



Kosciusko County
Purdue University Extension

Highlights

Homemakers Newsletter

December 2024-January 2025

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

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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



Happy Thanksgiving!

Holidays are a great time to ruminate on our theme to *"Create Your Own Sunshine – and Be Happy!"* How can we create sunshine among family members with different values, beliefs and politics? We can settle on common ground and what unites. As we sit around the table talking about what makes us thankful, we can also ask family, "How do you create your

own sunshine and be happy?" Simple question but a myriad of answers.

Have you heard of Laughter THERAPY? It is a type of therapy that uses humor to help relieve pain, stress, and improve a person's sense of well-being. We can all use that!

1. What IS Laughter?

- Physiological response to humor
- Involves gestures and the production of sounds
- Facial muscles are contracted
- We exude a hearty laugh

2. Laughter Yoga.

- A laughing warm-up that does not require a "Downward Dog!"
 - First say: Ha ha ha ha ha
 - Then: Ho ho ho ho ho
 - Finally: Hee hee hee hee!!

Now you are on your way!

3. Laughing Mental Health Benefits:

- Mindful wellness
- Improves mood
- Reduces stress hormones
- Increases Endorphins
- Strengthens relationships

4. Laughing helps our heart health.

- Increases energy levels
- Reduces stress and calms anxiety
- Strengthens immune system
- Improves quality of life
- Increases blood flow
- Reduces heart rate and blood pressure
- Decreases arterial wall stiffness

5. How to Add Humor:

- Follow funny memes and Facebook pages
- Put on a funny movie
- Get drunk (ha totally kidding but made you laugh!!)

FUNNY FEEL GOOD SHOWS:

- I Love Lucy
- Dick Van Dyke Show
- The Andy Griffith Show

FUN MOVIES:

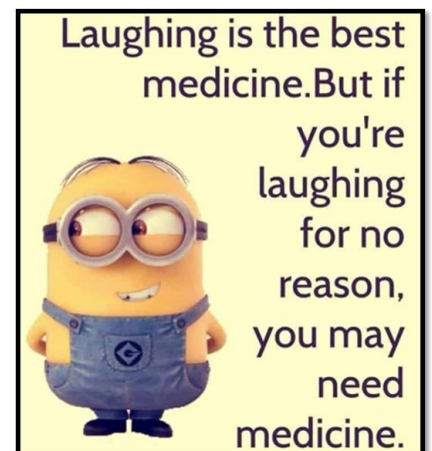
- Meet the Parents, Ben Stiller
- Housesitter, Goldie Hawn & Steve Martin
- National Lampoon's Christmas Vacation, Chevy Chase
- Bruce Almighty, Jim Carrey
- Wild Hogs, Tim Allen, John Travolta
- Dirty Rotten Scoundrels, Steve Martin

FUN BOOKS:

- The Good Neighbor, the life and work of Mr. Rogers (Fred Rogers)
- Erma Bombeck books

Happy Thanksgiving!

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



Our Holiday Program by Rural Neighbors had the building decorated with Gingerbread theme and was a great success. We had 54 participants enjoying a morning of treats and coffee by Tippecanoe Township. We learned about pie crust making, salads, noodles and bread machines with lots of demonstrations.

We had a luncheon of soups and sandwiches by Atwood Home Study and Herscher Club .

The crafts in the afternoon were well attended and we learned a lot of new ideas.

We had door prizes during the day and a Gingerbread House contest, generating over \$45.00 which goes to our local extension, made by clubs and individuals. The Winner was won by M&M Club with a penny a vote.

A big thank you to all who helped to make this a great success. Hope to see you all next year.

Thank You For The Invitation

Thank you for inviting us to your Homemade Christmas, Holiday program. It was a fun day; everyone was so friendly and helpful, and we learned some great tips during the demonstration. Lunch was delicious and crafts were fun.

Paulette Ross
Janet Turnbow
Allen County Extension Homemakers
Host A Hoosier Program

Dates to Remember

January 08, 2024: Board Meeting

January 22, 2025: Newsletter items due

January 29, 2025: Mediterranean Diet Lesson, Part 1

January 29, 2025: Presidents' Council Meeting



Please email all articles for the February/March newsletter to Tami at graff8@purdue.edu by January 22, 2025.

