

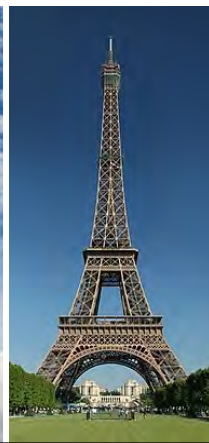
ILLINOIS ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

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IAHCE NEWS



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CELEBRATING AROUND THE WORLD with IAHCE

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COVER: (Clockwise from top left) Illinois delegation at ACWW Triennial World Conference—Pat Weitzmann, Janel Kassing, Cara Ausmus, Jane Chapman, Georgia Fagerland, Marilyn Daughhete; Opera House, Sydney, Australia; Statue of Liberty, New York City, USA; Eiffel Tower, Paris, France; Christ the Redeemer, Rio de Janeiro, Brazil; Leaning Tower, Piza, Italy.

IAHCE PRESIDENT JANE CHAPMAN



JANE'S JARGON

Summer has officially arrived in Southern Illinois, only about ten days late! The heat and humidity have arrived and I am happy to say it has not rained in four days! I will probably regret that last statement about the rain in a few days but at least the wheat can finally be harvested!

The District Workshops are rapidly approaching and I hope to see many representatives from all counties present. The Board will be sharing a lot of changes at these workshops! I know, you hate to hear that word change but it is time to change! I have stated at several of the annual meetings I have attended the last few months, "what we are doing now is not working, we must change!" Change should start with the IAHCE Board and we have initiated some changes, if they don't work, we will go back to the drawing board. So, when you come to the August Workshops bring your pencil and paper to take notes!

Two of my recent annual meetings that I attended were very interesting and I want to share what occurred at them. Both of the comments made at these meetings came from the person that was there to do the entertainment and had no affiliation with HCE at all. The first lady did some research trying to learn more about our organization and learned we had changed our name numerous times over the years and her comment was "do you not know that is bad marketing?" Something I have been saying for many years!

At the other meeting I was seated at lunch next to the entertainment lady and she asked me what HCE was all about. So, I told her our function of educating, volunteering, not-for-profit status, and about our affiliation with the NVON, CWC, and ACWW. Just before she was to sing, this county had a discussion about disbanding and when she got up to sing, she gave the best sales pitch for HCE that I have ever heard! She will pray that this county not vote to disband because she and others in her age group need us! She and others like her need our expertise, experience, and what we do for our communities, state and world! She asked all in attendance to pray that they be able to continue on with HCE in their county! I was truly in awe and am still kicking myself for not recording what she said! Both ladies were right on with their statements and look what happens when you tell people about our organization, they realize the need for organizations like HCE! It is up to us to get the word out there.

I hope you will use the upcoming HCE week in October to share the good of HCE throughout the state of Illinois. HCE week is October 14 thru 18, so plan some big events where the public is invited to share the good of HCE! Remember you'll sit a long time with your mouth wide open before a roasted chicken flies in, so when you open your mouth actually ask that neighbor, friend, or that stranger to your next big HCE event! You can't tell the size of a turnip by lookin' at their tops, the person you ask may be your next new member!

Later, Jane

EXECUTIVE BOARD

ACCWW TRIENNIAL

From May 2019 issue NVON newsletter
by Jane Chapman, IAHCE President

Amazing, inspiring, memorable, eye-opening, educational are just a few of the adjectives I would use to describe my first time at an ACWW Triennial! From the opening ceremony, then Australia, the host country, lead the flag parade of member nations to the end when the reverse was done with Malaysia, the next Triennial host, removing their flag first was incredible. All of this left the smalltown girl from Southern Illinois in awe!

There were seven sessions over the six-day period as well as area meetings. Each session included voting on the some of the 18 resolutions and other resolutions pertaining to the by-laws and rules. I had the honor of providing the support material for the Iron Deficiency resolution, one of the two resolutions that CWC/USA proposed the other resolution was on pollinators. I am happy to announce that both resolutions were approved. The resolutions, after being approved, will now be the focus of the ACWW over the next three years and will be presented to the United Nations for consideration. Most sessions had keynote speakers who spoke on topics like eradicating rabies, to human trafficking, and a young woman's story of becoming CEO of a huge sheep farm that raises sheep and makes the wool into fabric that is sold worldwide. I must include the final keynote speaker, Kelly Nash, who spoke on the importance of loving your body in a humorous and musical manner.

Monday evening of the conference was the "gala" and it was quite a gala! You either received lamb or stuffed chicken wrapped in cheese served with a potato shaped like a deck of cards, heirloom carrots, wine, and dessert of poached pear, ginger cream and soft white chocolate sponge. A country western band played during the entire Gala. The Aussie's do like their music, everyone danced and sang along! I must say that all the foods served to me anywhere in Australia and at the conference were presented in a very beautiful manner, sometimes with real flowers or greens such as rocket which is a type of lettuce to us!

Morning and afternoon breaks were given and hot tea, coffee, and cookies were offered to the attendees. There were many vendors for your shopping pleasure during the breaks and your free time. Lunches were a variety of foods from different countries of the world.

I can't end this without mentioning the Sunday Thanksgiving Ceremony with a theme of "hope". This was very emotional, and inspiring, and really showed the true "sisterhood" that the members of the ACWW have no matter your race, religion, or color! There was a Muslim, an Anglican minister, and one from the Shepparton Uniting church that did readings and prayers about hope. There was music as well as memorializing the deceased ACWW members by showing their name and country on the big screen.

I, also, can't end without sharing something that amazed me and I wondered why our political leaders can't do the same. There was no hate, accusations, prejudices but just a

group of people from all over the world enjoying one another and making decisions in a very compromising, civil and professional manner. Even though there was much discussion, sometimes intense, on many of the resolutions we all left the session still friends, not speaking badly of one another or stabbing each other in the back. The world leaders and our country's politicians needed to have been there to see it and take notes!

Jane Chapman, President
Illinois Association for Home and Community Education

1st VICE PRESIDENT Sharon Middleton



I have just come from the State Board meeting held in Decatur. It was a very busy one as we worked on budgets, education ideas, Support Funds, nominating committees, and much more including the next IAHCE Conference being held in Effingham, IL March 10-12, 2020. The theme is set and all is coming together.

As the Education Director, my group includes Cultural Enrichment, Family & Community Issues, International and Public Relations Directors. We met this past week and worked on a "project" that each group could work with to take to their individual counties. The projects are "Iron Deficiency and Pollination". The Educators will share these topics with you during our August District Workshop.

You will need to read the packets you receive at District Workshop and the Presidents packet that goes out in December. There are several forms that have been updated and the forms have information that you need. Check out the Forms section of the Website as they become available.

Speaking of the Website, there will be more lessons for you use in your counties. By reading your newsletters, I see many of the lessons on line are being used. That is terrific. If you have a favorite or exciting lesson you can share with the state, send it to me and I will add it. Just be sure it has where and who you got it from to give credit where credit belongs.

Have a great Summer and see you in August at your District Workshop. You're in for a few surprises and we are hoping you will like the changes we have made for you.

Sharon Middleton

EXECUTIVE BOARD

2nd VICE PRESIDENT

Norma Korte

I don't know how it has been for most of you this spring, but we are still planting between rains. This has been a very hard year for a lot of farmers. Keep farmers in your prayers, because not being about to work the land on time can result in some stress and depression.



I would like to welcome **all members** to the District Workshop in August! The cost is \$20 per person. The format of the workshops this year will be slightly different than previous years. With that in mind, we hope you will make an effort to **invite all HCE members** (not just your Council/Board Officers) to attend. **Come and have an enjoyable day and meet people from other counties!**

The dates and locations for the District Workshops are:

District 6 & 7 – Tuesday, August 6, St. John's Lutheran Church, 903 Jefferson, Effingham, IL

District 4 & 5 – Wednesday, August 7, Southern View Chapel, 4500 S. 2nd St., Springfield, IL

District 1 & 2/3 – Thursday, August 8, United Methodist Church, 160 Johnson Ave., Sycamore, IL

Please note: Regardless of your District, you may attend the Workshop that is the shortest drive from your county. If you choose to attend a District Workshop that is different from your home District, we request that you please contact your District Director to make arrangements prior to the registration deadline.

The IAHCE Nomination Committee is accepting applications for 1st Vice President (must have served on the IAHCE Board before), Treasurer, Public Relations, and CVH Director. (District 7 will also elect a Director in August.) The guidebook lists the requirements for each position. Please send applications to Sharon Davis (16015 E. 700th Ave., Watson, IL 62473, Nominating Committee Chair) by October 1.

Second Vice Presidents: If you need membership certificates, please contact me by July 15 via letter or email (kortes@kortefarms.com). Please include name, number of membership years, county, and date of presentation. (Please print information.) The certificates will be handed to you at the District Director Meeting. Continue to go out into your county and let your light brightly shine for HCE!

Activities are being planned for the **"Road to 2024"** IAHCE 100th anniversary celebration. If you have something that was made or a special item from the early days of HCE that can be displayed, please contact Kathy Peterson, committee chair.

Please encourage counties to have two signatures on their HCE county treasurer accounts and to have an audit each year. This helps protect the county and treasurer.

HCE Week October 14-18, 2019. All counties are encouraged to promote HCE this week.

From Korte Farms, have an enjoyable summer and fall.

Norma Korte

SECRETARY

Cathy Eathington

Hi to all of you. This has certainly been an interesting spring and summer. I have just been to my first State Board meeting and found it very informative and interesting.

If you have elected your County Officers, please send me your list.

Include their address, phone number and e-mail address. We do most of our correspondence by e-mail.

Several positions on the board will be elected at the March Conference. The positions are 1st Vice President, Treasurer, Public Relations, CVH Director. Contact Sharon Davis at 217-821-7778 for any information.

The District Workshops will be held in August at the following locations: District 6 & 7 on Tuesday August 6 in Effingham; District 4 & 5 on August 7 in Springfield; District 1 & 2/3 on August 8th in Sycamore. If you are closer to one that is not your district, you may attend just let your District Director know.

Looking forward to meeting all of you at the District Meetings.

Cathy Eathington



TREASURER

Beverly Combs

At this time of the year my main job is working with the Support Fund State Advisory Committee. Two people represent each district on this committee.

This year we are welcoming new members:

Diane Fedorow - District 1
Debbie Sole - District 2/3
Carol Pollo - District 6

Other committee members include:

Trudy Goedeke - District 1
Marian Lang - District 2/3
Mary Johnson & Vivian Gerrietts - District 4
Kathleen Emery & Chris Hazen - District 5
Judy Millsap – District 6
Charlene Woods & Becky Belcher – District 7

And, special thanks to retiring members Mary Ann Johnson, Sandy Henke, and Linda Schmidt.

I look forward to seeing many of you at the August District Workshops. Have a great summer.

Bev Combs



EDUCATION COMMITTEE



CULTURAL ENRICHMENT Sonya Bishop

I don't know about you, but I have started to feel like a mushroom. It has been so dark, damp and wet this last few months. I am ready for some sunshine and no more severe storms. I am writing this as my weather alert radio is going off yet again!

By now, I hope you all are thinking about your projects for the conference next year. I am constantly looking for my next creations. Possibly you have already started them but I have not. Remember projects made in 2018 will still be accepted in the 2020 conference. Please make sure that the items follow the rules and size guidelines. The finished (including matting and framing) size is 24 inches excluding quilts and items that can be folded. If there are any questions about size limits and rules, please refer to the IAHCE rulebook or ask me.

Remember to bring your craft items to the district workshops. Include directions so you can share with the other ladies to take to their counties. When possible, spend a few minutes at these workshops encouraging others to expand their creative horizons. We have an interesting theme this year: you will find out at the District Workshops.

Have a great summer and remember to think outside of your creative box. Try something new and above all have fun!

Sonya Bishop

FAMILY AND COMMUNITY ISSUES Eleanor Gregory

Hello!

Here I am writing my second Family and Community Issues article for the IAHCE News. Since I wrote the May article my husband and I celebrated our 50th Wedding Anniversary. My how time flies!!!

In April I traveled to Dubai and Africa. Looking out atop the *tallest building* in Dubai gave me a sense of how small our world looks AND how important it is to have positive connection—starting with family and community. In South Africa I had the opportunity to have lunch with a family from Johannesburg in their home. Our conversation seemed like a typical one that friends in the U.S. would have talking about school, food, activities.... with one exception—WATER! They told how they conserve water daily by recycling laundry



water and shower water to flush the toilet. In Zimbabwe we ate lunch with a family and learned how to eat with our right hand—no utensils. A bowl and pitcher passed around provided the method of hand washing before and after.

Now that summer is well underway, our August District meetings will happen soon. I'm looking forward to presenting some new ideas. Our focus this year will be on NUTRITION incorporating a couple of ideas that were presented at the ACWW Triennium held in Melbourne, Australia in April 2019. One idea is Iron Deficiency in children and adults. The other idea is Pollinator Protection. Pollination is necessary to protect food products that we consume every day. So, please, let's learn about the bees and develop some expertise so the bees can pollinate with ease to keep our food supply from decline.

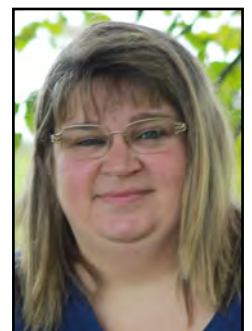
Your August packet will contain lots of information and ideas to help with programs and strategies to achieve nutrition goals with a new perspective. We will also continue working with many of the previous goals such as estate planning, flag etiquette, supporting First Responders, Military and Law Enforcement and more!

Also, be thinking of a family you can nominate for Family of the Year. Details and forms will be included in your packets.

See you in August.

Eleanor Gregory

CVH/SALES Ashley Davis



Hello Everyone,

It's June already! You know what people say, "Time flies when you're having Fun!" I hope that everyone is enjoying their summer this far. I have to say I have enjoyed my summer this far and I looking forward to the rest.

By the time you all receive this newsletter, plans for the IAHCE August Workshops are being finalized. The IAHCE State Board starts in Effingham, IL on August 6 for District 6 & 7 workshop stopping in Springfield, IL on August 7th for District 4 & 5 workshop and our final stop on August 8th in Sycamore, IL for District 1 & 2/3 workshop. This year the District Workshops will full of learning, changes, fun, food, fellowship and laughter. So, please make plans to join us.

Packets with information about the CVH program will be given out. In your packet you will find pages 71-73 & 75a from the guidebook that explain the CVH program, what is the purpose of turning in your volunteer hours, a

EDUCATION COMMITTEE

copy of The Individual CVH Summary sheet, and The County CVH Summary sheet. There will be examples of how to fill out the forms and all the important due dates to turn forms in by. You all are doing a wonderful job and I appreciate all your hard work and dedication. Keep encouraging your members to turn in their volunteer hours!

The IAHCE Nomination Committee is accepting applications for 1st Vice President (must have served on the IAHCE State Board before), Public Relations, Treasurer and CVH/Sales. You can find the guidelines and requirements for each position in the Guidebook. Please make sure to have your applications mailed to Sharon Davis by October 1st.

This is a reminder to everyone that ordered the IAHCE Ornament! I will have the ornaments at the District workshops in August. If you placed an order for these, I will have your ornaments in a bag. Please, if you are not attending one of the workshops, please be sure to send your payment with someone from your county so that they may pick up your ornaments for you. If I have to ship your order to you, there will be a shipping charge.

I hope you all join us for District Workshops and to always have an open mind and a positive attitude! Remember, you all are an essential piece to the HCE puzzle! May God Bless you all and enjoy the rest of your summer.

Ashley Davis



PUBLIC RELATIONS Pat Hildebrand

August District Workshops will have a new format this year. It will be to your advantage to attend and learn what new things are going to happen in the coming year. Each county officer will still receive a packet of information needed to keep up-to-date.

The Public Relations packet will include:

- 1.) Information about HCE Week—October 14-18.
- 2.) Proclamation for HCE Week from Governor Pritzker (...if all works out according to plan.)
- 3.) Information about the application process to become a member of the IAHCE Board (That’s right! There will be openings for 1st Vice-president, Treasurer, CVH/Sales, and Public Relations). You can check out the Website — www.iahce.org/guidebook — to take a look at the application form. See pages 54-554a.
- 4.) Communication hits and tips:
 - *Communication helps **motivate** members.
 - *Communication is a **source of information**.

- *Communication plays a role in **attitudes**.
- *Communication helps in **socializing**.
- *Communication help keep **open lines** with the community it serves.
- *Communication **rallies support** for IAHCE.
- *Communication allows IAHCE to better **predict the needs** of a community

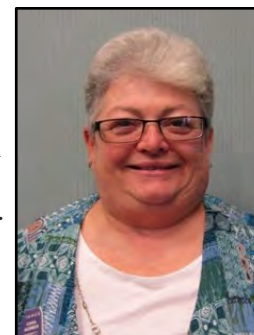
As I said earlier, you will receive a packet with hints, tips, and important dates and information to help you better understand your position as Public Relations Director for your county. It’ll help you know “what’s happening” in IAHCE. So OPEN the packet and READ the material. If you don’t get a PR packet, find the one who picked it up at the August Workshop for your county or give me a call or e-mail.

Happy Summer.....See you in August!

Pat Hildebrand



INTERNATIONAL Cara Ausmus



G'Day Mates! Hoping many of you have had the opportunity to see and hear Deon's presentation on her Homemaker Exchange to Australia. Take a carload to your closest opportunity, as one of my county ladies stated “Boy did I learn a LOT about Australia!”

On my drive to South Carolina in June I saw a Kroger semi with Zero Hunger and Zero Waste on its side! Talking to a store manager I learned they are also composting produce, second harvesting deli and hot food, recycling cardboard and more. He was excited to be working for a forward thinking progressive company. Ladies WE’VE been doing this for 100 years!! Grandma's frugal and Mom's savvy Has become our Environmental Aware!! We are Sharp Progressive Cookies!! We will be continuing our efforts with Zero Hunger and Zero Waste. Continue to waste less and Maximize utilization of Food dollars with leftovers and good planning. The old New England saying of Make Do, Do Without, Use It Up or Wear It Out couldn't be more true or more current.

