



Presidential Pointers

Cindy Saferight, IEHA State President

A Newsletter of Indiana Extension Homemakers Association®

Co-Editors:

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Presidential Thoughts...

We have experienced the changing of the seasons; somewhere Fall was lost but the New Year is here. Don't let a day go by without embracing, encouraging and acknowledging "Today's Changing Homemaker"

I have enjoyed reading the newsletters I have received from across the state. I have many new recipes to try this winter. I enjoy reading about the projects, programs and events that are taking place. I see membership ideas coming together, families being brought together and communities reaping the benefits from the enthusiasm of the Indiana Extension Homemakers. Good job ladies and gentlemen, and keep up your good works!!

My term began with a trip to Pewaukee, Wisconsin to attend the National Volunteer Outreach Network Conference. President Elect, Anne Moore and I were the Indiana delegates; additional members of IEHA also attended. The conference allows networking among other states in the organization (NVON) through educational lessons, workshops and speakers. IEHA Immediate Past President, Stephanie Jerabek was nominated for the NVON Vice President position. When next you see her, be sure to congratulate her!

Anne and I began our 4 week tour of the state in mid August and finished in early September. All of the District Meetings were enjoyable, well planned and executed. I would like to thank the hosting counties and the District Representatives for jobs well done. Priorities, what is and is not important were the topic of the i-LEaD lesson. Anne instructed us on making a book to show how we, as members of IEHA, are also members of NVON, CWC and ACWW. With my pink Beehive hairdo, I shared information pertaining to the Zero Hunger Challenge, the Enthusiasm Award winners and the importance of bees. We even did a "bee dance" or two. By making the day a little more interactive we noticed less bobbing heads and closed eyes than in past years.

Three days after the last District Meeting, Anne Moore, newly elected Vice President, Jan Gogel and I headed for Dubuque, Iowa for the Country Women's Council USA Meeting. Plans were discussed for the upcoming Triennial to be held in Melbourne, Australia in April 2019 as well as other important topics.

Focus Day was a success with each Focus Group and Activity Committee discussing and making plans for the coming year. A second Focus Day will be held in February.

Anne Moore and I represented the IEHA at the Consortium of Family Organizations (COFO) Family Impact Seminar held at the Statehouse. The topic for discussion was: Our Double Epidemic: Hoosier Children Caught in the Opioid Crisis. The purpose of the Family Impact Seminar is to inform Indiana policy makers of current research so they are able to make decisions on behalf of families.

Spring District Meetings will be here before you know it. Just a reminder, items made for the "Crafting for a Cure" Purdue Cancer Endowment Fundraiser can be brought to the Spring District meeting for delivery. I have invited any local Homemaker clubs that want to participate to donate UP TO 25 handmade items to be

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sold at our 2019 Conference. Currently the Warther Foundation is matching donations, so whatever monies we raise, will be doubled. Items should be priced from \$1 to \$20 in whole dollar amounts. Official price tags will be sent to each county president in February to be copied and given to local clubs with instructions. Keep items fairly small and easily packable. Clubs do not have to participate and should not feel obligated; less than 25 items is also appreciated. Any items left after Conference will be available for sale at the Fall District meetings before being returned to the county of origin. There are so many talented individuals in our organization I thought this the perfect way to showcase those talents while raising funds for the Endowment.

The Conference committee is hard at work planning for this years Home and Family Conference to be held at the Wyndham Indianapolis West. The dates for the conference are June 3-5. Mark your calendars, start saving your money and plan to be a part of a great conference.

Be mindful of "Today's Changing Homemaker" and encourage membership to help grow this great organization.

Cindy

CONFERENCE TABLE DISPLAYS

Did your county do something special to support Home and Family? Is there a project, program or idea you would like to pass on to others? A Conference Display Table at Home and Family Conference is a way for you to share your project. Last year we had some great displays with information showing how counties are helping others. We would love to showcase your county's programs and ideas.

