

# The Hearthstone Herald

A NEWSLETTER FOR EXTENSION HOMEMAKERS OF HANCOCK COUNTY, INDIANA

## GREETINGS EXTENSION HOMEMAKERS

Dear members,

I hope everyone has been staying warm and well the last few weeks.

We had a wonderful lesson on February 20th, given to us by Jayne Hoadley of Greenfield Chocolates. I certainly learned a lot about chocolate that I didn't know and have a greater appreciation for dark chocolate.

Our next lesson is on March 12th, given to us by Mandy Gray on Meals in a Jar. It should be interesting and informative. There is a flyer in the newsletter so sign up to attend.

Our Spring District Meeting Flyer is in this newsletter as well. It is hosted by Hamilton County this year and the theme is Derby Days. If anyone needs a ride let me know.

We have started planning a Homemaker Cooking Class and still looking for one more person to demonstrate their favorite dish with an Easter theme. It is in April before Easter. Let me know if you are interested in taking part.

Also keep in mind due dates on forms in the yellow folders I passed out to each club president in October.

If there are any questions about anything that is going on, please call or text me.

*Rosie*



# ***Educator Update***

## **March: A Month for Nutrition, Sleep and Mindfulness**

March is a great time to focus on health and wellness, as it brings several important awareness events. National Nutrition Month encourages us to make informed food choices and develop healthy eating habits. This year's theme emphasizes the importance of balanced meals, portion control, and including more fruits and vegetables in our diets.

March is also National Sleep Awareness Month, a reminder that quality sleep is essential for overall health. Poor sleep can impact mood, memory, and even heart health. Aim for 7-9 hours of rest each night to feel your best!

Additionally, Stress Awareness Day (March 9) encourages mindfulness and stress management techniques. Try deep breathing, light exercise, or setting aside quiet time each day to support mental well-being.

Take advantage of this month to refresh your health habits—small changes can make a big difference!

*Mandy Gray*

HHS Extension Educator

## Hearts and Homes Project - Personal Care Packages

Hearts and Homes met on February 4th, to put together personal hygiene pouches for young ladies in and around Hancock County. The pouches are being donated to local middle schools for the nurse to have on hand when a young lady starts her menstrual cycle for the first time at school. This can be scary for a young lady to experience at school away from her family and support system. The members of Hearts and Homes Club love to support women and girls of all ages and this just felt like a great project.

Each pouch contains the essentials a young lady may need when that time comes, as well as a note of encouragement and a small piece of chocolate to help make that first time seem a little less scary. Hearts and Homes decided to donate the necessary items in lieu of having a club holiday gift exchange. Members of the club harnessed the power of Facebook and started requesting donations before Christmas. What was originally conceived as 50 to 100 pouches, ended up being 361!

Thanks to the generosity of the club's members, other members within the Hancock County Homemakers Extension, and generous members of the community, those 361 pouches were donated to Eastern Hancock, Greenfield Central, New Palestine, Mt. Vernon, Triton, Lutheran and Morristown schools. Hearts and Homes is truly touched by the generosity of our community!



Mt. Vernon Schools



Eastern Hancock



# Hearts and Homes Project - Personal Care Packages



# *Lorraine Caldwell Award of Excellence*

Since the inception of this award in 1994, many new members have joined our organization. Some may not know the background and reasons for this award. May I share that with you?

Lorraine Caldwell was my neighbor. She was a sincere and caring friend, not just to me, but also to those who knew her. Whenever or wherever she saw a need, she was the first to offer assistance, and could never turn down a request for her help. I used to tell her that she had a vocabulary deficiency—the word “No” wasn’t included.

Lorraine was a New Palestine resident and a 20 year member of the Friendly Neighbors Extension Homemakers Club. She was a wife, mother, grandmother; a dear friend and confidant to many (myself included); a professional seamstress, quilter, an accomplished artist, award winner at County and State Fairs, Riley Days Home Arts and for many years, served as a fair judge for 4-H sewing projects in other counties and many other volunteer activities, too numerous to mention.