We will learn of a new Country of Study and Homemaker exchange at District meetings in August. Hope to see you there and continue to be Practical and Progressive Together!!

See you in August!

Cara Ausmus

EXTENSION REPORT



Karla Belzer

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Happy summer HCE members! I hope you all have had a chance to enjoy all that Illinois has to offer in the summer – festivals, warm weather, and fun outdoor activities.

The Family and Consumer Sciences (FCS) team has been hard at work developing the 2020 Lessons for Living programs. You still have time to register and participate in the 2019 Lessons for Living programs – be sure to visit with your local University of Illinois Extension offices to learn more about these program offerings. If you are not sure who your HCE contact is in your local Extension office, please feel free to contact me as I have a list of HCE contacts for each unit. Hopefully I can get you connected to the right person.

I'd also like to highlight a few of our most recent Extension blogs that you might be interested in. The Nutrition and Wellness team's blog, *Simply Nutritious*, *Quick and Delicious*, has featured these great articles:

Tired of the Same Foods? Try Jicama!

https://web.extension.illinois.edu/lmw/eb245/ntry_13957/

The Diversity of Pasta Salad

https://web.extension.illinois.edu/lmw/eb245/ntry_13973/

You can find relevant and timely information about families and communities on the Family Life team's blog, *Family Files*, including these interesting articles:

Tips from the Latest Research on Alzheimer's and Dementia

https://web.extension.illinois.edu/hkmw/eb380/entry_13947/

Dangers of Tobacco Use

https://web.extension.illinois.edu/hkmw/eb380/entry_13972/

The Consumer Economics team blog, *Plan Well, Retire Well*, has some excellent tips on managing your finances including:

How to Choose a Financial Professional

https://web.extension.illinois.edu/cfiv/eb141/entry_13941/

Eating Out Tips

https://web.extension.illinois.edu/cfiv/eb141/entry_13900/

If you have suggestions or comments on topics for FCS lessons through UI Extension, please contact me at 815.632.3611 or kbelzer@illinois.edu.

Enjoy your summer!

Karla Belzer

DISTRICT 1 NEWS

DISTRICT 1 DIRECTOR

Becky Thomas



Hi District 1,

I wonder if I am safe in saying that I am the only district director that travels through another state to get to and from county annual meetings. Jo Daviess county had their meeting in Apple River and because the Wisconsin roads are better, I went that way. Coming home from Moline and Rock Island county, GPS took me across the Mississippi River to Iowa and back.

The fairs are starting and I know that the counties will be helping bake, work or judge at 4-H fairs. Be safe out there in the heat.

Have you visited a local "tourist attraction" as a museum or a landmark? I encourage people to stop the next time you drive by. In my travels this spring, because I would have most of the afternoon open after the Annual Meetings I took the opportunity to stop at Good's Furniture in Kewanee and the Dutch Mill-De Immigrant in Fulton. I just walked around and looked and enjoyed them at my leisure. And of course, I stop at the Dairy Queen in Mt. Carroll. I am looking forward to the District 1, 2-3 Meeting in Sycamore. It will be different but the same support to you counties from the State Officers. I am so lucky to be in this organization and to know the members who have become friends. Thank you!

Becky Thomas



DISTRICT 1 AND 2/3

August 8, 2019
Sycamore United Methodist
Church
Sycamore, IL

JO DAVIESS.....

Organized 1935

Outreach:

Every year the all the Units of Jo Daviess County make book bags and supply books for children in the preschools across the county. 71 book bags were delivered to 3 different pre-schools. We delivered 24 bags to Scales Mound, 35 to Warren Pre-School and 12 to Sunnydale Pre-School in Warren. The picture of the kids is from Sunnydale.



DISTRICT 1 NEWS

Annual Meeting

The Jo Daviess County HCE Annual meeting was held April 30th, at the Apple River Events Center.



The officers for the new year are: Back row: Janice Broshous, Marilyn Wurster, Ginger Kominsky, Judy Scott, Jeanette Podnar, Stephanie Vaupel, Ann Coppernoll. Front row: Alice Davis, President, Becky Frank, District Director, and Irma Zueger.

We enjoyed hearing the Farm to Table presentation by Cindy Carton and will have to consider attending the Farm to Table program this coming September at Apple Canyon Lake. More information can be obtained at this website: jd.luluslocalfood.com.

Ann Coopernoll
Public Relations, Jo Daviess

LEE.....

Organized 1929

We enjoyed two wonderful tours this spring. In May, we traveled to Steward, IL to visit the home of Illinois Extension Master Gardener Donna Waters.



Yard of Donna Waters

She presented a walking tour of her yard which included a wide display of hostas along with many other perennials. Donna told of varieties, care, and issues involved in growing these beautiful plants.

June's tour was at the Amboy Marsh Nature Preserve. Deb Carey began with an informational talk on the history of the area. Ladies were then shown the grounds. They were spectacular due to all the recent rain. Deb discussed ongoing restoration projects along with pointing out all the wildlife and plant species present in this space.

Marilyn Kremmerer
Public Relations, Lee County

MERCER.....

Organized 1917

MCHCE met on May 16, 2019, for their annual meeting in the guest room of the Aledo Fire Protection District. The Business of the Annual meeting was held to update all members with current happenings such as the Garden Walk to be held in June and Fund Raising efforts to also begin in June. During the meeting, a memorial was held for Linda Zachary, a member of Aledo Nights Unit who passed away in 2018.

The Garden Walk will be June 22nd including visits to the garden at Tom Tucker's and Linda Keating's. We will leave from Central Park at 8:30am and carpool to each destined garden. Lunch will be at Half Court in Alexis. This information is current as of board meeting in April. Cara called for a committee consisting of Board members, members at large from the three units of HCE, and a mailbox member to be formed in June to determine the logistics of a Fund Raising Campaign. Each Board member will contact her unit to request a member to be on this committee.

During the Annual meeting, seven members were honored as for their longevity as an HCE member with a 50-year or "better" membership.

These members were:

- 62 years--Mary Ann Taylor - Alexis
- 58 years--Mary Rickey - Seaton
- 56 years--Ella Marie Diehl and Sharon Mayhew - Aledo
- 54 years--Susan DeBlock - Viola
- 51 years--Marcia Duncan of Alexis and Elene Waters - Aledo

50-yr members present:

Susan DeBlock, Mary Ann Taylor, Ella Marie Diehl, Elene Waters, and Sharon Mahew. Marcia Duncan and Mary Rickey were unable to be at the Annual meet.



Mary Ann Taylor first began as a member when HCE was known as Home Education Association. Early on she was a member of the North Henderson Unit in Mercer County's HEA. Mary Rickey is a member of the Ohio Grove Unit today, but began as a member of the Seaton Unit of HEA. Ella Marie Diehl was a member of the Hamlet Unit during the early years. Now she is a mailbox member who receives the Newsletter and lessons but does not actively meet with a Unit for each month's meeting. She is kept abreast of the events of our organization through the Newsletter. Sharon Mayhew is a longtime member of the Aledo Nights Unit. She was also the Extension secretary for many years. Susan DeBlock is a member of the Aledo Nights Unit and also serves as the HCE Mercer County



DISTRICT 1 NEWS

➔ Mercer County, continued

Board Treasurer. Marcia Duncan is a member of the Ohio Grove Unit and was invited to become a member while her mother-in-law was a member of HEA. Elene Waters is a member of the Aledo Nights Unit and is an officer on the Mercer County Board of HCE.



Annual Meeting

A few of the women who attended the annual meeting.



If you missed the Annual meeting, then you missed a grand program given by Deon Maas, our Illinois Association Homemaker Exchange with Australia. She told us of her extension visit with 11 host families in Australia as well as Sara Kenny, our Illinois Homemaker Exchange one year ago. She learned much about farming, native animals, local “lingo”, schools and education, the medical system, the vastness of Australia as a whole, water shortages, CWC and ACWW.



Cara Ausmus, left, County president, and Deon Maas, right, speaker for the evening program.

A few tidbits of her stay was learning of their school system. Children do not ride a bus to school everyday nor attend a school as our children do. Virtually, every child living in the rural areas of Australia is home schooled.

Another concept that she related was her knowledge gained about the medical services in Australia. Because of the vastness of the continent coupled with the distance between large cities and first response teams, many medical emergencies cannot be handled as quickly ours. One may need to wait quite some time for emergency care and/or doctor's care. Because of this, a system of medical care is in place.

For emergencies, airplanes are quite common for them. We would expect an ambulance but would receive emergency care with EMT on an airplane. They also have medications sent to them regularly because a doctor's call could be days or weeks away. They would have to travel possibly several hundred miles to see their doctor, not just 50 to 60 miles as some of us do here in Illinois. Large

cities are hundreds of miles apart, with very few small towns in between as in Mercer County.

Water is in great demand in Australia. Because of the climate and its relevance to the Equator, Australia has water shortages constantly. Drought is very common in western Australia where Deon spent her visit with Sara Kenny. Besides feeding the sheep daily on her ranch, water, being scarce, must be brought to the animals on a regular basis during this time.

Volunteers Recognized at Mercer County's HCE Annual Meeting

During the business meeting for MCHCE's Annual meeting, members were honored for their volunteer hours that were dedicated to community service. The members report their hours to a representative in each of the HCE Units per County. These hours are collected by and accounted by the representative and passed to the Certified Volunteer Hours director in Mercer County, Donna Pinger. These volunteer hours are accepted in fulfilling a variety of community services: in churches, schools, libraries, museums, nursing homes, scouts, 4-H, County fair, food pantry, community events, community at large, helping neighbors, or involvement in an organization. These hours are reported locally and then sent to the state organization. IAHCE sends these hours to the University of Illinois who equates them to an algorithm. That algorithm converts them to an hourly average that would be equal to the consumer as a paid public service or an expense to a public entity if this service were an outright expenditure that must be contracted.

The hours are tallied each year and members are given recognition. The members in Mercer County were recognized for their volunteer hours in 2018 with a certificate listing the collective hours and were also recognized for their devotion to volunteering no matter what the task. However, the State organization has begun to keep multi-year records. Each year collective tallies are accounted and given recognition. This also meant more and more certificates were distributed. The State Certified Volunteer Hours Chairperson felt that the system was in need of revitalization. She devised a system that would reward each member with a certificate at the start of the cycle of hours and then convert additional hours each year with a golden seal. This seal would then be attached to the certificate received in a previous year.

The CVH director in Mercer County decided to follow the State's recommendation. Many members received a certificate at the Annual Meeting for the Volunteer hours for 2018. Because Donna Pinger has collected the volunteer hours for the past 4 years, she had a cumulative record of hours from year to year. These additional hours were equated to a golden seal that was affixed to the certificate given to each receiving member this year. Each golden seal was worth 250 hours. Since some members volunteer weekly, the hours accrued quickly. Not only did the members receive a certificate, but possibly several golden seals attached as well! WOW!

DISTRICT 1 NEWS

WARREN.....



Volunteers present when pictures were taken:

*Barb Manthe, seated
Bev Gray (behind Barb)*

*Back row:
Cara Ausmus, Julie Losey, Sharon Mayhew, Susan DeBlock and Elene Waters.*

The HCE members with the highest totals of volunteer hours for 2018 were recognized. Members receiving a certificate were: Mary Baker, Cathy Bizarri, Linda Eldridge, Joan Luxmore, Barb Manthe, Sheila Sedam, and Tara Sipes.

Members receiving a certificate with additional golden seals for continued and accumulated (hours) of volunteerism over the past four years were: Kathy Sponsler, Susan DeBlock, Marcia Duncan, Lois Retherford, Beverly Gray, Laura McGinnis, Jean Kenney, Sharon Mayhew, Julie Losey, Elene Waters, Donna Pinger, and Cara Ausmus. Isn't this amazing that the community as a whole benefits from Volunteerism at any one place from any one person! Volunteer tomorrow!

What a spring we've had - some corn is knee high by the 4th of July and some was just planted in mid-June. Our Craft Club got off to a slow start but by April we had great attendance for our Silk Scarf Dying and Button Pin Class with some guests in attendance.

We all enjoyed the International Salad Luncheon on May 15 with Deon Maas presentation on her trip to Australia.

One of our crafty board members, Barbara Patterson made the cutest button flower centerpieces for the event.



Deon brought along a lesson for an Aboriginal Art Project which Marge Hennenfent presented to the Cameron Kids 4-H group in June. It will be our Craft Class lesson on July 17 along with scarf dying again. We had a painting class in June at Judy's Treasure Box in Alexis. If anyone is traveling to Warren County the 3rd Wednesday of the month you're welcome to join us.

Our HCE members volunteered for "The Real World" in April, baking pies for 4-H BBQ and serving as secretaries for the county 4-H Project Show in June.

The board met at Diane Fedorow's home for a pot luck in June to work on plans for the annual meeting celebrating 90 years of HCE - October 19 held at the Warren County Museum.



Below: New food trends presented by Cornucopia Natural Food Store

We are taking a field trip to the Peoria Riverfront Museum July 31 to see "The Art of the Brick" Lego Exhibit with our grandchildren. This is a special exhibit which runs through September 3 with 100 art pieces made of Legos.

Safe travels everyone.

Diane Federow
IAHCE Newsletter
Warren County



Art activity presented by Deon Maas



Donna Pinger
Public Relations,
Mercer County



YOU CAN TRAIN a cat to do anything the cat wants to do at the moment it wants to do it.

DISTRICT 2/3 NEWS

DISTRICT 2/3 DIRECTOR Kathy Peterson

I hope you are all well and safe. I have had some overwhelming times lately. So, I had to look for a rainbow.

This quote makes me look for the good and do good:

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." --Scott Adams.

Hope to see a lot of you at District Workshops.

Kathy Peterson



Everyone enjoyed the entertainment and delicious food.

A great time was had by all.




There were some big mile stones from two of our mail box members this year. Margaret Hoff is a member for 77 years.

LaVerne Stahl (who turned 100 years young this year) and is a 65 year members. She also gave the invocation at our Annual Meeting.



LaVerne Stahl



DISTRICT 1 AND 2/3
August 8, 2019
Sycamore United Methodist Church
Sycamore, IL

DU PAGE.....

Organized 1930

On April 25th, our annual DuPage County HCE Meeting and Luncheon was held at the Courtyard in Warrenville.

Our HCE color purple was used to decorate the venue. Tables had purple pansy center pieces, a friendship quilt, our county flag and room lighting effects made for a beautiful setting.



“Celebrating Around the World” theme was incorporated in our table favors, different paper dolls of other countries (pictured left) and our poster board display, below.



Also on display, for all to admire, was our DuPage County Cultural Arts entries from the state conference.

We continue with our monthly quilting group, community service projects and the popular lunch bunch.

Many members are also involved in church and community good works.

Mary Lambert
President, DuPage County

GRUNDY.....

Organized 1938

Hello Summer,

I hope everyone is not getting flooded by all the rain, rain, rain! Today the sun is shining for the first time in a couple days and I am enjoying it. Planting my veggies.

April was busy with Government Day, our Annual meeting and Easter. 90+ Jr. High students visited with government officials for the day and came for lunch at Peace Lutheran Church where we served Sloppy Joe sandwiches and hot dogs with vegetables fruit and hips.



Baking cookies and serving the food



DISTRICT 2/3 NEWS

Our Annual Meeting



Grundy County HCE Board



President-Yvonne Canik, Secretary-Kathy Peterson, 1st Vice-Chris Perry, 2nd Vice-Brenda Acker, Treasurer-Betty Pierce, Cultural Enrichment-Kristi Banghart, Family Issues-Debbie Sole, CVH-Kay Bonneur, State President-Jane Chapman, Public Relations-Monica Evans, International-Patricia Buchholtz.

Grundy County HCE celebrated its 80th year. Jane Chapman installed our officers this year. Our county may only have 33 members and 3 units, but we are so proud that we have a full board this year. Congrats to them, and to all our members and HCE volunteering their time.



We were enthralled with Jane and her talk of her Australian trip and the ACWW Conference.



Jane Chapman with incoming Grundy County President Yvonne Canik



Our White Elephant Raffle is another project.

One Grundy unit dropped off a basket and card for a person in the memory unit at Easter.



Each month, every unit drops off a card and/or small gift for someone at the Memory Unit who has no relatives.

Several members from our group go to help out at the Memory Unit for Bingo each month.



One of our members is at the Memory Unit. She loves playing bingo and doing word search puzzles. She enjoys seeing and talking with us. She is 108 years old Bessie Hexdall.



One of our own Grundy County members, Bessie Hexdall, celebrating her 108th birthday.



Monica Evans
Public Relations, Grundy County

DISTRICT 2/3 NEWS

KANE.....

Organized 1918

Kane County participated in the 4-H Foundation Fund-raiser, the Pork Chop Dinner and Auctions by giving a silent auction donation – a lottery ticket basket prepared by our Treasurer, Mary Ebert. Many tickets for the dinner were purchased by HCE members who enjoyed the fine food, checking bids on the silent auction and watching the competing bidders for live auction items. Our lottery basket benefitted the Foundation \$120.00. The 4-H youngsters were a great help in serving and seating guests.

Lessons from the University of Illinois for the Units are scheduled at the Extension Office in September and October. A member’s husband was the victim of identity theft. She felt so strongly about the problems the theft caused, the information needed to resolve the issue and the emotional impact on their lives that she suggested we sponsor a county wide program during the summer. Joan Rossi, Cultural Enrichment Director made contact with an agency and a program is scheduled. “Protect Your Identity from Theft” will be presented at the Extension Office, Tuesday, August 3rd.

