

## NEWSLETTER FROM KENDALL COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

December 2018/January 2019

### A Note from Your President,

Our 20<sup>th</sup> Annual Victorian Tea, "Tea With Jackie O", was fantastic....and some who have been to many of our teas, said it was our "best one ever." I agree to a point---I have many favorites, and though it is a LOT OF WORK, it is a good fund raiser for us and does help to promote the work that HCE does in the community and with 4-H. We are a smaller group, so do you want to continue with this event? Like the pie and ice cream booth, it is labor intensive for a few days....or a LOT of days for someone like Beverly Scott who took over the reservations for me when I was having trouble hearing on the phone. But all of our members do help and do all they can. Our Treasurer, Carol Scott, is going to figure out how long we can last with the savings we have and our current dues collected each year. It is a lot to think about, and should not be a quick decision. Talk about it in your unit.

SO A BIG THANK YOU TO EVERYONE, ESPECIALLY THE GUYS IN THE KITCHEN....THEY ARE GREAT!! This year at the tea we honored them with the "Friend of HCE" award, but instead of plaques, we gave a donation in their name to the Kendall County Food Pantry. See their picture in this newsletter. We have appreciated everything they have done for the past several years since they took over the kitchen. And a special thanks to all the servers---they also do a great job!

As the Christmas Season is upon us, I hope you take the opportunity to see some of the local talent. Last weekend I went to the Sandwich Opera House to see "The Best Christmas Pageant Ever." The kids did a great job. This next weekend I am going to Minooka High School for their Madrigal Dinner. I try to see their Spring Musical, mostly because our Secretary, Betty Reedy's kids have been in them. Recently also went to a play at Yorkville High School and saw "Annie" put on by YPAC---one of our 4-Hers was in it. It's just fun to support our local kids.

**ANOTHER CHANGE:** our newsletter, starting with the February/March issue, will be emailed to the State HCE Board, but it will still be sent by mail to our District 2/3 Director and the 2/3 county offices. We will also be putting it on the state website...along with our scholarship information. We are finally going to set up our own page on the state website.

Wishing you a wonderful Christmas season, filled with JOY and WONDER. AND a very Happy New Year 2019!! And to good things happening with Kendall County HCE.

#### PRESIDENT

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Happy  
New Year  
2019



Photo: The 2018 Kendall County Association for Home and Community Education (HCE) Scholarship winner is James Martin, right, from Newark. Presenting him with a certificate is HCE Community Outreach Director, Beverly Scott.

He graduated from Newark High School in 2018 and is now attending Waubensee Community College. He is a nine year member of Kendall County 4-H where he has completed many levels in photography, health, leadership, horticulture, clothing and textiles and wood working as well as other projects. He has been very active in leadership roles in 4-H and has won many awards. James has been involved in several community service projects, especially those for juvenile diabetes. He has assisted at the Northern Illinois Food Pantry, Feed My Starving Children and the Helmar Food Pantry. He participated in sports, music and drama in high school and is active in his church. He also modeled the suit he made in 4-H at the HCE Victorian Tea 4-H Fashion Review and helped to serve many times. James is Sandra Davis's grandson.

The 2019 Kendall County Association for Home and Community Education Scholarship information has been sent to the area schools where Kendall County residents may be registered. The Scholarship is available to graduating seniors and home school students and also to anyone of any age that is continuing their education. Information is also available from the Kendall County University of Illinois Extension office by calling 630-553-5823. In January 2019 it will be on the Kendall County HCE website.



At the Kendall County 20th Victorian Tea, "Tea With Jackie O", four men who have helped with the Tea for several years, were honored as "Friends of HCE".

Instead of recognizing them with a plaque, as is usually done, a donation to the Kendall County Food Pantry was given in their names. The husbands and sons of Seward HCE Unit members have been in charge of the kitchen...heating the tea water, and working with the servers. Left to right in the photo are Brett Reedy, Matt Reedy, a 4-H volunteer helper, Barry Saidat, and Sherman Tweet. Russell Zoellner, HCE husband, has helped over the past several years. Their help has been tremendous, and adds to the success of the Victorian Tea.

## How to Very Quickly Ripen Bananas For Cooking and Baking

If you need to have overripe bananas in a hurry and do not have a day or two to let them ripen naturally, here are two methods to let you have overripe bananas in less than an hour. The first uses the oven and the second uses the microwave. Heat speeds up the chemical process that causes bananas to ripen. I have used the microwave method and it is quick and easy.

