



PRESIDENTIAL POINTERS

Newsletter

Indiana Extension Homemakers Association®



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IEHA President : Linda Carunchia

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A message from your president ...



Linda Carunchia
IEHA President
2024-2025

Does anyone else wonder what happened to 2024? It is hard to believe that we are headed into a new year and that my term is nearly half over. This has been a tremendous ride so far and it is my hope to continue to **“Discover the Magic of IEHA”**.

Some of you may find this hard to believe.....but, as I sit here watching my 129th Hallmark Christmas Movie and trying to decide if I can figure out how it will end ? HAHAHA I am short on thoughts and words. It is my hope that we all survived the holiday season with some of our sanity intact. This is a great time of year but also WAY too stressful and we let this happen and do it to ourselves.

I am so proud of all the great events that IEHA members are putting together across the state. I am very impressed with the variety of “Care Boxes” that have taken shape! Literally in all shapes and sizes!! Way to interpret this project in so many different ways...yet continue its purpose and intent. I know these are appreciated. If you are running out of places to deliver to: schools, food pantries and blessing boxes are just a few other places than shelters.

I am pleased to announce that I have printed three new charter certificates for new clubs and have been told of a couple more possibilities. We are growing! Keep up the good work. Ask your neighbors, the lady at the grocery. We have good things to offer. Let others see it too. Advertise YOURSELVES!!!! No one else is going to toot your horn for you. Get your county to make a pamphlet to hand out explaining who you are and what amazing things you do. Let’s NOT keep being Indiana’s Best Kept Secret!

I’ll leave you with this:

Hate has 4 letters, so does Love, Enemies has 7 letters, so does Friends, Lying has 5 letters, so does Truth. Negative has 8, so does Positive. Under has 5, so does Above. Cry has 3 letters, so does Joy. Anger has 5 letters, so does Happy. Right has 5 letters, so does Wrong. Hurt has 4 letters and so does Heal. It means that life is like a double edged sword....so transform every negative side into an aura of positivity.....We need to choose the better side of life.

To all members: NEVER FORGET HOW RIDICULOUSLY **FABULOUS** YOU ARE!

Till next we meet...

“Discover the Magic of IEHA”

Linda Carunchia



Home & Family Conference JUNE 2-4, 2025

Embassy Suites & Conference Center
Noblesville, Indiana

- ⇒ Monday will be a full day of options for attendees including a Tour and Lunch, Heritage Skills and Craft Classes, and Evening Entertainments i.e. Open Mic Night and games!
- ⇒ Tuesday will consist of the Annual Business Meeting, Keynote Speaker – Rik Roberts, Concurrent Sessions covering a vast range of topics that you will be able to take back to your clubs and communities, Vendors, and the Melody Makers Concert.
- ⇒ Wednesday will consist of a Leadership Speaker, Celebration Event with awards and recognitions, Installation of Officers, Door Prizes and more!

Come Join the Fun!

SAVE THE DATE



Cultural Arts – from Focus Day 2024

Cultural arts occur whenever creative people decide to artistically enhance what is around them. ~Dave Wright

We had some good conversations around cultural arts – what worked at the conference, what didn't, and how to display the Special project - **placemats** that you are all hopefully working on! Guidelines: up to 14" x 20" is the maximum, however, you can make it smaller. It can be rectangle, oval, round just as long as it is not over the 14" x 20". You can use any medium you like: plastic, canvas, crochet, knit, quilting, whatever you desire. We look forward to seeing all the county winners!

The other categories for the 2025 Home and Family Conference are the same:

1. Quilts
2. Needlework
3. Knitting/crocheting
4. Crafts/miscellaneous.

Let me know if you would like to see changes in any of these categories for the 2026 conference.

We plan to announce the project for 2025 in an upcoming issue of Presidential Pointers.

Awards- we plan to do certificates again this year.

