



The Extension Line

December Issue, 2008 News for the LaPorte County Extension Homemakers

Would You Like to Put the Happy Back Into “The Happy Holidays”?

Important Dates to Remember

Monday, January 12, 2009 — 9:30 a.m.—Nominating Committee Mtg. at Extension Office—all Club Presidents

Tuesday, February, 10, 2009—9:30 a.m.—Program Planning Mtg. at Extension Office—all Club Presidents

Tuesday, March 31, 2009—Extension Homemakers Retreat— LaPorte County Public Library, 904 Indiana Ave., LaPorte (Details inside)

Thursday, April 30, 2009—International Fare—(Details inside)



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As if day to day living is not challenging enough, the holidays can add additional demands and significant stress if we are not careful. Now we know that unmanaged stress can take a toll on us, our co-workers, and families. Unmanaged stress that lingers over weeks or months is called “chronic stress” and this can hurt our health, our relationships, and our work performance. Some experts have even said that chronic stress may be the ultimate risk factor for disease and may be the cause of 50% of all disease such as migraines, digestive problems, mental illness (for example anxiety and depression), high blood pressure, asthma, ulcers, tooth decay, the common cold, and insomnia. The good news is that we can take steps to better manage our stress. Studies in stress management have shown that assertive communication, exercise, relaxation, time management, helping others, developing a personal support system, and unwinding are valuable ways of coping. During the holidays, we need all of these skills plus the ability to make and manage a plan. Put the happy back in your holidays with these three steps:

- * Prioritize needs & wants
- * Plan to allocate resources
- * Manage plan A & prepare plan B

Step One—Prioritize Needs & Wants

For some of us, the fall/winter holidays begin at Halloween & continue until Valentine’s Day—almost 3 1/2 months of partying, decorating & eating candy! If we are not careful we will run out of time, money, energy & support. To head off these problems we can make a realistic plan for our resources based on THIS YEAR’S needs & wants. What is most important to you this year? In what ways is this year different from last year? How much time do you have to devote to these important things: When will you schedule the time on your calendar? How much money will it take to support these important things? When will you make a budget for holiday spending? How much energy do you have to complete these tasks? What support is available from family & friends to assist you with these important holiday activities?

Step Two—Plan to Allocate Resources

After determining what is important THIS YEAR, we need to decide what resources are necessary to make the plan a reality. Remember to consider time, money, energy & the support of significant others as resources that may or may not be available to you. Look for ways to curb the urge to splurge in any of these resource areas.

- * **Money:** How much can you afford to spend for the Holiday? If you are planning to use credit, how long are you going to spend paying off Christmas purchases? How much time do you have to spend on Holiday shopping, crafting, decorating & partying? Leave some time open for last minute invitations, shopping or cooking. Plan your spending carefully. Make a budget for the holidays & then cut the budget by 30% & stick to it! Freeze your credit cards in ice if that is your downfall, take only 1 check at a time if you are not willing to balance after each check. Use the envelope system

& allot money for each person on the list, fill the envelope with cash & when the envelope is empty—check them off the list & move on down the list. If you have money left, save it for next year or include it in the gift. Shop for sales, shop on line, & look for free shipping. Shipping should be a planned expense not an additional cost of the holidays.

- * **Energy:** Be careful not to over plan your energy. If you work, then you may need to plan with a friend for a day of cookie making, etc. Partner shopping with eating out, & a family meal with crafting so that you are not too tired to enjoy the time together.
- * **Support:** Get everyone involved in the planning & preparing. Assign decorating to everyone. Let each child decorate a tree for their room, bushes with outdoor lights, table top displays. Give them the items & the area & turn them loose.
- * **Time:** How much free time do you have. What other activities can be put on hold until after the holidays so that time can be transferred to supporting holiday activities? How an you do things differently to save time? Perhaps entertaining with an appetizer or dessert buffet instead of a traditional holiday meal. What about drawing names for a gift exchange instead of buying a gift for everyone?

Step Three—Manage Plan A & Plan B

THIS YEAR make sure the plan is on paper & communicated to others as soon as possible.