Soon after Lorraine’s death in 1994, her longtime friend, Eva May Phelps contacted me about making a memorial gift to our club in Lorraine’s name. Even though Lorraine’s family had suggested that memorial contributions be made to the Cancer Fund or the Heart Association, Eva May felt that she wanted to make a donation to Lorraine’s Homemaker’s Club. To quote her, “Homemakers and their activities were very important to Lorraine.” Her contribution was sizeable, and all that she asked was that the club have a luncheon, because, “Lorraine enjoyed them so much.” I asked her permission to set aside part of the money for some sort of permanent memorial. After all, luncheons are soon forgotten. Her response was that whatever our club decided, as long as it included a luncheon. A dollar amount was set aside for our club’s May guest luncheon, the rest went into a special account with the county organization, earmarked for the Lorraine Caldwell Award of Excellence.

At the time, my knowledge of the organization was limited. I contacted Nancy King, our extension educator at the time and good friend of Lorraine’s, for advice. To make a long story, short, once the idea of the award was spawned, I contacted Lorraine’s family for their approval. They were thrilled and pledged their support. Sharon Johnson, Lorraine’s daughter, agreed to help establish the criteria for the award. I thank Sharon, Linda Lowe and Nancy King for their assistance.

Each year as I present this award, I feel very proud to honor an outstanding Extension Homemaker in Lorraine’s name and memory.

Previous recipients are listed on the nomination form. Our county has many deserving ladies. Please take a bit of time to think of someone you know or know about through their activities in Extension Homemakers and consider nominating them for this award.

*Debbie Stucker, Caldwell Excellence Award Chair*





# Upcoming Dates and Deadlines

**March 1** - Coins for Friendship and Nickels for Leadership turned in to Debbie Elsbury

**March 12** - Homemaker Program - Meal in a Jar, 6:00pm  
Extension Office

**March 17** - *St. Patrick's Day*

**March 26** - Executive Meeting@ 6:00pm,  
Club Presidents@ 6:30pm, Extension Office

**April 1** - Lorraine Caldwell Nomination due to Debbie Stucker  
- Club Officer List, even if they are the same, to Rosie Hunt  
- 1st Timer Applications due to Rosie Hunt

**April 2** - Spring District Meeting, Hamilton County

**April 5** - Country Vintage Market, 9a-3p

**April 9** - Homemaker Program, Gardening for Health/Stress Relief,  
6:00pm, Extension Office

**April 16** - Homemaker Cooking Program, 6pm, Hancock County  
Public Library

**April 20** - *Happy Easter!*

**April 23** - Executive Meeting@ 6:00pm,  
Club Presidents@ 6:30pm, Extension Office



"Do your little bit of good where you are. It's those little bits of good put together that overwhelm the world."

- Desmond Tutu

*Quote of  
the Day*



# PRESIDENTIAL POINTERS

Newsletter  
Indiana Extension Homemakers Association®



January 2025

Volume XLIII, Issue II

IEHA President : Linda Carunchia

Co-Editors: Patty Coonrod & Michelle Roberts

## 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 129<sup>th</sup> 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*





# ***Meal in a Jar***

**Wednesday, March 12th**



**6:00 pm EST**  
**Purdue Extension Office**  
**972 E Park Ave**  
**Greenfield, IN**

**Register by March 6th:**

Phone: 317-462-1113 or  
email: [lawren93@purdue.edu](mailto:lawren93@purdue.edu)

Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

If you are in need of accommodations to attend this program, please contact Mandy Gray prior to the event at 317-462-1113 or [gray89@purdue.edu](mailto:gray89@purdue.edu) by March 5, 2025.

If you need an interpreter or translator, please contact Mandy Gray prior to the event at 317-462-1113 or [gray89@purdue.edu](mailto:gray89@purdue.edu) by March 5, 2025.



## **LORRAINE CALDWELL AWARD OF EXCELLENCE**

A yearly award to be presented on Achievement Day to a Hancock County Extension Homemaker.

Recipients are eligible to win only once.

Contributions to the award fund are encouraged, as a love gift or memorial for an Extension Homemaker. All contributions will be acknowledged and recognized.

