



# District Update

## Newsletter for the Fort Wayne District of the Indiana Extension Homemakers



Volume 1, Issue 1 | District Representative, Stephanie Jerabek

October 2024

### Dates to Note

October 21-26 IEHA Week

October 26 Make a Difference Day

November Huntington Co. Scrapbook Crop & Quilting Day

October 23 DeKalb Co. Beef & Noodle Dinner 4:30-6 pm Free

November 15 & 16 DeKalb Co. Cookie/Candy Stroll 8:30 am-2 pm, \$10 lb.

November 2 Whitley Co Holiday Bazaar at 4-Center, Whitley Co Fairgrounds

December 7 Huntington Co Cookie/Candy Sale 9 am-noon

2025

February 15 Applications Due for State Officers/District Secretary/Treasurer

IEHA Website:  
[ieha-families.org](http://ieha-families.org)

Dates to Note

Notes from the DR

District Meeting Notes

NVON Project in Common

Cultural Arts

Care Boxes

Communication is Key!

## Notes from the DR

Welcome to my first newsletter of the Fort Wayne District of IEHA! In each issue, I will try to update you on the current topics of interest to Indiana Extension Homemakers and the latest news from the State Board as it pertains to you and your county. I hope that you will join me as we "Discover the Magic of IEHA!"

We have all completed another year of fairs and festivals and, with the feel of autumn in the air, it is time to turn to indoor activities. As IEHA week approaches, I trust that you are busy with activities in your counties. In Huntington County, we have gathered to create Care Boxes for the less fortunate, sewed tote bags and have started reading to Head Start students. I wish you and your members much success with your IEHA Week activities. If you don't have anything planned, you still have time to make a dif-



ference on Saturday, October 26, the nationally recognized Make a Difference Day.

It may not always seem like a big deal to you, but as our IEHA State President pointed out at our District meeting, sometimes the simplest gesture will make a huge difference for someone else.

*With fond regards, Stephanie*

## FORT WAYNE DISTRICT MEETING

- The Fort Wayne District meeting was held on Thursday, October 17 at Sweetwater Sound, Fort Wayne, Allen County. The theme was "The Next Chapter" and the speakers for the day offered insight about books and writing. Krista Layman, founder of Kate's Kart, offered a heartfelt message about that wonderful service to hospitalized children in memory of her late infant daughter, Kate. Gloria Doty, Christian author and local writer, offered her message that one always has a next chapter in life. Sometimes we write our own chapter and, sometimes, it is written for us and we can only adjust to those circumstances. Bookmarks as table favors and book bundle centerpieces helped to accent the theme. Vicki Foster recapped her First Timer experience at H & F Conference and Cathy & Linda lead us in a Leadership activity. We had 18 First Timers to District Meeting and 132 members were in attendance. The collection of Coins at lunchtime took in over \$100 and the Silent Auction took in over \$900. This will be split between the host county, Allen, and the District to cover expenses. The current president's shirts flew off of the Logo table, with logo bringing in over \$600. Stephanie thanks everyone for helping to lighten her logo load! The day also included insightful messages from President Elect Cathy Wilkymack about the Home & Family Conference, the NVON Conference and the CWC meeting that took place over the summer. IEHA President Linda Carunchia spoke about making a difference in the lives of others. She spoke of the personal impact of small gestures made and the big impact that they have on others. Care boxes for others is a great way to show the homeless and under privileged that they are not forgotten.
- Stephanie thanks Allen County for being great hostesses for the day, Whitley Co for name tags, LaGrange Co for the table favors, Noble Co for the door prizes, Huntington Co for assisting at the Logo table and the counties that offered inspirational, grace and closing thoughts. A delightful time was had by all attending and we invite you join us in Steuben Co in April.

## National Volunteer Outreach Network Update

NVON is continuing the Bee-Cause Pollinators Feed the World Project to the end of 2025 because of the success of the project. The new NVON Project in Common will begin January 1, 2025. Mental Health Awareness and Mental Health Wellbeing will run until the end of 2027. The goal is to increase awareness in our communities through:

- Education and programs
- Mental health first aid trainings
- Sponsoring community events
- Partnering with other organization and businesses to promote mental health awareness.
- Fundraising for local and national mental health groups



More information on both projects can be found on the [nvon.org](http://nvon.org) website under the Projects in Common tab.

## Cultural Arts 2025

The Cultural Arts Special Project for the 2025 H & F Conference is a single table placemat. One entry will be accepted from each county along with one entry from your county for the regular Cultural Arts project. Now is the time to start your entry for Spring judging in your county. See your county president for dimensions and entry dates.



### Remember...Communication is Key!

Many of our members do not realize (or want to forget) that we are **more** than just county club members. Our goal as Extension Homemakers is to **pass on to others what has benefitted us** and that includes reaching out to all of our sisters and their families around our country and world. Yes, what you do locally is important but it may take just a moment more of your time and efforts to reach others in our nation or our world. Every little thing that you do may effect someone else and mean so much more to them than you even will know. This bullseye example shows how we are all connected. Reporting those volunteer hours are important!



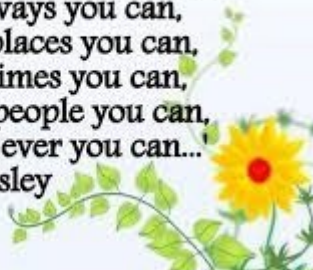
## CARE BOXES—Giving to the Less Fortunate

The State project that President Carunchia is suggesting during her term is Care Boxes. These are small containers designed to bring convenience for those who have little access to the little things that we take for granted. Any small container will work: a new take-out container, a zip-lock bag, a small clear box. Most of these items can be purchased at any dollar store. Items to contain:

- Several Band-aids
- Safety pins
- Needle and thread
- A couple of shirt buttons
- Washcloth, soap
- Toothbrush and paste

Notes of encouragement are available for you to print and include your county. Places to distribute: Food pantries, meal ministries, libraries, schools, "Blessing Boxes." Contact your local social service centers for more locations in your communities. Boxes should be self contained and easy to carry. Don't forget your schools with your donations. Always in need are children sized, neutral colored sweatpants, socks, underwear, knit gloves, and feminine products (pads). Contact your local schools for their specific needs. You might also inquire if your school has a Back Pack program and what those needs are. Make sure that your food items are in containers that a child can open themselves.

**Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can...**  
- John Wesley



Don't forget to check the IEHA website for additional information. Content is being added everyday. Forms, Presidential Pointers and contact information for all of the state officers are here. I am your representative to the state board so don't hesitate to ask me if you have questions or concerns. I am happy to answer any questions that you might have at anytime.

**TEAMWORK**  
*makes the dream work...*

If you have items that you would like to have included in the newsletter or something to share, send it to me via e-mail at [ssjerabek@gmail.com](mailto:ssjerabek@gmail.com) Share information from this newsletter with your club and county members.

**Act as if the whole  
election depended  
on your single vote.**

*John Wesley*