Each selected display will have a display ready six (6) foot table. Only one table per display unless another table is requested and authorized on your application. You must use the top of the display table only, no floor decorations or easels. The tables will be in a public place so that all may walk past and enjoy; therefore no valuables are to be displayed on the tables.

The Display Table application can be found on the IEHA website under Programs/Forms, from your District Representative, or in the IEHA Blue Book under #7 Activities. Applications will be judged on originality, merit and Homemaker involvement. Should an application not be accepted this year, it cannot be the same project used the following year. Those selected will be notified by mail. We look forward to seeing your successful programs, projects and ideas!

DEADLINE: All applications must be received by April 1, 2019

VENDORS AT CONFERENCE

If you know a vendor selling a unique product that you would like to see at Conference, please email me (ftjako@frontier.com) their name, address, email and product information and we'll see if we can accommodate them in our vendor room at conference.

Tena Jakubowicz
Conference Display and Vendor Chair

2019 Cultural Arts Special Project

For the last several years, participation in the Special Project for Cultural Arts at Home and Family Conference has been very successful. We thank you for your continued support.

For 2019, the committee has chosen a birdhouse for the Special Project. The birdhouse must be homemade and an original design. We ask that no kits be used. The birdhouse is not to be taller than 15 inches.

The committee also decided to add an additional category to the regular projects. We will be adding a category for Knitting/Crocheting; this will make 4 categories to include Quilts, Needlework, Other Crafts and Knitting/Crocheting.

We invite each county to choose 1 item for the Special Project and 1 item for the additional craft categories for a total of 2 items entered per county. We look forward to a very successful Home and Family Conference in Indianapolis in 2019.

Mary Ann Ripperger
Cultural Arts Chair
ripperger@comcast.net

* * Although Utah enjoys the title "The Beehive State," the top honey-producing states include *
* California, Florida, and South Dakota *
* * A single honeybee will only produce approximately 1/12 teaspoon of honey in her lifetime. *

First Timer Award

How many of you have IEHA members in the district that have never attended the annual Home & Family Conference held in June? The First Timer Award is an incentive to encourage people who have never attended before by providing a \$150 scholarship to be applied to conference fees. Since our conference is moving to a different location in Indianapolis this year, this would be a good motivator to attend the conference.

All your member has to do is submit a first timer application, first to the county office, where a county winner is chosen and is then sent on to the district. The county winners are reviewed at the district level and the district winner's name is forwarded on to the State First Timer Chairperson as one of 10 district first time winners. The application for the First Timer Award can be obtained from the www.ieha-families.org website, or from the copy located in your county's blue book.

State First Timers receive a ribbon to display on their name tags during conference. Other First Timers at the district and county levels will receive a sticker to display on their name tags.

District First Timer names and applications are due by April 1, 2019 to the State First Timer Chairperson -

Peg Peter
3411 E. 8th Street
Anderson IN 46012.

Join in the FUN and help determine the DIRECTION of IEHA programming during the 2019-2020 year!

IEHA is looking for members to take that next step beyond your local club level and volunteer to work with others from across the state as a member of a Focus Group or an Activity Committee. New ideas and input help to make our organization stronger and relevant to our membership. Serving on one of these groups is a wonderful way to help IEHA, make new friends and enhance your leadership skills. The Focus Groups include Leadership, Education, Volunteer Community Support and Public Relations. Activity Committees include Membership, Marketing and Logo, Cultural Arts and Heritage Skills and Silent Auction. There is something for everyone.

This year we will be forming a new committee, the Young Homemakers Committee. So, if you are a young homemaker or a “young at heart” homemaker and would like to embrace the challenge of what IEHA can do to attract and retain younger members, this committee might be the one for you!

These groups and committees meet twice a year, in October and February. It would be easy to come along with another club member.... The more help we have, the more ideas can be generated and acted upon! Think about HOW YOU CAN HELP.... Signups will begin at Spring District Meetings.

Looking forward to working with you in the coming year! Please call if you have any questions or want additional information; 812-350-1072 or email me at: anne@terbium.org.