Nominations for this award will come from all Extension Homemakers clubs in Hancock County. Forms will be passed out at the February President's County Council meeting. ANY club may nominate ANY Extension Homemaker, even though that person is not a member of their own club. When a nomination is made, it must be stated why that person should be considered. (Note: A biographical overview of the person's activities and achievements is helpful for the judge to be able to make a fair and appropriate choice.) Nomination forms must be in the Extension Office on or before Tuesday, April 1, 2025.

Selection of the recipient will be made by Health and Human Sciences professionals from surrounding counties or universities. All nominations will be considered.

### **Criteria for selection of the recipient are as follows:**

1. Has shown excellence in promoting Extension Homemakers.
2. Has been a positive influence in her local club, county, and/or state.
3. Has shown excellence in promoting and "passing on to others", a field of interest, such as: Cultural Arts; Health, Nutrition, Safety etc.
4. Has been a positive influence in her home and community.
5. Has shown excellence "in the divine joy of living and helping others".

### **Former Recipients**

Sarah E. Kesterson—1994	Janet Hedrick—2009
Emogene "Gene" Van Scyoc—1995	Shirley Callahan—2010
Linda Lowe—1996	Debbie Stucker—2010 Honorary
Lucile Stephens—1997	Nancy Alldredge—2011
Leah Shelby—1998	Margie Clark—2012
Milly Tucker—1999	Debi Hill—2013
Mary Ruth Swarts—2000	Vickie Ramsey—2014
Teresa Hulburt—2001	Bert Jones—2014 Honorary
Joannie Bowen—2002	(Career of Excellence at retirement)
Deena Bever—2003	Elaine Lowe—2015
Nancy King—2003 Honorary	Carol Lillyblade—2016
(Career of Excellence	Shannon Swindell—2017
at retirement)	Lorraine Ewing—2018
Carol Foster—2004 } co-	Debby Ulrey—2019
Irene VanKirk—2004 } winners	Marijo Carr—2020
Leetta Hunter—2005	Betty Driesbach—2021
Ann Wallace—2006	Leisa Harmon--2022
Rosalie Hunt—2007	Francis Adkins—2023
Betty Meiser—2008	Debbie Elsbury—2024

# Derby Day



**IEHA Indianapolis Spring District Meeting**

**Wednesday, April 2, 2025**

**Doors open at 9:00 a.m.; Meeting starts at 10:00 a.m.**

**The Edge Barn**

**21097 Durbin Road, Noblesville, IN 46060**

**Cost: \$20.00**

**Menu:** Hot Browns (turkey or ham), mixed green salad, derby pie, drinks

**Continental breakfast items**

**(Please indicate if there are any special dietary needs)**

**\*\*Wear your Derby finest\*\***



Indianapolis Spring District Meeting  
***“Kentucky Derby”***

***Wednesday, April 2, 2025***

Reservations due: **Friday, March 14th**

**Cost: \$20.00 per person.**

Please submit this form and payment to :

**“Hamilton County Extension Homemakers”**

c/o Treasurer, 2003 Pleasant Street Noblesville, IN 46060

County\_\_\_\_\_

Email of contact person\_\_\_\_\_

Names of those attending

Turkey

Ham (choose one)

**(Please indicate any special dietary needs)**

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Total Attending @ \$20 each\_\_\_\_\_ Amount Enclosed \_\_\_\_\_





**HANCOCK CO. EXTENSION HOMEMAKER'S  
SPRING COUNTRY VINTAGE MARKET  
"SPRING HAS SPRUNG"**

**HANCOCK CO. 4-H FAIRGROUNDS  
EXHIBIT HALL & SHEEP BARN**

**SATURDAY, APRIL 5, 2025  
9:00 A.M. – 3:00 P.M.**

**FREE PARKING-FREE ADMISSION  
FOOD AVAILABLE**

**Something for everyone!  
Invite  
your friends and family**

**Vendor information  
Vickie Ramsey-317-753-4144  
Margie Clark-317-498-1549**