

ILLINOIS ASSOCIATION
FOR HOME AND COMMUNITY EDUCATION

VOLUME 82, ISSUE 3

DECEMBER 2019



IAHCE NEWS



Portland Head Lighthouse, Maine

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IAHCE POWER OF THE PAST BEACON TO THE FUTURE

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Cover: Portland Head is a historical lighthouse located at the entrance of the Portland Harbor in Cape Elizabeth. It is the oldest in Maine and one of the oldest in America. Built in 1791, it stands 80 feet high and was built to ward off ship raids during the Civil War.

IAHCE PRESIDENT JANE CHAPMAN**JANE'S JARGON**

Greetings of the Season!

It is close to Halloween as I write this, but before you receive this Thanksgiving will have passed and Christmas yet to arrive. So, Happy belated Halloween and Thanksgiving and have a great Christmas and New Year! I hope I touched all the bases with that opening!

I owe the membership in Cass County a huge apology and I can't believe that it took this long to catch the error! The error is regarding the new maps I passed out, two different times, with the new districts outlined. I had Cass X'ed out as a county and no longer a member of HCE! I hope some time I will get the opportunity to visit Cass County and apologize in person!

Attention all county presidents! Be on the lookout for the Annual Conference President's packet that will arrive around the first of December. It contains a lot of very important information. Included in the packet is a new map with the new districts, a new service award form to fill out, a new county of the year form, bio's of the candidates that are running for the state positions, a new by-law change that will be voted on at conference, and a lot of other important information. Please share the info with your board, membership and especially with the delegates you have selected to represent your county at conference.

The state board just concluded their October meeting a week ago and there was ever a lot accomplished. I am very fortunate to have such a great group of ladies to work with that share the passion I have for this organization. We are striving hard to help out with the issues that face this organization by initiating new ideas, such as "elevator cards", and instilling in each of you that change is good for us as well as revitalizing!

Conference in March looks to be bigger and better than the last so get your reservations in soon. There are several ways to register for conference, including on the IAHCE.org website, the pullout included in this newsletter, and each county president has received a copy. As of now there are plenty of hotel rooms available so don't forget to get that reservations in soon! Plan on attending the entire conference so you don't miss out on all the great entertainment, socializing, learning, sharing, and having fun!

It's a lovely fall day here in Southern Illinois after over three inches of rain yesterday! I wish for more days like today to enable the farmers to complete their harvest. May all of you have a lovely rest of the fall season and a very happy holiday season. In closing, please remember to laugh often and as Dr. Seuss says, "From there to here, and here to there, funny things are everywhere!"

Later,

Jane

EXECUTIVE BOARD

1st VICE PRESIDENT Sharon Middleton

As I look out of my window, fall is really here to stay. Time to meet with the State Board in another week, Halloween, county meetings and then it's Thanksgiving! Turn around and it will be Christmas. The year has gone by faster than last year.



I sent out a note to all 1st Vice President which asked them to bring "old" copies of lessons that they have had in the past before deciding to "clean house" and throw them in the recycle bin. President Jane Chapman, was clearing some papers and found that she had copies of lessons that still could be used. We thought that it was a good idea and I passed this on to the 1st Vice Presidents to share lessons that the other counties may be excited to receive for their members. So don't forget to bring those extra issues to the March 10-12, 2020 Conference in Effingham.

Counties can share their program booklets and newsletters during this time. I have been excited to read where many of you have used some of the lessons that are on the IAHCE website. That encourages me to continue to add more to the site.

You will have a new 1st Vice President installed at the March Conference and she will be in the class for you to meet.

Have a great holiday season...see you in 2020!

Sharon Middleton

2nd VICE PRESIDENT Norma Korte



Happy Fall and Merry Christmas.

We just finished harvest, what a year it has been. While I am writing this article the leaves are turning and some have fallen off the trees. Thanksgiving will soon be here and then we will be celebrating that special time of

year that has been set aside to honor Jesus, our Lord's birthday. I pray each of you will have a happy and joyous November and December with family and friends.

January is the time to start turning in HCE reports, award applications, and preparing for the March IAHCE State Conference.

Please remember to turn in membership information and submit dues to your District Director and State Treasurer by **January 5th**. Make sure the numbers on both forms agree!

January 31 is the deadline for most other HCE materials. Awards applications, registration for Cultural Enrichment, Family of the Year applications, President reports, and 25- or 50-year member recognition (each of whom will receive a certificate at State Conference) are due at the end of January. Please **print** the names of 25- and 50-year members to be sure they are read correctly. All members' names for certificates can be emailed to me at kortes@kortefarms.com or postmarked no later than **January 31, 2020**.

The Ruth B. Sayre Memorial Scholarship applications are due to IAHCE President, Jane Chapman, by March 1. Go to www.cwcusa.org for an application form.

"Power of the Past IAHCE Beacon to the Future" -- The IAHCE Board would like to welcome all members to attend the 2020 IAHCE Conference to be held in Effingham, IL, March 10-12!