Thank you to:

Breakfast Morning Snacks: Tippecanoe Township

- Patrise Beeson
- Terry Dermott
- Beth Flickinger
- Erika Goodyear
- Peggy Lenfestey
- Tammy Northrup
- Peggy Parzygnot
- Liz Pearson
- Teresa Zurcher
- Janet See
- Robin Shafer

Lunch: Atwood Home Study and Herscher Extension Homemakers

- Judy Egolf (Atwood)
- Linda Egolf (Atwood)
- Karen Frost (Atwood)
- Dawn Harris (Atwood)
- Rosalie Hepler (Atwood)
- Bonnie Hile (Atwood)
- Teresa Hively (Atwood)
- Robin Hoffer (Atwood)
- Rita Irwin (Atwood)
- Esther Johnson (Atwood)
- Teresa Landis (Atwood)
- Deb Marshall (Atwood)
- Maureen Mauzy (Atwood)
- Sheri McKee (Atwood)
- Kayla Metzger (Atwood)
- Pam Roberts (Atwood)
- Linda Stroup (Atwood)
- Pat VanDeWater (Atwood)
- Peg Beck (Herscher)
- Connie Fibley (Herscher)
- Shaza Katrib (Herscher)
- Sandra Kennedy (Herscher)
- Marilyn Kincaide (Herscher)
- Marsha Miller (Herscher)
- Beth Wells (Herscher)

Planning: Rural Neighbors

- MaryBeth Camden
- Carol Droke
- Julia Frush
- Sally Lawlor
- Darla McCammon
- DeeAnna Muraski
- Diann Slaymaker
- Martha Whetstone
- Janice Bolin (from heaven...)

Submitted by: DeeAnna Muraski

Fall District Meeting Recap

October 16, 2024

The Gathering Place, Hebron, Indiana

From the President's meeting: the state board realized that communication needs to improve among themselves and with ALL members in the state. Therefore, there may be more information coming from the state in relation to programing, meetings, and updated forms for reporting projects to the state board. Starke and St. Joe counties are presently without an educator. The state presidents project – boxes of care DO NOT need to fit the parameters of the measurements printed in the newsletter but can be many different items that fit the outreach needs of your community.

The morning's speaker was Jennifer Wright, CEO, and director of a registered Child Care Ministry, providing an educational development program to families of young children, as well as housing a soup kitchen that offers meals to the community. This campus also has a food pantry and a community garden that the children help to plant and maintain. Produce grown in the garden is given to Hilltop Neighborhood House families and distributed through the Hilltop Food Pantry. The Hilltop Neighborhood has the highest rate of poverty recorded in Porter County. Hilltop provides 200 transitional housing units, and ALL parents must work or be in school. The ministry/mission provides scholarships to those in need of help with schooling. She also introduced one of the teachers, Amy Osborn, who also directs the educational aspect of the mission. We learned about the early education that is offered to the students. Books are especially important to children and their families, and the children are encouraged to take books home with them. The books can be new or used, and the child/family may keep the books or return them for new books. They also have a bookmobile that tours the community offering these books. The organization was very appreciative of the donations of books from the district Homemakers. The growth of this program has increased the wages of 47% of the Hilltop families due to quality and consistent childcare. Thought generous donations this group was able to build a soup kitchen which opened this summer and offers free, hot meals to the community two days a week.

Laughter Therapy was the Educational Lesson presented by Annetta Jones, Extension Educator, Porter County. It was a fun time of laughter and enjoyment. We learned some laughter exercises, shared some funny stories and it is OK to laugh aloud and engage others in the joy of laughter. It is proven laughter/humor helps to relieve pain, stress and, is good for our souls and should be a part of our lives every day.

I-Lead Presentation presented by Linda Carunchia & Cathy Wilkymacky, State President, and President-Elect. It was Magic! Cathy did a "magic" trick of cutting a piece of string in half and putting it back together, narrated by Linda which was much fun and laughter. The magic is how teamwork makes leadership work, and we must all participate to make it work. We do not know the positive impact from even the simplest action/s we may have on someone's life from our involvement.

DeeAnna Muraski, did an excellent presentation of her participation in state conference as a First-Timer awardee. The state officers gave a wrap-up of the state conference and plans for next year's conference. The state president, Linda, was very passionate about this year's theme The magic of Extension Homemakers and how being involved and genuinely caring about others is necessary in this world.

Article submitted by: Judy Egolf

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. They also may be brought to the January Presidents' Council, January 29, 2025.

Safe Harbor

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

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 maternity clothing
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.

We are also planning a SEW IN DAY to make cloth bags for Safe Harbor, Puppy Pillows for Riley Hospital for Children and some other items recently found upon cleaning out the storage areas. The date is yet to be determined, probably in January, stayed tuned.

