

# EXTENSION REFLECTION



Purdue University is an equal opportunity/  
equal access/affirmative action institution.

## **Noble Co. Officers for 2024-2025 :**

Sharon Cripe, President  
Fancheon Resler, Vice President  
Harriet Stuff, Secretary  
Ellen Campbell, Treasurer  
Margaret Menges, Past President

## **Mark your calendars:**

### **November:**

11th: Extension Office Closed Veteran's Day Observance  
28th&29th: Extension Office closed- Thanksgiving.

### **December:**

25th: Extension Office Closed for Christmas

### **January:**

1st: Extension Office Closed- New Years Day  
6th: Executive President's Council 12:30pm Dekko Room  
20th: Extension Office Closed- Martin Luther King Day

### **February:**

14th: IEHA First Timer Applications Due  
17th: Extension Office Closed- President's Day

### **March:**

1st: IEHA State Scholarships Due

- Noble Co. First Timer Application Due

3rd: Executive/Presidents Council 12:30pm, Dekko Room

- Election of County Officers/ Vote on Budget



## **Message from the our President- a Reminder to count your blessings:**

January 4th 2024 I was told I had ductal carcinoma in my left breast. Our geothermal furnace quit working in February. When the new unit was put in March, a pipe broke and flooded a large portion of our basement. This happened one week before my partial mastectomy. Test results back from the cancer surgery and there was a small invasion outside the duct, so I had a second surgery in April to check lymph nodes to determine if the cancer had spread. They only had to remove two nodes and fortunately it had not spread. I did not need chemo, and I only needed 5 radiation treatments. By the time I was finishing the radiation treatments, I had a biopsy on the inside of my mouth to determine what some suspicious white patches were on my cheek. It was dysplasia, which is a pre-cancerous condition, I opted to have my mouth lasered to remove the dysplasia rather than take a wait and see what happens approach. This was done in July and was a very painful ordeal which took 12 weeks to heal. And mind you, this was only the 1st half of the year.



This does not sound like I am counting blessings, but it takes trials, hardships and sometimes pain to truly know how blessed one is. My cancer was caught early, it did not spread to anywhere else in my body. I had friends and family show an amazing outpour of love and support. The furnace quit right after a week of 0-degree weather and was running again right before another cold spell. The flood damaged the flooring in our basement, but nothing else was ruined. The water stopped right before it got to my craft room, which would have been a terrible loss to me. My white patches in my mouth were not cancer and were successfully removed.

Sometimes when things are difficult, it is only afterwards that we realize God's protection, but in almost everything that happened this year, God's presence was evident immediately. I cannot express to you how blessed I feel to be standing here with you tonight.

Some things for us all to consider when we count our blessings is that we were born in America where there is not a conflict in our land.  $\frac{1}{4}$  of the people in the world do live in an area of conflict and the chance you were born in America is 2.57%. We all have homes over our heads and food to eat,  $\frac{1}{2}$  the world's population lives on less than \$6.85 per day. The odds of any of us being born who we are is 1 in 400 trillion. Yet here we are.

As I found out 1st hand this year, as extension members we have strong, supportive ladies beside us. When life gets difficult, you step up to help and that is priceless.

We are making blessing bracelets tonight and there is a blessed tag to put on them, it is my thank you to you for the support you have given me during this very eventful year. We hope the bracelets serve as a visible reminder to you that you are truly blessed and to count your blessings every day.

# 77th Northeast Homemakers Camp 2024

The 2024 Area Extension Homemaker camp took place once again at Shiloh Park in Marion Indiana. Ellen Campbell proudly represented Noble County as Camp President this year. The Theme this year was "Cooking Up A Storm". Campers enjoyed 3 days of activities, crafts, workshops and presentations. As well as delicious meals and time with friends.

Keeping with the Cooking Theme, Abigail our Noble County HHS educator taught a lesson on Small Appliance cooking and passed out cookbooks courtesy of the Extension Office. If you would like info on the lesson, feel free to contact the Extension office.

If you have never been to camp before we strongly encourage you to check out this great opportunity to connect with other Extension Homemakers in our area.



Our represnatives from Noble County



Raptor Rescue Presentation



Cooking themes in the decor

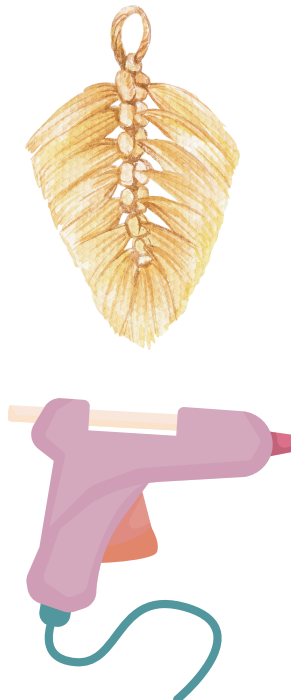


Scream-O Fun!