Each county is asked to submit a **lighthouse (10" base X 20" tall) to display** at conference. Each county that submits a lighthouse should have a pint mason jar with their county name on the bottom (on jar & lighthouse) to participate in the contest. Votes (monetary donations) will be collected in the jars. The donations will be used to help fund the 100th Anniversary Celebration of IAHCE in 2024.

The Lighthouse t-shirts, along with the bags, will be available to order on the IAHCE State Conference Registration Forms. Pins will be sold at the sales table during the conference.

The **Member of the Year Forms** and instructions have been revised. They will be presented to you at the 2nd Vice President Share Shop at the IAHCE State Conference in March. There will be one winner per District. Every county can submit an application. Come to the Second Vice President Share Shop with ideas to share to reach those people in our counties that need to share the light of HCE. We have to be willing to simply invite potential members to events and encourage them to attend at least one of our unit meetings. We need to open our minds to potential ideas and modifications to encourage more people to join HCE.

From the Korte Home, Merry Christmas and Happy New Year!

Norma Korte

"Light Up HCE"

EXECUTIVE BOARD

SECRETARY Cathy Eathington



I was happy to meet many of you at the District Meetings in August. I was a little disappointed that you felt the officer dance was not ready for *Dancing With the Stars*. Shout out to Becky Thomas, District 1 Director, as she learned the whole routine.

Next on our agenda is the State Conference on March 10-12, 2020. The theme for this year is Power of the Past-Beacon to the Future. The Annual Conference will be held at the Keller Convention Center in Effingham. This is where it was held last year.

All the information for the Conference will be included in this Newsletter. The County Presidents will also get a Packet of all Conference Information the first part of December.

Looking forward to seeing as many of you at the Annual Conference.

Cathy Eathington

TREASURER Beverly Combs

I really enjoyed traveling over the state and meeting you all at the August District workshops.

As the end of this year nears, here are some important items for county treasurers:

- By now you should have the Friendship Projects Fund monies mailed to me. If not, do so ASAP. Please include the pink transmittal sheet in my packet handed out at the August District Workshops. If you haven't received this envelope yet, check with your county president.

- Your county dues should be postmarked by **January 5th, 2020**. YES, January 5th is the new deadline. Don't forget the transmittal sheet (green) that needs to accompany the dues check (payable to IAHCE). I also included this form for each county treasurer at the August District Workshops. This form can also be found on our website – www.iahce.org

- Keep in mind that the number of members turned in to your District Director and the number of members you pay dues for must be the same. The number of recorded members is of December 31st, 2019.



-Failure to have the dues paid by the deadline will make your county ineligible to count it as a credit on the County of the Year form. The same is true of the Friendship Projects Fund monies.

Lastly, I hope you are planning to attend the March 2020 Annual Conference in Effingham. It promises to be another great conference.

As this will be my last Annual Conference as your State Board Treasurer, I want to tell you all now that I have truly enjoyed meeting and working with so many of you and wish you all the best in the future.

Wishing you a Blessed Christmas season with family and friends.

Bev Combs

CULTURAL ENRICHMENT Sonya Bishop



Today is a real good day to be in the basement working on my (2) lighthouse projects. These cold, wet and very windy days make me want to hide like the proverbial ostrich with its head in the sand! Have I mentioned that I don't like cold or snow? Now that I have that out of the way I can get on to business!

Those of you entering Education Reports need to have them sent to me;

Sonya Bishop
23838 365th St.
Pittsfield, IL 62363
Please NOTE zip code is 62363

All reports and Cultural Enrichment forms that are mailed are to be postmarked January 31. *Please include a self addressed and stamped envelope* so I can mail your Cultural Enrichment item tickets back to you. If they are postmarked after that date I can not open them!

Cultural Enrichment forms will be accepted by email also by January 31. The email address is: sonya.iahce@gmail.com A form can be found on the IAHCE.org website. Scan completed form and email to me.

I am excited for the Make-It and Take-It for the convention! I have many new things to make lined up and a few that have been done before. You will love them all! I wish I could do it next Conference!

As in my past comments, I encourage you to step outside your creative box! Try something new! Looking forward to seeing all the wonderful and creative items I know y'all are capable of.

Sonya Bishop

EDUCATION COMMITTEE

FAMILY AND COMMUNITY ISSUES Eleanor Gregory



I'm writing this on an autumn day and thinking:
 O world, I cannot hold thee close enough!
 Thy winds, they wide grey skies!
 Thy mists, that roll and rise!
 Thy woods, this autumn day, that ache and sag
 And all but cry with color! (Edna St. Vincent Millay)

You'll be reading this in December and thinking:
 Whose woods these are I think I know,
 His house is in the village though;
 He will not see me stopping here
 To watch his woods fill up with snow. (Robert Frost)

We'll be traveling to Effingham and thinking:
 The blustery March winds have begun to blow
 And off to the IAHCE Conference we will go
 To meet dear friends who love to learn and share.
 Because IAHCE is the place to be, I'll see you there!