Anne Moore, IEHA President Elect

MEMBERSHIP COMMITTEE

The Membership Committee is very excited for the upcoming Home and Family Conference. By now I hope that every county has received word about the challenge for the year. Just in case you haven't, here are the facts....

1. We encourage you to make a “PUZZLE”, using poster board, mat board etc., 9x12 to 16x20 (no larger) that is free standing (some sort of easel on the back).
2. The puzzle should represent how the members in your county “FIT” in Extension.
3. Bring your “PUZZLE” to Conference to be displayed. There will be awards for the most Captivating and Adequately Represented puzzle.

Be creative and colorful; let your puzzle pieces represent each member in your county or each club. Include member's names and one word or a few words that sums up why they are a part of Extension. Make one picture and show how each individual piece represents your county. The sky's the limit; show us what you can do!

Membership will also have a session during Conference! This year we would like to focus on how everyone fits into the Extension Puzzle! Bring samples of flyers, business cards, menus; the tools that you have used for successful membership retention. Bring notifications for Specialty Clubs and special events to share with other counties. Please bring enough copies to share with 30 people. This will be a great networking opportunity!

Please feel free to email me with any questions, deborah.sweet8@gmail.com. The Membership Committee looks forward to seeing everyone at Conference. Kind Regards,

Deb Sweet , Membership Committee Chair

State Officer Nominations

It is time again to consider applying for an Indiana Extension Homemaker Association State Officer position. I have enjoyed this experience myself and know that there are many of you that would do a wonderful job as a State Officer.

At IEHA Home and Family Conference 2019, we will be electing a new State Secretary to serve a two-year term. We will also be electing a President Elect and a State Vice President. Each of these offices is a one-year term, with the President Elect moving up to President and continuing to serve on the State Board the following year as Immediate Past State President. These candidates must have served two complete years as a District Representative.

Applications for these offices can be found in the Blue Book under the "Forms" tab or at the IEHA website: www.ieha-families.org. All applications must be signed by your local county president and secretary and postmarked by February 15, 2019. Mail the completed application to: Stephanie Jerabek, 4944 N. Rangeline Road, Huntington, IN 46750.

All qualified nominees will be required to give a short speech at the Annual Business Meeting at Home and Family Conference on June 4, 2019.

Please consider serving IEHA as an officer and enjoy the opportunity of developing your leadership skills as you serve our great organization.

Stephanie Jerabek
Immediate Past State President

You might just

Win the lottery

Go on an around- the- world cruise

Spend a day at the spa getting pampered

Eat at a fancy restaurant with your special someone

Wiggle your toes in the sand at an exotic beach

OR

You could volunteer to serve as your district's next DR! It might not be as glamorous as what is listed above but being a DR is an exciting, fulfilling, and very rewarding job. If you have previously served as a County President, then you are qualified to become a District Representative. You would be helping to grow and promote IEHA in your area and working alongside your State Board. New DR's are needed in the Bedford, Fort Wayne, Lafayette, Madison, Michigan City, and New Castle Districts. Nomination forms can be found in the President's Blue Book or on the website at ieha-families.org. Nomination forms are due to the current District Representative and the IEHA State President Elect by February 15th, 2019. Talk with your current DR and see what all is involved and ask questions.

Don't just give this article a glance.... Take a chance and send in your nomination form today!



SAVE THE DATE

IEHA Home & Family Conference
June 3-5, 2019

IEHA Career Advancement Scholarships

IEHA is proud to announce the continuation of the Career Advancement Scholarships for Indiana homemakers. The need to attain a higher education is becoming more prevalent, and we are excited to monetarily assist the recipients in continuing their education or upgrade their vocational skills.