# EH Camp 2024 Crafts & Activities







**Congratulations to our  
2024  
Noble County  
Extension Homemaker  
Of the Year  
Bonnie Sanders**

**Indiana Extension Homemakers Association  
Awarded on October 24th, 2024**



***Congratulations to our 2024 Noble County Extension Homemaker of the Year  
Bonnie Sanders!***

Bonnie has been a member of Country Friends club since 2016. Bonnie is very active and is always willing to do things to help others. She has 4 children, 7 grandchildren and 10 great grandchildren. She helps with activities in her community and the Baptist Church. Bonnie's homemaker activities include working at Project Day, sewing book bags for First Books for Kids, attending Homemaker's camp, leading crafts at Homemaker's Camp, baking for Bake-A-Rama, attending county and district activities, reading for First Books for Kids and being a hostess for her club.

***Thank you for your exceptional service to the Noble County Extension Homemakers and to the community we serve.***



Extension - Health and Human Sciences

**NORTHEAST INDIANA  
(EXTENSION AREA XI)  
SERVSAFE® TRAININGS  
AND EXAMS**



**ServSafe Food Handler 2025 in Noble County  
Community Learning Center, Kendallville, IN)**

- **March 14th**
- **May 16th**
- **June 11th**
- **September 19th**

**For more information  
contact Abigail Creigh  
260-636-2111**

The ServSafe Food Handler course is for anyone who needs basic food safety and food handling training, including home-based vendors, food service workers, volunteers, or others who work with food who only need the basic training. This course is NOT intended for foodservice managers. To obtain your foodservice manager certification, you must take the ServSafe Food Protection Manager course and exam. ServSafe Food Handler satisfies training requirements for HBVs outlined in Indiana House Bill 1149. This program focuses on key aspects including basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation.



**DECEMBER 2024**



**DEC 2ND**

**Celebrate  
with  
Elevate!**



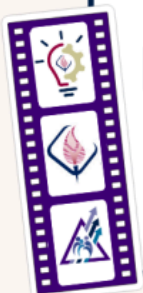
**DEC 3RD**

**Where in  
the World  
is Ellen?**



**DEC 4TH**

**Memories  
that  
Motivate**



**DEC 5TH**

**Individuals  
that  
Impact**



**DEC 6TH**

**Feature  
Friday: FCS  
Festivities**



**#ELEVATEFCS #AAFCS #FCSWEEK**





Most Current Recommendations

## **Preserve it Now... Enjoy it Later!**

Valuable Resources, In-depth Lecture, Hands-On Labs, and Interactive Discussion

### **Boiling Water Canning – Jams and Jellies**

Cost is \$30 for the workshop and includes a take-home product made that day.

#### **Lecture**

**November 13, 2024**

**4 PM – 7 PM ET**

#### **Location**

**Community Learning Center  
401 E. Diamond Street,  
IN 46755**

**Registration is required by November 11th:**  
**<https://culinaryarts.eventcalendarapp.com/u/43639/336042>**



## **First Books for Kids Off to a Good Start**

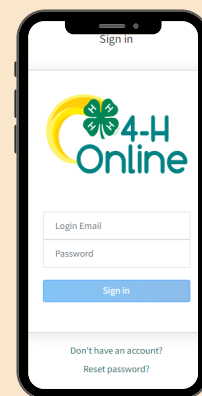
In September seventy pre-school children across the county enjoyed books read to them by Noble County Extension Homemakers. All three-year-olds received a copy of the book in an attractive book bag made by the homemakers, and four-year-olds at Ruth Stults preschool received a book but not a bag. This group had never been read to before. We were glad for the invitation by the school to include them.

Lorna Jo Atz and Fancheon Resler read the book “Too Many Pillows” to those three classes in Ligonier. The students were good listeners and enthusiastic about our reading. A new sticker book entitled “Elmo's Alphabet Fun” delighted the children at Albion's Trinity United Methodist preschool. They happily joined Fancheon, Rita Frech, and Melva Kolopanis in singing the alphabet song we all learned as children, which is actually in the book. Fancheon and Bonnie Sanders read and illustrated the same book to two large classes at Kendallville Bright Point.

A grant of \$800 has just been received from REMC for purchasing the books we will need for two more rounds of reading this school year. We will again be making book bags in our homes during the winter months so that we will be ready to start again next fall.



**2024-2025  
4-H Enrollment  
Open Now!  
Go to [4honline.com](https://4honline.com) to sign up!**



*Re-enrollment is required yearly. Adult volunteers must enroll annually as well and complete required trainings and background checks. Contact the Extension office for help with enrollment.*



The 2024 fall gathering was held on October 24th at Berean Baptist church in Albion. The Theme this year was “Count Your Blessings” and as we continue into the Holiday season we encourage all of you to focus on the many blessing we have all been given in life. Our Home maker of the Year was awarded to Bonnie Sanders. A “Blessing Bead” activity was presented by Lorna-Jo Atz. Participants enjoyed a lovely evening of dinner and fellowship.