Please remember to send your **Education Award applications** to me for Family & Community Issues by **January 31**. The form and details can be found by searching IAHCE GUIDEBOOK. Click on Guidelines for Family & Community Issues. All the information you will need begins on Page 29. For Education Award Guidelines and report form see pages 51 and 52.

Consider nominating a family in your county for the **Great American Family Award**. Details and forms can be found on pages 31-33 which is also due to me by **January 31**. (Address: Eleanor Gregory, PO Box 185, Alhambra, IL 62001).

See you soon at our Community & Family Share Shop where we will SHARE and I will present some new ideas about Iron Deficiency, Pollinators and more family and community ideas!

Eleanor Gregory



INTERNATIONAL Cara Ausmus



International Greetings!

The dimes are coming back! Please see October district newsletters and our website at IAHCE.org to see and print the New bottle wrappers. This will be short and sweet as brought to State Conference in March. Be sure checks are made out to IAHCE with water bottles on the memo line. Keep your bottles and wrappers to reuse in 2020. PLEASE bring CHECKS not DIMES to conference! We will have a new treasurer and want this to go well for her too!

At conference I will be doing a share shop on the Resolutions passed at ACWW Triennial and HOW THEY AFFECT ALL OF US here in Illinois. The resolutions and discussion in Melbourne was very interesting from the countries proposing them to the countries responding to them with their views, comments and opinions. Come and expand your understanding of the ACWW conference and your horizons of womens' needs and concerns.

Also at conference our International meeting will include more about Uruguay, possible speakers, county updates, and how our 2018 FPF monies were distributed and sent to ACWW WE (Women Empowered-old Pennies) Funds in London.

I am looking forward to seeing and talking with all of you in March! 'Till then Be safe and Enjoy friends and family with new and old traditions and hopefully something International Too! I am so pleased seeing many of your creative India activities in the newsletters! BRAVO Ladies!!

Cara Ausmus

CVH/SALES Ashley Davis



As I write this article, I am listening and watching my 2-year-old Granddaughter, Addilynne, playing with her babies. Oh, her imagination is amazing. And, to hear and watch her take care of her babies warms my heart. I for sure see a future HCE member. I am pretty sure being a NANA is the greatest job I have.

The past 3 years have been full of new adventures and changes for me. Some of my new adventures and changes have been true learning experiences, some have been sad, and some have been great. I will say I have learned that it

EDUCATION COMMITTEE

is ok to except change and to venture outside my bubble. Change and new adventures can be hard at first until you learn the new ways, or you see the impact the change and adventures have made in your life and in you. I want to say **“THANK YOU”** everyone for the past 3 years and for helping me to embrace the changes and take new adventures.

It was GREAT to see everyone at the 2019 District Workshops. I would like to give all the IAHCE State Board Members a high five for all the hard work and doing a great job with the new format of the District Workshops. It was a BIG change for the board and the members, but CHANGE IS GOOD! I always get excited when I know I get to spend time with the State Board and HCE Members. We always have a great time!

It's that time of the year that we all have work to complete before we can end 2019. I hope you all are gathering all your volunteer hours and turning them in. I am ready to start receiving hours and get them all recorded. Yes! I have my desk and files organized for the hours to start coming. Honestly, I get excited to see all the hours of dedication you all have for your communities and to HCE. As I say all the time—**“Thank you”** for all your hard work and dedication! You all are TRULY AWESOME!

Just a few reminders:

The **absolute postmarked deadline is January 31, 2020 to submit your Counties CVH Summary (page 76 in the guidebook).** If you are emailing your **counties CVH Summary (page 76 in the guidebook), it must be received by midnight of January 31, 2020.** This is the date the hours must be to me, if you wish to be considered for State Awards. When emailing your county Summary CVH, please send the hours as an attachment. (If you type the hours as an email, the columns sometimes don't line up correctly when printed.) The CVH Summaries that are received by email, I will respond and let the sender know that summary was received and printed. Please make sure members are listed **alphabetically by the last name.**

The forms can be found online www.iahce.org or in the guidebook on pages 73-76. If you have any questions please call, email or text me.

We have a new item in Sales:

IAHCE has a sew on patch! You can sew this patch on a shirt, hoodies, bag, apron or just about anything you would like to. The patch is available for \$2.00 each.



Are you all gearing up for the IAHCE 2020 Annual Conference? I know I am! What more can we say, “Power of the Past-Beacon to the Future”, we get to continue by traveling to see the many different light houses around the world. So, make your reservations and make sure your suitcases are packed to travel to the

annual conference in Effingham, IL on March 10th – 12th, 2020. I am excited to see you all there!

Merry Christmas and Happy New Year to you and your families. May God bless you all.

Ashley Davis



PUBLIC RELATIONS Pat Hildebrand

Six years ago I pulled together a newsletter with all the marvelous articles you sent. Now, eighteen newsletters later, my term on the IAHCE Board is ending and I'm sitting here at the computer compiling all your articles and pictures for this last issue. These past six years have been an amazing experience.