Types of Scholarships being awarded, at \$500.00 each:

- * General Career Enhancement (5)
- * Eleanor Arnold Scholarship (2) (Must be IEHA Member, apply with revised 2012 form)
- * Ann Hancock Scholarship (1) (Must be seeking a medical type of degree)

Instructions for Applicants:

- * Be admitted, or cleared for admission to, an accredited academic or vocational school with a state license.
- * Be twenty-five years of age, or older.
- * All portions of the application must be completed.
- * Applications submitted on outdated forms will be disqualified. Correct forms can be found in the Blue Book or on the IEHA website at www.ieha-families.org.
- * Former scholarship winners are eligible to apply.
- * Applications must be postmarked by March 15, 2019 and sent to Stephanie Jerabek.

County Presidents, please make this information available to all of your members. We look forward to receiving many outstanding applications, and wish the best to each applicant in their academic endeavors.

Stephanie Jerabek
Immediate Past State President
4944 N. Rangeline Road
Huntington, IN 46750

Ruth B. Sayre Scholarship Application

The Ruth B. Sayre Memorial Scholarship is offered thru the Country Women's Council (CWC) for the purpose of fostering educational development of women.

Ruth was born into an influential family and after marrying a farmer became aware of the inadequacies of rural farm families compared to families that lived in towns. As a spokeswoman for rural change her mission was to improve the lives of rural families by encouraging rural women to work for change in their communities.

The \$500 Scholarship is awarded to a resident of the USA, who resides in a CWC member state who demonstrates leadership abilities and financial need. Application forms are available on the CWC website (www.cwcusa.org) or through an IEHA State officer, District Representative, County President or your County Extension office. The completed application, two non-family reference letters, official transcript of grades, a summary of applicant's experiences, goals and financial need and a photograph are due by March 1 to the IEHA State President,

Cindy Saferight
8215 Woodlawn Drive
Martinsville, IN 46151.

* **Fun Facts about Honey Bees, Hives and Honey** *
* **brought to you by the Utah County Beekeepers Association,** *
* **www.utahcountybeekeepers.com** *

- * * There are three types of bees in the hive – Queen, Worker and Drone.
- * * The queen may lay 600-800 or even 1,500 eggs each day during her 3 or 4 year lifetime. This daily egg production may equal her own weight. She is constantly fed and groomed by attendant worker bees.
- * * Bees maintain a temperature of 92-93 degrees Fahrenheit in their central brood nest regardless of whether the outside temperature is 110 or -40 degrees.
- * * A populous colony may contain 40,000 to 60,000 bees during the late spring or early summer.
- * * Honey is 80% sugars and 20% water.
- * * Honey bees fly at 15 miles per hour.
- * * To make one pound of honey, the bees in the colony must visit 2 million flowers, fly over 55,000 miles and will be the lifetime work of approximately 300 bees.
- * * A single honey bee will visit 50-100 flowers on a single trip out of the hive.
- * * Bees produce honey as food stores for the hive during the long months of winter when flowers aren't blooming and therefore little or no nectar is available to them.
- * * Honey bees' wings stroke 11,400 times per minute, thus making their distinctive buzz.
- * * Honeybees are the only insect that produce food for humans.
- * * Honey is the ONLY food that includes all the substances necessary to sustain life, including water.
- * * A honeycomb cell has six sides.

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A Newsletter of Indiana Extension Homemakers Association®



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Avon, IN 46123

www.ieha-families.org

It is the mission of the Indiana Extension Homemakers Association to strengthen families through continuing education, leadership development, and volunteer community support.

Spring District Meeting Schedule

Mark your calendar, Spring District Meetings will be here before you know it. We wouldn't want you to miss out on a day of fun, friendship and information. Invite a friend to learn about the Indiana Extension Homemakers... they might join! State President, Cindy Saferight, President Elect, Anne Moore and Vice President, Jan Gogel will be traveling the state to meet you! Cindy Saferight, IEHA State President

March

12	Ft. Wayne District	Allen County
13	Michigan City District	Marshall County
14	Lafayette District	Pulaski County
15	Terre Haute District	Putnam County
19	Madison District	Jefferson County
20	Bedford District	Scott County
21	Evansville District	Dubois County
26	Kokomo District	Wabash County
27	New Castle District	Randolph County
28	Indianapolis District	Hancock County