You can help. We need help with checking in and setting up. As of now – the schedule is from 9 am to 5 pm on Monday; Tuesday open from 7:30- 8:30 am, and 1:15 to 4:45; voting until 6 pm tentative.

Wednesday: pick up beginning at 7:45 am.

It is so exciting for all of us to see everything that has been worked on during the year. What creativity and such a variety!

Thanks,

Ruth Ann Hendrix — Bedford District Rep and Cultural Arts Chair

NVON PROJECT IN COMMON

The new Project in Common for NVON kicked off January 1, 2025, and will run through December 31, 2027. This Project’s focus will be Mental Health Awareness and Wellbeing. The Theme is ...

Break the Stigma, Ignite Hope. Mental Health Matters.

The goal is to increase awareness in our communities through:

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

There are 8 Dimensions of Wellness:

- § Physical Wellness § Emotional Wellness
- § Social Wellness § Intellectual Wellness
- § Environmental Wellness § Spiritual Wellness
- § Occupational Wellness § Financial Wellness



All dimensions interconnect with one another and are equally important in obtaining holistic well-being. We can reach ultimate wellness by fully understanding and working towards optimizing each dimension.

Learning about the various dimensions can help you choose how to make wellness a part of your everyday life.

Project information and links are available on the NVON Website. Please visit their page and click the links for further information for yourself as well as information that can be shared with your clubs and counties. There are specific topic links such as *Farm Stress & Mental Health: Where Can You Turn?* and *Creating a Healthier Life: A Step-By-Step Guide to Wellness*. There is a Mental Health Awareness and Mental Health Wellbeing Report Form that will be talked about more at your Spring District Meetings.

We encourage you to visit NVON’s website and check out this project, share with your clubs and counties, and make plans to learn more about this important topic that affects each one of us.

Cultural Arts Winner Results from 2024 Home & Family Conference

Cultural Arts at Home & Family conference this year was full of many colorful items. The “special project” was the table runner and there were 50 table runners. It was amazing to be able to admire the many talents of all those that show cased their item. A few of the projects from the four Standard Categories were down in numbers but still made the selection of top winners in each category difficult for attendees to pick the favorite.

The winners were:

- QuiltsBarb Thomas.....Switzerland County
- Needlework.....Shirley DeLong.....DeKalb County
- Knitting/Crochet.....Judy Gill.....Delaware County
- Miscellaneous.....Kris Peterson.....Elkhart County
- Special Project.....Kris Peterson.....Elkhart County

I wish to thank my committee for taking the time to help arrange the displays, check items in and out and tally the winners of the 5 areas.

Cricket Brown, Chair – Cultural Arts

HOST A HOOSIER

This fun, one-year program (with no state reporting), gives members an opportunity to see and share in what other clubs and counties around the state are doing!

Each county can send & host a homemaker from a different county. Invite them to an event, showcase things that your county does in your community, host for a day, evening, overnight...it's entirely up to you and the county that you are matched with.

Application Forms for the program can be found on the IEHA website as well as a copy can be obtained from your county president or district representative. **They are due by April 15.** When completing your form, please give consideration to the miles that you are willing to travel. The goal is to get you outside of your district (as typically you are meeting within your district throughout the year anyway for events and meetings).

We hope that your county will join us and get involved in Host-A-Hoosier!

Public Relations Activity Committee

The Public Relations Committee met on Focus Day, October 23, 2024, with three state officers present. Some preliminary discussion had transpired between the remaining members of the committee, via email, prior to the in-person meeting so their work was already underway.

The former Public Relations Committee Plan of Action was reviewed and up-dated. This document will be available for the 2025-2026 program year Blue Book.

A major topic that was discussed was how to help county organizations share information about their programs and “pump up” their organization. The committee encourages every county to have a tri-fold or some type of pamphlet to advertise their existence and special events or activities. It was also suggested that counties create small cards to distribute to prospective members. Information will be prepared and placed on the IEHA website with instructions on how to create each. Suggestions of information to include would be volunteer opportunities, clubs, and contact information. This committee also encourages counties to use social media (Facebook, county webpages, etc.) to publicize events, basic information about their programming and after-event highlights. This information can also be shared on the District pages of the IEHA website, if the information is shared with your DR.