I have enjoyed working with all of you and I sincerely appreciate having had that chance. Thank you for the support and encouragement you have provided me during the past six years...you've seen me through computer problems, undelivered newsletters, lost articles, laryngitis and broken bones. I will miss our interactions and working on projects with you.

As soon as this newsletter gets to the printer, it's back to concentrating on Annual Conference. I'll say that the first thing Ashley and I (as co-chairs of the conference) did after the 2019 Annual Conference was go over the evaluations. We have implemented as many of your suggestions as we could. There were some good do-able ones. Others were just as good but not possible to do at this time. There will be changes and new talent.

One thing new that is happening at Conference 2020 is a Lighthouse contest. Check out Page 55 to see the “rules”. Get creative! It should be interesting and fun!

Counties have held so many marvelous, educational and fun program and events during the past year. I will be looking for Award applications about these events from each of you. There are **3 categories you may enter**—HCE Week, Special Activity, Public Relations. See pages 49-52 in the Guidebook or online to: www.iahce.org for **Applications need to be postmarked no later than January 31, 2020.**

Again, thanks so much for your support. IAHCE is the “Power of the Past-Beacon to the Future”. I wish you and IAHCE all the best in the future and great success ahead.

Pat Hildebrand

Friends are like lighthouses
with sources of light from their hearts.



NOMINATING COMMITTEE REPORT

The IAHCE Nominating Committee interviewed potential candidates for the IAHCE Board on October 20, 2019. The following names will be placed on the ballot for the Conference Business Meeting on March 11, 2020.



1st VICE PRESIDENT CANDIDATE
Mary Eustace
Pike County

It would be an honor and pleasure to serve on the IAHCE Board as your First Vice President. This position requires "state board" experience. I served as District 4 Director for six years. Of those six years, I was a Conference chairman, Conference Co-chairman, Share Shop Co-chairman /Scholarship Chairman, and Nominating Committee Chairman. I also served as a Tour Coordinator and guide for the NVON Conference in Bloomington, IL. I have 25 years Administration experience and 50 years' experience of volunteering through church and community. I would bring enthusiasm for our beloved organization and the ability to work as part of a team.



PUBLIC RELATIONS CANDIDATE
Emily McDowell
Madison County

I have been a HCE member for six (6) years. In my county, I have held the offices of President, International Director and Public Relations Director. Throughout the four years as Public Relations Director, I have worked with local newspapers to publish news releases and articles about our organization and photos and recaps of our events. I have been in charge of organizing and creating our newsletters every other month, and creating and distributing our county publications. These include tickets to events, program books for annual meetings, "Christmas in November" and our yearly books which are distributed to each member in our organization that contain pertinent information, a list of important dates, etc. I am a member of Jaycees having held the office of president and memberships/individual development. I volunteer with the hospital mission team and disaster relief.



CVH/SALES DIRECTOR
Ashley Davis
Fayette County

I have held the office of CVH/Sales on the IAHCE Board for the past three years. I know the importance of volunteering by being involved in organizations working with nutrition, schools, seniors, hospitals and Truckers Against Human Trafficking. I have secretarial and organizational skills. When I take on a position or a task, I put my heart into it and do the best to my ability. I'm not scared to try anything at least once. I joined HCE seven years ago and am now Fayette County board president. I also belong to the Effingham HCE. Become a member of HCE has been a true blessing to me. I became someone that I never imagined myself to be and do the things that I do today. And, I owe the credit to my Lord Jesus Christ, my family and my HCE Family.



1st VICE PRESIDENT CANDIDATE
Donna Richards
Jasper County

After previously serving as the State IAHCE Secretary for seven years, I believe the many experiences and knowledge I gained during that time will be to my advantage. I feel certain that I can perform the responsibilities of State First Vice President as I already know and understand the duties for First Vice President. I spent over 50 years in Accounting/Book-keeping, Payroll, and secretarial/clerical environment gaining numerous skills using both computer programs and manually. I earned an Associate Degree in Accounting and a Management Certificate from Lake Land College. I have held various offices in my HCE Unit, the Jasper County HCE Board, church and community organizations. I am a detailed oriented person who likes changes, meeting people, travel and expanding my skills.



TREASURER CANDIDATE
Melissa Chitwood
Champaign County

I am confident that I have the abilities to succeed in Serving IAHCE as Treasurer. I have worked in accounting/business offices since I was 18 years old, including various accounting/business departments over the past 30 years at the University of Illinois. Life will soon change for me, as I plan to retire within the next few months. In the financial world details and documentation are important and I strongly believe policies and procedures are in place for a reason, to protect ourselves and our organizations. I bring experiences from my professional life as well as experiences gained from serving the local recreation league as their treasurer as well as their concessions chairman. Champaign County HCE recently demonstrated their support and confidence in my capabilities by electing me to a third term as the Champaign County HCE Treasurer. I work comfortably in Excel to create informative, easy to read, financial reports. In addition, those who have met me, know that I am not a shy person and enjoy meeting and conversing with anyone who would like to chat. When it comes to communication, I am at ease one on one, or bring on the masses! Public speaking doesn't bother me near as much as climbing an extension ladder to paint the house eaves!