- * Consider all of your resources (time, energy, money & support) & reduce the expenditures by 30% to account for unforeseen events & perhaps—just perhaps, you might manage a few minutes of free time to take a breath, take a break, & just ENJOY your success.
- * Put planned activities on your calendar. If the activity will take several steps, break it down & put each major step on the calendar. For example, the holiday meal requires a plan, involving others if it is a shared meal, grocery list, buying groceries, preparing the food & serving the food. Those six steps should be on the calendar with adequate time set aside to complete each. Make your goals SMART which means that they will be specific, measurable, & achievable, rewarded & have a timeline. Sound crazy—are you kidding? Pulling off this holiday event is not for sissies—it’s for sensible, skilled & savvy individuals just like you!
- * Have a Plan B just in case—for example, if you can’t get to the homemade cookies, buy a roll of store-bought refrigerated cookies (when on sale of course) to keep on hand.

Curb the Urge to Splurge

- Is the activity/purchase a priority and a part of the holiday plan?
- How long will the joy of the activity/gift last?
- Is there a less expensive/just as enjoyable option?
- If I use credit, how long will it take to pay off?
- If I wait 24 hours, would I make the same decision to buy or participate in this activity?

Take a deep breath, take a walk, & think about how this activity/purchase fits into THIS YEAR’S plan before you commit.

Put the Happy back into your Holiday!

Cut out, copy & put everywhere—the refrigerator, your wallet & around your credit card!



Retreat: Swing into Spring

Let's welcome the warm & wonderful days of spring by gathering for our 2nd retreat which will be held on Tuesday, March 31, 2009 at the LaPorte County Public Library. The days events promise to get you in the swing for a sensational spring! Three workshops will be available—these are “Places to Visit in Indiana” with Allison Goshorn, CFS Educator, “Start Your Day the Right Way” with Corinne Powell, CFS Educator and “Consumer Safety Concerns” with Annetta Jones, CFS Educator. And since everyone really hustled at our last walk, this retreat too will feature a “walk around the block” with a few surprises along the way. After the walk we can relax for a few minutes and enjoy a presentation from the staff at the LaPorte County Public Library. Next we will enjoy a sumptuous carry-in meal. Following the meal, two of three workshops will be repeated. One copy of each of the lessons presented will be available for each club to take with them. See you in the Spring!

Try these workshops for a sensational spring

“Places to Visit in Indiana” - Most families are looking for safe, fun & affordable travel ideas. This workshop focuses on places to visit in our county as well as in northern Indiana. Includes a look at Agritourism as well as trip planning tips and resources.

“Start Your Day the Right Way” - Do you want a bright start to your day? Well then, eat breakfast. A healthy breakfast refuels your body and jump-starts your day. Learn to select healthy options that fit your lifestyle, and then put breakfast back into your morning!

“Consumer Safety Concerns” - Help keep you and your family safe by becoming aware of issues that could put all or you at risk. There are home hazards, product recalls, and on-going food safety concerns. Consumers need to become more responsible, be pro-active and follow through when they have concerns.

Registration begins at 3:15 p.m. with the first two lessons “Start Your Day” or “Consumer Safety Concerns” starting at 3:30 p.m. At 4:30 p.m. there will be a “Walk Around the Block” and at 5:00 p.m. the carry-in dinner. The last of the lessons “Start Your Day” & “Places to Visit in Indiana” will be presented at 6:00 p.m. A donation of \$1.00 for Extension Homemakers and \$2.00 for non-members will be used to cover the cost of beverages and paper products. To register please contact the Extension Office at (219) 324-9407 or email Terri Logan at tlogan@purdue.edu.