The May 15th Annual Kane County HCE meeting was held at Carmina’s Restaurant, Elgin. Kathy Peterson, District 2/3 Director was with us to install a full slate of Officers and Directors. Each person received a candle and card stating Kathy’ pledge to “Shine Your Light, In Celebration of HCE Around the World.”



The committee had prepared centerpieces with a solar light and the world globe picture from the cover of the State Annual Conference to compliment the

Installation Ceremony. Centerpieces were awarded at a drawing at the end of the program.

Chris Patsch, Kennedy Unit, presented HCE with a quilt, donated by the late Dorothy Hanson’s Family. She is seeking information as to its origin and age. The quilt has handmade Unit squares. Kathy Peterson advises the County to include it in historical memorabilia and that it would be a valuable asset to the 2024 history of HCE in Illinois.



Historical quilt: Jean Row, Pat Kowalkowski, Chris Patsch

Entertainment was presented by Marina Mathisen, professional historical reenactor. The “Six Wives of Henry the 8th, in chronological order, each spoke of their life, power, politics and relationship with the King of England. Martina engaged us with a multi-costumed, first person narrative with background music and pictures.



Martina Mathisen



Annual Meeting: Elaine Bond, president, with Wait staff special dessert “ Tres Leches ” cake

Recycling efforts continue countywide to many organizations and shelters. Our trunks were filled with a variety of items headed for Hines Veterans Hospital, Community Crisis Center, Ronald McDonald House, Kennedy Sewing Club, Pre-school programs, Statesville Prison, Marie Wilkinson Food Pantry, Linus Project Afghans, Grace Center and several other appropriate agencies.

Following the July Board meeting a luncheon was held celebrating the addition of Joan Rossi, Cultural Enrichment Director, Ann Rempfer, Newsletter Editor and Naomi Redman, International Director to the Kane County HCE Board. It is grand to have a full complement of Staff. HCE will have an information table in the 4-H Exhibition Hall at the Kane County Fair this year. Members will donate their time to answer questions and hopefully enroll new members.

As many have experienced this spring – we still haven’t put away all our cold weather clothes but look forward to some warm days soon. With all the rain we have lots of green and the weeds have been flourishing. We look forward to seeing our State Officers and Directors in Sycamore in August.

Nancy Haire
Public Relations, Kane County



JUST BURNED 2,000 calories. That’s the last time I leave brownies in the oven while I nap.

DISTRICT 2/3 NEWS

KANKAKEE.....

Organized 1915

Kankakee County HCE celebrated 104 years at their annual meeting May 23, 2019.

New members: Muriel Baker, Denise Lowe, Debbie Ogibovic, Helen Troeger, Limestone Unit. Ellie Zuradnik, Momence Unit.

Membership Milestones:

- 40 years: Donna Giles, Heil Estates Unit
 - 25 years: Beth LaPlante, County Mailbox
 - 20 years: Mary Noble, Limestone AM Unit
 - 15 years: Marsha Kerschke, Limestone AM Mail Box, Donna Young, Momence Unit
 - 5 years: Pat Andrews, Heil Estates; Sandy Britt, Limestone AM; Linda Byrnes, Limestone AM
- Deceased Member: Helen O’Cull, Momence 15 years

Kathy Peterson was our guest and installed the officers. Luncheon and Silent Auction was enjoyed by all.

Kathy really enjoyed the Silent Auction; she didn't go home empty handed.



At left: Nesha Waldron, Rita Overacker, Lorraine Wildman, Kathy Peterson, Linda Byrnes, Lorraine Mc Nulty, and Mary Noble (seated)



Pictured at right: Helen Troeger, Sharon Stanley, and Lorraine McNulty



I'm very grateful for all these ladies and each one has a talent and friendship that makes this Kankakee County HCE what it is.

Linda Byrnes
Public Relations, Kankakee County

KENDALL.....

Organized 1938



KENDALL COUNTY HCE IS HAVING THE VICTORIAN TEA!! There were rumors that Kendall County would not have their 21st Annual Victorian Tea...but it is ON!..... Sunday, October 20 at Cross Lutheran Church on Illinois Rt. 47, south of Yorkville. There will be the usual three courses of tea goodies, and three different teas.

The program is a visit with Co Co Chanel. Reservations will be taken after August 15 by calling Bev at 630-554-1530.

Joan McEachern
President, Kendall County

LAKE.....

Organized 1932

Lake County HCE shouts out a summery hello to the rest of the state. We have had the same wet weather the rest of the state has seen. Although we do not have as many farm fields as other counties, those that we have are having a hard time drying out enough to plow and plant. WGN radio reported Illinois had the third wettest May on record.

The Associated Country Women of the World (ACWW) held their 29th Triennial World Conference in Melbourne, Australia from April 4 to April 10, 2019. Seven IAHCE members, including our own Pat Weitzmann, Cultural Enrichment Director for LCAHCE (pictured below at left), were among the 750 attendees from 32 countries. The other IAHCE members were Janel Kassing, Cara Ausmus, Jane Chapman, Georgia Fagerland, Marilyn Daughettee, and Deon Maas.



IAHCE Attendees to Triennial Conference (Not Pictured - Deon Maas)

The following is from the information Pat reported about the Conference for our monthly newsletter.

The Conference theme was “90 Years of Achievements, Building 90 Years of Opportunities”. The business portion of the Conference was to vote for 16 new board members

DISTRICT 2/3 NEWS

➔ Lake County, continued

and on 18 resolutions. Speakers lectured on topics such as Women’s Leadership, Human Trafficking, and Rabies Control. The meals were fresh and varied. There were stalls with vendors selling items that were made locally for the most part. Educational sessions included interaction with the United Nations, Creswick Woolen Mills presenting “Embracing your Fashion Style”, and a local restaurateur presenting the use of aboriginal plants in cooking. This individual also explained how they used these plants to teach the Aboriginal Youth food preparation skills in order to broaden their job opportunities.

After the voting, the new ACWW President, Mrs. Magdie de Kock addressed the Conference expressing her gratitude for the opportunity to represent the ACWW because of the caliber of volunteers that compose the organization. Please note, that as members of a county HCE group, we are included in the volunteers to which Mrs. de Kock is referring.

Back home, we had several board members and 2 members at large attend the IAHCE Conference. They enjoyed the international theme, share shops, lectures, and entertainment. We also had 4 members win blue ribbons at the Cultural Enrichment show.

Our March Lesson was “Learning about Succulents”. Kim Isaacson, head master gardener from our U of I Extension office, presented a great lesson on the different types of succulents and how to grow them successfully. She taught us that anyone can have a live plant like this as they take up little room and are very easy to maintain.



Speaker - Kim Isaacson

Our First Vice President, Betty Wertke, brought an array of different succulents for the class and each attendee got to take plant home. Mine is doing quite well.

Samplings of Succulents



April was a busy month for us. We held the lesson “Saving Money on Food Costs”, which was a Webinar presented by the U of I, and on April 26, we held our 86th Annual Business Meeting.



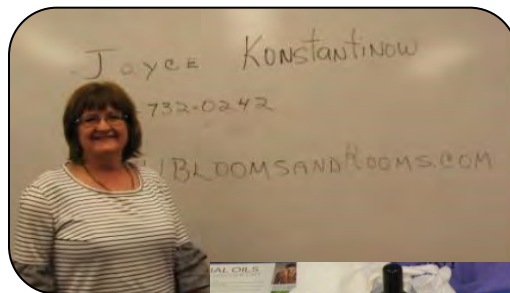
Find Your Name Tag at the 86th Annual Meeting Welcome Table

Fifty-five people attended our business meeting, which included HCE guests from McHenry and Grundy counties and a potential new member.

Kathy Peterson, District 2/3 Director, using the theme “Shine Your Light on HCE”, installed the 2019 officers. After the business meeting, we had a great lunch, and held raffles for money, door prizes, and a quilt.

Our entertainment was Marion Roth who spoke on the history of the American Flag and how her interpretation of each flag was painted on barn wood. Besides the history of how the U.S. flags came to be, we learned about the barn from which she chose the wood to do her paintings.

Last year, our Planning Committee for Lessons and Programs received requests for a program on “essential oils”. In May, we were able to provide this program to our members and guests under the title “The Benefits of Essential Oils”.



Speaker Joyce Konstantinow

A Box Full of Essential Oils



Joyce had 10 types of oils, each used for specific purposes from immune support to promoting relaxation. There is even one for cleaning. She discussed the purpose of each and how to use them effectively.

Summer is a time when members are encouraged to plan picnics, keep active volunteering, and attend our county fair, which is held near the end of July. Our next big event is the District 1 & 2/3 meeting in Sycamore, IL. I hope to see some of you there.

Candace L. Keegan
Secretary/Newsletter Editor



Uncle Harley came from a big family. He never got to sleep alone until he got married.

DISTRICT 2/3 NEWS

LA SALLE.....

Organized 1918

Hello from La Salle County. It's been a soggy spring for us but farmers are finally getting into the fields. I hope Mother Nature starts giving us a break!!

On March 4th, a very COLD day, we held our Morocco Lesson. It was attended by 23 people. Carol Elmore gave a great presentation of the country & shared her personal experiences from her visit to the country. Prior to the lesson, Carol Elmore, Sandy Martin & Becky Kendall took cooking lessons from Chef Monika at the Sheffield Inn in Sheffield, Illinois. They prepared a typical Moroccan meal.

April we finalized our plans for our HCE Spring Tea. The tea was on May 23rd in Seneca at the Lutheran Church. A very tasty lunch was enjoyed by all in attendance ---especially the scrumptious cookies.



Pictures from the Tea



We were entertained by Sherri Farley with a musical program. She demonstrated the hammered & mountain dulcimer. She shared stories about the music and instruments.



Sherri Farley with the dulcimer

During the Tea, the 3 scholarship winners were introduced. They each received \$500 scholarships.

In commemoration of LaSalle County HCE's 100th Anniversary, we teamed up with the LaSalle County 4-H Clubs to collect bottle caps that will be used to make 2 benches. We will place a bench in front of our U. of I. Extension office and one at the fairgrounds. It takes 800 pounds to complete this project. We have reached our goal and then some.

We continue entertaining the patients at LaSalle County Nursing Home with our fun bingo parties. They look forward to our visits and enjoy the treats we bring.

Our major lesson for April is "Communicating with Individuals with Dementia". The May lesson is "Leading Ladies of Illinois."

May lesson is "Leading Ladies of Illinois".
June lesson is "7 steps to Making a Salad in a Jar".
June is a busy month for us. Get Ready For 4 -H Fair!

We need to prepare the beef BBQ & the taco meat---start baking our delicious pies, brownies, cakes and cookies for our food stand---clean the food stand kitchen ---etc. We are very fortunate to have the help of our 4-H members and their parents that work right along with us during the fair in the kitchen.



We continue supporting our 1st Responders.

Have safe summer!

Penny Carter (filling in for Darlene Hettel)

LIVINGSTON.....

Organized 1918

The 100th annual meeting for Livingston County HCE was held on Monday, April 15 at the Livingston County Extension Office. A brunch provided by the HCE board was served prior to the meeting.

Fifty-year members were honored. Those with over 500 volunteer hours during the past year received certificates and medallions. A memorial service was held for deceased members.

Officers for the 2019-20 season were installed by District 2/3 Director Kathy Peterson.



L-R: front row: Ellie Bossert, Secretary; Arlene Martell, President; Peggy Vaughan, Cultural Enrichment; Kathy Peterson District 2/3 Director. Back row: Connie Kostelc, Public Relations/Certified Volunteer Hours; Linda Vercler, Treasurer; Donna Wessels, Family Issues; Joan Haren, outgoing 1st Vice President; Sandi Kimpling, 2nd Vice President. Not pictured: Marilyn Edwards, first Vice President and Meri Knapp, International.

The program for the morning was given by Amy Eppel, Marketing and Wellness Coordinator at Evenglow.



DISTRICT 2/3 NEWS

➔ Livingston County, continued

Eppel has a degree in Kinesiology - Exercise Science with an emphasis in nutrition from Western Illinois University. She has certifications from American College of Exercise, SilverSneakers and is a Nutrition Coach. She spoke about SilverSneakers: where to take classes, when they are given and how to join a class. Apple said if someone signs up for the classes in their local area they may attend anywhere in the country. She also emphasized that if someone is over 65 most insurance companies will pay for the classes. She also engaged the group in a few exercises.

Door prizes were given out and members were reminded that there would be a bus tour of Eastern Livingston County at the end of the month.

Eastern Livingston County Tour

Livingston County HCE (Home Community Education Association) members had a very enjoyable trip to visit several locations in eastern Livingston County this spring. It was decided last year since the group was celebrating the Bicentennial of Illinois and the Centennial of HCE in Livingston County, a local trip might be in order.

The first stop was in Chatsworth to visit several locations. The Bluebird Museum covered a lot of Chatsworth's history. The group continued on to the Caboose Museum. There were plenty of questions for Richard Runyon the mayor of Chatsworth who served as tour director in his town. The group had plenty of stories to tell about one room School Houses as they visited the Schoolhouse Museum.

The group was then treated to refreshments at a new shop that opened in Chatsworth called "Timber and Fieldstone." The store opened specifically for the group.

The next stop was the Connection Center. This is a new community center that was built to inspire the youth and community. This beautifully done Community Center has creative action stations for children, a loft area to play and even displays under glass in the floor.

The group hopped back on the bus and took a quick view of the Shell Station Museum which was being worked on, before heading off to lunch at the Mess Hall in Cullom. Sandy Gunther then gave a tour of the Cullom Museum which had a variety of objects besides things related specifically to Cullom. Outside of Cullom the group stopped to visit the Franz Museum. This is a family-owned Museum. They have several rooms decorated as they would have been in 1900. These rooms used items that were taken directly from the family. But the collections do not stop there. A variety of other items including farm machinery and cars fascinated the group.

Moving on to Saunemin, HCE members were told the story of Albert Cashier. The group visited the home and grave and were given a wonderful talk by Alan Arnolts and Cheryl McDonnell.

It was a full day but trip chairman Connie Kostelc reminded the group that there are many more things to see in the area since time restraints only allowed them to go to about half of the places to see. But everyone agreed they were interested in doing another local tour.



L-R: *Phyllis Kestner, Shirley Meenen, Joyce Nagel, Connie Kostelc, Marilyn Edwards, June Stalter, Sandi Kimpling, Peggy Vaughan, Arlene Martell, Joyce Brewer, and Richard Runyon, Chatsworth mayor. Not pictured Larry Martell.*

Connie Kostelc
Public Relations, Livingston County

MC HENRY.....

Organized 1918

Our spring has been cold and very rainy; we are waiting for warmer temperatures to arrive. Many acres of farm land has not been planted, lucky for us the corn and beans are in and also our garden. but it is smaller this year.

" Specialty County" update: We will have fewer board meetings and a smaller board, a bi-annual calendar of events instead of our bi-monthly newsletter, fewer lessons, no HCE Day since we have no chair person, and International Day will be the program for our annual meeting.

Since very few members attend the lessons, we will car pool to Lake County HCE to attend some of their lessons, co-sponsor program with Farm Bureau and the University of Illinois Master Gardner's, and more package lessons. We still will continue with our community outreach projects.

We did have some interesting programs this late winter and spring with McHenry County Farm Bureau. A local lawyer gave a program on Estate Planning, Wills, Living Trusts, Medical and Property Power of Attorney. The second program we shared was with Master Gardner's on Hummingbirds.

Enjoy the summer!

Florence Spesard
Public Relations, McHenry County

DISTRICT 2/3 NEWS

WILL.....



The **Will County HCE** held its Annual Meeting on May 7th, at Grace Methodist Church in Joliet. Forty members and guests attended.



Kathy Peterson, District 2-3 Director, was introduced by Judy Wunderlich, Will County HCE President. Kathy urged members to search for old HCE memorabilia that may be displayed at the next IAHCE Conference in Effingham.



Judy Wunderlich announced her resignation as President. Joyce Volling, Volunteers, Marianne Eisenbrandt, Publicity, and Jeanette Johnson, Family and Community Issues, also resigned. All four of these ladies have served the County organization for many years, assuming various offices. They will be missed at the Board meetings.

Judy thanked members in attendance for bringing so many items for **Operation Care Package** and eyeglasses for the **Lions Club**.

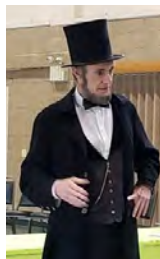
Mary Barrett and Andrea Zoelle spoke of their adventure to the State Conference in March. They encouraged members to attend next year.

Andrea announced that India was chosen as the Country to study in 2019-20. She was grateful for the generous donations to both the Pennies for Friendship Fund and the Zero Hunger Project.

Carolyn Yoemans, 1st VP, introduced the morning speakers, Drs. Kevin and April Hutter, local chiropractors, who explained the uses and importance of "Essential Oils" for well-being and treatment of health concerns. Members had many questions for the married couple.

Afterwards, a delightful luncheon was served, catered by Aurelio's of Frankfort. Fleckenstein's Bakery donated morning treats and desserts.

During the luncheon, a rather tall bearded man, donned in black suit, bow tie, and top hat, seemed to weave in and out of clusters of members. He talked with our members, posed with them, and even joined one group at their table for lunch.



This distinguished man was none other than Abraham Lincoln (aka Kevin Wood) who was recruited to tell stories of his life before the Presidency. Everyone was spell-bound by his stories of his life in Illinois and his relationships with family and noted figures of the day. He never faltered from his persona the entire time.

New Board Members Installed



The 2019-2010 WCHCE Board

Mary Barrett, Publicity/Newsletter, Andrea Zoelle, International, Carol Partilla, Treasurer, Delores Kratzenberg, Secretary, Carolyn Yoemans, 1st VP, and Gail Shaw, President. In addition, Paulette Fries, Volunteer and Elaine Czajkoski, Family/Community Issues have since joined the Board.

The day ended with President Gail Shaw quizzing members for door prizes. What a wonderful day!