**Oven Method** (takes 30-60 minutes): Bananas cannot be overly green when using this method. Put unpeeled bananas on a baking sheet and place in an oven set at 300°F. Check on them frequently because time will vary, and don't fret if the bananas leak a bit. You know they're done when the peels become shiny and black.

**Microwave Method** (takes 30 sec-2 minutes): Take a fork or sharp knife and completely poke through the skin of the peel a couple of times on all sides. If stems are real dry snip them off as they may burn.. Place the banana in the microwave for 30 seconds on highest setting on a microwave safe plate or paper towel in case they leak. Let cool slightly and check if desired softness is met. If not, microwave for an additional 30 seconds. Continue this process until desired ripeness is obtained.

**From Betty Reedy**

(From Joan: Added note about keeping bananas longer: they say never put bananas in the refrigerator, but after they are ripe (not any green) put them in the refrigerator, and they will stay good longer. If you put them in when they are still green, they will not ripen.)

Betty's son, Joel Reedy received 3rd place in Illinois Music Educators Composition competition for his vocal solo entry entitled "Mourning Dove". He attends Illinois Wesleyan studying theater technology and design.

Prayers for Maureen Ford-Howe. She had some medical issues this Fall, but hopefully is getting better now.

Dear HCE Board,

In November I will be attending National 4-H Congress in Atlanta, Georgia. I was chosen as one of Illinois 4-Hers to represent our state. I will have the opportunity to attend leadership workshops, to participate in service learning experience and listen to motivational speakers. I will be responsible for some meals, tips, and a few other items not provided,

I would appreciate any financial support that HCE could provide. I appreciate your consideration.

Sincerely, Evelyn Martin

(We donated \$100 to her)

Joan,

What a great Tea, as usual. Enjoyed all the extra touches that were related to Jackie. The cookie, sayings and thoughts she wrote, pearls, all were interesting and amplified the theme.

Thanks to you and all the HCE members and helpers for all the work. I know it is a lot of work. But it makes for a wonderful tea.

This year the raffle baskets and door prizes were not only great but very generous.

Job well done...

Judy Casey (Yorkville)

