS Educator

Having a growth mindset means believing in your own potential to improve and grow through effort and learning. It's about embracing challenges as opportunities to become better and seeing setbacks as lessons to learn from. This mindset, introduced by psychologist Carol Dweck, contrasts with thinking that our abilities are fixed and unchangeable.

Research shows that when one believes they can improve with effort, they are more motivated, persistent, and likely to succeed in what they do. Learning that intelligence and skills can develop over time helps one perform better academically and in other areas including personally and professionally.

In my everyday life, having a growth mindset means I approach problems with a positive attitude, knowing that I can learn and adapt. It's about taking on challenges with confidence, knowing that each experience, even if it doesn't go perfectly, is an opportunity to learn and grow.



By embracing a growth mindset personally, one can empower themselves to continually improve, overcome obstacles, and achieve their goals. Having a growth mindset is not just a theory; it's a practical approach to life that empowers individuals to navigate challenges with resilience and optimism. It's about recognizing that abilities and intelligence are not fixed but can be cultivated through dedication and learning. This mindset encourages most to embrace failures as opportunities for growth, to persist in the face of obstacles, and to continuously strive for improvement.

Health & Wellness

Eating for Your Health

Emily Christ, HHS Educator

Eating for your health is paramount as it directly influences your overall well-being and longevity. A balanced and nutritious diet provides essential nutrients that support bodily functions, immune response, and disease prevention. According to the American Heart Association, consuming a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can significantly reduce the risk of chronic diseases such as heart disease, stroke, and diabetes.

Fruits and vegetables are packed with vitamins, minerals, and antioxidants that protect against oxidative stress and inflammation, which are underlying factors in many chronic diseases. The National Institutes of Health underscores the importance of antioxidants found in fruits and vegetables for maintaining cellular health and reducing the risk of cancer and cardiovascular disease.



Whole grains provide fiber, which aids digestion, promotes satiety, and helps regulate blood sugar levels, thereby reducing the risk of obesity and diabetes. The American Diabetes Association emphasizes that whole grains are beneficial for managing blood glucose levels and reducing the risk of type 2 diabetes.

Furthermore, adequate intake of lean proteins supports muscle growth and repair, essential for overall strength and mobility. Healthy fats, such as omega-3 fatty acids found in fish, flaxseeds, and walnuts, are crucial for brain function, heart health, and reducing inflammation.

Camp Elko Retreat September 8-9, 2025

Ulrich Lodge at Camp Mack on Waubee Lake



CAMP ELKO RETREAT

"Revive & Relax"

September 8-9, 2025

Ulrich Lodge at Camp Mack on Waubee Lake

114 East Mack Road, Milford, IN 46542

(From SR 15 go East on CR 1150N, then South onto Camp Mack Road)

Camp Elko Retreat is a two-day overnight outing that includes attendees from Elkhart, Kosciusko, Marshall, St. Joseph, and Lake Counties. You do not have to be a member of any Extension Homemakers Club to attend. We are planning to have an educational lesson, a comedian, and other Reviving and Relaxing activities. Bring your favorite PJ's and slippers for a pajama party on Monday evening. We will also have our annual auction to help offset the cost of camp, pay for entertainment and make it possible to donate to Camp Mack. Please bring (1) quality unwrapped auction item that you would want to purchase.

Ulrich Lodge has an elevator for those who cannot do stairs. Bring your bedding towels, and your personal items. Don't forget your (1) unwrapped auction item and maybe a project-in-progress to work on. We hope you enjoy your time at Elko Retreat. "Relax and Revive" with no cooking, cleaning, dishwashing, etc. to think about. Just visit with "old" friends and make some new friends, have fun, and eat great food.

Questions: contact Beth Wells (574) 527-3281



“Revive & Relax” Monday, September 8, 2025

PLEASE TURN OFF PHONES OR PUT ON VIBRATE

9:00 a.m. Registration - Check-in (fill out postcard for 2026 notification)
 9:30 a.m. Opening - songs, Introduction of Committee members - 1st Timers
 10:00 a.m. Shannon Shepherd -
 11:30 a.m. Songs
 11:50 a.m. Devotions
 Noon Lunch & Door Prizes
 1:00 p.m. Wagon Ride & self-meditation
 2:00 p.m. Craft -Rock Art - Michelle Blough
 3:30 p.m. Songs
 4:00 p.m. Camp Mack Speaker
 4:30 p.m. Business meeting
 5:15 p.m. Devotions -
 5:30 p.m. Dinner & Door Prizes
 6:30 p.m. Change into PJ's & Slippers
 6:45 p.m. Auction & Speaker - Jen Chupp
 8:30 p.m. Prizes for best PJ's & Slippers

Tuesday, September 9 2025

7:30 a.m. Songs
 7:45 a.m. Devotions - Jenny Huffman – Elkhart County
 8:00 a.m. Breakfast & Door prizes
 9:00 a.m. Craft-R-tistic Carol Keppler
 10:00 a.m. Famous People Game
 11:00 a.m. Benefits from Massages - Roxie Clawson
 11:45 a.m. Devotions - Peg Beck
 Noon Lunch & Door Prizes
 1:00 - 2:00 p.m. Gathering time to discuss what you enjoyed most, forever memories, & evaluations. Saying goodbye until next year.

2025 Planning Committee

Chair: Beth Wells (Kosciusko)
 Vice Chair: Peg Beck (Kosciusko)
 Secretary: Jennie Huffman (Elkhart)
 Treasurer: Bev Earnhart (Elkhart/Kosciusko)
 Asst. Treasurer: Julie Popenfoose (Kosciusko)
 Past Chair: Tena Jakabowicz (Elkhart)
 Members at large: Deb Howard (Marshall)
 Jill Cohen (Elkhart)
 Carol Keppler (St. Joseph)



Camp Elko Retreat “Revive & Relax”

September 8-9, 2025

- Return completed form and check no later than August 26, 2025
- No refunds except for valid reasons (determined by the board)
- Please bring your favorite PJ's and slippers for Monday night pajama party.
 Bring (1) quality unwrapped auction item - something nice that you would like to buy. The auction helps support our camp.

Make check payable to : **Elko Retreat**

Send this registration form and your check to:

Beverly Earnhart

68906 County Road 33

Goshen, IN 46526

beverlyearnhart65@gmail.com

Registration Information:

Name: _____ Phone: () _____

Address: _____ Cell: () _____

County: _____

Email: _____

Is this your first year attending full-time? Yes No

Do you have any dietary restrictions or allergies? Yes No

If yes, please list: _____

Emergency Contact Information

Name: _____ Phone: () _____

Please check when you are attending.

Prices include Insurance and Camp Mack increases this year.

_____ Full time: One night (4) meals, evening program.....	\$119.00
_____ Part time: One day (2) meals.....	\$ 44.00
_____ Part time: Monday evening meal and program	\$29.00
_____ Part time: Monday evening program, no meal	\$ 8.00
TOTAL.....	\$ _____