The next large gathering of members will be July 30th at the Will County Farm Bureau. This event is our

ANNUAL PICNIC/GAME DAY,

aimed at providing an opportunity for members to acquaint themselves with other Unit members. Members are also encouraged to bring guests. A potluck lunch of chicken and sides/desserts, provided by members, will be served. After lunch, various games (Bunco, LRC, Rummikub, cards, Sequence, etc.) will be played.

Mary Barrett
Publicity/Newsletter Chairman



Website: IAHCE.org
Facebook: Illinois. Association for Home and Community Education



DISTRICT 2/3 NEWS

WINNEBAGO.....

Organized 1938

WCAHCE has had some interesting lessons this year. We have talked about 'Senior Bullying', 'The American Red Cross', 'Barn Quilts', 'Yoga', 'The Underworld of Women' (Underwear History), 'Food and Drug Interactions', 'S.A.F.E. (Situational Awareness For Everyone)' and 'Mexico, History & Customs'.

In June, 22 members toured the Chicago Rockford Airport inside and outside in a bus where we were able to experience traveling down the lane toward take-off, only we didn't take-off. We learned about the history of this airport.

What a great day for our International Luncheon and what a great presentation on Australia.



At the May meeting, General Ulysses S. Grant and Julia Grant (Scott and Peggy Whitney) talked to us about their lives.



IAHCE District 2 Director, Becky Thomas, installed the new officers and Board Members at the Annual Meeting.

Pat Stahl
Public Relations, Winnebago County

DISTRICT 4 NEWS

DISTRICT 4 DIRECTOR

Mary Johnson



It has been a busy spring for my household. Moving, painting, renovating, babysitting and traveling are a few of the things that have occupied my family these past few months. I have also had the opportunity to visit all of the counties in

District 4! What a wonderful district I am privileged to be a part of. I have enjoyed meeting members in all of these districts. I continue to be amazed at the dedication you all have for HCE and for your communities. I have loved seeing the traditions that each county continues at their Annual Meetings. I have had some amazing meals and seen some very interesting programs in my travels.

Cass County has a tradition of serving Ham Loaf at each of their Annual Meetings. The recipe is from the Red, Green and Yellow "Cooking Around Cass County" cookbook. The earliest edition looks to be from the 1960's. I will attest to the fact that this is an excellent recipe and definitely share worthy!

Cass County Ham Loaves

- 2 pounds ground ham
- 1 pound ground pork
- 2 eggs
- 1 cup bread crumbs
- 1 cup milk
- Pepper to taste

Mix all ingredients. Shape into about 14 loaves (about 1/2 cup each). Pour sauce over and bake for 45 minutes at 350 degrees.

SAUCE: Stir together: 1 1/2 cups brown sugar, 1/2 cup water, 1/2 cup vinegar and 1 teaspoon yellow mustard.

I mentioned traveling earlier. My mother (also an HCE member in Sangamon County) and I went on a cruise to several Scandinavian countries, Russia, Germany and Estonia.

I was so excited that our good friends Ene Paks and Rutt Tuvike were able to meet us in Tallinn Estonia for the day while we were in port. It was the best day of the cruise!



Right: Tallinn Estonia with Mary Johnson, Rutt Tuvike, Virginia Duvall and Ene Paks

DISTRICT 4 NEWS

Ene and Rutt are both doing well. Rutt is preparing for her raspberry season and Ene has started a new job which has allowed her to travel and have a more flexible schedule. It was wonderful to see these ladies again. They asked about all their friends in Illinois. The bonds that were formed in Illinois and Estonia continue to grow stronger. Eleanor Gregory and I are hoping to see the ladies again in August 2020. We are pictured at an old (1300's) monastery in Tallinn.

August workshops are just around the corner. I look forward to seeing everyone as we plan our future together in HCE!

Mary Johnson

Retired District Director Eustace was roasted with the "Chicken Dance" song and a gift basket of chicken related items.



A yearly volunteer challenge runs between Pike and Adams County, with the loser caring for the rubber chicken until the next year.

District Director Johnson then installed the new officers and President Ator challenged the Units to bring in at least one new member this coming year.

The final county-wide event of the year was a salad luncheon on May 30. Ladies were encouraged to bring culturally diverse dishes and print their recipes on a note card for sharing. The tables were decorated with international dolls from a member's collection, and a local travel agent presented the program. She encouraged travelers to forget McDonalds and eat local when traveling as they will learn so much more about the culture of the country or city they are visiting.

Units are making fun summer plans, including gatherings at individual homes and restaurants, and a trip to the Quincy Community Theater, among others. The Board is making plans for a lasagna dinner in August for HCE leaders to kick off the 2019-2020 year.

Amy Looten
Public Relations Director, Adams County

ADAMS..... Organized 1917

District 4 Director Mary Johnson, retired District 4 Director, Mary Eustace, and new Office Assistant Kelly McCleary joined Adams County HCE for its 56th annual meeting and banquet on Tuesday, April 30, at St. Brigid's Church Hall in Liberty, IL. Our theme was



"Celebrating Around the World with IAHCE," carried out with souvenirs acquired by members when visiting other countries as table centerpieces, bottles of water and keychains featuring world flags, and color-your-own placemats.



After dinner, ACHCE President Heather Ator reported on awards earned at the State Conference and announced that Adams Co. had placed third in the State among counties with greater than 75 members and was recognized for its volunteer activities. \$500 scholarships were awarded to Kylie Peter (granddaughter of Kay Peter, Unity Nite) and Audrey Shanholtzer (granddaughter of Nancy Aden, Chatton Unit).

A basket raffle raised several hundred dollars for the scholarship fund for next year.



SANGAMON..... Organized 1947

Spring has sprung in Sangamon County and we are very busy with several projects. The ladies are working on sewing blankets for nursing home patients along with weighted blankets and quilts.



Our county bus trip to Arthur is Sept 19th with spaces still open. October brings our 2nd annual Trivia Day October 27th at Roots Event space so get your team together and come out.



DISTRICT 4 NEWS

➔ Sangamon County, continued

There has been a lot of activity and member involvement in various projects.



We had a member on the honor flight, Bill Murray and we thank him for his service.

Kathy Olsen
Public Relations,
Sangamon County



We also welcomed Mary Johnson, our new District IV Director. We were pleased to hear that Illinois HCE members raised over \$9000 for the Zero Hunger Challenge.

Annual Meeting audience



The Unit of the Year award was presented to East Peoria and the traveling gavel for having the largest percentage of members attend the annual meeting was won by Groveland. We voted to send \$100 to Illinois HCE for the 100th Anniversary and hope we can do this annually until the event happens in 2024.



Tazewell County Board
with Mary Johnson, District 4 Director

As I write this, we are preparing for the local county fair and 4-H show. The Tazewell HCE operates the food stand for the entire fair. We are fortunate to have volunteers from our organization and many 4-H members who are willing to help.

We are looking forward to Terrific Tuesday and Super Saturday where the lessons for the coming year will be taught. Some of the lessons we will be taught are: Bluebirds; Trees Forever; What's New in the Kitchen; Communicating with People with Dementia; Senior Bullying; and Hydration.

The District Meeting will be held in Springfield August 7th and we have several who plan to attend.

I hope everyone enjoys their county fair and is excited about the coming year with HCE!

Darlene Curry
Public Relations, Tazewell County

TAZEWELL.....

Organized 1918

Greetings from Tazewell County!

We recently held our annual meeting with great attendance and great food.

Seven ladies who have been members for 50 or more years were present.



They include: Aleene Geier, Ilene Hild, Mildred Lamprecht, Marie Wildermuth, Alice Moser, Ina Eckoff, and Marcella Nelson.

We were very fortunate to hear our opening inspirational message from Mindy Peterson who is a member of the Minier Unit.

Mindy Peterson

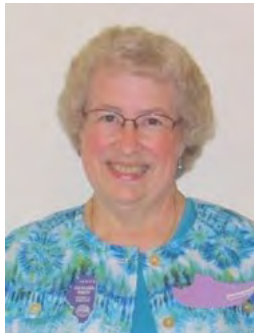


DISTRICT 4 AND 5

August 7, 2019
Southern View Chapel
Springfield, IL



DISTRICT 5 NEWS



DISTRICT 5 DIRECTOR Kathleen Emery

I'm sure we had a June month but I don't know where it went! I hope between the heat, the rain and the storms that all of you are safe and sound.

Our District 4/5 Meeting will be Wednesday, August 7 at the Southern View Chapel in Spring-

field. We have a new and exciting format for the District Meeting and I hope you will plan to be there to learn what's changing. I think you will like it. I invite all of our members to come. This is not a program just for our officers!

When you are having outside summer activities be sure to invite your friends and neighbors to come and see how much fun HCE can be. It could just be that one invitation that will spark their interest. Having fun, good food and learning new ideas – what could be better!!

Have a safe summer. I hope to see you in August.

Kathleen Emery

You may be whatever you resolve to be. Determine to be something in the world, and you will be something. "I cannot," never accomplished anything: "I will try," has wrought wonders.

J. Hawes.

CHRISTIAN.....

Organized 1936

We held our annual Plant Sale on Saturday, May 4 with the Master Gardeners. We sell annuals & they sell perennials. This sale has been beneficial to both groups and was a success again this year.

We are planning a bus trip to St. Louis on September 21 and have invited surrounding county HCEA groups to join us. We will tour The Cathedral Basilica of St. Louis, eat on The Hill & visit Soulard Farmers Market.

We held our program planning meeting and set the 2020's programs. We try to have something of interest for everyone.

Our member Joan Swearingen was honored by Ronald McDonald House in Springfield, IL for 20 years of Volunteer Service to their group.

We hosted the Spring Retreat this year. It is held twice a year with the other counties in our District. There were 50 in attendance which is the highest we have ever had. The meeting place was changed to a larger place to accommodate our growing attendance. The morning program was "Meals in a jar" presented by Lisa Peterson, Nutrition & Wellness Educator, and the afternoon program was on

floral arranging by our member, Joelynda Conrad. The theme was Spring Delights & the tables were decorated with spring bedding plants which were given away as door prizes.

Georgette Merrifield
President/Public Relations CCHCEA

PRAIRIE ASSOCIATION.....

Organized 1938

Yes, four Prairie Association officers attended the three days of the March Conference; three officers attended on Wednesday.

Receiving the May 2019 NVON VISION, reading that our President Jane Chapman attended the ACWW Conference in Australia, makes us proud how HCE works with women around the world to make a better, healthier life for women and families.

Our board members have a new project making Port Pillows for cancer patients. They attach to the seat belt with Velcro, especially for ladies with surgery. June 12th is our next sewing day from 9AM to noon making Port Pillows at the Extension Office. We always enjoy going to lunch, back to the office for a 1:30 board meeting.



To make the pillows; cut two pieces of soft cloth 5" – 10". Pretty material turned inside together, cut two Velcro 3" – place in the middle, sew three sides leaving one end to fill with batting, then sew the end. If questions, you may call Jo Marner at 217.722.5532 or Brenda at 217.259.6727.

The fields are green with corn and soy beans in spite of all our rain. June has been good and looking forward to July with shop hops and more quilt shows. The sunshine and cool breezes get your creative juices flowing to work with your flowers, YES mow the yard, wash windows, and enjoy the beauty of our creator. The 4-H fairs are always a proudness of our young people in their art and showing their animals with gentleness. This is where the young shine their light in celebration.

Josephine Marner
Public Relations, Prairie Association

DISTRICT 5 NEWS

CHAMPAIGN.....

Organized 1918



On May 3rd and 4th, CCHCE held their annual *Spring Plant and Craft Sale* at the Champaign County Farm Bureau Building. We had 16 vendors with their crafts and had a variety of plants for sale and a bake sale. The event was a success for our county.

Forty-five CCHCE members and guests had an outing on Mother's Day June 12th. We had a bus trip on a Fighting Illini bus to the *Goodfield Barn III Theater* for a delicious brunch buffet and a hilarious play "Nana's Naughty Knickers". Attendees were asked to wear their "best hat" for a hat contest at the theater. Several women wore hats and two CCHCE members won gift certificates to the Goodfield Barn III Theater, Donna Prahl and Vickie Siebenhaar.

Champaign County Home and Community Education (CCHCE) held their *101st Annual Meeting* on May 15th at the Champaign County Farm Bureau Auditorium. Our guest speakers were CCHCE members that have done extensive traveling around the world. With our theme is year, "Celebrating Around the World" Joan Jordan and Linda Meachum presented power point programs on Greece and the Amazon. Also, Mary Lou Younger presented a program on Mexico. We were honored with the presence of IAHCE president Jane Chapman and District #5 Director, Kathleen Emery. Kathleen installed the 2020 CCHCE board members.

The new incoming officers for 2020-2021 were: President, Carol Froeschl; 2nd Vice President, Karen Moon; Treasurer, Melissa Chitwood; and International Director, Marge Probasco. Members serving another year on the board will be Bobbi McEntire, Linda Holzhausen, Dorothy Rogers, Pat Meriedth and Lynn Trotter.

CCHCE collected for the State Zero Hunger Challenge and gave IAHCE \$800.00. The portion collected for CCHCE Benefit fund was voted by the members to give to Prairie Paddlers (Breast Cancer Survivors), Champaign County 4-H Scholarship fund and Developmental Service Center.

Special recognition was given to three CCHCE members as 50 year members. Those receiving a certificate and 50

year pin were Marge Bluhm, Royal Unit; Elizabeth Michael, Mahomet Unit and Natalie Riecks, Member-at Large. A special memorial was given by Dorothy Rogers for the 15 members passing during the past year.

CCHCE members were recognized for their volunteer hours in 2018. Those with 2,000+ hour were Marge Probasco 2726, Pam Lindell 2283 and Carol Froeschl 2115.

Also recognized were members receiving the 2018 CVH Dedication Award for 15 continuous years turning in Volunteer Hours was presented to Carol Froeschl, Pat Smith and Linda Holzhausen, from the Mayview Unit.

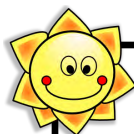
On June 12th, we had our *Membership event* "Celebrating Around the World" with a salad luncheon. The guest speakers were Karen Kreamer, Director RSVP of Champaign County and Denni Hubert, owner of Second Hand Rose Antiques" in Urbana speaking on "Popular Antique Jewelry". Two of the guests attending joined CCHCE. Edda Freeman and Nancy Gill will be joining the Staley Unit. We "Welcome" these ladies to HCE.

Our next big event is our *8th Annual Garage Sale* on July 26th and 27th. This is our annual fundraiser. We will also have a bake sale and variety of plants for sale. New this year, we will be offering lunch for the public.

Please check our website for information on CCHCE events and meetings.

www.champaigncountyhce.wordpress.com

Carol Froeschl
HCE Public Relations Chairman
Champaign County



Did you ever notice: The Roman Numerals for forty (40) are XL.

DISTRICT 5 NEWS

MACON.....

Organized 1918

Macon County HCE is going strong and we are proud that we have several new prospective members that have decided to become members in our wonderful organization.

Our program in April was presented by Jay Scott, our Macon County District Attorney. He presented a very educational and informational program about the latest scams in our area. These include a person saying that they are from the IRS and need information; Social Security calling to say that you need to send them money or they will stop your payments; persons calling about your Medicare; Publisher's Clearing House telling you that you have won money, a car or prizes and you must pay a tax before they will send you the prize, and the list goes on and on. If you suspect that this is fraud, call the Elder Fraud Hotline at 217-615-7582.



doing this year; tables for craft items that our generous members had donated to sell; several "Chinese Auction" tables that members could buy tickets to put in the designated baskets to try to win the items. These items were donated by our membership and included a baby blanket, several solar lights, a Cardinal auto trash bag, and a special large apron. Our speaker for this meeting was Dan Watkins, the Executive Director of God's Shelter of Love. He spoke about the shelters for homeless women and their children in our area. He was presented 30 of our pillowcases that we diligently make several times a year.



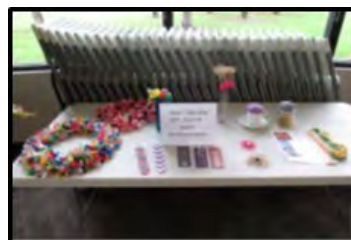
Many of our members were able to attend the program at the Illinois Raptor Center on the west side of Decatur. They were so impressed about the many good deeds that they provide to save as many animals as they can. They have two

paid employees and many volunteers. They receive no state or federal funding and ask for donations and grants to keep them going.



Our June 20th program was entitled "Tortillas" and was presented by Sandy Severe and Pam Walker, two very active members in our organization. They did a fantastic job of presenting the information as well as making samples for us and giving us all a wonderful recipe book! This was certainly an exceptional and fun lesson.

On June 27, our Extension Office will be celebrating with us about our County of the Year award for the second year in a row. There will be food, drinks and a lively game of Bingo! This will also be a retirement party for Beth Allhands. We appreciate all of her hard work and dedication during the time she has been with us.



Our upcoming events will include: a pillow case sewing day, the annual planning event, our "Craft Extravaganza" membership drive on Saturday, July 20, where we will be making lots of

interesting and fun projects including a rag wreath, photo letters, iris folding, a pin cushion jar, braided bookmarks, a leaf imprinted clay necklace, a welcome rock, jute flowers, a dragonfly pin, and crepe paper flowers. Members and prospective members will have the opportunity to choose two items to make in the morning and two items to make in the afternoon at these classes. There will also be a lunch served for \$5.00, or you can bring a sack lunch.

We are also looking forward to our September 18th International Day that will be celebrated with DeWitt and Piatt Counties in our Macon County Extension Office. Our own Donna Washburn and several members from the other counties have been planning this program for months. It promises to be very interesting!

Macon County HCE continues to be a strong and vibrant organization. We look forward to encouraging more people in our area to become part of our group.

Linda Austin
Public Relations, Macon County

DISTRICT 5 NEWS

MC LEAN.....