## CONCERNS & CELEBRATIONS

**Sympathies to Karen Klatt. Her husband, Tom, passed away on December 7.**

**Prayers are still needed for the husbands of Carol Scott, Carla Tweet and Lois Hanson**

**Bev Scott's husband, Carl, got an elk in Colorado!! But his back is bothering him (not because of the elk)**

**Celebrate all our wonderful members who helped with the fantastic Tea, "Tea With Jackie O"**

**Betty Reedy's daughter, Emily, performed in the Minooka H.S. Madrigal Dinner/program. A great show!!**

# Illinois Facts and Trivia

1. Ottawa, Freeport, Jonesboro, Charleston, Galesburg, Quincy and Alton hosted the famous Lincoln-Douglas debates that stirred interest all over the country in the slavery issue.
2. The first Aquarium opened in Chicago, 1893.
3. The world's first Skyscraper was built in Chicago, 1885.
4. Home to the Chicago Bears Football Team, Chicago Blackhawks hockey team, Chicago Bulls basketball team, Chicago Cubs and Chicago White Sox baseball teams, Chicago Fire soccer team.
5. The first Mormon Temple in Illinois was constructed in Nauvoo.
6. Peoria is the oldest community in Illinois.
7. The Sears Tower, Chicago is the tallest building on the North American continent.
8. Metropolis, the home of Superman, really exists in Southern Illinois.
9. Cahokia Mounds State Historic Site--most sophisticated prehistoric native civilization north of Mexico
10. Illinois had two capital cities, Kaskaskia, and Vandalia before Springfield.
11. The NFL's Chicago Bears were first known as the "Staley Bears". They were organized in 1920, in Decatur.
12. Illinois was the first state to ratify the 13th Amendment to the Constitution abolishing slavery. 1865
13. On December 2, 1942, Enrico Fermi and a small band of scientists and engineers demonstrated that a simple construction of graphite bricks and uranium lumps could produce controlled heat. The space chosen for the first nuclear fission reactor was a squash court under the football stadium at the University of Chicago.
14. Des Plaines is home to the first McDonald's.
15. Dixon is the boyhood home of President Ronald Reagan.
16. Springfield is the state capital and the home of the National Historic Site of the home of President and Mrs. Abraham Lincoln.
17. Chicago is home to the Chicago Water Tower and Pumping Station, the only buildings to survive the Great Chicago Fire.
18. Before Abraham Lincoln was elected president he served in the Illinois legislature and practiced law in Springfield. Abraham Lincoln is buried just outside Springfield at Lincoln Tomb State Historic Site.
19. Carlyle is the home of the largest man-made lake in Illinois.
20. Illinois has 102 counties.
21. Ronald Wilson Regan from Tampico became the 40th president of the United States in 1980.
22. The highest point in Illinois is Charles Mound at 1235 feet above sea level.
23. The state motto is: State Sovereignty, National Union
24. The ice cream "sundae" was named in Evanston. The piety of the town resented the dissipating influences of the soda fountain on Sunday and the good town fathers, yielding to this churchly influence, passed an ordinance prohibiting the retailing of ice cream sodas on Sunday. Ingenious confectioners and drug store operators obeying the law, served ice cream with the syrup of your choice without the soda. Objections then was made to christening a dish after the Sabbath. So the spelling of "sunday" was changed. It became an established dish and an established word and finally the "sundae".
25. The round Silo for farm storage of silage was first constructed on a farm in Spring Grove.
26. The Illinois state dance is square dancing.
27. Illinois has more units of government than any other state (i.e., city, county, township, etc.). Over six thousand. One contributing reason may be the township governments, which are generally six miles square.

28. The worst prison camp during the Civil War in terms of percentages of death was at Rock Island.
29. Illinois boasts the highest number of personalized license plates, more than any other state.
30. The University of Illinois Conservatory is 37 feet high at its apex.
31. In 1905, president of the Chicago Cubs filed charges against a fan in the bleachers for catching a fly ball and keeping it.
32. Chicago's Mercantile Exchange building was built entirely without an internal steel skeleton, as most skyscrapers; it depends on its thick walls to keep itself up.
33. The abbreviation "ORD" for Chicago's O'Hare airport comes from the original name Orchard Field. O'Hare Airport was named in honor of Lieutenant Commander Edward H. "Butch" O'Hare.
34. The trains that pass through Chicago's underground freight tunnels daily would extend over ten miles total in length.
35. The slogan of 105.9, the classic rock radio station in Chicago: 'Of all the radio stations in Chicago...we're one of them.'
36. In Mount Pulaski, Illinois, it is illegal for boys (and only boys) to hurl snowballs at trees. Girls are allowed to do that however.
37. In Illinois Michael is the top name chosen for boys. Emily is the most chosen name for girls.
38. Illinois is known for its wide variety of weather. Major winter storms, deadly tornadoes and spectacular heat and cold waves.
39. The first birth on record in Chicago was of Eulalia Pointe du Sable, daughter of Jean-Baptiste Pointe du Sable and his Potawatomi Indian wife in 1796.
40. Chicago's Mercy Hospital was the first hospital opened in Illinois.
41. The first animal purchased for the Lincoln Park Zoo was a bear cub, bought for \$10 on June 1st, 1874.
42. The University of Chicago opened on October 1, 1892 with an enrollment of 594 and a faculty of 103.
43. New York Sun editor Charles Dana, tired of hearing Chicagoans boast of the world's Columbian Exposition, dubbed Chicago the "Windy City."
44. Comedy showcase "Second City" was founded on North Wells Street in a former Chinese laundry in 1959.
45. Chicago's first African American mayor, Harold Washington, took office in 1983.
46. The 4 stars on the Chicago flag represent Fort Dearborn, the Chicago Fire, the World's Columbian Exposition, and the Century of Progress Exposition.
47. The Chicago Public Library is the world's largest public library with a collection of more than 2 million books.
48. The Chicago Post Office at 433 West Van Buren is the only postal facility in the world you can drive a car through.
49. The Chicago River is dyed green on Saint Patrick's Day.
50. The world's largest cookie and cracker factory, where Nabisco made 16 billion Oreo cookies in 1995, is located in Chicago.

