



Elkhart County
Extension Homemakers

Over The Coffee Cup Newsletter



March/April 2025

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Extension - Elkhart County

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Letter from your County President

Dear ladies,

Why are coins made of metal? Because change is hard! Did you hear about the woman who told her therapist she kept having nightmares about being chased by quarters, dimes, and nickels? The therapist said, "That's easy; you're afraid of change." Seriously, people will actually choose a bad certainty over a good uncertainty because they dislike change so much.

Change is an integral part of life. Growth requires change. Sometimes as a way to encourage growth and always as a result of growth. I am an "early acceptor of change." Give me a good reason why change is necessary, and I will accept it. But believe me, that doesn't necessarily mean I will like it!

As Extension Homemakers we are facing a lot of change these days. In just a few months we will have a new group of officers in our county leadership and in the leadership of our individual local clubs. We will need to get used to a somewhat different way of doing things. We will have to cope with change.

Almost a year ago we answered an opinion survey and then voted through our clubs to move Achievement Night from April to September. That in itself is a big enough change; however, that change will necessarily cause even more changes as we figure out how moving from an April to a September Achievement Night will affect everything we do. We will have to cope with change.

And then there is the big one—beginning this summer our location for Fair activities will move from what we currently know as the Home and Family Arts Building to the new addition in the Elkhart County Community Center. Once again, this change will start a chain of effects that will cause many more changes. Many of them we will not anticipate until we suddenly realize they are required. We will have to cope with change.

As you know a thermometer functions to indicate whether the air is hot or cold. On the other hand, a thermostat functions to determine the temperature and then heat or cool the air to a comfortable condition. As we encounter all this change we will notice whether the atmosphere among us is hot or icy or pleasant. We will need to be more than thermometers. It will make the changes much easier and everyone happier and content if we can all work as thermostats to make the atmosphere comfortable and pleasant.

Extension Homemakers, we are a great group of wonderful and capable women. I know together we can do this! Go team!

Louanne Gressman-Dunn
Elkhart County Extension Homemakers President

Mark Your Calendars

March 2025

- | | |
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| 1 | County Committee Sign-up Sheets due in office |
| 1 | Program Planning Suggestion Sheets due in office |
| 1 | Heritage Skills Workshop , Maple Hall (Former HFA Bldg.) |
| 10 | County Officer Board Mtg , 4:30 pm, Ext. Office |
| 11 | VCS Sewing Day , 9 am—3 pm, Maple Hall (Former HFA Bldg.) |
| 15 | Club Volunteer Hours Sheet due to County Vice President |
| 20 | Educational Program—Heart Healthy Nutrition , 1pm, Ext. Office |

April 2025

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| 8 | VCS Sewing Day , 9 am—3 pm, Maple Hall (Former HFA Bldg.) |
| 14 | County Officer Board Mtg , 4:30 pm, Ext. Office |
| 15 | Spring Michigan City District Meeting (St. Joe County) |
| 24 | Club President Council Mtg , 6:30 pm, Maple Hall (Former HFA Bldg.) - Cultural Arts Entries due to Ext. Office by 4:00pm |



March — Tammy Bainter, Cinda Beggs, Bea Blosser, Linda Blum, Marla Carlson, Carol Denton, Jan Ganger, Denise Goveia, Jo Harris, Ramona Huber, Sally Kyle, Kelly Lorenz, Peggy Malott, Luann Neff, Debra Parcell, Sherrie Stutz, Joy Von Blon, and Suzette Yurko

April — Cheryl Baker, Rebecca Buss, Shai Fields, Donna Greenawalt, Carol L. Kauffman, Amelia Marrufo, Elaine Miller, Susan Rowe, Doris Wall, Brenda Weatherton, Pauline Yoder, and Maryann Zerbe

Extension Homemaker News

Save the Date!

Submitted by Michelle Blough

The Past County Presidents' Brunch will be held Saturday, April 27, 2025 at 9:00 a.m. in the Extension Office Conference Room. Guest speaker Deb Pepple will share about the new exhibit space for Home and Family Arts. Invitations will be sent near the end of March. Questions can be directed to Cheryl Gall (574-535-3234) or Michelle Blough (574-606-9444).

Homemaker of the Year Nominations

Submitted by Lisa Stephens, County Vice President

This is the time of the year to start thinking of a member that you could nominate for Homemaker of the Year. Your club presidents have the form that needs to be submitted. As a reminder, it was decided and voted on that we would only have one Homemaker of the Year instead of 3. This was due to the lack of interest and small number of nominees that was received in the past few years. Homemaker of the Year is a great honor. It is someone who embodies the spirit of who we are. Please think of someone who believes and acts upon our home extension vision and values. Past winners CAN be nominated and win again. The winner will be announced at our Achievement Night next fall (September 16, 2025) and will be showered with prizes that evening.

Spring District Meeting

The meeting will be held on Tuesday, April 15th at the St. Joseph County Fairgrounds. The flyer/registration form was emailed to homemakers who we have an email for. Hardcopies are available at the Extension office.