★★★★★★★★★★

Any applications which may be submitted prior to the state conference will require a nomination from the floor by a voting delegate during the IAHCE Conference business session. This prospective candidate must apply to the Nominating Committee at least 72 hours prior to the business meeting and be interviewed by the Nominating Committee to be eligible for an IAHCE Board position.

Nominating Committee: Sharon Davis, chair
Cara Ausmus, Pat Hildebrand, Janel Kassing, Becky Thomas

EXTENSION REPORT



Greetings IAHCE!

I hope you thoroughly enjoyed autumn and are gearing up for the holidays. Now is the time to register for the educator-taught lessons for the 2020 year in your local counties. The FCS team is working hard on developing informative, relevant, and interesting lessons for you. To register, be sure to work with your county Extension office.

As we move through the remainder of fall and await the beginning of winter, it is also a great time to start thinking of lesson topics for 2021 (sounds and looks so strange to write that!!!!). We will be reviewing lesson topic ideas at the 1st Vice Presidents meeting at annual conference. The three categories of topics we can cover are Consumer Economics, Family Life, and Nutrition and Wellness). Send your ideas to Sharon Middleton or to your 1st Vice President. I'm looking forward to hearing all of your great ideas and presenting those to the FCS team.

Snippet from "Be Smart, Eat Well, Get Healthy," Nutrition and Wellness Team Blog

Many of us are strapped for cash this time of year and we could use some extra money. Where can we find a few extra dollars? Let's look at our grocery list. Below are some tips for saving at the grocery store during the holidays.

- Make less—think about what was left at Thanksgiving and plan accordingly for your holiday meals, for example: if you had half of a 13 x 9 pan of dressing left—make a 9 x 9 for Christmas—using only half of the ingredients will save you money
- Check your pantry and freezer, you might have ingredients left from last year (canned and frozen items will be safe), if spices are fragrant they are fine
- Swap ingredients, use half margarine and half butter were the recipe calls for either, using half butter will provide ample flavor and half margarine will save money
- Use less expensive versions of ingredients, for example: nuts pieces rather than halves, canned fruits rather than fresh, chicken rather than veal
- Try store brands—no one will know the difference
- Watch for sales on meats and other specialty ingredients either shortly before or after holidays, planning ahead for the weeks after a holiday can save money on regular meals
- Plan wisely during December—have a meatless day each week, cook breakfast for supper on a busy night, use your slow cooker to avoid the drive through on nights when you are pressed for time

Just a few of these tips can make a difference in your budget—and a healthy budget can reduce stress!

Be Smart, Eat Well, Get Healthy!

Source: Be Smart, Eat Well, Get Healthy blog, Mary Liz Wright, Extension Educator, 11/27/2017

For More Information

If you have suggestions, comments, or need assistance with FCS lessons through UI Extension, please feel free to contact me: 815-632-3611 or kbelzer@illinois.edu
I wish you all a happy and healthy holiday season. See you in 2020!

Best wishes,

Karla Belzer

Extension Educator, Family Life
Carroll/Lee/Whiteside Unit

SUPPORT FUND GRANTS

Yes, seven grant applications were received and awarded this year. Grants were awarded to Jefferson, Lake, Livingston, McLean and Perry counties as well as the District Workshops and Annual Conference totaling \$5,000.

Look for displays at Annual Conference from some of these recipients and find out how your county can apply next year.

Bev Combs

Support Fund State Advisory Comm. Chair

SUPPORT FUND REPORTS

Livingston County

Livingston County applied and was approved for a grant to publish a new brochure publicizing HCE in order to attract new members. First, brochures from other counties were gathered and studied by the board.

The best features were identified for our new brochure. Because the board found Rock Island County's brochure especially well designed, with permission from Rock Island County HCE, a number of features from their brochure were included in the new Livingston County brochure. Then, with input from Rachel Benn, our tri-county University of Illinois Extension liaison, our brochure was designed and printed in time for its initial distribution at the Livingston County 4-H Fair at our HCE booth. Every Livingston County HCE member received 2 copies of the brochure at their local unit meetings in September - one to keep for reference and one to give to a prospective new member. Mailbox members also received two copies.

Copies of the brochure are also being made available throughout the county in libraries, post offices, and Banks. They will be available at the IAHCE 2020 annual conference at our display in Effingham.

