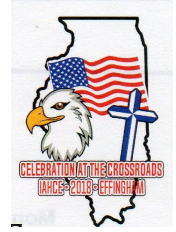




The Acorn

Announcements

Adams County HCE Newsletter



2017-18 ACHCE Board

Heather Ator, Co-President

217-224-1163 heatherator@hotmail.com

Judy Milfs, Co-President

217-224-7763 fortyford@comcast.net

Sandy McKelvie, Co-1st VP

217-242-4093 mckelvie@adams.net

Ginny Miller, Co-1st VP

217-222-5953 Cell: 217-257-3880
dwginmiller@att.net

Nancy Aden, 2nd VP

217-696-2585 gvasden@adams.net

Mary Ann Peter, Secretary

217-434-8453 maryannpeter@gmail.com

Edna Flesner, Treasurer

217-696-2611 keflesner@adams.net

Heather Ator, Family Issues

217-224-1163 heatherator@hotmail.com

Pat Lawber, Volunteers

217-222-3157 - plawber@comcast.net

Susan Sprague, Cultural Enrichment

217-656-3099 spraguefarms4@yahoo.com

Mary Voorhis, Ways & Means

217-224-0084 mrv3129@adams.net

Leslie Geschwandner, Public Relations

217-209-0108
leslie.geschwandner@gmail.com

Judy Milfs, Subject Matter

217-224-7763 fortyford@comcast.net

District Directors

East—Barb Higley, 217-696-2320
dbhig@adams.net

West—Pat Vaughn, 217-224-1355
sqdnrcr@comcast.net

South—Joyce Welsh, 217-645-3257
pjw2008@att.net

North—Bonnie Peters, 217-223-8723

Linda Chezem, Acorn Newsletter

217-430-7811 lsc5776@gmail.com

INVITATION TO A CELEBRATION!!!

Adams County HCE 55th Annual Business Meeting and Banquet

("Celebration at the Crossroads with IAHCe 2018")

All Adams County HCE Members:

You are invited to join us for the "ACHCE Celebration." The Adams County HCE is 100 years old! The Illinois State HCE is 200!! It will be a fantabulous event filled with food, fun, fanfare, and frivolity--the Annual ACHCE Business Meeting and Banquet.

Where: St. Brigid's Catholic Church in Liberty, Illinois.

When: April 24, 2018. Doors open at 5:15 p.m. and dinner at 6:00 p.m.

Cost: \$15.00

Menu: A faultless feast: roast beef, mashed potatoes with gravy, homemade noodles, green beans, a tossed salad, homemade rolls, homemade ice cream, and birthday cake. (There may be sprinkles, too!)

Program Highlights:

- Featured speakers Mary Johnson and Eleanor Gregory, the Illinois HCE exchange visitors, focusing on fascinating facts from the Baltic States.
- Fanfare for formidable scholarship winners.
- Farewell to outgoing Adams County Board members and a fervent welcome to the new.
- A finale of individual award winners and raffle basket winners.

Don't forget your raffle baskets. Paloma will again be handling the raffle that supports the scholarship fund.

So don't be a fuddy-duddy or a fence sitter. Come! It's going to be a fabulous HCE Celebration complete with ice cream and cake.

Send money and all unsold tickets to the HCE Board Treasurer, Edna Flesner, no later than April 10th using the addressed envelope included with your tickets.

Edna Flesner, Treasurer
P.O. Box 154
Golden, IL 62339
Cell: 217-653-6013
Phone: 696-2611
E-MAIL: keflesner@adams.net

Mary Ann Peter
217-434-8453
E-MAIL: maryannpeter@gmail.com

COME LIGHT SOME CANDLES WITH US!
(It's a lot of candles.)

Highlights from the IAHCCE 94th Annual Conference - Celebration at The Crossroads

March 13 – 15, 2018
Thelma Keller Convention Center, Effingham, IL

Three Adams County HCE members, Judy Milfs, Heather Ator (delegates), and Melba Funk attended the recent IAHCCE Annual Conference in Effingham, where the 200th Anniversary of Illinois statehood and the 100th Anniversary of IAHCCE were celebrated. There were 355 members enrolled in the conference. Adams County HCE was one of twelve counties recognized with a plaque at Tuesday's luncheon and congratulated for being a Centennial County organization. Two additional counties had organized in 1917.

At the Annual Business meeting, Jane Chapman was re-elected state President, a budget of \$103,325.00 was approved, and U of I Extension liaison Caitlin Huth introduced Karla Belzer, Extension Educator in Family Life, who will be the new liaison for the coming year.