Organized 1918

McLean County Association for Home and Community Education has enjoyed the 101st year with a flourish. Workshops and classes were ongoing each month – on Community Service day busy hands work on crafts or other special projects – including fidget lap quilts, hats, scarves and mittens for local children. Cultural enrichment offered a spring potting party at Niepagens nursery in May.



*Community Service—
Eileen Norin sewing seat
belt covers*



*Cultural Arts—Making
cell phone stands*

In June cell phone table stands were made (and can probably be used for recipe stands, etc.) This year the Fact Find each month members learn about the counties in our HCE District 5 – counties featured recently include Macon, Piatt and Christian. The unit lesson in April was “Wills and Trusts” which sparked great discussion. May’s lesson “Modern Food Trends” kept us talking about our eating and cooking experiences. In June the lesson was “Container Gardening with Edible Plants” or Unit choice with a couple groups enjoying a trip/tour and lunch outing. “The Light Between Oceans” by M. L. Steadman was read and discussed in June.



E Eastsiders HCE Unit visits Bloomington Miller Park Zoo

On May 14th, our Spring HCE trip took us throughout Northeast McLean County with host, Don Meyer. Thirty-two members and 8 other guests left about 8:30 in the morning enjoying coffee and sweet breads on the bus. We saw the homes of Mrs. Spencer Ewing (HCE Founder) and GJ Mecherle (founder of State Farm Insurance). A few other places we saw in the morning were: Benjaminville Quaker Meeting House, Moraine View State Park, Lake Bloomington and Twin Groves Wind Farm. We learned how the moraines were formed by the glaciers. We learned about farming in the past and how it is done today. We stopped in Lexington and enjoyed a very nice lunch at Kelly's on 66. After lunch we visited Gridley Telephone Museum which contains an amazing display of memorabilia that reflects the evolution of telephone communication and still has a functioning switchboard. Everyone seemed to enjoy this trip with Don who is truly a “fountain of knowledge”.



Spring Trip Around McLean County

HCE summer bake sales at the Downs Village Market will be held the 3rd Wednesdays beginning June 19th, and also July 24th, and August 21st and second Wednesday September 18th. Sales bring eager consumers who line up to buy the wonderful delicacies talented members bake to sell. Our McLean County HCE members work tirelessly on money making projects because we believe in and want to support our communities and our local 4-H youth programs.



*HCE Food booth
at the rainy Downs
Village Market*

Did you happen to be near Towanda, Illinois on July 3rd? Hope you didn't miss the Towanda HCE spaghetti supper in the community building and then on McLean County HCE had a float in the parade during the July 4th Towanda Celebration.

DISTRICT 5 NEWS

As I write this, we are getting ready for our 101st annual meeting and luncheon on July 9th at the Chateau, Bloomington. "Celebrating Around the World" is the theme and the speaker is Carolyn Hansen, Retired 4-H Youth Development Metro Educator for Tri-County area. Fine arts and crafts will be displayed/judged and then recognized if the items are to be entered in the 2020 IAHCE Annual Conference.

A few McLean County HCE members will attend the National Volunteer Outreach Network Annual Conference July 23-25, 2019 at the Holiday Inn in Springdale, Arkansas. Then the McLean County Fair is held July 31 - August 4 when McLean County HCE brings "Young At Heart Day" on Thursday, August 1, 8:30a.m. - 12:00 noon, featuring entertainment, music and many information displays for seniors. McLean County HCE will also have a booth in Cloverleaf Hall August 1-3.

Looking ahead the 2019 Attic Treasures & Bake Sale will be Saturday, October 19, 8 am - 2 pm at Trinity Lutheran Church Gym in Bloomington. Come find your treasure. This is one huge sale and members clean out their homes in the process.

Check out events and pictures of events posted on our Facebook page at: <http://www.facebook.com/McLean-County-Association-for-Home-and-Community-Education>. Our Public Relations team is still developing the website. At the present time only newsletters are uploaded to the McLean County HCE website at: www.mcleanhce.org.

See you in McLean County – come visit!

Barb Jurgens
McLean County Public Relations Team

VERMILION..... Organized 1919

President's Report

It was great to see everyone who was able to attend our big 100th celebration on June 4, 2019. Board members were aiming for an event that would be special for everyone, and we've heard pretty good feedback so far. The 100th Anniversary wall banner really should be used a few more times this year. If you would like to borrow it, call Diane. Did you realize that Mary made the neat candy boxes? (Is anyone interested in learning how to do that?) A few folks had unexpected health issues and simply could not join us, and we're sorry about that.

It was an honor to have former members and a former extension advisor in our midst. We're always glad to hear from our state and district officers. As Kathleen said, this was bittersweet for her, as her term is ending this year. We can always count on Jane to run out of the dugout and get us wound up for another inning, can't we? (You HAD to

be there...) They both are generous with their wisdom and encouragement.

Those who enjoyed the day together are:

11 - Bismarck Day Unit - Ben White, Dorothy Willard, Carolyn Tweedy, Pat Bailey, Lois Peterson, Sandra Wilson, Meris McCalla, Judy Stump, Anna Marie Chrisman, Marge Matthews, Eleanor White.

11 - Catlin Nite Unit - Mary Stampini, Jo Anne Gerard, Becky Evans, Nancy Dolan, Terry Dolan, Debby Holycross, Rita Hostetler, Diane Reddy, Fred Reddy, Linda Ingram, Judy Walker.

5 - Liberty Unit - Shelby Clark, Natalie Richards, Katherine Coon, Nancy Vaglica, Myra Greazer.

1 - Mailbox - Patricia Kentner.

15 - Guests - Maxine Houmes, Ann Shelton, Karel Kirschner, Rosalyn Maudlin, Barb Smith, Mary Lou Younger, Bobbi McEntire, Judy French, Jane Chapman, Janel Kassing, Phyllis Adams, Kathleen Emery, Susan Biggs Warner, Dennis Floyd, Cindy Floyd.



Vintage displays included scrap books, special glass trays, *Saturday Evening Post* magazine, a 1930's camera, a special 1927 apron from Finland, lovingly-worked textiles, a tatted collar plus the basketful of work supplies, several cookbooks, Depression Glassware in various

colors, "plaques from the past," commemorative plates, membership books back to 1945, newspaper clippings, a complete washing station with enamelware basin and pitcher, and roller towel from the 1930's that was used on the Shlorff farm, and our special 100th anniversary plaque from the state president.

I'm sorry that I can't recall everything that was brought in to share. Thanks to everyone who went to the trouble of transporting these treasures. If I overlooked yours, please let me know so that I can include it in the next issue.

Did you know that three different Vermilion County members have served as state president? Mary set up a display that included pictures of these distinguished ladies. If you read the nearby display board, you found a written sketch of our 100th year history, plus a lot of pictures. She also collected some funds for Partnership Projects that day. Thanks to everyone who contributed.



President Eleanor White, Vermilion County HCE

J. Diane Reddy
Public Relations, Vermilion County HCE

DISTRICT 6 NEWS



DISTRICT 6 DIRECTOR Sharon Davis

Hello Ladies,
When considering the position of District 6 Director I ask past board members what was their favorite part of being a District 6 Director. They all said meeting all the ladies in the counties. Well I have found out that that is also my favorite part.

I've attended several counties annual meetings and I've truly enjoyed meeting all of you ladies. You have hosted some fun, informational, great food and shared the things you have done in your communities at the annual meetings. It's been GREAT, keep up the good work.


District 6 & 7 will be having their District Workshop on August 6th at St. John's Lutheran Church in Effingham. It's going to be a great day and we are doing a different format for the day. Please come and join us as you don't want to miss it. We are inviting all HCE members not just county board officers to come and see what's happening and learn how the organization works. We will also be having a great lunch so be sure to fill out the reservation form and send it to Janel Kassing. REMEMBER this is for all HCE members along with county board members.

At our next conference in March 2020 we have some positions that will be available on the state board. The openings we have are for 1st V. President, Treasurer, Public Relations and CVH. The 1st V. President position you must have been on the state board before. If you are interested in being on the board please go to www.iahce.org and go to the guidebook under State Board applications and print pages 54-55. Fill out the applications and send them to Sharon Davis 16015 E. 700th Ave Watson, IL 62473 **postmarked** by October 1st.

Again, thank you for the invitations to the annual meetings and I look forward to seeing others in the future.

Be sure to get your reservations in for the District 6 & 7 workshop. See you then.

Sharon Davis



DISTRICT 6 AND 7

August 6, 2019
St. Johns Lutheran Church
901 W. Jefferson
Effingham, IL

BOND..... Organized 1944

Welcome to a wet spring and early summer. Planting got mostly finished in our Bond County area.

April lesson - Senior Bullying, May lesson - Money Talks and June lesson - Ice Cream was of interest to all Bond County members.

During April, Bond County HCE Scholarships were presented to two Greenville, IL. graduating seniors for this year. The two \$500 scholarships were presented to Briana Ulmer (going to Lakeland College in Mattoon) and Dalton Knerrer (going to U of I, Champaign). Pennies for Friendship was collected with a donation going to the 4-H Program for awards.

In May all unit representatives gathered to chose lesson plans for the coming year 2019/2020.

Bond County HCE hosted a Red Cross Blood drive on June 11 at the First Christian Church in Greenville. Several donors presented themselves to give blood. HCE members registered in donors and served at the canteen.

Plans are under way for the Food Stand at the Bond County Fair - August 1 thru 6. Each unit has quilt tickets to be sold for the Quilt Raffle, quilt to be given away the last day of fair.

Our Annual meeting will be held July 24 at the Bond County Food Stand at the fairgrounds. The program will be on Organ Donations. Installation of officers will be by Sharon Davis.

Shirley Volentine
Public Relations, Bond County

EFFINGHAM..... Organized 1939

Effingham County HCE held their International luncheon on Haiti, May 9, 2019 at 11 a.m. at the Extension building in Effingham. Rosie Gibbons, World traveler, gave a very interesting PowerPoint and slide show. Thirty-eight ladies from Clay, Fayette, Jasper and Effingham attended.



Mrs. Gibbons provided recipes and the Effingham board members prepared the traditional Haitian food. The tables were set with colorful cloths, garden flowers, and Haitian foods. Our goal was to learn about Haiti and its people. We also had a good time with our fellow counties.

Barbara Carie, Public Relations, Effingham County
Written by International Chairman, Claudia Berg

DISTRICT 6 NEWS

CRAWFORD.....

Organized 1947

Membership Meeting: Six new memberships were received at the annual membership meeting which featured a delicious lunch and 3 short programs.



Attending were: Billie Bailey, Pat Schofield, Myrna McNair, Sandy Bryans, Norma Loveless, Brenda McCoy, Rosemary Ellis, Juanita Jochim, Rita Garrard, Barbara McCoy, Mary Ellen York, Jeannie Adams, Martha Holt, Phyllis Adams, Barb Miller, Jo Carter, Susan Allison, Beverly Murphy, Hope Dennis, Mary Lee Shaw, Pat Kincaid, Christine Gist, & Leah Buser.

2019 Scholarship Winner, Tristan Sablone met with members during June's monthly Board meeting and received \$400 to use toward his educational expenses.



Pictured from left: Norma Loveless, Jeannie Adams, Sandy Bryans presenting check to Sablone, LaDonna Harris, Susan Allison, Helen Brackett and Hope Dennis.

International Program on Australia: 15 attended



Those attending were Martha Holt, Sandy Bryans, Eeva Miller, Rita Garrard, Norma Loveless, Marilyn Michl, Linda Collins, Hope Dennis, Rhea Hayden, LaDonna Harris, Susan Allison, Jeannie Adams, Wanda Swope, Helen Brackett, and Margaret Inboden.

Morning Glories HCE unit members:



Above: Dale Davis, Nina Rodrick, Bonnie Finn, Beulah Inboden, Norma Thomson, Susan Allison, Marilyn Sheridan, Eeva Miller (behind), Carolyn Coleman, Martha Holt, and Margaret Inboden.

Annual HCE Picnic: (catered free lunch) in June. Betsy Ross told about her life and how she came about making the very first United States flag.



Those attending were Marilyn Michl, Susan Allison, LaDonna Harris, Donna Newbold, Marge Shipman, Martha Holt, & granddaughter Keirstin, Sandy Bryans, Carolyn Coleman, Eeva Miller, Margaret Inboden, Norma Loveless, Brenda McCoy, Leah Buser, Helen Brackett, Wanda Swope, Jeannie Adams, Rita Garrard, Mary Douglas, Barb McCoy, Norma Thompson, Barb McCoy and Hope Dennis.



Hope Dennis
Public Relations, Crawford County

DISTRICT 6 NEWS

FAYETTE.....

Organized 1948

Fayette HCE has been busy with several projects and interests, but the highlight was our Annual Meeting, which was attended by special guests (and also, very special ladies) our president Jane Chapman and our District 6 Director, Sharon Davis.

The Fayette County HCE hosted the 71st Annual Meeting & potluck meal June 19, 2019, at the Golden Years building in Brownstown.

Report of Attendance given by Mary Myers, found 26 members and five guests were registered for the meeting. **A Memorial Service** was presented by Ashley Davis and Elizabeth Kasten (Sefton Unit), in memory of the deceased of this year: Joan Aderman of St. Elmo, and Mary Smith of Wright's Corner units. Anna Jean Rhodes spoke in honor of their memberships in HJCE. A flower for each of them, was placed in a vase on the memorial table.

Homemaker of the Year award was shared by Connie Green and Edith Runkel. Flo Allen (Sefton Unit) was awarded a plaque in appreciation for her 13 years of serving as president of the Fayette County HCE Board.

IAHCE President Jane Chapman spoke on IAHCE, and stressed the importance of good relationships among and between the members of HCE, as described in the "Aims Of A Homemaker", a guide written by Julia Lita Bane, and a very good "recipe" for a pleasant and productive home and family, and other relationships.

Our **District Director Sharon Davis**, also shared with the members. basing her talk on the phrase, "Let Your Little Light Shine". Sharon Davis and Jane Chapman officiated at the Installation of the Officers.

Installation of the Officers

The offices of Fayette Board President (Flo Allen), and Public Relations (Panzi Blackwell) were vacant due to the resignation of Allen, who had served the office for thirteen years, and felt it was time to pass the office on to a younger member. The list of accomplishments of the Fayette County HCE under Allen's guidance is long.

Blackwell stated that she has macular degeneration which, she feels, has progressed to the point of affecting her best performance of the office, and, as she had served as the Public Relations person for several years, she felt that it was time for a younger member to step up to the position of Public Relations and keep the organization of the Fayette County HCE in the view of the public eye, to continue giving knowledge of what HCE is and what it does. She also referred to the club's "Aims of A Homemaker", as a guide to good relationships and harmonious day to day living.

Ashley Davis, currently the Culture Enrichment officer, and member of the Sefton Unit, was elected to the office of Fayette HCE Board President. Although Ashley is a relative new member of the Fayette HCE, she has more than demonstrated her gifts for creativity, talents in crafts and décor, and

most importantly, leadership, and her sensitivity to those around her, a willingness to help, and a dedication to her duties or work

Anna Jean Rhodes, who has been a member of the Fayette HCE for over 70 years, is a long-time board officer and has served (and continues to), as 2nd Vice-President, for several years was elected Public Relations officer.

"A Rose by any other name"

... such as ...**"appreciation"**... The Fayette County HCE members both appreciated and enjoyed the visit from President Jane and District Director Sharon who are so busy, but still take the time to visit us.

President Jane and District Director Sharon were presented a gift of appreciation and a red rose by Flo Allen.



A rose in appreciation was presented to Panzi Blackwell (back left) and Flo Allen (back right), as they were leaving their positions on the Board. President Jane and District Director Sharon are pictured in front.

The meeting ended with a presentation entitled "Five Ingredient Recipes", presented by Lisa Plensay



Certificates Awarded - June 19, 2019

Membership Statics: Rhodes recognized the members with 70 or more year's memberships:

***From St. Perer:** Martha O'Dell, Dorothy Harpster, Ruth Schnake, Marilyn Magnus
 ***St. Elmo:** Anna Jean Rhodes
 ***Wrights Corner:** Carol Austin, Helen Wright;
 ***Bingham/Ramsey:** Evelyn Probst, May Della Probst
 ***Sefton:** Sally Behrends, Elizabeth Kasten,

New members: **Bingham/Ramsey:** Dawn Morganson, Angie Ohms, **Vandalia Day:** Susan Coy; **Sefton:** Betty Miller; **St. Elmo:** Debbie Long; **Vandalia Day:** Betty Philpot.

Perfect Attendance: 23 years-Anita Smith, **Vandalia Day**

DISTRICT 6 NEWS

and Flo Allen, **Sefton**. Other members having from 1 to 21 years of perfect attendance were also listed.

Special Recognition to Anita Smith, a member and First Vice-President of the Vandalia Day HCE Unit, and just recently retired from the Fayette HCE Board, where she served for years. Anita shared she has lost count of the years she has been a member of Fayette HCE, but as she was recently awarded a certificate for 23 years of Perfect Attendance, it would seem that "Quaintly" and Quality" of years and service would run together.



Anita Smith

She has always been an active, willing worker for the Fayette HCE, in all projects and endeavors. Off the record, she has probably excelled everyone in sales for fund raisers, most recently the sales of the micro-cloths. She returned time after time to replenish her supply to sell, going far above an expected quota, or anyone else's amount.

When the Fayette HCE held a fund raiser "garage sale", she prepared a "display" of jewelry that was so attractive, it would have looked at home on the jewelry counter of a fine department store.

Anita has many gifts which she has shared generously (and very quietly) in the projects and services of the Fayette HCE and in her unit. She is one of our perfect examples of the "Homemaker" described in "Aims of A Homemaker". In fact, over the years, she has been named the Fayette County "Homemaker of the Year". Anita Smith is not one to "toot her own horn", but Fayette HCE members have benefitted from the effects of its presence.