DRUG-FREE WORKWEEK

It was great to have such a huge participation from the area schools and youth service organizations in the Poster Contest for Drug-Free Workweek in October. We had over 100 entries for the poster contest and all of the entries were great! Also, thank you to the Extension Homemakers for helping at the breakfast that was at Purdue North Central. Below are the winners of the contest:

Elementary Category: Grand Prize Winner: Elspeth Young-Brust, South Central Elementary
Winner: Miyanna M. Jenkins, Boys & Girls Club of Michigan City
Winner: Aly Wireman, Safe Harbor, Springfield, Michigan City
Honorable Mention: Alexis Jordan, Boys & Girls Club of Michigan City

Middle School Category: Grand Prize Winner: Jessica Bohlin, YMCA Afternoon Rock in Indiana
Winner: Theodore Schaetzle, Notre Dame Catholic School
Winner: Bobby Prather, Paul F. Boston Middle School
Honorable Mention: Rachel Paar, Paul F. Boston Middle School

High School Category: Grand Prize Winner: Heather Kelper, South Central High School
Winner: Kaitlin Schaffer, South Central High School
Winner: Madelyn Sims, South Central High School
Honorable Mention: Deanne Wright, South Central High School

We also had several participants that are enrolled in 4-H program: Jacob Geissler, Springfield School/Safe Harbor; Allison Smith, South Central Elementary; Sienna Meloy, South Central Elementary; Sarah Smoker, South Central Elementary; Reily Clark, South Central Elementary; Kaitlyn Metts, South Central Elementary; Brooke Goodwin, South Central Elementary; Audrey Gemberling, YMCA Afterschool Rocks in Indiana; Cody Brewer, YMCA Afterschool Rocks in Indiana; and Elspeth Young-Brust, South Central Elementary

WISH LIST FOR THE RONALD McDONALD FAMILY ROOM At Memorial Hospital in South Bend

The Ronald McDonald House in South Bend is still in need of donations so they can keep servicing local families and children. Below is a list of items that are on their Wish List:

- ♥ **Gift Cards** in any amount i.e. Sams'Club/WalMart, Meijer, Target, Martin's (for perishable foods)
- ♥ **Pop Tabs**—Save for recycling. For more information contact the Family Room at (574) 647-3020.
- ♥ **Food**—individual snacks (i.e. chips, pretzels, etc.); single serving boxes of cereal; coffee (regular & decaf); canned fruits and vegetables, apple juice, orange juice, lunch meat, hot dogs, hamburger
- ♥ **Kitchen & Bathroom items:** toilet paper, automatic dishwasher soap; trash bags (13 gallon); plastic storage bags (1 gallon); paper towels; glass stovetop cleaner
- ♥ **Office Items:** Postage stamps, copy paper
- ♥ **Personal Care Items:** (sample sizes) - deodorant, shaving cream, combs, toothbrushes, disposable razors

Wish List Items may be delivered to:

**Ronald McDonald Family Room at Memorial Hospital (3rd Flr.)
615 North Michigan Street, South Bend, IN 46601
(574) 647-3020**

INTERNATIONAL FARE



The members of Charm n' Chatter and Wills Twp. are working hard on the final plans for "International Fare 2009" which be held on Thursday, April 30, 2009, at the First United Methodist Church, 1225 Michigan Avenue, LaPorte. Registration will begin at 6:00 p.m., with dinner being served at 6:30. Sweden is the country they have chosen for this event, which will be wonderful! More details will be sent to all Club Presidents as soon as we have them.

PIZZA HUT "FUN"D RAISER



The Pizza Hut "Fun"draiser is still going on. If you purchase a pizza from Pizza Hut in LaPorte on the following dates, January 5, 2009, February 10, 2009, March 11, 2009 & April 13, 2009, the Extension Homemakers will receive 20% of the purchase made. You must take the enclosed form when you go to pick up your pizza & have the person who waits on you, staple the form onto the receipt which they keep. The phone number for Pizza Hut is (219) 362-3000 and their address is 75 Pine Lake Avenue. If you need another form, more are available at the Extension Office.