-Connie Kostelc

* See related photo in Livingston County article, Page 22

SUPPORT FUND REPORTS

Lake County

*Lake County Home and Community Education Presents
"Celebrate the Illinois Bicentennial"*

The LCAHCE Board presented a grant application (which was approved) to conduct a membership drive via a program "Celebrating the Illinois Bicentennial." The goal of our program was to get new members. The program was held in the University of Illinois Extension Office, 100 South IL Highway 45, Grayslake, Illinois, 60030, on Saturday, August 18, 2018 from 9:00-a.m.-12:00 p.m. The program, as advertised, was a historic perspective of Lake and McHenry Counties to celebrate the Illinois Bicentennial with speakers from the Lake County Historical Alliance, LCAHCE, and Lake County Farm Bureau. Admission was free. Forty-five (45) people attended. Fifteen (15) were guests.

We kicked off our program with LCAHCE President Angela Hicks who presented a short history of HCE. Deborah Fandrei, the Museum Coordinator of the Raupp Museum in Buffalo Grove, IL, followed her. Ms. Fandrei has worked with the museum for twenty years and spent two (2) years on the Editorial Board that wrote the book "200 Objects." The book involves a history of Lake and McHenry counties over the years and includes topics such as fashion, food, entertainment, sports, and technology. Ms. Fandrei presented a slide show where she shared twenty (20) objects selected from the book. Andrew Blahl then gave a brief presentation on what is happening in the Farm Bureau today.

To end our day on a fun note names were randomly selected from the registration sheet and prizes were awarded to several of our guests. Lucky winners made off with a Pickard China bowl, tickets to the Volo Antique Auto Museum and several floral arrangements. We thanked everyone for attending and I know what you're thinking...but wait...there's more! Each guest left with a goody bag containing flyers from the Volo Museum, Pickard China, updated maps to the museums in Lake County from the Lake County Historical Alliance, What to do in Lake County from the Lake County Welcome Center, Lake County Farm Bureau, Master Gardener and 4-H, Fun Facts on the History of Illinois and candy (don't forget the candy!) The State tri-fold created by IAHCE and a special LCAHCE Bicentennial Bookmark was also included. The bookmark has our logo and the year that we formed and an Illinois Forever stamp.

A special thanks to the State Support Fund Committee for their assistance and helping us to continue to get great speakers and lessons for Lake County.

-Sandy Henke

Jefferson County

Jefferson County is always looking for ways to promote HCE and secure new members. We are using advertising tools which can be seen by a variety of prospective members. We ordered 100 HCE Information flyers to be given out at various community events. One event which has brought us some inquiries is the Market Days Flea Market which is held the first Saturday of the month from May to September at the Park in Mt. Vernon. We also handed out the flyers at the annual 4H BBQ where many of our members help with food preparation and serving.

We purchased 350 "MADE FOR YOU BY JEFFERSON COUNTY HCE" labels which will be attached to every sewing project we do. They were attached to the 23 patriotic pillowcases given to a local nursing home for their Veterans wing residents. They were also attached to the 153 "Comfort bears" which we donated to Angel Cove, Litton Ambulance Service, Waltonville, Belle Rive, and Webber Township Fire Departments, The Amy Center (for sexually abused children) and the Department of Children and Family Services.



Comfort Bears

We originally ordered 50 labels and when we saw how professional and distinctive they looked, we ordered 300 more to be used on future projects. We see the labels as a great advertising tool as they put the HCE name in front of a large variety of potential members.

Our 2020 project will be making blankets for The Amy Center. Each blanket will also have a label attached. Jefferson County was honored to be awarded the Support Fund grant for these projects.

- Donna Fancil

Perry County

Perry County during HCE Week in 2018 honored the military by giving out little plastic soldiers and asked people to put it somewhere to remind them to pray for the military.

We also handed out water bottles and collected dimes for the Zero Hunger Challenge fund raiser sponsored by the CWC. Our displays were at the local grocery stores and Walmart.

-Jane Chapman

DISTRICT 1 NEWS



DISTRICT 1 DIRECTOR Becky Thomas

I just got out of the October board meeting and I am looking forward to March Conference. It may be the same venue but the workshops will be interesting and surprises for everyday.

I thank all who came to District Meeting. I learn something new every time how to make it better for the next year.

Have you received your Flu Shot yet? I believe in them and think that they at least lessen the symptoms. Did you know that people 65+ who are living with a chronic condition are more likely to be hospitalized from the Flu? The dates of IAHCE Annual Conference are in the middle of the Flu season (October through May). IDPH recommends the 3C's; **Clean**-wash your hands with soap and water frequently, **Cover**-your coughs and sneezes, **Contain**- stay home if you are sick. I hope that you stay well.

If you can send me your 2020 Annual Meeting dates, I can get them into my boss's calendar at work. I work all the weekends, so he needs a long notice before I can get the day off.

Remember to save your dimes for Feeding Illinois.

Becky Thomas

JO DAVIESS..... Organized 1935

Well, snow has arrived early to Northwestern Illinois! We had hoped for a good fall for all our farmers. Seasons Greetings are in order.

We just celebrated our yearly Friendship Day, where our members gather for good food, fellowship, and displays of our creative talents.



Some of our members enjoying Friendship Day.