* **Group-Officers** installed with Jane Chapman-front and Sharon Davis standing right end of row.



Tribute to Flo Allen, served as the Fayette HCE Board and is now retiring. She is also Chairman of the Sefton Unit, which has grown in number and accomplishments under her leadership for the last 13 years, She will continue as chairman for Sefton. Flo is not only a "leader" but a "sister" and a friend to her fellow Sefton members.



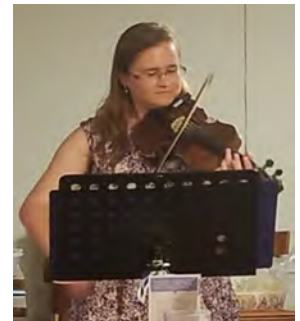
Flo Allen and President Jane

And to Pat Hildebrand, our Public Relations officer, who has continued to give of herself to help us to participate in our IAHCE News content and share our individual county's HCE news with each others.

Panzi Blackwell
Public Relations, Fayette County

JASPER..... Organized 1945

2019 HCE Annual Banquet/ Meeting was held at Parklanes. With 41 people attending. The new HCE Board was installed. Victoria Kittle, pictured at right, of Dundas, IL played "Music from Around the World" for our program.



Five members of the Jasper County HCE Board went on a Mystery Trip on Saturday, April 13, 2019. The first stop was breakfast at Judy Millsap's home. Then, the group toured Frye Pottery of rural Shumway, where each was given clay and tools to create an original design on their own clay bowl. Next, lunch was enjoyed at McAlister's Deli in Effingham. The final adventure was a tour of Alwerdt's Greenhouse and destination/sculpture gardens by Nik Alwerdt near Altamont, Illinois. Many beautiful plants filled the back of the van on the ride back to Newton.



Two Jasper County HCE members, Rose Michl, left, and Marlene Harris attended a Haitian Tasting Luncheon sponsored by Effingham County HCE. Rosie Gibbons, pictured at right, told of her visit to Haiti.



Everyone who attended enjoyed the traditional Haitian foods.

Judy Millsap
HCE Board President, Jasper County

DISTRICT 6 NEWS

MACOUPIN.....

Organized 1930

Greetings from Macoupin County!!! We have had a lot happening the last several months and there is much more to come.

Our Annual Meeting was held May 23rd at the First United Methodist Church in Carlinville. Roger Kratochvil was our guest speaker. Roger spoke of Mother Mary ones who was a great force behind improving working conditions in the coal mines as well as fighting against child labor.

Roger Kratochvil



Twenty-eight ladies were awarded certificates and/or seals.

Pamela Lawrence, Jennifer Brown, Dixie Lamparter, Joyce Du-elm, and Alice Kulenkamp were recognized for reaching 1000 VCH hours this year.

Cultural Arts will be meeting this month to make sun flower garden stakes. Of course, the board will be traveling to Effingham to our district meeting in August. August is vacation month and many units will be doing special activities. The board will be traveling to Springfield to tour the newly renovated Governor's Mansion and the Dana Thomas House. August 13th. Lisa Peterson, Nutrition and Wellness Educator, will join us as we select lessons for 2020. August 22nd, the lesson Self Defense For Women will be presented at the Extension Office by the local Carlinville police department. We are urging all unit members to attend.

The board has planned a very special event coming up on September 24th. We will hold what has become an annual event attended jointly by HCE members from Macoupin and Sangamon Counties. Mary Balagna, who was a presenter at the state annual conference, will present "Times and Seasons of a Quilt".

In October, Macoupin County will host the Fall Retreat which is attended by Jersey, Christian, Montgomery, and Macoupin Counties. Our guest speakers will be Eleanor Gregory and Mary Johnson, who were part of the IAHCE Exchange. They will speak about their trip to the Baltic States. Finally, we will have our Founder's Day on October 24th which is filled with the installation of officers, entertainment, a silent auction, and of course a nice meal.

As you can see we are quite busy!!!

Carol Rimar
Public Relations, Macoupin County

MADISON.....

Organized 1936

Madison County has been busy this spring! We had our annual Children's Make it Take it on April 13th and our Annual Meeting on April 29th. We didn't have the best attendance for our make it, take it, but we had a really nice turn out for our annual meeting. We tried out a new venue and a new feature to our program with an addition of a plant sale. It helped our county raise an additional \$130!

In May, we went on a bus tour to Kimmswick, Missouri. We made it just in time, as flood waters prevented visitors the week after. Our first stop was the Mastodon Museum where we learned the difference between Mastodon's and Mammoths and got to view the teeth of the two as well as a large replica of a Mastodon. Our next stop was the Blue Owl where we enjoyed a delicious lunch complete with a delectable dessert.

We also enjoyed about two hours of shopping in the quaint Kimmswick stores before heading over to the Kimmswick Historical Museum. While there we watched a video about the history of Kimmswick and viewed different artifacts of the past. It was a great trip with around 70 in attendance!

We also started a new children's craft workshop series.



In May, around twenty adults and children gathered to make fairy gardens. All supplies were furnished and one of our board members, Emily McDowell, led the class. Participants got to choose which container they wanted, rocks or moss, which house and garden gnomes, plus flowers. All attendees seemed to have a wonderful time! Next week, the class is Dinosaur Garden where children will be able

to make their own volcano which will also be able to erupt. In August, the class theme will be Mermaid gardens.

We are looking forward to new projects and ideas and are excited about our new board members that will help us with those! We welcome Kathie Rigler and Gloria Blechle to our county board! We know they will do great!

See you all in August!

Emily McDowell
Public Relations Editor, Madison County



A bargain is something you don't need at a price you can't resist.

DISTRICT 6 NEWS

MARION.....

Organized 1946

The Marion County HCE held its Annual Book Sale to benefit the Scholarship Fund the first weekend in April. \$476 in donations were made. Leftover books from the sale were split between the Sandoval Library, Paws and Claws, and the Salem Little Free Libraries. University of Illinois Extension Educator for Local Food Systems and Small Farms Laurie George made a presentation regarding Native Plants in Illinois. Complete with color pictures of the trees, bushes, plants, grasses, and flowers shown during each season of the year, participants learned about items they could add to their gardens. She also shared which were deer and rabbit resistant as well as which where easily transplanted. Several color handouts as well as information about the Master Naturalist Program were shared.

The 73rd Annual Meeting of the Marion County HCE Association was held Wednesday, April 24, at the Marion County Extension Office in Salem. During the Business portion of the meeting, roll call was taken, the Financial Report for the year 2018/2019 and the Budget for 2019-2020 was shared. Proposed By-Law changes were approved which removed the Office of Financial Officer. We were the only remaining Unit in the state to have this Office and those duties were combined with that of the Board Treasurer. The Membership Report and President's Report were also given. Sharon Davis, District Director, was on hand to install the officers for the new year. Terri Crompton of Royal Family Kids Camp was the featured speaker.

25-year members Mary Doudera, Nancy Broom, and Mary Wilkinson and 50-year members Delane Richardson, Joann Jahraus, and Jeanette Rich were recognized as were Certified Volunteers.



L-R: 25-year members: Mary Doudera, Mary Wilkinson
50-year members: Delane Richardson, Joann Jahraus

Homemakers of the Year were Betty Eutsler, current Mailbox member and former Financial Officer for the Marion County Board for many years and Connie Williams, current Treasurer for the Marion County Board and member of the Town and Country Unit.



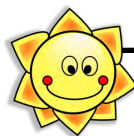
Ruth Jones, 2018 Homemaker of the Year, right, announced the 2019 Homemakers of the Year: Connie Williams, left, and Betty Eutsler who was unable to attend.

Scripture was read in memory of Mailbox member Ruth Miller who died during the last year. Each Unit provided cookies for refreshments and door prizes for distribution to all in attendance.

At the County Board Meeting held May 20, plans were finalized for the upcoming Fidget Blanket Workshop. Marion County HCE assembled "Fidget Blankets" May 31 at the Marion County Extension Office in Salem. These work days are open to the public. Sewing machines will be furnished or you may bring your own. You don't need to know how to sew; assisting with cutting, pinning, and arranging items will be needed, too. Fidget blankets are pieces of cloth with objects attached that provide colors, textures, and functions such as buttons, zippers, and clips. These blankets offer sensory stimulation for youth and adults with autism and people with Alzheimer's and dementia. They will be presented to schools, nursing homes, and assisted living facilities in Marion County.

Lesson topics and speakers were discussed for the upcoming program year. Members can still submit the survey they received to the Marion County Extension Office or directly to 1st Vice President and Program Coordinator Helen Leonhardt. Discussion was held regarding a possible fundraiser for the General Fund as well as a Fundraiser whose funds would be designated for a specific community project in Marion County. Units are reminded that new Unit Officer lists should have been submitted to the Marion County Extension Office.

Connie Williams
Public Relations, Marion County



DISTRICT 6 NEWS

MONROE.....

Organized 1941

The sounds of the veena, flute, violin, and sitar were heard at the Monroe County Annex the evening of April 30, 2019. International Night featured "Dances of India" founded by the late Dr. B. N. Premachandra. The mission of "Dances of India" is to preserve and broaden the traditions of India through classical and folk performances as a venue for multi-cultural outreach in the greater St. Louis area. Food from India was served. Board member Marlene Kolbe coordinated the interesting program.



Dancers from the St. Louis Troup

Sedona Kolmer of Waterloo is this year's recipient of the Monroe County HCE Scholarship. She is the granddaughter of Sherry Lehde from the New Design Unit. She will be attending Beloit College in Wisconsin in the fall and will be working towards a degree in Anthropology.



Sedona and her Grandmother Sherry

Members from the New Hanover and New Design Units attended the Linus Blanket luncheon. It is given to thank the "Linus Volunteer Angels" who assist in making blankets for this worthwhile cause. Representatives from several organizations told heartwarming stories and gave testimonials about the recipients of Linus Blankets. In 2018, there were 3,050 blankets delivered in the metro St. Louis area. Since the Linus Blanket project was started in 1997, the total number of blankets delivered is over 67,000.



Pictured: 1st row: Mary Lou Galle, Louise Myers, Mary Leingang, Martha Holzum. 2nd Row: Carol Bay, Carol Hoffmann, Janese Sondag, Rosemary Yaekel, Arlene Stumpf, Rose Anne Bense

Matt Flinner of the St. Louis Better Business Bureau (BBB) presented a very informative and entertaining program on "Avoiding Scams". Matt discussed examples of scams that are now being used to defraud all ages. He also said to never be embarrassed to report a problem to the BBB or other authorities.



Erin Halleran from the Backyard Bandits 4-H Club demonstrated Condensed Milk Pound Cake for the Evening Homemakers HCE Unit for Dairy Month (June). The Monroe County Farm Bureau Women's Committee sponsored the 4-H Food Demonstration and Awards night and Erin participated.

Rose Anne Bense
President/Public Information, Monroe County

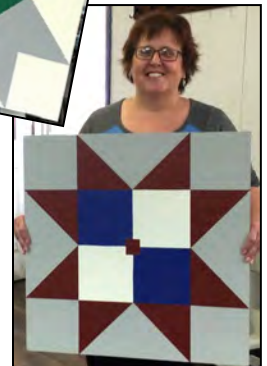
RICHLAND.....

Organized 1945

Richland County did a craft project painting Barn Quilts as part of our HEA Week. They all turned out great!



*From start
to Finish*



DISTRICT 6 NEWS

Then in June we learned how to stencil our own signs. There is more to it than it looks!



But Angie and Ashley did a great job of teaching us and all the signs looked gorgeous!



Lisa Weiler
Richland County

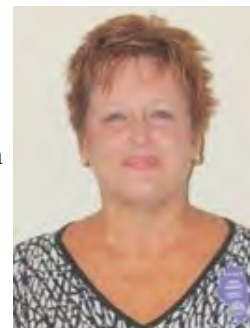


DISTRICT 6 AND 7

August 6, 2019
St. Johns Lutheran Church
901 West Jefferson
Effingham, IL

DISTRICT 7 NEWS

DISTRICT 7 DIRECTOR Janel Kassing



What an exciting organization we belong to. We are privileged to learn from various interesting lessons while enjoying the company of fabulous family and friends. I've traveled with Jane to several county Annual Meetings in and outside my district and everywhere I go, I find enthusiastic ladies carrying out the fun and work of IAHCE. Thank you for your time and talents and allowing me to be a part of your celebration. I love this job as District Director!

I recently returned from a trip to Australia to see my pen pal of 50+ years and attend the ACWW Conference in Melbourne. What an amazing experience! We had a fantastic trip and wonderful memories.

We recently attended a State Board meeting and a lot of plans are in the works to bring our IAHCE. some changes to meet with your needs. Be sure to attend your area District Meeting to see what's planned for the future.

As vendor and share shop 2020 Conference co-chair, I am looking for new ideas and subjects you are interested in. Please email me with any ideas you have wished would be added in either area. We will also be offering the state purple t-shirts, pins and bags. Watch for the December newsletter to see all the exciting details of Conference 2020. Be sure to renew or order your newsletter subscription today. Theme you ask? New country of study? See you at District meetings to find out!

Stay cool; enjoy being inside doing a great IAHCE project, making an item for the Cultural Arts show or volunteering your time or talents.

Janel Kassing

FRANKLIN.....

Organized 1946

Like every county in Southern Illinois, we are saturated. We pray for those who have been flooded out from their homes. Illinois people are tough and they will survive.

In March, a lady who was born and raised in Taiwan spoke to us about her childhood and her family's customs.

In April, our speaker gave an insight into Parkinson's and how it affects not only the person who has it, but also the whole family, especially the caregiver.

We also held our 73rd annual meeting with Dist. 7 Director Janel Kassing and State President Jane Chapman telling their experiences in Australia.



DISTRICT 7 NEWS

➔ Franklin County, continued

Our lesson in May was “From Farm to Fork” and we had a delightful time telling of our own experiences raising chickens and selling the eggs.

In June, our annual tea became a Lesson on Mexico - (a Mexican tea) Members shared their visits to Mexico with us. Some were hilarious. Also, on June 18 was our bi-annual District 7 Meeting with Janel Kassing, Director, and Jane Chapman. Special guest Deon Maas, IAHCE exchange homemaker to Australia, spoke about her visit on the opposite side of the country.

We have no lesson or activities planned for July but want to wish everyone a safe and happy Fourth of July with Family and Friends.

Barb Spencer, President
Franklin County

JACKSON.....

Organized 1938

Hello Everyone. Summer is here. A wet start. But, none the less it is here. The ladies of Jackson County are ever so busy. Summer is here and we are in high gear. Lots of changes are happening.



The HCE Board welcomes new Members at Large, Debbie Miller, Lyn Christy, Becky McIntosh, Dianna Freebern and our new treasurer, Wilma Nelson, and Joyce Evans as our Health and Nutrition Chair. All will begin their tenure on the board July 1st. We look forward to the new people assisting us on the board and to their new ideas.

Our lineup of programs will begin with a high tunnel tour at the Murphysboro Extension Office where Nathan Johanning and Maggie Ray will host. We will also host a program on Alzheimer's, Senior Bullying, and a lesson on Pickling Vegetables. We have several ideas for arts and crafts lessons along with a bread making class later this year. We are also looking at a police safety class later this year and our international lesson during HCE Week in October.

We look forward to the District meeting in Effingham and hope our newest board members will attend.

Jean Conrod
Newsletter Editor, Jackson County HCE

JEFFERSON.....

Organized 1942

Bonjour, Hole, Guten Tag, Nĩn hão, Hallo, Witajcie, and Hello from Jefferson County.

We hope that all you are staying hydrated and smeared with sunscreen. Summer has arrived!

We have been very busy with community projects, fund raisers and meetings these past few months.

JCHCE hosted a very successful fundraiser; a Barn Quilt painting class. We had 31 ladies sign up. Everyone seemed to enjoy the class and the barn quilts were colorful and creative. The members enjoyed this so much, we had a second Barn Quilt Painting class scheduled on June 1st. It also was a success.



Our lesson on “Communicating with Individuals with Dementia” covered a lot of ground; it was educational, the majority of us have dealt with or are dealing with, someone with dementia. This lesson was valuable in explaining what dementia is and giving several ways to better cope and understand when helping someone suffering with this disease.

We celebrated around the world for our annual meeting. Each unit decorated their tables representing a country of their choice. Holland (Netherlands), Ireland, Poland, and the United States were represented. We collected 259 pair of socks and were able to donate to Lifeboat Alliance, Family Life Church for their warming center, and Nature Trail Nursing Home. That evening we also enjoyed a presentation on the history of Jefferson County. We are celebrating our 200th year.

We enjoyed another successful hanging plant fundraiser this year. Folks around here love their flowers. Petunia and geraniums were offered this year.

We had a lesson on small gardens; we were given guidelines on what type of plant is most suitable for a miniature or fairy garden. Each person at the lesson went home with a miniature garden.

We will continue to be busy with 4-H festivities, membership drives, the fall workshop, two more fund raiser, and planning for HCE week.

As a community project all units donated material, sewed and stuffed bears. We made 155 “comfort” bears. We donated to area fire departments, The Amy Center Litton

DISTRICT 7 NEWS

Ambulance service, DCFS, and Angle Cove (pictured below.).



Be safe and keep out of the heat as much as possible. Around the world, Europe is experiencing a heat wave also. France recorded its all-time high temp of 114 degrees. Normal temperature is 60 degrees.

Arrivederci, auf Wiedersehen, Totsiens, until we meet again, be well.

Barb Shurtz, PR

Silvana Morss, journal editor, Jefferson County

JOHNSON.....

Organized 1950

Johnson County HCE has had a busy year so far, with the Annual Meeting and the Mothers' Day Luncheon being two of our most interesting events.

With its theme, "Celebrating Around the World With HCE," the annual meeting was held on April 16, at the U. of I. Extension Building in Vienna.