**ILLINOIS FACTS AND TRIVIA**  
(From Winnebago County HCE Newsletter)

THANK YOU'S

**Dear HCE organization,**

**Thank you for the Clothing Award. I can't wait to use the sewing kit. Thank you for sponsoring 4-H. I really appreciate it.**

**From Annie Ralston  
Clothing Award Winner**

Dear HCE Board,

Thank you for the delicious potluck at your December board meeting. I also want to thank you for the gift card.

Merry Christmas and Happy New Year!

Kim Olson

# 24 Surprising Ways To Use Rubbing Alcohol That You Probably Never Knew About

You probably already know that rubbing alcohol is one of the most widely-used disinfectants out there. However, you may not be aware that rubbing alcohol is actually useful in a ton of different situations — and most of which have nothing to do with anything medical-related.

These rubbing alcohol hacks will save you money and come in handy in a pinch, so read ahead to learn about them!

## 1. Jewelry Cleaner

source: [Silver Tree Jewellery Blog](#)

To bring some shine and shimmer back to your jewelry, soak it in a bowl of rubbing alcohol for a few minutes. Then, dry it off and give it a quick buff with a jewelry polishing cloth.

## 2. Removes Unpleasant Odors

source: [Bulk Apothecary Blog](#)

If you have some stinky shoes, simply spray them with a bit of rubbing alcohol. Let them air-dry in someplace sunny, and the foul smells will be gone.

## 3. Kills Bed Insects

source: [SleepSugar](#)

Spray rubbing alcohol in the seams of your mattress, between your mattress and box spring, or anywhere else where mites and bed bugs might be hiding. Wait

for the alcohol to dry, then vacuum the areas you sprayed.

## 4. Keyboard Cleaner

source: [Virus Removal Brisbane](#)

It can be so hard to get crumbs and dust from in between the keys on your keyboard. Just wet a Q-tip with a bit of rubbing alcohol for a clean, disinfected work surface.

## 5. Repairs Broken Makeup

source: [Sian Taylor](#)

If you accidentally drop a makeup palette and it shatters into a million pieces, don't panic. Simply break up the pieces until they are super fine, then pour a bit of rubbing alcohol into the palette and mix together. When the rubbing alcohol dries, your palette will be whole again.

## 6. Cleans Dry Erase Boards

source: [RightAngle Answers](#)

Marker never seems to come off dry erase boards easily. Until now, that is. Just apply some rubbing alcohol to a cloth and the marker stains will come right off!

## 7. Cleans Microfiber Fabrics

source: [551 east](#)

Microfiber furniture can be *so* difficult to clean. That's where rubbing alcohol comes in. Use a sponge or cloth to dab some rubbing alcohol onto any stains. You can even gently scrub the stain with a cleaning toothbrush. When the rubbing alcohol dries and evaporates, the stain should be gone.

## 8. Stretches Out Shoes

source: [Lollipopf](#)

The next will be in Next Newsletter (Feb/March)

**The Veterans Dog Program is offered FREE to referred veterans.** That means, Circle of Change is reliant solely on grants from the community and generous donations from supporters for funding.

For more information or to make a tax deductible donation, visit:

[www.Circle-of-Change.org](http://www.Circle-of-Change.org)

or mail to:

Circle of Change

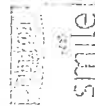
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(815) 262-1491

*Steve Wright  
Executive Director*



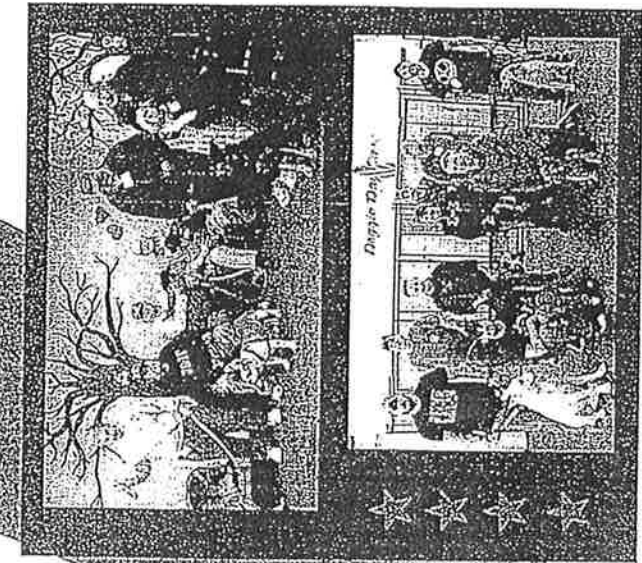
Choose Circle of Change as your Amazon Smile preferred charity at [www.smile.amazon.com](http://www.smile.amazon.com)



