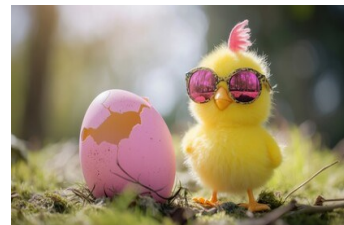




Kosciusko County
Purdue University Extension

Highlights



Homemakers Newsletter

April 2025 - May 2025

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Create Your Own Sunshine and Be Happy!

As we step into another exciting year with Kosciusko County Purdue Extension, I am thrilled to embrace our uplifting theme: **"Create Your Own Sunshine and Be Happy!"**

In a world that can sometimes feel cloudy with challenges, we have the power to **bring light**—not only into our own lives but into the lives of those around us.

Happiness is not something we wait for; it is something we cultivate.

It is how we lend a hand to a neighbor, take time for personal growth, or share laughter with friends and family. Through our Extension programs, we have countless opportunities to brighten our community—whether it is through youth development, agriculture, health and wellness, or lifelong learning. Our clubs help at the fair, create items for Safe Harbor, make bookmarks for kids served through Operation Read, provide funds to the Extension Choir – so many ways!

This year, I encourage each of you to find small ways to create your own sunshine. Try something new, volunteer for a cause, or simply pause to appreciate the good things in your life. Positivity is contagious, and together, we can spread joy throughout Kosciusko County.

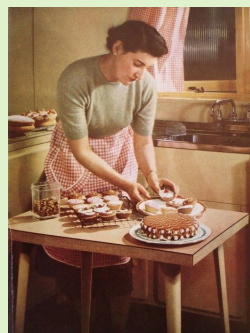
Let us make this a year of purpose, growth, and happiness!

DeeAnna Muraski, MBA
Extension Co-President
Executive Director
Operation Read USA, Inc.
A literacy social services agency



WAYS TO CREATE YOUR OWN SUNSHINE:

- ☐ **Get Involved:** Volunteer to support our community. Your time and talents can brighten someone's day!
- ☐ **Learn and Grow:** Take advantage of educational workshops, gardening tips, and Extension resources to expand your knowledge and skills.
- ☐ **Spread Kindness:** A small act—whether it's a kind word, a *handwritten note*, or a helping hand—can make a big impact.
- ☐ **Share Knowledge:** Teach a young person a new skill, pass down family traditions, or help a neighbor with a project.
- ☐ **Focus on Wellness:** Take time for self-care, whether it's through healthy eating, outdoor activities, or simply enjoying a quiet moment.
- ☐ **Celebrate Small Wins:** Find joy in everyday moments and recognize the good things happening in your life and community.
- ☐ **Stay Connected:** Engage with fellow members, attend events, and be part of a network that uplifts and inspires.



Extension Web Page
www.extension.purdue.edu/county/kosciusko

Follow Us On

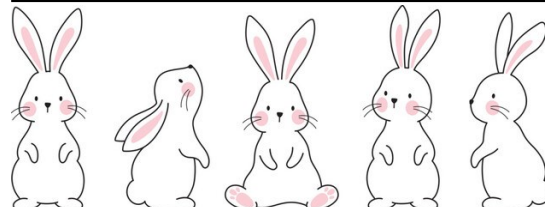


Kosciusko County
Indiana Extension
Homemakers

Kosciusko County
Extension Office
202 W Main St
Warsaw, IN 46580
574-372-2340

Hours

Monday thru Friday
8:00am—4:30pm



Reminder :

Please email all articles for the June/July newsletter to Jenna Hankinson at hankinso@purdue.edu by May 21, 2025.

Don't
worry,
be hoppy!



UPCOMING DATES TO REMEMBER

- **March 26, 2025**
 - Lesson: Vitamin Wisdom for Vital Aging
 - Time: 12:00-1:00 PM
 - Location: Home and Family Arts Building
 - **President's Council**
 - Time: 1:15 PM
 - Location: Home and Family Arts Building
 - Assignments:
 - Pledge & Creed by Knitting Together
 - Thought for the Day by Knitting Together
 - Highlight Mailers: Better Homes
- **March 28, 2025**
 - Highlights mailers prepared by Better Homes
- **April 08, 2025**
 - Deadline to register for District Conference
 - \$14/person
 - Make checks payable to: St. Joseph County Homemakers
 - Mail to: Joyce Schalliol, 11248 Kern Road, Mishawaka, IN 46544
- **April 15, 2025**
 - Michigan City Spring District Meeting
 - Time: 10:00am EST
 - Location: 5117 S. Ironwood Drive, South Bend, IN 46614
 - Host: St. Joseph County Extension Homemakers
 - Cost: \$14.00 per person
 - Lunch: potato bar, side salad, dinner roll, cookie, beverage
- **April 26, 2025**
 - 4-H Fish Fry/Bake Sale
- **May 01, 2025**
 - Membership Dues deadline for all clubs (dues are due!)
- **May 7, 2025**
 - Extension Board Meeting
 - Time: 9:30 AM
 - Location: Martin's Upstairs Loft
- **May 9, 2025**
 - Port-A-Pit Nelson's Golden Glow Fundraiser
 - 10:00am Set up
 - 11:00am Start serving/selling/pick up
- **May 21, 2025**
 - Spring Fling
 - Time: 6:00 PM
 - Location: Home and Family Arts Building
 - Planning Committee: Atwood Home Study, Herscher Extension Homemakers, and Rural Neighbors