Judy and Heather accepted **awards for Adams County for highest number of members and highest percent of members participating in Certified Volunteer Hours from District 4**. Good job, ladies! (Tazewell Co. turned in the highest number of hours...25,995 hrs) **Adams County placed THIRD in County of the Year recognition among counties with 75 or more members. Hurrah, Hurrah!!!**

The Keller Convention Center was centrally located near several large hotels. It is attached to a Holiday Inn. Judy and Heather stayed at the Country Inn and Suites right next door. We recommend this location for 2019 attendees. The Keller dining tables were decorated with different red, white and blue themes at each meal. The tablecloth colors and chair coverings were actually changed each time. The catering service that made and served the food was very professional. The meals were delicious and the table favors were generous. We were told to dress in red, white and blue. A male quartet sang patriotic songs at the second banquet. Very moving. There was a scavenger hunt on Tuesday morning that Judy took part in where you were to gather 6 things scattered around the conference center. Judy ended up winning the prize of \$25 in cash. At lunch on Wednesday we heard a talk from the two IAHCCE members who went to the Baltic States. They will be the speakers for our annual meeting. They gave a very fun, informative talk.

Following is a sampling of education gleaned from a few of the many workshops offered:

Human Trafficking in Rural Communities...Butterfly Dreams Alliance (Breese, IL) has as their mission "Healing the past to claim the future". The self-funded organization exists to educate health care, law enforcement, educators and the general public in warning signs of abuse and trafficking. They are dedicated to breaking the cycle of abuse, violence, addictions and trafficking by providing emotional recovery and assistance to victims and their families.

Predators' Playbook...*Extreme Exigency* trains participants to avoid situations of 'immediate, unavoidable, deadly danger.' Predators look for victims where there is both privacy and concealment. Do not let yourself be in those kinds of environments. This workshop was presented by a retired Illinois State Trooper.

Nuts about Nuts...Especially Pecans...The Voss Family from Carlyle, IL, are largest growers of pecans in IL. With 150 acres of trees plus another 100 acres of trees which they manage for another landowner, they have grown their business to a commercial size. Watch for Voss Pecans at Farmers Markets and mail order from their website. They have even partnered with Missouri growers to supply a shipment of their nuts to international markets. (Pecan growers have recently passed a mandate for checkoff, so watch for research and marketing similar to what we see from almond growers) Pecans are high in antioxidants and aid in lowering cholesterol.

Candy and Commitment at the Crossroads...Flesor's Candy Kitchen also has a breakfast and lunch menu and has become a nationally recognized destination location in Tuscola, IL. (Have you seen it on "IL Stories"?)

Healthy Cooking for Busy Families was about using slow cookers. The presenter graduated from South Dakota State University—Judy's alma mater. She was surprised to have a fellow graduate talk to her. It was very informative and maybe we can have it as lesson in the future.

Squash 101 was presented by the owner of a large pumpkin patch, a bakery and a seed store from Arthur, IL. He has been featured on the Martha Stewart TV Show.

(continued on page 3)

Highlights from the IAHCE 94th Annual Conference (continued)

Eating Well as You Age was a very good lesson and hopefully we can get this to Adams County. The presenter wrote the lesson and had very good thoughts on why we should eat healthy as we age.

What is an App? was not very good because the ladies wanted personal questions answered and every person's phone was different.

Have a Grain Day... Hodgson Mills is a family business relocated to Effingham where there is now a store in a new building that is a reproduction of the original mill built in the Ozarks. Milling of grains is done in a state-of-the-art facility near Effingham. All three of us visited their store and checked out the merchandise there as we were leaving Effingham. (The city is also known for Boos wood chopping boards. We did not go there due to time allowed.)

Understanding Inflammation: How diet and lifestyle Influence the Inflammation Process, presented by Diana Reinhold, U of Illinois Diet and Wellness Educator. This workshop explained the inflammation process and the diseases that are a part of the inflammatory response. She explained how simple lifestyle and diet changes can often help control inflammation. This would be a great workshop for Adams County, if it is offered by the University of Illinois.

Did You Take That Picture With Your Phone? – Presented by University of Illinois Seniors in Ag. Education. This workshop, presented by two most patient young men was very disappointing. The IAHCE attendees took over the class trying to locate the features discussed on their individual phones, and seeking individual attention from the presenters. The presentation was completely disrupted.

The state officers presented valuable information on upcoming changes and challenges that county units are having. President, Jane Chapman will be visiting Adams County later this year.

The August, 2018 District 4 and 5 Workshop will be held at Jammers in Bloomington, Illinois on Wednesday, August 8th. Mary Eustace encourages great attendance again from Adams County.

The Macon County HCE will be sponsoring a day long workshop by the *Bread Monk* on August 11th in Decatur at the Home Extension Building to celebrate their 100th Anniversary. He plans to focus on old fashion, artisan breads. The cost will be \$15. They promised to notify Heather with details closer to the date. This would make a great summer road trip for Adams County.