Ruth B. Sayre Scholarship

The Country Women's Council USA (CWC) offers the Ruth B. Sayre Memorial Scholarship for the purpose of fostering educational development of women. Applications for the Ruth B. Sayre Scholarship may be obtained at the Extension Office. Stipulations are that the applicant shall be a woman and a resident of the U.S.A. Application is made through an ACWW/CWC affiliated society (which IEHA is affiliated). To request an application please call the Extension Office at (219) 324-9407. **The completed application along with attachments are due by January 15, 2009 to Gloria Del Greco, IEHA President, 18448 Eagletown Road, Westfield, IN 46074. Telephone number: (317) 753-5747.**

Indiana Extension Homemaker Association First Timer Award



20 Awards of \$150.00 each are offered by IEHA to attend the Home & Family Conference from June 10-12, 2009, at Purdue University. Two Extension Homemakers from each district will be selected. Only those who have never attended the entire Conference will be considered. Applications along with a short essay of 200 words or less on the topic "Why I want to Attend Home & Family Conference" are **due to the District Representative by March 9, 2009**. For an application please contact the Extension Office.

Career Advancement Scholarship

Indiana Extension Homemakers Association is an organization affiliated with the Cooperative Extension Service and Purdue University and is interested in furthering education, leadership and community volunteerism. IEHA is offering eight (8) \$500.00 scholarships to Indiana Homemakers who are twenty-five (25) years of age or older. One (1) scholarship to an IEHA member, one (1) to a degree in the medical profession and six (6) random scholarships. Membership in IEHA is a qualification only to be considered for the Eleanor Arnold Awards. This does not give preference for the remaining seven (7) scholarships. These scholarships are to be used to complete education or upgrade vocational skills. Preference will be given to a person studying an undergraduate level. The application is to be **POSTMARKED by March 16, 2009 and sent to: Shirley Nix, 1300 Zartman Road, Kokomo, IN 46902. Telephone number: (765) 453-5908**. For more information or to receive an application, you may call the Extension Office at (219) 324-9407.

Conference Window Application

The windows at Home & Family Conference will be available for counties to showcase programs or projects that have been successful in their county. This will also be a means of sharing information & getting ideas to use in your own county. This is **OPEN TO ANY COUNTY**. All windows **MUST BE COMPLETED BY 7:30 P.M. ON MONDAY** before the conference. If you are selected for a Conference Window, **YOU MAY NOT SUBMIT THE SAME PROJECT THE FOLLOWING YEAR**. All applications **MUST** be received by **APRIL 1st**. All programs and projects should be completed between July 1, 2008 and June 30, 2009. You may pick up an application at the Extension Office.



FIRST BOOK FOR KIDS

Do you love to read to children and see the wonder in their eyes as you read along with them? Then this is a project for you! Karen Schultz, coordinator of First Book for Kids in LaPorte is looking for ladies (or gents) who would love to read to children at pre-schools in LaPorte County. If you are interested, please contact Karen at (219) 324-3396. Make this a Volunteer Project for your club. What a great experience. Also, each child receives a copy of the book that you have read to take home!

NEW MEMBERS

If you have a new member join your club, please be sure to turn in the new member's dues along with their address and phone number to Kathy Ulman, Treasurer and Terri Logan at the Extension Office so we can be sure to get the new member's information into our data base. Terri will also be sure to send them the latest newsletter.

Proposed Constitution Changes

Back in September a letter was sent to all Club Presidents regarding changes to the LaPorte County Extension Homemakers Constitution. Please be sure to review these changes with your club members at your meeting. The changes have been read at the past two Council meetings and will be read again and voted on at the March Council meeting on Tuesday, March 3, 2009 at 6:00 p.m. Please plan to attend.

CLUB CORNER

Town & Country Extension Homemakers have been collecting items for Good Shepherd Food Pantry at their monthly meetings. County President, Mary Nowatzke attended our November meeting at the home of Shirley Reinfurth. Five members went to the Council Holiday Party at Red Mill County Park on December 2nd. We will have our Christmas outing on December 12th at Best Western Inn, with dessert afterwards at the home Adeline Macalka.

Sincerely,

Sandra Provan, President

VOLUNTEER COMMUNITY SUPPORT

The various food pantries in LaPorte County are in dire need of food donations to help the families of LaPorte County. If at each club meeting, each member brought one item to be donated to a local food pantry, it would make a fantastic difference in the lives of a family that is struggling in these hard times.

219-324-9407 or 1-888-EXT-INFO