Our program on recycling and repurposing items was presented by Linda, of Boomerang Bags. She repurposes t-shirts into all-purpose bags to use for groceries, books and whatever! We had a great time. Members shared their efforts in quilting, crocheting, and recycling, with members voting on items to be sent on to the state conference.



Some of our creative arts headed to state.

HCE Week was off to a great start; our yearly craft fair food stand was a success again this year. With over 4300 folks visiting this year at the River Ridge School PTO Fair, our stand sold out before closing on Sunday. We were able to share our HCE mission with many people over the 2-day event.

In celebration of HCE Week, we also had a Window display at the Stockton Heritage Museum. And, during the week, each Unit across the county passed out HCE brochures to neighbors and friends and potential new members. The week was a good celebration of our members and all the efforts shared with our community.



Some of our "pie ladies" at the Annual Craft Fair sponsored by River Ridge Schools PTO

Jo Daviess County HCE will participate in the Stockton Heritage Museum's Festival of Trees again this year, with the officers and directors decorating the tree. This year, the Tree will be decorated in hats, gloves and mittens which will be distributed to schools and day cares in the county. We thank the many generous members for their contributions.

Ann Coopernoll
Public Relations, Jo Daviess County



DISTRICT 1 NEWS

LEE.....

Organized 1929

Lee County Homemakers Education Association enjoyed a successful bake sale booth at our 4-H Fair in July in spite of dwindling membership. We are blessed with willingly committed members.

We have appreciated Marilyn Kemmerer, our member and treasurer, who presented a lesson entitled "The Advantages of Using an Electric Pressure Cooker". She was assisted by Frances Eccher, Tatjana Kazan and Ethel Richard. The recipes prepared were enjoyed by all the attendees.

We continue to meet monthly with local representatives of charitable and service agencies serving the county. The title of the group is "Networking Council of Lee County". It provides a brief review of the services and activities available to citizens of the county. It also provides the opportunity to participate in events with other organizations and offers the opportunity for them to refer clients to our programs as appropriate.

Our lesson, "Communication with Persons with Dementia," was very helpful in providing assistance, understanding and respect for persons with dementia.

Our International Luncheon and Program was well attended on October 17th. We were again treated to Marilyn Kemmerer's presenting the program featuring her trip to Panama. Her pictures were beautiful and her account was informative and entertaining.

We also sampled several of the foods associated with Panama. The Board members provided the foods for sampling and described the methods of preparation as well as challenges involved. It was an enjoyable experience and tested some of our tastes. Tatjana Kazan provided Panama information for our newsletter all year to acquaint us with the people, history, geography and points of interest. It was an interesting day.

We are now preparing for the Board members to present the lesson "Healthy Desserts". Of course, tasting is the best and most impressive part of the presentation. We anticipate a good turn out of attendees and an enjoyable time.

In December, we participated in the Dixon Christmas Walk with our Cookie Walk as a fundraiser. The customers enjoy being able to use tongs to select a variety of cookies which they collect in a Styrofoam carryout container. We charged \$6.00 a pound depending on the cookie, there are usually a lot of cookies in a pound. Some of our members decorate cookies festively but many just make good old-fashioned cookies. All sold well.

Merry Christmas & Happy New Year!

Frances Eccher
Public Relations, Lee County

MERCER.....

Organized 1917

Mercer County Home and Community Education Week celebrated HCE Week with a seminar in the guest room at the Aledo Fire Station on October 16, 2019. HCE Week was October 14 -- 18, 2019. Al Zwilling was also a co-sponsor of this event.

This year's program was developed to bring an awareness of the many mental health issues. Mental health issues are ever present in everyone's daily life. The topic was "How does one react to these interruptions in his/her daily life?" Tessa Hobbs-Curley, the Family Life Educator with McDonough County, was the presenter for this particular program. Al Zwilling being the director of the Mercer County Health Department informed the audience of the resources available to all county residents involving mental health issues through the County Health Department in conjunction with the Mercer County Health Alliance.

Hobbs-Curley presented the program entitled "How High Do You Bounce?" The title suggests that people are having fun, but the author is referring to "how well one responds to negative interruptions in daily life." This refers to the way in which one handles stress, negative situations or negative responses from others or the outright unbearable. To put that person's response into one word: Resiliency—the capacity to recover quickly from difficulties.

Tessa gave the audience various descriptions and/or examples of difficult situations with the ability of the individual to recover and gain confidence. All of this recovery is being done as quickly as the individual is capable of handling.



*Hobbs-Curley with
Dr. and Mrs. Palmer*

Also, during HCE Week, the county board worked in conjunction with the local supermarket, Mercer Market, selling pork chop sandwiches to raise money for MCHCE in order to continue the programs that the HCE offers to build community involvement and allows us offer educational opportunities to the community as well.



*Marcia Duncan, Linda Whitney, and Joan Luxmore
worked the MCHCE pork chop sandwich booth.*

DISTRICT 1 NEWS

These are the crew members for pork chop cooking and selling.