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Circle of Change is a 501(c)(3) Non-Profit Organization

EIN: 20-2316300



### What Our Veterans are Saying

*"Calmng a dog helps me to be calm..."*

*"I realized that if an animal can have success, so could I...with help. I just felt safe from the get go."*

*"A dog forces you to be more social and more stable. A dog forces you to improve and be a better leader."*

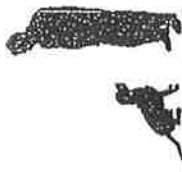
*"My life is saved because of the therapy I received."*

*"This is the only treatment that has worked for me. I told my doctors and they want to know more about the program."*

*"This program helped me to become more open to people besides veterans and to new opportunities."*

### What This Program Does

- Builds communication & leadership skills
- Restores self-respect, pride & dignity
- Encourages social interaction & quality lifestyle changes



# CIRCLE OF CHANGE

## VETERANS DOG PROGRAM

Veterans Helping Dogs Helping Veterans

SERVING VETERANS OF  
NORTHERN ILLINOIS & SOUTHERN WISCONSIN



Circle of Change seeks to provide veterans suffering from the effects of trauma and other emotional issues improvement in their quality of life, self-esteem, and social skills through observation, dog training and handling experiences that develop confidence, respect and trust.

# CIRCLE OF CHANGE VETERANS DOG PROGRAM



## How Does This Program Work?

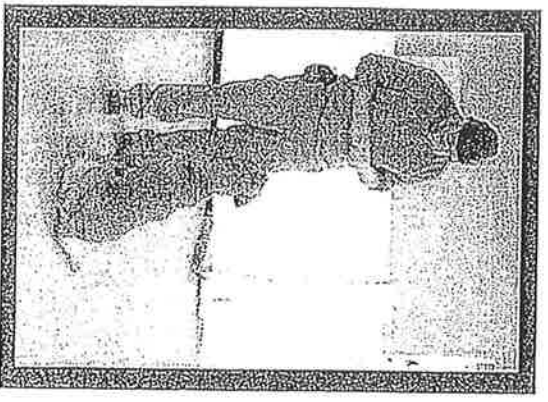
Referrals to Circle of Change come from collaborating mental health professionals, primarily the Veterans Administration Health Services and Vet Centers.

Throughout a 13-week session, veterans and their peer mentors meet once a week with experienced dog trainers to interact with each other and train dogs. Participants are exposed to all aspects of dog handling.

The dogs chosen for the program exhibit many of the same symptoms as veterans with anxiety issues, traumatic brain injury, and/or Post Traumatic Stress Disorder (PTSD).

Our classes provide a relaxed environment in which to observe, learn and socialize. Over time, participants see a pathway to their own recovery by helping dogs overcome behavioral challenges.

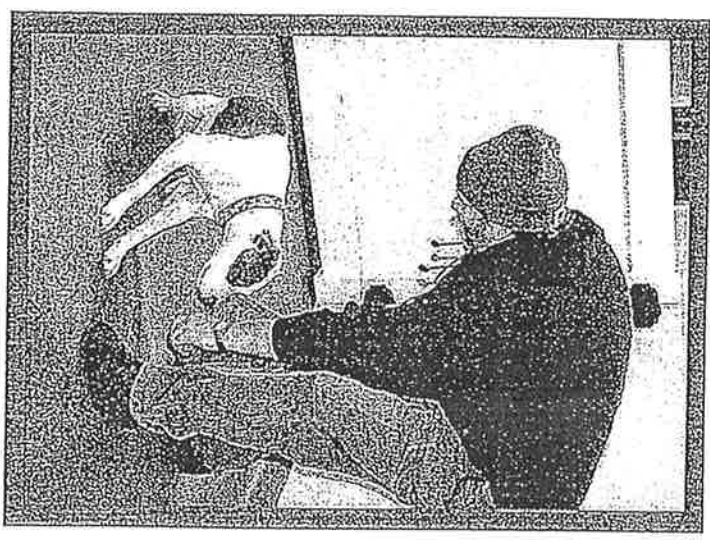
Confidence, trust and respect are the result of relationships built among the veterans, dogs and trainers.