ATTENTION MAILBOX MEMBERS:

We hope you have enjoyed the past year as a mailbox member, and that you have found the newsletters enjoyable and interesting. Have you attended any of the educational programs or other extension homemaker events you've read about? We are happy that you have continued your involvement with our organization. But it's time once again to think about renewing your mailbox membership. You will find an information/response sheet in this newsletter. Look it over and return the slip with your check for your dues. Contact information is on the form, so don't be shy about asking any questions you may have. Please feel free to share this information sheet with your friends and encourage them to join us. Everyone is welcome!

Submitted by: Sue Martin



Mediterranean Diet

Discover the Mediterranean way of eating with the Steps to a Healthy You class series

Are you interested in adopting a Mediterranean-style eating pattern but unsure of where to begin? Look no further! Purdue Extension has launched Steps to a Healthy You class series, designed to help you embark on a journey to discover the delicious and nutritious Mediterranean way of eating.

The Mediterranean diet has long been celebrated for its numerous health benefits, and now, you can learn how to incorporate this lifestyle into your daily routine. The Steps to a Healthy You class series will guide you through seven simple steps to following a Mediterranean style of eating, providing you with the knowledge, tools and inspiration you need to make this healthful eating pattern a part of your life. The series explores tips, life hacks and recipes that make embracing the Mediterranean way of eating easy, enjoyable and sustainable.



Session 1 of Seven Simple Steps held January 29 introduced Changing Your Protein and Mindful Eating and Meal Planning to 15 individuals of which 11 shared they learned A LOT. **This session will be presented again on August 27 at 9 AM.**

Session 2 of Seven Simple Steps held February 26 introduced Swapping Your Fats & Snack on Nuts and Seeds, and Right-size Your Portions to 14 individuals of which 100% agreed they learned something new, a new skill, and plan to apply the knowledge learned in the future.

Session 3 of Seven Simple Steps, will be presented August 27 at 11:00 AM introducing Eat More Vegetables & Eat More Fruit and Simple Steps for Mindful Eating.

Session 4 & 5 of Seven Simple Steps, will be presented September 24 at 11:00 AM introducing Make Your Grains Whole, Rethink Your Drink, Label Reading and Simple Steps for Physical Activity.

Duration: Each session will be a minimum of 2 hours followed by recipe sharing.

Location: Kosciusko County Fairgrounds, Home & Family Arts Building

Join us in embracing the simple, delicious and satisfying Mediterranean way of eating. The Steps to a Healthy You class series will empower you to make informed choices that will positively impact your health, well-being and overall quality of life.

Space is limited, so register now to secure your spot in the Steps to a Healthy You class series. For more information and registration details, please contact Kosciusko County Extension office.

Volunteer Community Service

This is just a reminder that as an organization we are collecting the following items for Safe Harbor Child Advocacy Center and the B.A.B.E. store. The items can be dropped off at Health Pavilion on Lutheran Kosciusko Campus. If no one is available at either of the agencies they can be left at the front desk, and they will be delivered to the appropriate agencies.

Safe Harbor

Small toys for boys & girls, ages 0-5
Small flashlights with batteries
Boys' & girls' deodorant
Small hairbrushes
Toothpaste
Small bottles of shampoo
maternity clothing

B.A.B.E. Boutique

Diapers – size 5-6
Disposal breast pads
Soap & lotion for babies
Toddler clothing – size 2-5T
Toddler Shoes – 6-10
New or gently used



Size large through 2 X

Please each club keep a record of your donations and report the information to Dawn Harris, Atwood Home Study Club.

Each club may take donations to Safe Harbor or B.A.B.E. Boutique. Contact the front desk. We are also planning a SEW IN DAY to make cloth bags for Safe Harbor and some other items recently found upon cleaning out the storage areas. The date will be February 20, 2025.

2025 4-H Fish and Chicken Fry Bake Sale



The 4-H Fish and Chicken Fry will be held on Saturday, April 26, 2025 from 4:00 Pm to 7:00 PM at the Kosciusko County Fairgrounds, 1400 E Smith St. Warsaw, IN. The Price for adults will be \$13.00 and \$9.00 for children under the age of 8.