Club President Council Meeting Reminder—April 24th

Current Club Presidents, we encourage you to personally invite your newly elected incoming President to this meeting. **Cultural Arts projects need to be dropped off at the Extension Office before or on April 24th by 4:00pm.** The Council Meeting has been moved to Maple Hall (former Home & Family Arts building).

Home & Family Conference

Mark your calendars for June 2-4 for this year's Home & Family Conference at the Embassy Suites Conference Center in Noblesville, IN.

Quilt Gardens

The Extension Homemaker organization works with the Michiana Master Gardeners to plant and maintain the garden on the fairgrounds. The Extension Homemakers have the responsibility of maintaining the garden (ex. pulling weeds) the 2nd and 4th weeks from June through September, preferable once earlier in the week and once on Thursday or Friday. No need to sign-up; just come when you can.



Cultural Arts—Special Category Update

The Special Category for this year's Cultural Arts contest is placemats—up to 14" x 20" maximum, but can be smaller. It can be rectangle, oval, or round, just as long as it is not over 14" x 20". You can use any medium you like: plastic, canvas, crochet, knit, quilting, etc.



EH Council Meeting Minutes—February 27, 2025

Submitted by Stephanie Szabo, County Secretary

The call to order was done by Louanne Gressman-Dunn at 6:33pm. Sherry Weaver led the pledge. Stephanie McIntosh Szabo said the creed. Louanne Gressman-Dunn shared the positive thought. The roll call was “How many care packages did your Club make?” as Louanne needs to report this to the State For opening comments, Louanne Gressman-Dunn spoke about a book, “Crucial Conversations”. She encouraged us all to read it and to approach difficult matters with others confidently with kindness. Stephanie gave the Secretary’s Report and read the November minutes. Motion to accept August minutes with corrections was accepted (Deb Pepple/Sherry Weaver) *(M/S/C) Kim McCreary gave the Treasurer’s Report and spoke of the council report and budget as of 2/9/25: \$1,972.00 in total to start with \$307.83 (coins & nickels) and \$40 of dues and fees for a total ending balance of \$2,319.83 in checking for the month. Outgoing to the state for membership, postage and printing, etc. for an outgoing of expenses of \$2,345.36. Final balance in the checking account, as of 2/9/25 is: \$12,133.69. We made a bit of money on the savings, for a total of \$655.69. (Stephanie/Jenny Huffman)

Committee Reports:

- Achievement Night - Cathy Van Huystee reported their first meeting will be next week.
- Auditing - No report
- Cultural Arts/Heritage Skills - Jenny Huffman spoke on and handed out entry forms for Cultural Arts which is 4/24/25. The Special Category is “placemats” which can be no bigger than 14”x20”. She encouraged everyone to “think outside of the box”! Heritage Skills is this Saturday, March 1st. She reported there are 32 participants. Jenny shared this is the largest they have had in over 7 years!
- ELKO Retreat - No report.
- Fall Holiday Program - Sherry spoke on having a ‘competition’

amongst clubs. Stay tuned for more information on this!

- Fashion Show - Stephanie reported they have met twice. The judge will be the same as last year. Lots of unknowns due to the ECCC building being finished up.
- Historian - Deb has been getting pictures from Busy Homemakers, which she is posting on the Facebook page. The State is seeing all that is being posted, so EVERYONE, send her pictures to post!
- Home and Family Arts—Deb had a lot to report. Tuesday there was a tour of the ECCC building for the HFA committee. There was a discussion on what space and how much can be used, display set up, as it will look a lot different from our previous location. Many of the displays will have to be portable and be able to be taken down at the end of the fair. Crowd barriers will be set up around the exhibits (like how the 4-H’ers do it). They are doing a sponsor/donor fundraiser and have already received 3 large donations! Get with Deb if you are interested or know of someone/business that would be willing to donate! There is a new contest, Cookie Stacking, which will be done by age groups. There will be an extra hostess for the shifts to make sure we are available to guests of the fair.
- HFA Fundraising - Deb noted they are not sure if they will have silent auctions due to the donors, noted above.
- HFA Landscaping - HFA may need a few people to maintain the small grassy area, location TBD. The fair will move our rocks.
- Membership - Louanne announced a new club. “Junktique Paper Artists” has been formed and their fees have been given to Kim tonight. Scrapbooking is coming along, as well as “Club Crochet” which is a start-up club for all skill levels. Louanne reported a general interest club for younger women is in the works. Stay tuned for more information. Louanne has been asked to lead a session at State Conference on membership!
- Nominating - Deb shared she did a lot of emailing and asked 20-30 women to fill 4 positions. She said many are interested, however due to the rules of not having more than one club represented on the board, it made it difficult for women to be on the list. Susan

Rowe from Four Seasons did say she would be willing to be the Asst. Treasurer for the board. Michelle Blough noted she would be willing to be HFA Assistant Director for 2026. (Sherry/Kathy V.) Discussion was had, and Sherry did say she would be willing to serve as Board Vice President for this next year. (Stephanie/Jeanne)

- Past County Presidents - Stephanie gave this for Michelle Blough who was unable to attend.
- Volunteer Community Support - Jenny noted they have donated blankets and backpacks throughout the county.
- Yearbook - No report as Vickie is out recovering.