## How Does This Benefit the Veteran

The safe environment encourages veteran interaction with the dogs, the trainers, and other veterans.

Participants build communication skills and are able to apply lessons learned to their lives. This leads them to become more active members of society.



## What Makes Us Unique

The Veterans Dog Program differs from other organizations. Here's how:

- ❑ Does not train or provide service dogs
- ❑ We do not provide dog adoptions
- ❑ Appropriate dogs provided by trainers
- ❑ Dog ownership not required to participate
- ❑ Benefits gained without the responsibility of ownership

Veterans always gain valuable skills that help with dog ownership.



## What is PTSD?

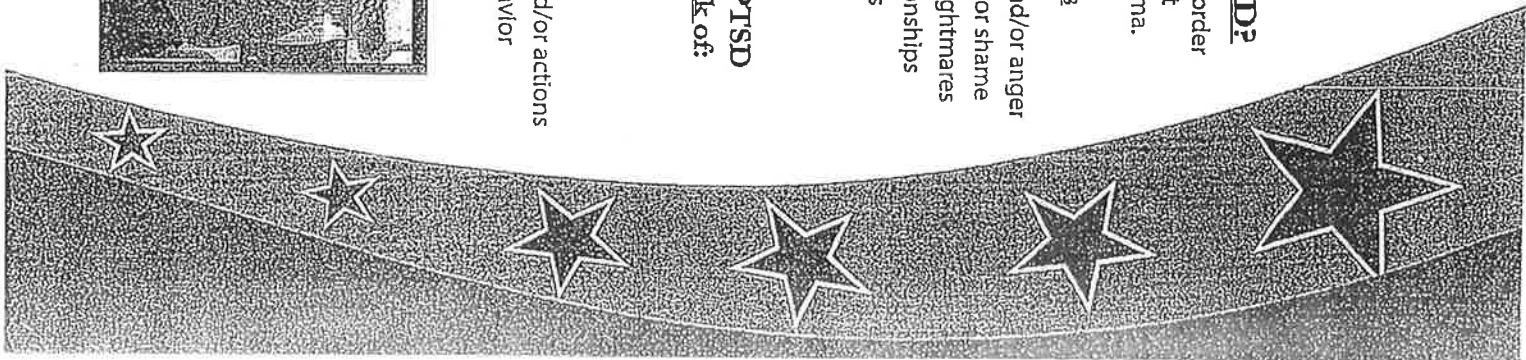
Post-traumatic stress disorder (PTSD) is a condition that can be triggered by trauma.

## Symptoms

- ❑ Irritability, anxiety and/or anger
- ❑ Overwhelming guilt or shame
- ❑ Flashbacks and/or nightmares
- ❑ Difficulty with relationships
- ❑ Emotional numbness
- ❑ Social isolation
- ❑ Hypervigilance

## Veterans with PTSD are at high risk of:

- ❑ Depression
- ❑ Drug abuse
- ❑ Alcohol abuse
- ❑ Suicidal thoughts and/or actions
- ❑ Self-destructive behavior





# Watch where you step: The legend of mistletoe

SHAW MEDIA

Decorating with mistletoe has been a holiday tradition for many centuries in North America and Europe. It raises the question: Why do we have this strange tradition that prompts friends, family and even enemies to kiss when they meet underneath mistletoe?

"Perhaps you have been one of the lucky – or unlucky – few that have found yourself under the mistletoe for a kiss," said University of Illinois Extension horticulture educator Chris Enroth.

It is widely accepted that the tradition of kissing under the mistletoe began in the 16th century, but the history of the plant goes back much farther than that. Mistletoe is considered one of the most magical, mysterious and sacred plants in European folklore.

It was used in ancient times, centuries before the birth of Christ, by Druid tribes living in what is considered modern-day Great Britain. In fact, the plant was so sacred to the ancient Druids that if two enemies met under the mistletoe, they would lay down their weapons and exchange greetings. Druid priests would harvest mistletoe with a golden knife and pass it around to celebrate the new year.