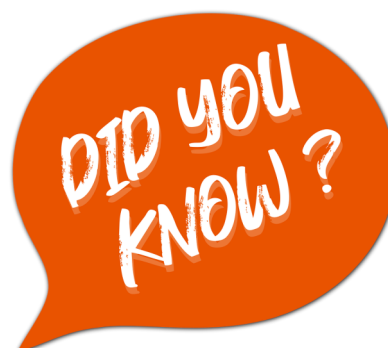
Please bring your bake sale items to the HFA Building on April 26th between 1:00 PM and 3:00 PM. Please do not bring cream pies or warm pies. Popular items include brownies, pie, cookies, puppy show, etc. Thank you to everyone who donates.

-Clunette Crossroads

Did You Know?

The Kosciusko County Extension Homemakers now has a dedicated webpage! You can visit it to find updates on upcoming events, club news, and resources. It's a great way to stay connected and informed, even if you can't make it to every meeting. Be sure to check it out and bookmark it for easy access!

Go to www.extension.purdue.edu/county/kosciusko
Scroll until you see the black box that says "Kosciusko County Extension Homemakers," click that box.



Sew-In Day



Eight Ladies gathered on February 20 with sewing machines, Seger, ironing boards, irons, cutting mats and other sewing tools at Home and Family Arts Building to sew bags and dresses. There were twenty bags, and 1-2 dresses completed with many more completed at the home of some of our sewers. The bags will be donated to Safe Harbor Child Advocacy Center and the dresses to Dress a Girl Around the World. We also enjoyed lunch together with soup, Arby Roast Beef Sandwiches, and dessert. A HUGE big thank you to all who participated and shared their skills and time. This is an ongoing Volunteer Community Service Project and if you would like to participate see Sue Martin for dress kits and instructions and Judy Egolf for completing bags.

The Volunteer Community Support Committee would like to thank each of you for your donations to the Babe Boutique and Safe Harbor Child Advocacy Center. The director of Safe Harbor did share they served twice as many children this January as they did last January and did not increase the area they serve. All donated items were greatly appreciated. The following is a

Thank you from Babe Boutique, "Babe Boutique and Heartline are so grateful for your donations! Blessings to you all this year! Sincerely, Leo Jones Babe Coordinator. "From Kelly Bugg Executive Director of Safe Harbor "Kosciusko Extension Homemakers, thank you so much for the goody bag items and the bags. The kids love the bags and enjoy all the things in the bags. We are so grateful for your support. Thank you so Much!!" You or your clubs can continue to make donations to these groups throughout the year and deliver them to their offices in the Health Pavillion on Lutheran Kosciusko Campus.

Submitted by: Judy Egolf, pictures by Alice Keirn



Looking Ahead to the 2025 Fair



The 2025 Kosciusko County Community Fair is fast approaching, and preparations are well underway. The fair books have been updated and printed, and have been distributed to the club presidents. Fair books will be mailed to our mailbox members and the community exhibitors from last year's fair. We will also make sure they are available at the Extension Office and in all the libraries in the county. We want entry information to be widely and readily available to anyone who needs it. Other details are falling into place nicely, and we are anticipating a fun time working at the fair this year.

It will be interesting to see what entry numbers look like this year. Timing is not particularly favorable, with check-in and judging occurring during a holiday weekend. We hope that exhibitors aren't too busy celebrating – or spending time away with their families – to think about fair entries. Time will tell, I suppose.

Submitted by: Sue Martin

Ag Day

❀ Spring Is Here, and Ag Days Are Just Around the Corner! ❀

With the sunshine and the promise of spring, it's the perfect time to start thinking about your garden and the farmers gearing up for the season. And of course, Ag Days 2025 is coming soon—mark your calendars for **Tuesday, April 15** and **Wednesday, April 16!**

We are looking for **2 volunteers on Tuesday** to help pack lunches, and **1 volunteer on Wednesday**. If packing lunches is not something you are able to do, we still are in need of 1 case of bottled water and 4 dozen cookies.

Don't miss out on **Taste of Ag** Tuesday evening at the fairgrounds, where you can sample local Kosciusko County food and maybe win a T-shirt! Learn about gardening, like the salsa garden demo from the Master Gardeners, and ask questions at the various Ag Commodity booths.

If you would like to volunteer or have any questions, you can reach Marvene Johnson at 574-453-1606.

We hope to see you there!