Following the Pledge of Allegiance and the prayer of thanksgiving, a delicious potluck supper, prepared by members, was enjoyed.

Dr. Steve Webb, Supt. of the Goreville School for 16 years, provided a video program on "School Safety 101," which he has presented across the nation. He said, "Complacency is the disease. Diligence is the cure."

Reports were heard from the members of the HCE board. There are presently 47 county members, plus 2 sustaining members and four honorary members.

Words of recognition were provided for Catherine Muck, who at 99 years old, passed away last year, as a 77-year HCE member.

Janel Kassing was a special guest as the IAHCE District VII Director. She provided the installation ceremony for the board officers, presenting each with a candle, as she challenged them to "Shine Your Light in Celebration of HCE Around the World."

Other guests included Janel's sister, Vickie Heller, and Norma Korte of Metropolis, a state HCE officer; and husbands and friends of several members.

President Faye Mize provided a printed annual report, which listed the past year's activities, quite an impressive list.

The tables were decorated with potted geraniums and Easter bunnies, that went home with members and guests as door prizes.

The annual Mothers' Day Luncheon, which serves as a fundraiser for the two \$500 scholarships presented each year, was held on Saturday, May 11, at the Tunnel Hill Community of Christ Church fellowship hall. Each table, seating 8 guests, was designed by an HCE member, using her china, crystal and silver. The identical centerpieces of peonies were created by Diane Leslie. The menu included poppy seed chicken casserole, glazed carrots, spring salad, rolls, beverages, and a variety of layered desserts, all provided by HCE members.

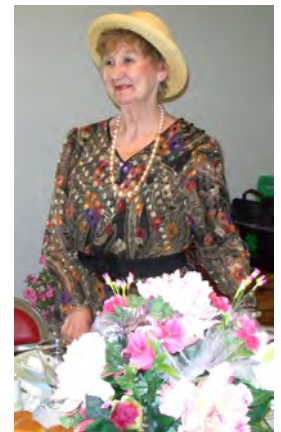
President Faye Mize welcomed the crowd and read the poem, "There Are Angels God Put on This Earth," all about Mothers and all they do. Phyllis Webb, HCE board member, provided the prayer prior to the luncheon, which was served by four members of the Vienna High School Beta Club.

Three musical numbers were provided on the piano by 7-year-old Miss Anna Claire West, one of four generations of her family who attended the event.

A silent auction was ongoing, with the high bidders announced just before the departure of guests.

Door prizes were presented throughout the luncheon, with nearly every guest taking home a gift, thanks to the generosity of our community.

The guest speaker was Dr. Gynelle Baccus of Carterville, a retired registered nurse and college instructor of nursing. An inspirational speaker, she provided a humorous look at motherhood and shared her personal experiences as a mother and grandmother, that kept the audience laughing. Her mother had insisted on a higher education for her four daughters, which Dr. Baccus succeeded in doing. She is much in demand as a humorist speaker in our area.



Dr. Gynelle Baccus, inspirational speaker at the Mothers' Day Luncheon, a benefit for the scholarship program of the Johnson County HCE.

A special thanks goes to the community businesses and individuals for the door prizes and silent auction items, and also those who attended the luncheon and those who bid at the silent auction.



DISTRICT 7 NEWS

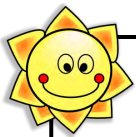
➔ Johnson County, continued

The luncheon was quite successful and will provide two scholarships for 2020 Johnson County seniors.



Johnson County HCE Officers installed at the April 16, 2019, annual meeting included board members: Faye Mize, Rosemary Rouse, Dixie Terry, Kim Collins, Phyllis Webb, Ann Ford, Cara Webb and District 7 Director Janel Kassing.

Dixie Terry
Public Relations Johnson County



When someone tells you,
"It's only money",
they are usually talking about YOUR money.

MASSAC..... Organized 1947

Family & Community Involvement

Massac County HCE members facilitated four workshop class sessions during the one-day Celebrate Youth Conference at Shawnee College on May 21. Four hundred seventh grade students from the AJMPU 5-county unit attended the conference to learn about career opportunities, health, safety, and science-related topics. Massac County HCE was responsible for the "Snacks in a Snap" workshop. HCE members taught students about the "My Plate" nutrition recommendations and how to read food labels. Students then had an opportunity to make two types of snacks that they could also make at home. Thank you to HCE members Judy Parr, Kathy Hutcherson, Diane Krueger, Millie Wilson, & Norma Korte who assisted with the workshops.



The Massac County Home and Community Education sponsored a Bake Sale, information booth, at Big John's Grocery. HCE lesson sheets, information about HCE and

how to join, and toy soldiers were passed out encouraging residents to support our soldiers.

Thank you to all the HCE ladies who supplied food and to Judy Parr, Millie Wilson, Judy Duckworth, and Norma Korte for informing the public about HCE



Norma Korte
Public Relations, Massac County

PERRY..... Organized 1947



Perry County HCE members bloomed in the month of April with multiple activities to learn, grow and fellowship. An all-Unit meeting was held with the topic of "Drop or Roll". Participants watched dumpling making demonstrations and sampled dumplings that were dropped, rolled and one made of whole wheat flour.

Member Sue Kuhnert demonstrating how to make dumplings.

The Annual Passport Party was held in cooperation with the county 4-H clubs. Deon Maas, IAHCE International Exchange to Australia presented the program followed with culinary fare from Australia and New Mexico (4-H state of study). HCE units and 4-H clubs had displays about various aspects of Australia and New Mexico.

The 71st Annual Meeting was held on National Discard the Mate-less Sock Day! All attendees were encouraged to go home and clean out the socks that had no mates.

May started with spreading sunshine to veterans, as 266 cards were collected from members and delivered to the Veterans Hospital in Anna, Illinois. Each card contained a thank you and a quarter which residents use to purchase personal items and as prized for bingo. Our craft unit met in May to make a small "flower" arrangement of spray painted pine cones. The county lesson for the month was "Fairy Gardens" with the minor lesson being "The Northern Lights and other Galaxies".

The rain of June didn't impede our members from taking advantage of the longer days. Many of our members helped at the county 4-H shows judging or as superintendents. June is National Dairy month so the lesson of month

DISTRICT 7 NEWS

was on “ice cream”! Everyone in attendance at the county-wide lesson prepared vanilla, chocolate, or strawberry ice cream in a Ziplock bag. Homemade orange sherbet was also served, which was made from only three ingredients.



*Craft Unit members
Making art from
pine cones.*

The weather took a well-timed hiatus for the 46 members and guests that went on the county’s cultural enrichment bus trip. They stopped at Lewis and Clark community college and toured the beautiful gardens and landscaping. The next stop was Josephine’s Tea Room for lunch and shopping. After lunch, they traveled to the Nan Elliott memorial Rose Garden in Alton’s Gordon Moore Park where many different varieties of roses grow. From there, they traveled to the historic Beall Mansion which was built in the early 1900’s and now is a Bed and Breakfast. The trip ended with more shopping and dinner at Eckert’s Market in Belleville.



*Members enjoying
cultural
enrichment bus tour
....
Touring
Beale Mansion*



*President Jane
Chapman judging
crops projects at
the Perry County
4-H show.*



The county board celebrated the start of summer with a meeting held at president Jane Chapman’s home. Jane served a thank-you lunch to the board consisting of scrambled egg casserole, basil-lime fruit salad, and cream-filled cinnamon coffee cake.

Sara Tanner
Public Relations, Perry County

PULASKI-ALEXANDER.....

Organized 1945

In March, one member was able to attend the Conference in Effingham. This is always a good learning experience. Several items were donated for the silent auction there and we were well pleased.

April is always the month we have our Hillbilly Dinner to raise money for scholarships. This was again a success. We awarded six \$500 scholarships to winning applicants from Century, Meridian and Egyptian High Schools.

Late in March, the Pulaski Unit prepared and served dinner to the Villa Ridge Ag 4-H Club. Club members brought their projects for a show and tell.

Several of our Pulaski Unit members prepared and served a dinner the FFA Banquet at Meridian High School to about sixty people. Members from both Pulaski and the Shawnee units served lunch for the group of about 475 seventh graders on May 21st at the College. Then on the 30th, we had walking tacos, cookies and hot dogs at the 4-H judging show at Shawnee College.

Plans have been made for an outing in July instead of a meeting for the Pulaski Unit. The Shawnee Unit had their outing on June 1 in Paducah, KY to learn about the founding, operations and shipping from the nursery to places all over the world.

Plans have been made for the food kitchen at the Youth Fair on July 26th and 27th at Pulaski Fair Grounds. This is a livestock show.

Socks were donated to the Veteran’s Home in Anna, IL this month.

August is our official vacation month. Even so, we have an informational booth at the local county fair this month, along with a food basket raffle.

So, all in all, our two country units have been busy these past few months. Monthly meetings at members homes and the monthly board meeting at the Extension Office round out our schedule.

We invite new members and believe you will like the learning fellowship, etc., that we have.



*Shawnee Unit
and friends on
their visit to the
“Air Plant”
Nursery in
Paducah, KY*

Blessings to all.

Martha McMunn
Public Relations, Pulaski-Alexander

DISTRICT 7 NEWS

RANDOLPH.....

Organized 1945

As many of you I am sure you know, Randolph County is along the Mississippi River. It has had many areas with flooding. At this writing, there are still roads under water and the rivers are slowly receding.

We had our District Director Janel Kassing and State President Jane Chapman attend the annual meeting and enjoyed hearing about their experience in Australia.

The activities in our county have been rather sparse. First we had to cancel our winter event, and we have planned to have it sometime in September.

Most of the board members planned to attend the District 7 meeting in Effingham in August and also the 5-County event in Benton in September.

Two of the board members took items collected to the Ronald McDonald House in St. Louis, and the staff there really appreciated the donations that are available to parents who have very ill children in nearby hospitals.

ITEMS DELIVERED

Board Members Joan Wiegand and Jeanne Stamm delivered the gathered items to the Ronald McDonald House.

They said the items were deeply appreciated.



Plans are being made for a special celebration of the county's HCE 75th anniversary in 2020.

Jane Luchet
Public Relations, Randolph County

WASHINGTON.....

Organized 1947

The Washington County HCE has finished their beautiful quilt and will sell raffle tickets at Nashville Fall Festival, Okawville Wheat Festival and local places. The winning ticket will be drawn at our HCE Christmas Special program November 2019.

A special program was held at Hoyleton Community Building. A speaker from Nashville Chiropractic Clinic presented a program and members could get a massage and check-up.

Plans are being made for our International program, country of India, in October.

We are having interesting programs: "Making Your Own Cleaners", "How well do you Know your Vehicle?" and "Salad in Jars". Also, "Decorating Through the Year with Mason Jars" which was used at our annual WCHCE meeting.

Hopefully the weather will be calmer so the farmers and gardeners can work outside. Here is a little poem written by Gena Lourin:

THE GARADEN IN OUR HEARTS

Within each of us lies a garden;
You need only look inside.
It lies within our hearts
Where love and hope abide.
Every time a heart has reached out
With compassion for above,
Represents a flower
There inside of me and you.



Adeline Blumhorst
Public Relations, Washington County

WAYNE.....

Organized 1942

Our annual meeting was held April 22, 2019 in Fairfield at Bob Boyles Hall, Frontier Community College. Approximately 30 members attended and enjoyed a baked potato bar, salad and deserts. Our speaker was Susan Odum, Educator, University of Illinois. Members brought sox and underwear which were donated to Wabash Area Development, Inc. This is an organization that provides services for low income and needy individuals.

We donated \$25 to the Wayne County Humane Society. The quilt raffle was won by Glenda Lawson, afghan was won by Gilbert Simmons and door prizes were awarded.

Between sprinkles and showers, our yearly fundraiser pork chop sandwich and bake sale was held in Wayne City, IL on April 27.

On May 29, five of our members took a very interesting and informative tour of the Toyota Plant at Princeton, IN and, of course, a nice lunch afterwards.

June Anvil
Public Relations, Wayne County

DISTRICT 7 NEWS

WHITE.....

Organized 1940

Hi from White County! Our April showers, turned into May and June flood and storms. Hoping we all have a happy summer.



Our year-end picnic turned into a inside bingo and dinner. Fun was had by all.

Ruth Norris

We have had a busy spring with our Annual Day in April and our Salad Luncheon and Vendor Fair Fund Raiser in May. Our lesson for May was Cooking for One or Two. Lesson for June was Making Ice Cream in a bag. This was a fun and interesting lesson.

Time has gone so fast we are already planning our 5 County Fall Fest. Our Theme is "Camp Out". This will be lots of fun with camp songs and campfire recipes. Remembering 4-H week, we will be helping serve breakfast and lunch.

We had a bake sale and silent auction for our White County Relay for Life Cancer Crusade.

Doris Stinson



We all have talents and together we can make a difference in someone's life. Are you making a difference?

Fran Matheny
Public Relations, White County



Uncle Harry was having trouble telling his two horses apart, so he decided to measure them. He found out the black horse was two inches taller than the white horse.

WILLIAMSON.....

Organized April 1918

Shown here with this year's raffle quilt for Williamson County HCE are a few board members. They helped sell quilt raffle tickets at the June 1 county HCE yard sale to raise funds to support community projects and activities.



Left: Oleta Massie, new member at large Williamson County HCE board member. Center: Sally Frick, Vice President Right: incoming Ways & Means chair, Charlene Morris.

The quilt was made and donated by the Mathis family in honor of Rosemary Mathis who was a prolific quilter and crafter as well as our county secretary.

On May 23, Crab Orchard Unit of HCE met at the Crab Orchard Library for a special lesson on "Are you listening, your weeds are speaking to you?"

Our special guest, Jane Chapman, President of IAHCE, presented the lesson. She had presented this very informative lesson at our March conference in Effingham. After the meeting and lesson, Jane went to lunch with the unit at Bennie's in Marion. It was an enjoyable day.

Since our county has only four units now, we appreciate our 13 board members who work well together and learn from both our lessons each month as well as information to share from the state, district and five-county meetings.

A way to get volunteer hours and donate and/or help a patriotic cause is led by our new Family & Community Issues Williamson County HCE board member, Ann Collins. Ann is urging county members to donate supplies for our veterans to be delivered to our Marion, IL VA Hospital. Another project she has is for our county members to donate school supplies for an area church backpack program.

Ann is also leading a new group called Little Egypt Quilters who will be making and presenting Quilts of Valor to the men and women of Southern Illinois. Anyone who



DISTRICT 7 NEWS

➔ Williamson County, continued

would like to join can contact Ann at: lequilters2019@yahoo.com or call or text 618-694-7484. The first meeting was held June 12th at the Lake of Egypt Fire Station, 12228 Lake Rd., Marion, IL. The Illinois Coordinator, Jan Copeland, was at this meeting to answer questions. There is a \$5.00 membership fee to join. Donations and quilting supplies are also welcome.



Jan Copeland, Illinois Coordinator of Quilts of Valor, shown right, speaking at the June 12 meeting organized by Ann Collins, left, explained the mission and ceremony for presenting the quilts to veterans. Ann Collins also is a Quilt of Valor registered volunteer long arm quilter who has quilted many quilts free of charge for this cause. She can submit volunteer hours for IAHCE and is very busy as our new Family and Community Issues board member for Williamson County.

Marie Samuel
Public Relations, Williamson County

Illinois Homemakers Camp UNDER the SEA

October 11-14, 2019

Location:
4-H Memorial Camp
on the grounds of
Allerton Park and
Retreat Center

Camp fee: \$128.00.

Registrations due by September 4th.

Please note that all registrations postmarked after September 4th will incur a \$5.00 late fee and may/may not be included in the camp booklet.

Registrations postmarked after September 20th will be returned. We are doing our part to help Mother Earth. Confirmation packets may be printed from our website. Packets will only be mailed to those without email.



STEPHENSON COUNTY– District 1

After a very cold, wet spring we are enduring very hot, humid weather as I write this.

On March 30 we hosted the Heritage Arts Workshop. The morning speaker was Teresa Zimmerman. She shared her experience of being an exchange student in Australia for 6 months. We also offered classes where we could learn a new arts activity. Lunch was served at noon.

We had our International Meeting on May 21st. A couple who are Special Education Teachers in Freeport spoke on India. Both are natives of India. Their talk included food from India, education and daily living. Especially interesting was a short video of traffic in the bigger cities. Most of us said we would not want to drive there! Snacks of food native to India was served later.

We also had a table of information about HCE at the Stephenson County Ag Breakfast in June.

This year we are doing a project called Sadie's Dream for a Cure. We are making bags that will be filled with things for children hospitalized with cancer. They will be distributed in various area hospitals.

Looking forward to the Stephenson County Fair in July.

Ann Runkle
Public Relations, Stephenson County

CLINTON COUNTY-District 6

Clinton County has had many activities. We held our 74th annual meeting. We had the very funny, emotional author Gary Guest from Addieville as our guest speaker, highlighting his book "Fertilizer for the Funny Bone". His presentation was enjoyed by all. We donated \$1,000 to Clinton County Historical Society at this meeting, from proceeds made from our "Uncork the Holidays" event.

This spring we had a bus trip to Effingham. We visited: "The Cross at the Crossroads" in Effingham, went to a fabric store called the Wooden Nickel, ate at Niemerg's where we really enjoyed our pie (pie!!), shopped at the Country Peddler, saw the sculptures downtown, visited a unique plant nursery with wind sculptures. The day had a good variety of things for everyone's interest.

Our May program was Farm to Table presented by Lisa Peterson. It was very interesting. We will have her back again!

We are busy planning many upcoming activities, our 75th anniversary is this coming year. We are presently making plans to have a float in our county fair parade. And to have a display in the women's building at the fair, to encourage members to join HCE.

We are also busy planning our "Uncork the Holidays" to be held Oct. 15, it is our major fundraiser. We are looking forward to attending district workshop in Effingham. Hope to see many of you there.