Something to laugh about!

Little Johnnie had swallowed a dime and his mother ran screaming to the street for help. A stranger passing by and hearing the mother's story ran into the house, seized the child by the heels, gave him a few shakes, and the coin rolled out onto the floor.

The grateful mother thanked the stranger. "You certainly knew what to do. Are you a doctor?" she asked.

"No madam," he replied. "I work for the Internal Revenue Service."

Plainville Day Unit History

A new neighbor, Mrs. Bertha Dietrich, moved to the Plainville community with lots of enthusiasm for the new Home Bureau organization. In 1920 she helped start the Plainville Unit.

Bert's knowledge of crafts and food preparation gave the Plainville homemakers a good background for lots of learning. Mrs. Dietrich also gave food demonstrations for REA.

The Unit has enjoyed making candles, paintings, quilted pillow tops and any food lessons they can arrange. They put together many baby quilts that they gave to families in need.

Through the years the unit has enjoyed lots of day trips, usually in June, to such places as St. Charles, Lady of Angels, Lady of Snow, the Passion Play in the Ozarks, Rutledge, and Hannibal. They went to Jacksonville many times to their Work Day at the Fairgrounds.

They joined the Burton Unit a few years ago, when their Membership got small.



We always had a nice meal at Wilma Wiewel's house. She cooked the main meal and we brought the sides. Here we are showing the Christmas crafts we made.

*Front Row; Bobbie Dietrich, Bert Dietrich, Glorine Hickerson,
Back Row: Loretta Fuller, Viola Reinback
and Lucile Cablee*



At Boone's Farm where they enjoyed pie and other goodies. They even picked their own blueberries this day.

Plainville Nite Unit History

The Plainville Nite Unit was organized Oct. 7, 1958 by Mrs. Virgil Dietrich, County Wide Chairman, assisted by Mrs. Clarence Kuhlman, Mrs. Perry Kuhlman, Mrs. Bluford Uppinghouse and Mrs. Richard Henderson, all members of the Plainville Day Unit.

Officers were: Chairman - Mrs. Freelyn Inman, Vice Chairman - Miss Mabel Kuhlman, Treasurer - Mrs. William Crim, and Secretary - Mrs. Fred Dunlap

Charter members included: Nellie Bower, Florence Buffington, Josephine Crim, Inez Dunlap, Barbara Gill, Margaret Gray, Kathleen Hendricks, Rosemary Howell, Marie Hull, Marjorie Inman, LaVeta Kabrick, Kay Kabrick, Mabel Kuhlman, Mary Ellen Pickens, Helen Siepker, Alice Slocum, Rosalie Smith and Patricia Sprague

In earlier years, Plainville Nite served Lions Club dinners for money making and did several local projects in our area.

As our membership numbers were getting low, we joined the Burton-Plainville Day Unit in 2016.

Paloma Unit History

The Paloma Home Bureau was organized September 27, 1939, at the home of Genevieve Dempsey, in Paloma with eight charter members. Dues were \$5.00 per year. Miss Walbridge, the Home Advisor came to the meetings to present the lesson, carrying a bag of toys for the children to entertain themselves while the "mom's" proceeded with their meeting and lesson.

The 1940's brought World War II the homemakers had to adjust. There was food and gasoline rationing. Some women even had to enter the work force. Some of the lessons were: Food for the Defense Program, What the 1944 Homemaker Should Know About Food, Tuberculosis and its Control, Your Hair, Your Hat, and Your Neckline.

The Family Picnics held in July at the Paloma Park were Fish Fries, Hamburger Fries, Wiener Roasts, Home Made Ice Cream Suppers and Basket Dinners.

The 1950s brought an economic boom, communications improved through television and the car became affordable to many people. Lessons taken by members included; Guard your Heart, How to attain Ease and Charm as an Adult, Six Simple Steps in Folding Fitted Sheets.

The Christmas Parties held at the home of Esther Miller in the 1960's through 1980's was the Highlight! Esther prepared the turkey and dressing and everyone brought their favorite dish which was passed. Revealing the Secret Pal for the year, enjoying homemade candy made by Edith Witt always was the climax for the evening. Many hours were spent by the Paloma Unit making Twine Wreaths which were sold at the Christmas Shows. Some years more than 50 wreaths were made. Many evenings were spent knotting and "back combing" twine and decorating the wreaths, at the home of Laurine Frese.

Each member has contributed handmade items to the Kiddie Bazaar since the first one in 1988, held at Camp Point. Projects to help the community varied each year. We prepared snacks, personal care products and books for the Veterans Home clients. Donations were made to the Honor Flight and to family members who were serving in Iraq. We read to preschoolers and helped primary grade students read. Hats and gloves were collected for those in need and contributions to Salvation Army Dress an Angel has been done for years.