Port-A-Pit Fundraiser



The annual Port-A-Pit fundraiser is scheduled for Friday, May 9th from 11:00-6:00 at JB Furniture. The tickets for pre-sale and worker sign-up sheets will be given out at President's Council at the end of March. The ticket money and any unsold tickets will be returned around the end of April at a different location this year due to the reconfiguration of the alley on the west side of the extension office. The drop off site will be just inside the entrance to the parking lot at the fairgrounds. More information and directions will be included in the ticket packet. Please sign-up for a 2 hour shift the day of the sale and mark your calendars for a fun day! This is our biggest fundraiser of the year and can only be successful with your help in selling pre-sale tickets. Just a note to be clear about the pricing...this year there is no difference in pre-sale and walk-up pricing for the chicken, a half chicken is 10.00, potatoes are 5.00. I'm looking forward to seeing everyone again this year.

Submitted by: Ann Kline





Help Direct the Fair!

SEEKING 2026 FAIR DIRECTORS

We are looking for dedicated individuals to serve as our Fair Directors and Assistant Directors of Open Class for 2026 —but we need you to shadow our current Directors this July (2025) to learn the ropes!



- ✓ ORGANIZE EXHIBITS AND EVENTS
- ✓ SUPPORT EXTENSION AND EXHIBITORS
- ✓ COORDINATE VOLUNTEERS AND FAIR LOGISTICS
- ✓ WORK ALONGSIDE EXTENSION STAFF AND BOARD

A GREAT OPPORTUNITY TO GIVE BACK TO THE COMMUNITY, SUPPORT OUR YOUTH, AND GAIN VALUABLE LEADERSHIP EXPERIENCE!

NO EXPERIENCE? NO PROBLEM!

OUR CURRENT DIRECTORS WILL BE YOUR GUIDES AND MENTORS IN 2025, SO YOU WILL HAVE PLENTY OF HANDS-ON TRAINING BEFORE TAKING THE LEAD IN 2026.

WE ARE LOOKING FOR SOMEONE WHO:

- ✓ LOVES THE FAIR AND WORKING WITH PEOPLE
- ✓ ENJOYS ORGANIZING EVENTS AND PROBLEM-SOLVING
- ✓ IS A TEAM PLAYER AND WILLING TO LEARN



INTERESTED: email deeanna@operationreadusa.org

Dates to Remember



May 21-Newsletter items due
May 30-Highlights Mailers

July 16-Newsletter items due
July 31-Highlights Mailers



The Extension Office will be closed:

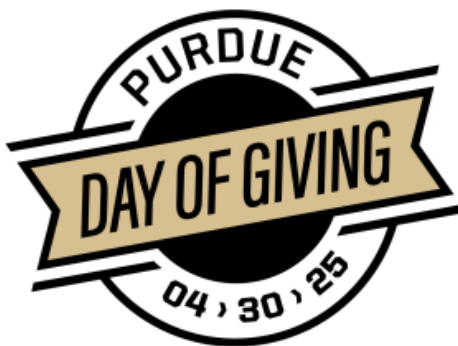
- 04/18/2025
- 05/26/2025
- 07/04/2025



Purdue Day of Giving

On April 30, 2025, you can show your support to Purdue University by going to the website: dayofgiving.purdue.edu and click 'donate.' Or bring your donation into the Kosciusko Extension Office.

Small donations can make a big impact in helping Purdue transform lives and change the world.



2024-2025 Kosciusko County Extension Homemakers Officers

COUNTY EXTENSION HOMEMAKER OFFICER 2024 - 2025		
TITLE	PHONE	EMAIL
Co-President		
Judy Egolf And Past President	574.267.2226 or 574.551.5226	egolfjudy@gmail.com
DeeAnna Muraski	574.527.0065	deeanna@operationreadusa.org
Vice-President		
Currently Vacant	Volunteering is a beautiful thing! We need YOU!	
Secretary		
Marsha Miller	574.858.2104 or 574.265.6562	marshamiller65@gmail.com
Treasurer and Assistant Treasurer		
Sue Martin, Interim Treasurer	574.202.0938	martinsue822@gmail.com
Cathi Zdenek, Treasurer, voted on 1.29.2025	574.527.3785	czindrich@gmail.com
Past-President		
Sue Martin	574.202.0938	martinsue822@gmail.com



PURDUE
UNIVERSITY

Extension

Meet the County Extension Staff



Emily Kresca

- Agriculture & Natural Resource Educator
- Interim 4-H Youth Development Educator
- Co-County Extension Director
- eluc@purdue.edu



Shannon Shepherd

- Health & Human Services Educator
- Interim 4-H Youth Development Educator
- Co-County Extension Director
- shephe62@purdue.edu



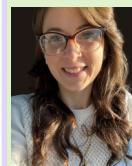
Caroline Arnett

- County Wellness Coordinator
- arnettc@purdue.edu



Tami Graff

- 4-H Administrative Assistant
- Office Manager
- graff8@purdue.edu



Jenna Hankinson

- ANR/HHS Administrative Assistant
- hankinson@purdue.edu

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