Karen Voss
Public Relations, Clinton County

SCHOLARSHIP WINNERS

Congratulations to the 2019 Scholarship winners. Every year it gets harder to choose from the varied applicants. We'd like to congratulate and recognize the winners! Good luck as you begin the 2019-20 school year.



RACHEL GATEWOOD

is from Urbana. She will attend Parkland College in Champaign to major in Biology. Her plans are to study dentistry.

Her grandmother is a 53 year member of IAHCE.



VIVIAN DUQUAINE,

from Flora, plans to study Animal Science to become a Veterinarian. She will attend the U of I.

Her grandmother is a 49 year member of IAHCE.



LANE SPENCER

His grandmother is a 30+ year member of IAHCE.

Lane is from Griggsville and will attend John Wood Community College in Baylis to study agriculture. After receiving his Bachelor's Degree, Lane will seek employment in the field of Agriculture .



ALAYNA SCRANTON

plans to study Finance in Agribusiness to become a CPA. She will also attend U of I.

Her grandmother has been an IAHCE member for 10 years. Alayna is from Pittsfield in Pike County.

The classwork and extra curricular activities these students have completed is phenomenal. They are BUSY! Enjoy college and Congratulations!

Janel Kassing, Chair
Scholarship Committee

INTERNATIONAL NEWS

**Australian Adventure:
Western Australia**

By Deon Maas



For the first three weeks of my whirlwind six-week adventure in Australia, I was hosted by the Country Women's Association of Western Australia (CWA of WA). In the Perth area, I Was first taken to **Mundaring Weir** in

the Darling Scarp, the hills that skirt the city. This dam provides water to the Goldfields Pipeline, which has pumped water to the Kalgoorlie area since 1902. To learn more about this interesting story, watch:

Constructing Australia: Pipe Dreams online.

The next day, Sara Kenny, our IAHCE 2018 exchangee, took me to **Kings Park** overlooking **Perth**. Australia honors its soldiers in many ways in this park. The streets are lined with huge trees, each dedicated to a soldier who died in war. The park is full of sculpture, as well as a multitude of plant life. It was a pleasure to walk its paths...even in the rain.

The art teacher in me enjoyed the **Sculpture by the Sea 2019** exhibit at Cottesloe Beach. Sara and I walked in the sand, and then dipped our feet in the Indian Ocean as we enjoyed the artwork.

A cruise on the **Swan River** to the city of **Fremantle** was the next day's adventure. The city is home to **Fremantle Prison**, a nod to Australia's convict past. Many buildings built by the convicts still exist in Fremantle. A trolley tour wound us through the picturesque streets, and then dropped us at the steps of the **Maritime Museum** where we saw the Australia II yacht. This vessel was a source of great pride for the Australians, as it won the 1983 America's Cup race.

I was flown to **Geraldton**, which is located on the western coast of Australia, 250 miles north of Perth. There, I visited the **Meekatharra School of the Air**, which serves 35 K-6th grade students who live on remote sheep or cattle stations.

The students video conference with teachers an hour each day and receive lessons and books through the mail every few weeks. Students attend boarding school for middle and high school.

On a day outing, I visited **Northampton**, one of Western Australia's oldest towns. The Northampton CWA of WA ladies took me on a tour of **Horrocks Beach**, **Lynton Convict Hiring Station**, and **Kalbarri National Park**. Horrocks Beach is considered one of Western Australia's finest swimming beaches and is a prime whale-viewing venue during the right season. Lynton Convict Hiring Station is a historical site where prisoners who had served their time were hired out to local farmers. Kalbarri National Park is home to spectacular rugged coastal cliffs and to Nature's Window, an "eye" in the stone formed by centuries of erosion. We stopped at the **Pink Lake**, an estuary that has naturally colored pink water that is harvested to produce red cake coloring. At lunch, I tried a steak and kidney pie, a first for me.

Geraldton and Northampton, as well as many other local towns, have churches and cathedrals designed and



(Australian Adventures—continued from page 43)

built by **Monsignor John Hawes**. He was a fascinating man who also designed and built churches in England and the Bahamas.

In Geraldton stands the breathtaking **HMAS Sydney II Memorial**, commemorating a WWII ship that sank off the coast during the war. Although the sculpture *The Waiting Woman*, symbolizing the wives and mothers waiting for their husbands and sons to come home, was placed at the memorial years before the ship's resting place was discovered, it was found to be gazing directly toward the site. A metal seagull for each lost sailor's soul was incorporated into massive dome sculpture.

After meeting up with Sara again, we toured a local sheep and cattle farm, and then walked along **Sandy Point**, Sara's favorite beach. The afternoon was spent at **The Pinnacles**, a place I can only describe as other-worldly. Weathered limestone pillars dot the landscape, creating a bizarre and magical land. A spectacular sunset over the Indian Ocean ended the eventful day.

Life on Sara and Mike Kenny's farm is very busy. Mike and his brother, and later Sara, helped clear about 10,000 acres of bush in the 1950s and 1960s. Mike and Sara's son and his family now help the couple on the thriving farm.

They raise lupins, canola and hay, along with many thousand sheep, some of which Sara and I herded from one paddock to another. The charming farmhouse is typical of many I saw—a small house with many rooms added over the years. Sara has created an oasis around the house over the decades by planting hundreds of trees, bushes and flowers. Her mosaics and paintings enhance the yard and rooms at every turn.

Although Sara's community, **Badgingarra**, is tiny, it is very dynamic. The local community center is where all the local churches meet for services, where Sara's CWA group meets, and where the annual CWA Charity Ball happens. There are tennis courts and a lawn bowling court, with active local clubs to go with each. Community members are very supportive of their little town and its activities.

Although I'd seen two kangaroos in the wild on my first day near Perth, it was in the Badgingarra area where I got a good idea of the size of the population. Within a two-day period, I must have seen 60 kangaroos on the Kenny farm, along the roadside and jumping unexpectedly in front of the car I was in. My Illinois deer-spotting ability came in handy more than once!

I was soon whisked off to the next host in a small town called Gingin. My host took me to **New Norcia**, a Benedictine Community, where I toured the town and listened to a short organ concert by a Benedictine monk. The history of the place, and the priest who established it in the 1800s, was quite interesting. We then met with several CWA of WA branches for lunch.

On the way to the airport in Perth, I was driven through the **Swan Valley**, north of Perth. This is a very fertile area which has a lot of vineyards, as well as small farms that produce fruits and vegetables for Perth's population. Even olive groves, lavender farms, and goat farms are appearing. There are a few beekeepers.

I was soon on my way to **Kalgoorlie**, and its sister city, **Boulder**, 350 miles into the interior. This was the closest I got to the remote Outback. Immediately, I was given a tour of the **Royal Flying Doctor Service**. This amazing service provides a flying emergency room to the doorsteps of the 600,000 residents who live in Western Australia, outside of the city of Perth.

These two mining towns were established in the late 1800s when gold was discovered in the area. The **Super Pit** is a huge gold mine that dwarfs both towns. I was given a tour of several businesses that supply trucks and equipment to mining operations. The whole community revolves around the mining industry.

The **Museum of the Goldfields** gave me insight into the early days of the gold rush. Particularly interesting to me were the humpy buildings. These were metal buildings the miners built to live in that could be quickly disassembled and moved to a new location. Even flattened tin cans were used to build the houses.

I was honored to attend the Goldfields International Woman's Day supper with the Goldfield's CWA of WA branch. **Rosie Batty** was the main guest speaker; she spoke about family violence and told her horrific personal story.

The next stop was in the Esperance area with farmer Belinda Lay. She had just won the Western Australia AgriFutures Woman of the Year award and is in the running for the National Award. She is the first in Australia to test a Fitbit-style collar using Sigfox technology with 100 of the farm's sheep. The testing will be useful to prove that farm animals are being well taken care of, as well as provide data to the farmer.

Esperance is on the Southern Ocean, so I was taken to several famous beaches, such as **Lucky Bay**, **Hellfire Beach** and **Wharton Beach**. Local CWA of WA members treated me to trips to **Esperance Stonehenge** and to **Cape Le Grande National Park**.

The funniest part of my trip happened at Belinda's house. What is her husband's name? Deon! It was a confusing and amusing few days for both of us.

Two long travel days from Esperance to my next multi-day host were broken up with several stops and speaking engagements along the way. I was able to see an excellent example of the **Australian Silo Art in Ravensthorpe**. We drove past the **Stirling Range**, which seemed to pop up out of nowhere. I spoke to about 50 ladies at the **Quaranup Craft Camp** in **Albany**. Albany was the Gateway to the Goldfields and was a submarine port during WWII, as it has a deep-water port.

I stayed overnight in a charming little town on the Southern Ocean called **Denmark**. It is in a highly forested area with eucalypts marri, karri, jarrah and red tingle trees. My host took me on a walk at Greens Pool, where people were swimming in the icy Southern Ocean, and then treated me to the **Valley of the Giants** treetop walk. Since some of these trees are 200 feet tall, it was a beautiful and humbling experience.

I gave presentations in **Pemberton**, an old sawmill town, and **Manjimup**, another timber town. At each stop, I was greeted with friendly smiles and instant friendships.

Soon, I was on the last leg of that trip, through the dense forests of south-west Australia.

It was a treat to stay in the little town of **Nannup** for a few days. The town had been plagued with bushfires and terrible floods over the years, but the spirit of the town was evident. It had risen again after each disaster. Now, it was a tranquil place for quiet walks. I spent a very pleasant day with local CWA members and the local craft group.

My Nannup host drove me to meet my next host in a city called **Busselton**, famous for its turquoise-colored water and white sand beaches. I had rounded the south-west corner of Australia and was back to the Indian Ocean. Several local CWA of WA members joined us for a tour of the Busselton Jetty, the longest jetty in the Southern Hemisphere. A train took us to the end of the jetty to an underwater observatory, where we saw coral being formed on the pier's pillars and fish swimming by. It was a fascinating tour which can be experienced by accessing the Busselton Jetty webcam during their daylight hours. We walked a mile back to land.

I next spent several days touring around **Dunsborough**. It is in the **Margaret River** region, a prime tourist area. The area is full of vineyards and forests such as the **Boronup Forest**, an ethereal and peaceful place. I was reminded of the Australian sense of humor in **Cowaramup**, a small town filled with statues of cows. **Meelup Beach** and the **Canal Rocks** displayed the splendor of the area's natural features. What a wonderful place to visit!

Sadly, my three weeks in Western Australia had come to an end. The CWA of WA ladies made me feel so welcome and so comfortable. In all, I spoke about IAHCE and Illinois at 11 gatherings with members from many different branches. I felt I'd made lifelong friends during my few days with each host family. They had learned from me and I had learned from them.

For more pictures and details, see deontoaustralia.blogspot.com or deontoaustralia.com, my duplicate blogs.

CWA of WA: <https://www.cwaofwa.asn.au/>

To contact me to do a program in your area, email me at tommaas@mymctc.net or call me at 309-645-4911.



This picture of Deon and Barbara Boulton with Heather the sheep, and appears on the cover of the latest issue of the County Women's Association of Western Australia

AUSTRALIAN PHOTO ADVENTURE WITH DEON



Sara Kenny on the Treetop Bridge at Kings Park in Perth



Each seagull represents one lost sailor at the HMAS Sydney II Memorial in Geraldton



Waiting Woman sculpture



The Benedictine Monastery at New Norcia



The mining industry in Kalgoorlie uses a lot of CAT equipment



The limestone formations at The Pinnacles



Beach near Esperance



Esperance Stonehenge



View near Nannup



Busselton Jetty



Silo art in Ravensthorpe



Deon and friends

Pat Weitzmann's Australia Friendship Visit (April – May 2019)

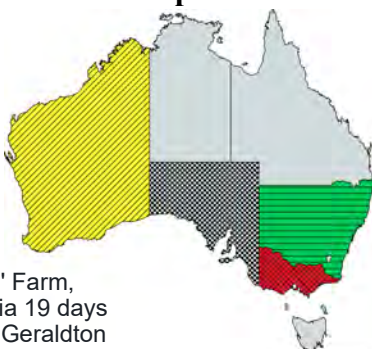
Legend:

Red crosshatch lines: ACWW Triennial Conference, Melbourne, Victoria 14 days

Black checkers: Adelaide area, South Australia 6 days; then 2 day train trip to Perth, Western Australia

Yellow diagonal lines: 'Rubicon' Farm, Badgingarra, Western Australia 19 days with visits to Perth, Denmark, Geraldton

Green horizontal lines: Sydney area, New South Wales 6 days



Membership in IAHCE with its affiliate organizations has opened the world to me for friendships in the USA and internationally. It was an honor, even at my own expense, to attend the Associated Country Women of the World's Triennial Conference in Melbourne, Australia and then continue to visit other parts of Australia. At each stage of my visit I conversed with women I had met before and met new women who were affiliated with ACWW. It was through the generosity of our 2018 Homemaker Exchange participant, Sara Kenny and her husband Mike, that myself and my husband John were able to visit Western Australia for 3 weeks. Then a friend in the greater Sydney area, Marie Bradberry, asked me to visit with members of her women's organization.

The Thanksgiving Ceremony on Sunday at the ACWW Triennial Conference included clergy from various faiths. I was honored to be part of the ACWW Choir that day. And, my singing skills were used later. I was the stand-in for three weeks of practicing for the Drama and Music Festival hosted May 24 by Sara Kenny's Badgingarra Branch of the Country Women's Association of Western Australia (CWA-WA). I sang, read parts in a skit and learned dance choreography as a flamingo like bird. In the first days I was at the Kenny's farm 'Rubicon', I helped make decorations for the Badgingarra Branch's Fundraising Ball for Alzheimer's Research, decorated the dance hall and cleaned up after the Ball. It was a great event that raised \$7,000. This is mostly due to auction of locally made works of art including rain gauges made of spare metal parts. On the farm it was early rising often feeding and moving sheep from one paddock to another. Once Sara, Mike, John and I moved 1,800 sheep 9 miles down 3 roads to a new paddock. There was time for 6 intermittent days of touring within 3 hours north and 7 hours south of Badgingarra. I walked in oceans on three sides of Australia. The most unexpected and wonderful site for me was the dark night sky at Badgingarra with the Milky Way Galaxy and Southern Cross constellation so clearly visible and it seemed touchable.

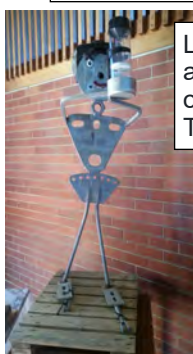
The ACWW Area President for East, West and Central Africa, Irene Chinje of Cameroon, who was visiting a family in Perth joined the four of us on tours in the Perth area. I gave a presentation at the May monthly meeting of the Badgingarra Branch of the CWA-WA. Also, John and I participated in a special Mother's Day gathering in Wyoming, New South Wales organized by Marie Bradberry.

It was attended by a few of her Terrigal Evening Branch of the Country Women's Association of New South Wales members. We informally discussed activities and interests in each of our organizations. The volunteer CWA is in high regard in Australia. Both the CWA organizations in Western Australia and New South Wales were active in administering the distribution of millions of dollars of draught relief funds for farming communities. Interacting with these women's organizations in Australia, who like ours focus on strengthening our communities, was a great experience for me.

– Pat Weitzmann



June 28, 2019 Sara and Mike Kenny are pictured with their sheep herding dog, Jasper, on their 'Rubicon' farm. The Kenny's are grateful the rains finally came in June to turn the paddocks and fields green. Lambing season starts in July.



Large home made rain gauges auctioned at The Badgingarra Ball. Each was made out of old parts from a local repair shop. This one sold for \$1400.



Terrigal Evening Branch-CWA of NSW. Pat Weitzman was a visitor.



Pat Weitzmann, center, holds a picture of Lake County IL HCE activity at monthly meeting of Badgingarra Branch of CWA-WA.

ACWW TRIENNIEL— MELBOURNE, AUSTRALIA



Cara Ausmus, Deon Maas and Pat Weitzmann enjoy the morning tea break at



IAHCE President Jane Chapman and Queen Azizh of Malaysia



Business Meeting

Conference Display



USA Attendees



Conference Choir

Pat Weitzmann with ACWW Friendship Links Coordinator, Arlene Roberts (Australia) and ACWW World President,



Lessons for Living 2020

Plan Your Schedule with 2020 "Lessons for Living" IAHCE has just received the U of I Lessons for 2020.

These will not be available for you to use until 2020 but will help you as you are planning your lessons for next year.

The lessons prepared for us are as follows:

- ◆ Inflammation and Arthritis - Feb 11 and Sept 24
- ◆ Understanding the Impact of Adverse Childhood Experiences - March 11 and Nov 10
- ◆ Medical Identity Theft - April 16 and Oct 13
- ◆ What's New in the Kitchen - May 21
- ◆ Saving Money on Food Costs - June 9
- ◆ Communicating with Individuals with Dementia - August 11

I hope this will be on time for you to choose lessons for your 2020 schedules.

I will be handing out the full information at the District Workshops in August. Looking forward to seeing you all there.

Sharon Middleton, IAHCE 1st Vice-President
 telepainter2@gmail.com

DATES TO REMEMBER

DISTRICT WORKSHOPS

- August 6, 2019 District 6 and 7
 St. Johns Lutheran Church
 901 W. Jefferson, Effingham, IL
- August 7, 2019 District 4 and 5
 Southern View Chapel
 Springfield, IL
- August 8, 2019 District 1 and 2/3
 Sycamore United Methodist Church
 Sycamore, IL
- October 14-18, 2019 HCE WEEK
- March 10-12, 2020 ANNUAL IAHCE CONFERENCE
 Thelma Keller Convention Center
 Effingham, IL
- July 20-22, 2020 22nd NVON CONFERENCE
 Spartanburg, South Carolina

**ILLINOIS ASSOCIATION FOR
HOME & COMMUNITY EDUCATION
302 N. Hutton Drive
Newton, IL 62448**



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