Article submitted by: Judy Egolf

Favorite Holiday Recipes

PISTACHIO HOLIDAY PARTY IN A CUP - DeeAnna Muraski

Ingredients:

1 Pkg Jell-O Instant Pistachio Pudding Mix (4 serving box)
2 Cups Heavy Whipping Cream
Crushed peppermint (candy canes or candy) - crush with rolling pin
Whipped Cream (canned, in a tub or make homemade (see below))

Instructions:

Put 2 cups heavy whipping cream in a mixing bowl and add the entire package pudding mix. Beat on high for two minutes, making sure to stop occasionally and scrape the bottom of the bowl to incorporate. Mix will be very thick and fluffy.

Take the finished pudding and put a spoonful in the bottom of four small wine glasses or glass pudding cups. Sprinkle in a thin layer of crushed peppermint, then layer with another spoonful of pudding and continue until glass is full. Top with a squeeze or dollop of whipped topping.

HOMEMADE WHIPPED TOPPING - DeeAnna Muraski

Ingredients:

2 cups Heavy Whipping Cream
1 Tsp Vanilla
1 Tsp Stevia
*Optional Add Peppermint Extract

Instructions:

Put whipping cream in mixing bowl and beat on high for two minutes. It should be very thick, and if not, beat for another 30 seconds to 1 minute. Add vanilla and Stevia and stir in by hand.

APPLE SPICE CAKE - Alice Keirn

Ingredients:

1 box spice cake mix
1 20 oz. Can apple pie filling

Instructions:

Put cake mix in a bowl. In a separate bowl, mash apple pie filling until the pieces are small. Combine with the cake mix. Put in a sprayed 10 inch Bundt pan and bake at 350 degrees using the guide line on the cake mix box for baking (I checked it using a toothpick). Cool in the pan for 10 minute then turn out on a plate to finish cooling.

Note: some people add 3 eggs, I didn't and it was great without the eggs. Quick and easy and very good.

CREAM OF MUSHROOM SOUP - Judy Egolf

Delicious herb flavor...

Ingredients:

½ Cup Chopped green onions
½ lb. Sliced fresh Mushrooms
½ Cup Butter
1/3 – ½ Cup White or Whole Wheat Pastry Flour
1 Tablespoon Chopped Rosemary or to taste
1 Tablespoon Chopped Parsley
5 Beef Bouillon Cubes – dissolved in 2 Cups Water
Or tamari sauce or soy sauce to taste in 2 Cups Water
2 Cups Milk – 2% or whole milk
½ Cup whipping cream
Nutmeg and pepper to taste
(optional) Sherry to taste

Instructions:

Sauté onions and mushrooms in butter. Slowly add flour, (stirring constantly) stir in rosemary, parsley and bouillon water.

Reduce heat to low and add the milk. When the soup thickens, add cream. Turn off heat and flavor with nutmeg, pepper, and sherry if desired. Soup may be frozen before milk and cream are added.

NOTE: canned beef broth is an excellent substitute for the bouillon mixture. Also, if I am using whole milk increase it to 2 ½ cups and eliminate the cream. It may not be as rich tasting, but it helps to eliminate some of the fat calories.

Serves 4 to 6 people.

CRANBERRY BREAD - Sue Martin

Dry Ingredients:

2 c flour
1 c sugar
½ tsp baking soda
½ tsp baking powder
1 tsp salt
Sift these together and set aside

Liquid Ingredients:

Measure out 2 tbsp oil and add enough orange juice to make ¾ cup liquid. Add to this 1 well-beaten egg.

Also prepare and mix together:

1 c chopped nuts
1 c sliced cranberries*

Instructions:

Add liquid ingredients to dry ingredients and mix well. Then stir in nuts and cranberries. Bake in a well-greased loaf pan at 350° for 60 to 70 minutes.

**When I make this recipe, I prepare the cranberries in a grinder rather than slicing them. This releases a bit more juice and the bread has a pretty pink color with smaller chunks of cranberry.*

2025 Quilt Raffle

The past several years Sue Martin has graciously donated the quilt top for the Quilt Raffle. I know there are several Extension Homemakers that quilt and belong to a group that quilts, if any of you would like to donate a top or finished quilt to be raffled, please let me know by December 15th so I can start getting ready for the 2025 raffle. If you have any questions about donating call me at 574-371-5711. Thanks!

Submitted by: Alice Keirn

Looking Ahead to the 2025 Fair

I know it hasn't even snowed yet, but the way time flies nowadays the fair will be here before you know it! Time to start planning your entries and thinking about how you will be involved this year. Department superintendents always need helpers on check-in/judging day, and what a great way to experience some of the behind-the-scenes activities. Working with the judges gives insight into some of the things they look for when they evaluate the projects. You can pick up little tips and tricks to improve your own work. And the camaraderie of check-in is – well, it's just plain fun. Please make yourself available as a volunteer.