Members are encouraged to read information from the DR's posted on the District pages of the IEHA website. The previously provided Public Relations Committee “Tool Kits” also have many good ideas and members are encouraged to use them in their planning of events for their county fairs and IEHA Week activities.

Stephanie has up-dated the statistics in the IEHA proclamation and a copy will be available for the 2025-26 Blue Book for counties to use during IEHA week.

It was also suggested that our history be highlighted somewhere on the website. An organization can best look forward by viewing the successes (and avoiding the failures) of the past. The committee is looking into updating the President's highlights—“Through the Year's”—for the Blue Book and putting an updated IEHA history Power Point on the website. This will be discussed by the Board at the February Board meeting.

Stephanie would also like to thank Michelle Blough, Linda Wesseler and Linda Carunchia for their in-person work on Focus Day and Michelle Blough for the committee report preparation and presentation at the fall Board meeting.

Thank you for your help in promoting “the greatest institution in the world—the Home” through IEHA.

Stephanie Jerabek —Fort Wayne District Representative and Public Relations Chair

State Officer Nominations

It is again time to consider joining the IEHA Executive Committee by applying for one of the offices that will be open on the Board this year. If you are interested in becoming the President-Elect or Vice President you are encouraged to apply if you have been a District Representative in the past. If you are interested in applying for the position of Secretary, you are also encouraged to apply if you have been the President of your county. Applications for these positions are available on our website – www.ieha-families.org – as well as an application to be a district representative.

As we continue to build IEHA membership it is imperative to recruit leaders who support our main focuses – continuing education, leadership development and volunteer community support, with a view of the future of our organization. The Executive Board works as a team to further these principles, and I would encourage all of you to consider applying as you are interested.

Applications are due to Peg Peter, Immediate Past State President by February 15.



District Representative Nominations

We Want YOU!! Yes, it's time to look for new District Representatives for the Bedford, Evansville, Indianapolis, Kokomo, and Terre Haute Districts to begin July 2025. The District Representative (DR) is an important, but fun position in our organization. Are you curious about what is involved in being a District Representative?

The DRs serve a two-year term and are the link between the State Board (on which they serve) and the county presidents, communicating both ways—ensuring that important information is passed along to keep our individual clubs informed of statewide activities and to keep the Board in the loop of local events and issues. The DR is asked to attend Board Meetings, the Home and Family Conference/Annual Business Meeting and help plan and preside over the Fall and Spring District Meetings. As part of their Board duties, DRs serve on Focus Groups and Activity Committees as appointed by the IEHA State President. You may have noticed the DRs with a “tote” full of logo goodies, which they manage selling at district and county functions, as asked, maintaining the inventory, and submitting the monies to the State Treasurer. Although being a DR, as with all IEHA positions, is a volunteer position, the District and State does help support you financially with mileage and overnight stay reimbursements following the Allowable Expenses for the State Board.

Each Spring, there is a District Representative training/orientation, so you will get started out with lots of help. Also, the outgoing DR and other members of the State Board will be ready to train and answer any questions you may have. It is an extremely critical position to hold in the organization, but I can also assure you that the Board has a fun time working together. To apply, an individual must have served as a County President. Having new members with innovative ideas join the Board is imperative to keep the organization growing and moving forward. We want YOU to be that person!!

Please don't hesitate to reach out to the current DR or any Board Member if you would like additional information. The application form can be found on the IEHA website. Applications are due by February 15, with one copy of the nomination form being sent to the current District Representative and one copy to the President-Elect, Cathy Wilkymacky at: cathywilkymacky@gmail.com.

