

## Vigo County Extension Homemakers March 2025 Newsletter



### COUNCIL OFFICERS' MESSAGE

Hello everyone. Hope you've had a wonderful winter! I am glad that Spring is right around the corner. We have some exciting things coming up: District Meeting, election of officers for individual clubs and county, Spring Fling, and Achievement Day to name a few.

### UPCOMING DATES TO REMEMBER

February 3	Volunteer Community Support Report Form for each club was due to the <b>County President</b> (me)...please email/mail the club form if you didn't have it ready to turn in at that time.....(I need these to fill out a form for our District meeting)
March 27	**Sewing Day at Vigo County Fairgrounds, 10am - ?
April 1	***Spring District Meeting, see form included in this newsletter
April 14	*Past Presidents Meeting
April 15	Club Insurance Forms to the <b>County Treasurer (Ruth Ridener)</b>
April 15	Officers Form for next year due to <b>Extension Office</b>
April 28	Spring Fling, see information included in this newsletter
May 5	Council Meeting
May 23	New Members information, Perfect Attendance members, Model Club &/or Honor Club are due to the <b>Extension Office</b>
June 2 – 4	Home & Family Conference
June 9,	Past Presidents Meeting
June 23	Achievement Day...information coming in next Newsletter Council Meeting to follow Achievement Day

### AND A COUPLE NOTES

**\*Past Presidents Meeting:** The April meeting will be at Cackleberries Restaurant at 303 S. 7<sup>th</sup> Street, 11am.

Hostesses: Darlene Lowe, Jo Cochran, and Barb Mericle

Thank you to our February Hostesses: Sue Merritt, Sharon Stultz, and Sandy Kelly. We had 11 members present.

**\*\*Sewing Day at the Fairgrounds.** This is a county wide Extension Project to cut, pin, and sew baby blankets and burp cloths. This is an extremely worthwhile project for us to do. We meet at 10am in the Floriculture Building. Feel free to bring yourself a drink and sack lunch. We usually are done around 1 or so....

**\*\*\*Spring District Meeting:** The Club form and monies needs to be mailed to Ruth Ridener, County Treasurer, by March 13<sup>th</sup>. She needs this time to get all Vigo County forms and monies together and meet the District deadline of March 20<sup>th</sup>

### **OCTOPI ANYONE?**

Ruth Ridener has yarn for members to crochet octopi for Union Hospital preemies. Please give her a call at 812-870-2642 to make arrangements to get the yarn from her.

Union Hospital is in need of sleepers for babies, especially preemies. New or gently used items will be accepted. Please designate one person to collect these items from their members and then take them to the front desk at Union Hospital and let them know you're from the Vigo County Extension Homemakers.

The Hospital is also in need of coloring books and crayons for children

### **OTHER ANNOUNCEMENTS**

The "special project" for Home & Family Conference 2025 will be a single placemat. 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 14x20. You can use any medium you like: plastic canvas, crochet, knit, quilting, whatever you desire. There is so much talent out there! The committee hopes to see a lot of creativity!! Your club president needs to bring it to the May Council Meeting.

Julia Reed is the temporary director of the Vocal Chords due to Marilyn Fisher having health issues.

Some Clubs are still "Scattering Hearts" around the area and I think that's wonderful. This was a project of our Past State President. Our current State President is asking us to make "Boxes of Care." Items to put in the box could be band-aids, compressed wash cloths, .6 oz toothpaste, thumb toothbrush, safety pins/buttons, needle & thread. These could be put in a recycled Altoid tin or plastic case. Be sure to keep track of the number of the items you all make and disperse. The other categories for the 2025 Home & Family Conference are the same:

Quilts, Needlework, Knitting/Crocheting, Crafts/miscellaneous.

### **RECENT OBITUARIES**

Our deepest sympathies go out to the family of Joann Hays who passed away on February 7, 2025. She was 60+ year member of Vigo County Extension Homemakers and was in Town & Country Club.

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## EDUCATOR SPOTLIGHT

### March is Living Well Month

Ever thought of practicing kindness to improve your health and well-being. Practice some of these character strengths and improve your health!

## Practicing CHARACTER STRENGTHS at Home

*Adapted from the Learning Communities*

### The 24 Character Strengths



### Mindfulness Monday

Mindfulness means paying attention to the moment and pausing before reacting. Mindfulness is not a strength but a strategy to help us focus. Take a minute to focus on your strengths today and how energizing it feels to use those.

### Top Strengths Tuesday

Remember your top strengths are ones that feel energizing, effortless, and easy to use. What are your top strengths? Choose a top strength and use it to make a difference in someone else's life today. Use creativity for a picture, love with a phone call, kindness with a gesture. Think outside the box!

### What do You See Wednesday

You might not be out and about, but we bet you'll be checking some people out on your screens! Practice spotting strengths in your favorite Facebook post.

### Think About it Thursday

We ALL have ALL 24 strengths! Our top strengths bring us the most joy when we use them while other strengths take more effort. But what if one of the strengths didn't exist? Talk with a family member about what your life might be like if you did NOT have one of your top or lesser strengths.

### Family & Friends Friday

Where do strengths come from? Pull out a photo album or pictures on a phone and look back at your memories. Curl up next to a friend or family member to talk about the strengths used during those moments. Did someone show perseverance to graduate? Did you use your curiosity to try a new food? Talk about which strengths you share and how your unique top strengths enrich the lives of others.