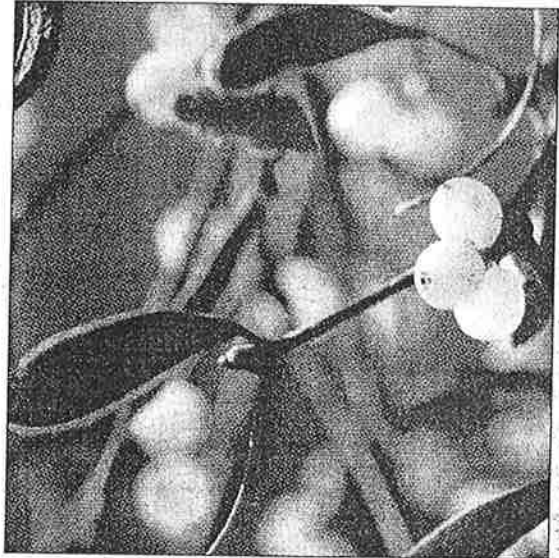
Mistletoe was banned from Christian ceremonies for many years because of its pagan origin, but Christian leaders eventually incorporated the plant into decorations and celebrations to draw in the old tribes of Britain and Europe.

The tradition of kissing under the mistletoe began in 1520 when William Irving wrote, "A young man should pluck a berry each time he kisses a young girl beneath the hanging plant, and once the berries were gone the romantic power of the plant faded." Hence, many gentlemen sought mistletoe cuttings with an abundance of berries to hang in their homes.

"In addition to its interesting history, mistletoe is also an interesting plant," said Enroth.

It is a true parasite and grows as an evergreen in a variety of trees, but is common in apple trees, poplars, lindens and willow. Mistletoe draws water and nutrients from its host. Although it typically does not kill the tree outright, it weakens it to the point of shortening the host's lifespan, making it vulnerable to other pests and disease.

"There are many different species of mistletoe," said Enroth. "The species celebrated in ancient texts and used in European celebrations is the European mistletoe, whose scientific name is



Stephanie Berghaeuser - Freemages.com

**Mistletoe is a true parasite and grows as an evergreen in a variety of trees. It draws water and nutrients from its host. Mistletoe native to North America falls into the genus *Phoradendron*.**

*Viscum album*."

Mistletoe native to North America falls into the genus *Phoradendron*, and is the mistletoe commonly sold in the United States.

Can you find mistletoe in Illinois?

"That would be highly unlikely at least in Central Illinois," said Enroth. "Mistletoe is not common to our north-central Illinois climate, but can be found in Hardiness Zone 6 and becomes more prevalent further south."

Enroth added, "You may have success finding mistletoe in Southern Illinois. With the warming climate, we have seen southern plant species begin to creep northward."

Most commercially harvested mistletoe grows in Oklahoma, Texas and New Mexico. Mistletoe is toxic and ingesting berries in large amounts can be lethal, so keep it out of reach of children and pets, or hang artificial mistletoe.

The name mistletoe translates to English as "dung-on-a-twig," as ancient tribes thought the plant germinated sporadically from bird droppings. Since "dung-on-a-twig" does not lend itself to the plant's romantic legend, let's stick with calling it mistletoe and be careful where you stand this holiday season.

Kendall County Association For  
Home & Community Education  
7775B IL Rt 47  
Yorkville IL 60560



**HCE Newsletter**  
December 2018/January 2019

**Birthdays**

Nov. 9 – Margaret Carr  
Nov. 29 – Betty Reedy  
Dec. 28 – Jean Teausaw  
Jan. 17 – Ruth Satorius

**Extension Office Closed** – Dec. 24-Jan. 1 and Jan. 21  
**Board Meeting** – January 22, 1:30, Extension Office  
**Sandra Davis' Retirement Party** – Friday, Jan. 25, 4-7pm  
**HCE Lesson** – Feb. 13, 10am, What's New in the Kitchen  
**IL HCE State Conf.** – March 12 to 14 in Effingham, IL  
**ACW Triennial Conf.** – April 1-10, 2019, Melbourne, Australia  
**HCE Annual Meeting** – Tuesday, May 21, 5pm (Place to be announced.)  
**NVON** (Natl. Volunteer Outreach Network Conf.) – July 23-25, Springdale, AR  
**CWC** (Country Women's Council USA) – Sept. 12-18, 2020, Indianapolis, IN



4-H Achievement Night winners:  
L - Annie Ralston (Clothing Award)  
R - Kassandra Speerly (Clothing Award)  
Foods