Old Business:

- Coffee Cup - EXPERIMENT IS OVER. Louanne apologized for misstating about the money for postage. It is ONLY \$465/year. Motion to continue as we had always done with mailing the Coffee Cup out (Sherry/Deb & Kim). The post office will mail extras back to them to hit the number necessary for bulk mailing, which we appreciate.
- New Sign - Kim has had difficulty with Scott's Signs getting back to her. Lisa will go there once she is back in town.

New Business:

- Election of Officers - See above in Nominating Committee Report.

Meeting was adjourned at 8:18 pm by Louanne with a motion to close (all in favor of). Next meeting Thursday, April 24, 2025 @ 6:30 pm.

*(M/S/C) = Motion/Second/Carried

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

Hostessing and Craft Demos—We need volunteers to help greet visitors and answer questions. We also need your crafting skills for demos. To schedule a time for Hostessing or Craft Demos, call the office at 574-533-0554 or email fink24@purdue.edu

Hostessing Schedule—Three hostesses per time slot. Times are as follows with the exception of Sunday where the building does not open until 12:00pm (noon). There will be a 12-1pm shift, 1-3pm, 3-5pm, 5-7, and 7-9 shift.

- 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

Craft Demo Schedule—Demonstrators are encouraged to participate in both shifts per day. Dates are Friday, July 18th through Saturday, July 26th, each day from 1-3pm and 4-6pm.



Exercise Snacks

Emily Christ, HHS Educator

Fueling your body with the right nutrients before a workout is crucial for optimizing performance and achieving your fitness goals. The primary goals of pre-workout nutrition are to provide energy, enhance endurance, and support muscle recovery. Consuming a balanced meal or snack containing carbohydrates, protein, and a small amount of healthy fats approximately 1-3 hours before exercise can help achieve these objectives. Experiment with different foods and timing to find what works best for your body and exercise routine.

Carbohydrates serve as the body's primary energy source during exercise, providing fuel for both high-intensity and endurance activities. Consuming carbohydrates before a workout helps replenish glycogen stores in the muscles, which can enhance endurance and delay fatigue. Opt for complex carbohydrates like whole grains, fruits, and vegetables, as they provide sustained energy release and prevent rapid spikes and crashes in blood sugar levels.

Protein is essential for muscle repair and growth, making it an important component of pre-workout nutrition. Consuming protein before exercise can help protect muscle tissue during intense training sessions and promote faster recovery afterward. Lean protein sources such as chicken, fish, tofu, or Greek yogurt are ideal choices for pre-workout meals or snacks.

Including a small amount of healthy fats in your pre-workout meal can help slow down digestion and provide a steady source of energy throughout your workout. Nuts, seeds, avocado, and olive oil are excellent sources of healthy fats that can be incorporated into pre-workout snacks or meals.



Hydration is also critical before a workout to maintain optimal performance and prevent dehydration. Aim to drink water throughout the day leading up to your workout, and consider consuming a small amount of water or a sports drink shortly before exercise to ensure adequate hydration.

The Best Medicine

Emily Christ, HHS Educator

Sleep is often referred to as “the best medicine” due to its profound impact on physical health, mental well-being, and overall quality of life. Numerous studies underscore the importance of adequate sleep in maintaining optimal health and functioning across various domains.

First, sleep plays a crucial role in supporting cognitive function and emotional regulation. During sleep, the brain consolidates memories and processes information acquired throughout the day. Adequate sleep enhances learning, problem-solving abilities, and decision-



making skills. Furthermore, insufficient sleep has been linked to impairments in attention, concentration, and emotional stability, increasing the risk of mood disorders such as anxiety and depression.

Secondly, sleep is vital for physical health and immune function. During sleep, the body repairs tissues, synthesizes proteins, and releases growth hormones necessary for muscle growth and repair. Chronic sleep deprivation is associated with an increased risk of obesity, cardiovascular diseases, diabetes, and weakened immune responses.

Also, sleep plays a critical role in regulating metabolism and appetite. Sleep deprivation disrupts the balance of hunger hormones leptin and ghrelin, leading to increased appetite and cravings for high-calorie foods. This dysregulation contributes to weight gain and obesity, further underscoring the importance of adequate sleep for maintaining a healthy weight and metabolic function.

Additionally, sleep is essential for optimal performance and recovery in athletes. Research has shown that sleep deprivation impairs physical performance, reaction times, and motor coordination, compromising athletic training and competitive outcomes. Conversely, sufficient sleep enhances athletic performance by promoting muscle recovery, reducing fatigue, and optimizing physical endurance.