Scholarships

Did you know IEHA sponsors 3 different categories of scholarships to further education, and that several of our counties offer scholarships as well? To find specific details about the scholarships offered in your area, contact your county IEHA President – they will have all the details you need to offer a scholarship to a deserving student.

However, at a state level, we offer several scholarships within each category mentioned above. The Career Advancement Scholarships and the Steps to Success Scholarships are unique to Indiana. The Ruth B. Sayre Scholarship is administered by the Country Women’s Council, an association you are a member of by being a member of IEHA. Applications for the Career Advancement and Steps to Success Scholarships are available on the IEHA website, ieha-families.org. The Ruth B. Sayre scholarship is available on the Country Women’s Council website: www.cwcusa.org.

It is important to follow and complete each direction on the applications and meet the deadlines as given on the applications.

The Career Advancement Scholarships are offered to individuals twenty-five years or older and a resident of Indiana. There are eight scholarships awarded for \$500. Six of the scholarships are aimed at funding continuing education or improving current skills. One scholarship (the Ann Hancock Scholarship) is awarded to study in a medical field, and the Eleanor Arnold Scholarship is awarded to an applicant furthering their education and is a member of IEHA. These applications are due to Peg Peter, IEHA Immediate Past State President by March 15, 2025.

The Steps to Success Scholarships are offered to high school graduates who are furthering their education at an accredited college or university, or an accredited vocational school. There are five scholarships awarded in this category. Four will be awarded to applicants continuing their education at a college or university and one to an applicant attending an accredited vocational school. These applications must be received by Peg Peter, IEHA Immediate Past State President, by May 1, 2025.

The Ruth B. Sayre Scholarship is awarded by CWC. Several scholarships are awarded for \$500. Applications must be received by Linda Carunchia, IEHA State President, by March 1. She will forward them to CWC for consideration.

Many times these scholarships are not awarded because of a lack of applicants. Please encourage eligible students to apply for these scholarships. Continuing education is one of the main focuses of IEHA.

RUTH B. SAYRE SCHOLARSHIP

Due March 1, 2025 to current IEHA President, Linda Carunchia

Only Indiana residents can apply through Indiana Extension Homemakers.

This scholarship is sponsored by Country Women’s Council-USA. IEHA is a member of CWC.

The scholarship is \$500. and is offered for the purpose of fostering educational development of women.

The scholarship information and application are available on the website:

ieha-families.org

Strengthening families through continuing Education,
Leadership Development, and Volunteer Community Support.
www.ieha-families.org

Membership Activity Report – from Focus Day 2024

Inspiration to begin:

<> *“No matter what you’ve done for yourself or for humanity, if you can’t look back on having given love and attention to your own family, what have you really accomplished?”* – Lee Iacocca

<> *“Family is the most important thing in the world.”* – Diana, Princess of Wales

<> *“Never believe that a few caring people can’t change the world. For indeed, that’s all who ever have.”* – Margaret Mead

We had some good meetings in October at our Focus Day. We continue to learn, grow and care together. I’m grateful to be a part of our statewide extension homemakers. We are all appreciating the direction of the website, how so much is now easily available on the web. We spoke of deadlines. We learned why it is important for homemakers to tally their own hours, expenses, and donations - so that we can know the county total, which then feeds into the statewide totals, which then are reported at the National Volunteer Outreach Network annual gathering every July. We know that \$35 per hour is the current value of a person volunteering. I think we often forget our mileage, our time going to and from, our time preparing. We are able to do this work because someone before us has taught us. I view it as our gift that we can pass all of this to others! How about we keep score?

In my home county, Jackson, we have started three outreach clubs. I went to our local farmers market to display, explain and recruit in September. In October, we began meeting. The new clubs are in the beginning stages, three different locations, days of the week, two different times, and the focus of each varies. I will keep you posted on progress. Our lessons have included IEHA basics and gratitude.