We will soon be making the updates to the fair book so it can be distributed. If you are a department superintendent, please review your section of the book and notify me if you have any changes. And let us know about any other needs you may have. Robin and I are looking forward to another great year at the fair!

Submitted by: Sue Martin

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.

Holiday Stress Tips: Keeping Calm and Enjoying the Season

The holiday season is a joyful time, but it can also bring added stress. Here are some quick tips to help you keep calm and truly enjoy this festive time:

- **Plan Ahead:** Make lists and set realistic timelines. Spread out shopping, decorating, and meal prep to avoid last-minute stress.
- **Budget Wisely:** Set a spending limit for gifts, meals, and travel, and stick to it. Thoughtful, simple gifts are often the most cherished.
- **Say "No" When Needed:** It's okay to politely decline events or responsibilities that overwhelm you. Balance your time so you can focus on what matters most.
- **Take Breaks:** Schedule quiet moments for yourself. A short walk, a cup of tea, or a few minutes of deep breathing can reset your mood and energy.
- **Focus on Fun:** Remember that the holidays are about connection and joy. Let go of perfectionism and embrace the little imperfections that make the season special.

May your holidays be filled with peace, joy, and relaxation!

Join our BOARD OF DIRECTORS!



We have openings for the following roles:

- Vice President
- Assistant Treasurer
- Treasurer (term begins July 2025)



This is a fantastic opportunity to make a meaningful impact in **our organization** and help us shape **our future.**

WHY HELP?

- Make a meaningful difference in extension
- Help the community
- Your ideas can make positive changes
- Give back of your time and talents
- Leave a lasting legacy
- Grow and learn!



IF YOU HAVE NEVER BEEN A COUNTY
OFFICER - WHY NOT? WE NEED YOU!

If interested, email DeeAnna at: deeanna@operationreadusa.org

Holiday COMMITTEE

Come help!

**PLANNING
STARTING**

**JANUARY
2025**

**Sign up below
for dates**

**Meetings
at
Martins**

*Holiday
Food from
around the
world*

*Canvas in a
day*

Games?

Potluck?

PJ Party

*Decorate a
shut-in's
house*

*Got ideas for our holiday event 2025?
Want to help and share your ideas?
Then be on the committee!!*

EMAIL/CALL IF YOU WANT ON COMMITTEE:

**deeanna@operationreadusa.org
or leave a message at: 574-527-0065**

Date Corrections for Your Program Book

These dates are the correct dates for Highlights Mailers:

January 22-Newsletter items due
January 31-Highlights Mailers

March 19-Newsletter items due
March 28-Highlights Mailers

May 21-Newsletter items due
May 30-Highlights Mailers

July 17-Newsletter items due
July 31-Highlights Mailers

Extension Office Closed

The Extension Office will be closed:

- 12/23-12/24/2024
- 1/01/2025

Wish you all a Merry Christmas and a Safe and

Happy New Year!



2024-2025 Kosciusko County Extension Homemakers Officers

COUNTY EXTENSION HOMEMAKER OFFICERS

2024 - 2025

TITLE	ADDRESS	PHONE	EMAIL
Co-President			
Judy Egolf and Past President	3613 W Old Rd 30, Warsaw IN 46580	574-267-2226 or 574-551-5226	judyegolf@embarqmail.com
DeeAnna Muraski	4431 E. 600 S Warsaw, IN 46580	574-527-0065	deeanna@operationreadusa.org
Vice-President			
Currently vacant	Volunteering is a beautiful thing! We need YOU!		
Secretary			
Marsha Miller	9120 W 125 N, Etna Green IN 46524	574-858-2104 or 574-265-6562	marshamiller65@gmail.com
Treasurer and Assistant Treasurer			
Ruth Dilling, Treasurer	3418 N Old Farm Rd E, Warsaw IN 46582	574-527-3011	Rdilling23@gmail.com
Rita Irwin, Asst Treasurer	3053 N 650 W, Warsaw, IN 46582	574-527-6649	irwinwr@frontier.com
Past-President			
Sue Martin	3380 N Old Farm Rd W Warsaw, IN 46582	574-202-0938	martinsue822@gmail.com



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Meet the County Extension Staff



Andrew Ferrell
4-H Youth Development
Extension Educator
County Extension Director
adferrel@purdue.edu



Emily Kresca
Agriculture & Natural
Resources Educator
eluc@purdue.edu



Shannon Shepherd
Health & Human
Services Educator
shephe52@purdue.edu



Caroline Arnett
County Wellness
Coordinator
arnettc@purdue.edu



Tami Graff
4-H Administrative
Assistant
& Office Manager
graff8@purdue



Open Position
ANR/HHS Administrative
Assistant

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