Adams County recognized the Great American Family to two members of Paloma Unit. Ron and Sara Husemann and Dale and Waneta Farlow. Both families attended the IAHCE State Convention where they met those honored from other counties.

The Country Women of the World Exchange to U.S. from Finland was hosted by the Paloma Unit. Malia Hagglund shared their customs, dress, and family traditions with Adams county ladies who attended a brunch at Paloma. Her enthusiasm for life inspired the group!

Many October events were held at Paloma celebrating HCE Month. Some were: TOPSY TURBY (Backwards) PARTY, DEATH BY CHOCOLATE, PINK AND PURPLE NITE, for Cancer, and an OLD FASHIONED TEA PARTY, celebrating Adams County 90th Anniversary.

County board offices have been held by many of our members; secretary, vice president, president, family relations, publicity, ways and means and more. Sara Husemann served as District 4 representative then as 2nd vice president. Florence Dietrich served as Family Issues Director on the IAHCE board and both co-chaired Annual Conferences.

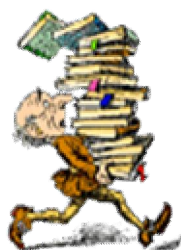
The Central Live Wires 4-H Club has been sponsored by the Paloma Unit. We provided help with tours, refreshments and bake sales. 4-H members have been invited to HCE special events.

All HCE units contributed their Quilt Block to construct the HCE Quilt which hangs in the office of the Adams County Extension Service. This quilt was skillfully assembled by members of the Paloma Unit in 1996, then hand quilted by members of many units in Adams County. They came to the home of Sara Husemann to share their quilting skills and enjoy fellowship while completing a historical visual of the ADAMS COUNTY HOME AND COMMUNITY EDUCATION.

Things to Do..... Places to Go!

HCE Book Club

The April book for discussion is The Nightingale by Kristin Hannah. Camie Hempelman and Donna Wilson will be the discussion leaders.



The Book Club meets at 11 a.m.

Wednesday, April 18 at Cheryl Loatsch Studio-Sunshine Bakery and Café (334 South 48th Street).

Description: "In love we find out who we want to be. In war we find out who we are!"

France 1939---Kristin Hannah captures the epic panorama of World War 2 and illuminates an intimate part of history seldom seen: the women's war. *THE NIGHTINGALE* tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstances. Each sister embarks on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France---a heartbreakingly beautiful novel---that celebrates the resilience of the human spirit and the durability of women. (Note: A movie is being made of this book. Check book's website for movie information.)

Anyone who loves to read is welcome at the book club. For information, contact: Mary Voorhis 217-224-0084.

Lesson for Living

Native Plants, Native Insects and Our Environment

April 17, 10-11 a.m., Farm Bureau Basement
Presented by Cathy Carpenter, Master Gardener

Minor lesson: Tips to Master online Shopping

To be presented at your May unit meeting.

HCE Card & Game Club!

Come join the fun!



The next HCE Card & Game Club meeting will be on April 25 at 11:00 a.m. in the Farm Bureau Basement.

For reservations, contact either Camie Hempelman, 217-577-5293, or Sharon Beedle, 217-224-0709. The public is welcome.

County-wide Annual Salad Luncheon

Please reserve the date of May 30th on your calendar at 11:30 a.m. for the annual county wide salad luncheon at the Farm Bureau Basement.

As we are celebrating the 100th anniversary of Adams Co. HCE. It would be nice if members bring "old time" salads to the luncheon.

Feel free to bring the printed recipe (and a line or two of the history) and we will share it with others in a future issue of the Acorn. Guests are always welcome.

RSVP to Susan Sprague (spraguefarms4@yahoo.com) or 656-3099 as the date approaches.



Dates to Remember

April

10	Board Meeting	9:30 AM	Farm Bureau Basement
11	Quilt League	9:00 AM	Farm Bureau Basement
17	Lesson for Living	10:00 AM	Farm Bureau Basement
18	Book Club	11:00 AM	Cheryl Loatsch Studio (334 S 48th)
24	Adams County 55th Annual Meeting/Dinner Liberty, IL (Doors open at 5:15). (See invitation on Page 1)	6:00 PM	St. Brigid's Catholic Church
25	HCE Card Club	11:00 AM	Farm Bureau Basement.

May

8	Board Meeting	9:30 AM	Farm Bureau Basement
9	Quilt League	9:00 AM	Farm Bureau Basement
16	Book Club	11:00 AM	Will decide each month where to go
23	HCE Card & Game Club	11:00 AM	Farm Bureau Basement
30	County-wide Annual Salad Luncheon	11:30 AM	Farm Bureau Basement