### **Fall Project recap:**

Twenty seven gowns were made for Parkview Hospice at Project Day October 15 at the Community Learning Center. Helping with the gowns were Janet Ritenour, Margaret Menges, Becky Thompson, Sandy Riegsecker, Fancheon Resler, Susie Hague, Rita Frech, Bonnie Sanders, Sharon Cripe, and Ellen Campbell.



**Purdue Extension HHS challenges you to participate in “Dine in for Healthy Families” Day on December 3rd. Try cooking a healthy meal for your family or friends at home.**

*Dining at home helps you understand what all goes into your food as well as understanding cost savings. Invite friends over to share recipes and encourage healthy habits to those around you!*

*Need help finding a healthy recipe? We can help! Contact the Extension Office and we can guide you in finding a recipe that might will work for you!*



*Here are some great hearty recipes to try this fall  
courtesy of The Family Dinner Project.org*



## **Ratatouille with Chickpeas**

This recipe for Ratatouille with Chickpeas comes from NuCook, and was used as part of our plant-based Dinner in a Box collaboration with Massachusetts General Hospital Revere Food Pantry. You can substitute different vegetables, such as zucchini, red onion, or different colored peppers to use what you have on hand. Serve this over pasta or rice, or with some crusty bread.

### **Ingredients (Serves 4-6)**

- 1 pound eggplant, cut into 1-inch pieces
- 12 ounces yellow summer squash, cut into 1-inch pieces
- 2 red bell peppers, stemmed, seeded, and cut into 1-inch pieces
- 10 ounces grape tomatoes or 12 ounces cherry tomatoes
- 3 shallots, sliced thinly
- 3 garlic cloves, sliced thinly
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- 1 can low sodium chickpeas, rinsed and drained
- 2 teaspoons fresh thyme or 1 tsp dried
- Zest from one lemon
- ½ cup pitted kalamata olives, halved
- ¼ cup thinly sliced fresh basil

### **Instructions**

1. Adjust oven rack to middle position and heat oven to 450 degrees.
2. Toss eggplant, squash, bell peppers, tomatoes, shallots, oil, garlic, chickpeas, thyme, 1 teaspoon salt, and 1 teaspoon pepper together on a rimmed baking sheet and spread into an even layer.
3. Roast until vegetables are slightly softened and charred in spots, about 30 minutes, stirring halfway through roasting. Remove sheet pan from oven.
4. Stir olives, lemon zest, and half of basil into vegetables. Transfer to a platter. Sprinkle with remaining basil and serve.





## Easy Cheesy Beef Stuffed Shells

We got the recipe for these Easy Cheesy Beef Stuffed Shells from the Meal Plan Addict. She shares that the fully baked shells are a great freezer meal – just be sure to cool them completely and wrap securely before you freeze them, and they'll last up to 4 months. When you're ready to reheat and serve them, defrost the shells completely before warming them in a 400 degree oven.

### Ingredients (Serves 8)

- 16 Jumbo Pasta Shells
- 1 lb Ground Beef, Lean
- 3 cloves Garlic, minced
- 1 tablespoon Italian Seasoning
- Salt and Pepper to taste
- 2 tablespoons Parmesan Cheese, grated
- 1/3 cup Panko bread crumbs
- 2 cups Pasta Sauce
- 1 cup Mozzarella Cheese, Shredded

**Courtesy of Family Dinner Project.org**

### Instructions

1. Preheat Oven to 375° F.
2. Boil the Jumbo Shell noodles according to the directions on the box, drain and run under cold water. Set aside. Make sure they are only cooked to al dente, or they will rip and be difficult to stuff.
3. In a large bowl, mix ground beef, spices, garlic, parmesan and panko.
4. Stuff the shells with the ground beef mixture (Tip: use a cookie scoop!)
5. In a 9 x 11 baking dish, evenly spread 1 cup of the pasta sauce.
6. Place stuffed shells on top of sauce in baking dish.
7. Cover stuffed shells with remaining pasta sauce and top with mozzarella cheese.
8. Bake covered for 10 mins and then uncovered for 15 more mins. Use a meat thermometer to ensure beef is at least 160°F before serving.

## I am thankful..... A poem by B.L Anderson

I am thankful for the things I can see and the things unseen.  
I am thankful for feelings of joy that cast out all the gloom.  
I am thankful that the smallest light can extinguish the darkness  
I am thankful that even at my lowest I know that I am loved  
I am thankful for hope that surpasses all understanding  
I am thankful for you and all that you bring to this world

Purdue Extension - Noble County  
Health & Human Sciences - Extension Homemakers



### Your 2024-2025

#### Noble County EH Officers:

Sharon Cripe, President

Fancheon Resler, Vice President

Ellen Campbell, Treasurer

Harriet Stuff, Secretary

Margaret Menges, Past President

Having an attitude of  
gratitude every day makes  
us aware of the blessing  
that come our way.

Have something you want to share in the Newsletter or online?!? Would love to see any pictures, articles, updates or suggestions for the newsletter! Feel free to contact Brandy. Email: [Ande@putdue.edu](mailto:Ande@putdue.edu) or call 260-636-2111.

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