Our Jackson County Extension Homemakers may have done our last bake sale at a local church's craft sale - even with only two registered clubs and not so many members, we were able to raise \$858 for scholarships for local high school seniors. Lots of effort, lots of good smells, and lots of questions from people purchasing the cakes, pies, cookies, brownies, snack mixes, nuts, popcorn, and so on! The few remaining items were put in our local mini food pantries. I heard some of it melted.... but hopefully much was enjoyed!

Ever grateful to be a Hoosier Homemaker with all of you.

Thanks,

Ruth Ann Hendrix — Bedford District Rep and Membership Activity Committee Chair

Volunteer Community Support

The Volunteer Community Support Focus Group met in October at Focus Day in Hendricks County.

We believe we need to do a better job of telling our story in our community -especially about what we do for our community. We need to focus on doing a better job of keeping track of the things we participate in, such as serving lunches for community organizations, donating items not only to Riley and Peyton Manning Hospitals, but also to our local hospitals. Many of you have made prayer shawls for the Indiana Donor Organization, but you don’t often keep track of what you’ve done and report it each year.

We would like to make the reporting of the time spent, resources donated and money donated as easy as possible. One suggestion is to track what has been done at each club meeting and then tell your county president so she can report to the State Board. We’ve attempted to make the reporting form easy to use, but often it is never submitted. If we all try to keep track of what we’ve done this year imagine the story we could tell at conference. Not from each district, but from each county and club. You have all heard me say “IEHA is the best kept secret in Indiana” – but only because we don’t take the time to tell our story to others. It’s time to start telling our story, not only to ourselves and our community, but to the rest of the organizations we belong to as well!

Peg Peter, Immediate Past State President

EDUCATION FOCUS GROUP

The Education Focus Group had a small group of members meet at Focus Day in October 2024. Review of the current Plan of Action was made, and no revisions were needed. Please refer to the Plan of Action for the focus group’s objectives and goals. It can be found on the state website as well as all county presidents and district representatives have a copy in their blue books.

The focus for the year will be on mental health. Mental health is a person’s emotional, psychological, and social well-being. It’s a key part of overall health and quality of life and it’s more than just the absence of mental illness. Mental health allows people to: Cope with stress, Learn and work well, Realize their abilities, and Contribute to their community.

We will be collecting data and information as well as resources from specialists in the field and creating an info-brochure/sheet that will be available for our membership. The month of May is Mental Health Awareness Month. The focus group will be sharing a calendar of creative ideas and suggestions to plan & participate in throughout the month.

The Focus Group also hopes to hold a concurrent session at Home & Family Conference 2025 where more detailed information can be shared with those attending as well as give attendees tools and resources that they can take back to their communities.

Michelle Roberts, IEHA Vice President — Education Focus Group Chair

SPRING DISTRICT MEETINGS 2025

We are looking forward to the Spring District Meetings. There was so much fun had at the Fall District Meetings that we hope you can all make it out to your District Meeting this Spring. It is our understanding that some of the plans are for a tea party, 50’s shake, rattle and roll, a luau, a lake party, and one on preserving our past. President -Linda Carunchia, President Elect-Cathy Wilkymacky and Vice President- Michelle Roberts will be around to visit all of you this Spring. Remember!!! We love themed meetings. Silent Auctions are encouraged in each District! If you don’t need the money to help off set district and meeting expenses, then use it as a donation. Indianapolis District sent their auction’s funds to Purdue Cancer Research Endowment this fall. Looking forward to seeing everyone this Spring!!

March 25- Tuesday	Madison	Decatur County
March 26- Wednesday	Bedford	Scott County
March 27- Thursday	Evansville	Posey County
April 1- Tuesday	Terre Haute	Putnam County
April 2- Wednesday	Indianapolis	Hamilton County
April 3- Thursday	New Castle	Union County
April 14- Monday	Fort Wayne	Steuben County
April 15- Tuesday	Michigan City	St. Joseph County
April 16- Wednesday	Lafayette	Benton County
April 17- Thursday	Kokomo	Cass County