From left to right are Marcia Duncan, Linda Whitney, Joan Luxmore, and Cara Ausmus. Unfortunately, Susan DeBlock is on the opposite side of the grills and not in the picture due to photographer error. We have one customer at the table, and we also have one butcher bringing pork chops to be cooked.

Donna Pinger
Public Relations, Mercer County

ROCK ISLAND.....

Organized 1921

Rock Island County kicked off our new program year with a luncheon of the new board members as well as previous board. This is a good way for new board members to visit with their predecessors and learn information they will need to know in their new position.

We sent four Board Members to the District I Meeting. It was a very informational meeting. At the District meeting you learn so much as to what is going on in the new year. In August, we also held our Leadership Training with the officers of the HCE Units. Each board member introduces themselves and talks about their position on the board relaying important information and dates the unit officers need to be aware of.

In tune with the District theme of “Bees”, our first lesson was on “Pollinators At Your Service”. Roxie DeShane, a U of I Master Gardener, gave an excellent presentation about bees and butterflies in addition to so many other pollinators we were unaware of. Our October lesson was “What’s New in the Kitchen, Part 2”. Kristin Bogdonas, Nutrition & Wellness Educator with Rock Island County, did an excellent presentation with modern appliances as well as food samples and recipes included.

October 12th was our annual Cultural Arts Day. We are blessed with very talented and crafty members. Mileen McGee won first place with her Kaola Bear afghan. After the judging Dion Maas spoke about her trip to Australia and engaged the audience in an aboriginal dot craft. The craft was unique and enjoyed by all. The event closed with

a tasty salad luncheon served by our Ways and Means Committee.

Right:
Mileen McGee won first place with her Kaola Bear afghan.



Left:
Dion Maas spoke about her trip to Australia

The members are busy working on one of our major fundraisers to be held in November....the renting of the Barn Theatre for a play with hors ‘d oeuvres served prior to the play. The proceeds support HCE and 4-H.

Wishing you all a happy and prosperous New Year!

Sue Hough
Public Relations, Rock Island County

STEPHENSON.....

Organized 1923

Stephenson County HCE had a booth at the Stephenson County Ag Breakfast in June. Information about our organization and samples of lessons given were available. Lessons that included recipes and the lesson giving ideas for engaging children in something other than screen-time were the favorites.

- In August, we provided the morning snacks at the District 1 meeting in Sycamore.
- October 14 was our Annual Meeting.

Judy Shippee was honored as our Homemaker of the Year. New members were welcomed and all members every five years were recognized.



DISTRICT 1 NEWS

➔ Stephenson County, continued

After the business meeting a program was held that was opened to the public.



Becky Thomas, District 1 Director, (second from right) installed the incoming officers for next year.

Rita Leerhoff spoke of her experiences as a child in WWII in Europe. She also displayed



- On October 10, we had a booth at the Senior Resource Center Expo. Again, information about our organization was available.
- On November 16th, we held a “Pressure Cooker for the Holidays” class which was opened to the public.

Ann Runkle
Public Relations, Stephenson County

WARREN..... Organized 1928

Greetings from the Warren County Women At Work. We would like to wish everyone a wonderful, safe and happy holiday season this year with family and friends. It’s hard to believe 2019 is ending, what a busy year it has been.

We received this wonderful thank you from Jamieson Community Center for the donations given.

Please know the center is a very valuable resource to the community you live in. Thank you for investing in our community through Jamieson Community Center. Your donation of cleaning supplies, tooth brushes and detergents will be used in our pantry. Your donation of walker bags will be distributed to Senior Nutrition participants. Because of your generosity and others like you, more people in our community will have the basic needs met.

While about 4,000 people in our community live at 125% of poverty or below, we are currently serving more than 2,500 people each year through Senior Nutrition, Summer Meals, Weekend Meals, our food pantry programs, Jingle Bills fund, STARS, Community Christmas Store and Baskets, and the Pattee Learning Center located at JCC. In addition, our thrift store averages 44 customers each day with the high of 122 customers in a single day.

Jamieson Community Center is a 501(c)3 non-profit organization. No goods or services were received in exchange for this donation. Your gift brings help and hope to a neighbor in need.

*Sincerely,
Nancy Mowen, Executive Director*



On August 15 LuAnn Steffen, former member, returned to teach another Glass Jewelry Class, which had great attendance. It was exciting having grandkids at the Workshop and seeing how creative they are. Tina Canada, from OSF Medical Center presented a county-wide lesson on “Learn What’s new in Diabetic Treatment” on August 27. Very information lesson.



Tina Canada, OSF Medical Center presented a county-wide lesson

DISTRICT 1 NEWS

Judy's Treasure Box in Alexis hosted a wire bracelet workshop August 28.



Judy is pictures above helping Sandy Brown with her bracelet.

Right:
It's amazing to take odd things, put them together and see the end results.



Left:
Due to busing issues this year, Diane Fedorow and Judy Nally delivered pizza, popcorn, drinks, cookies and games to eight Warren Achievement homes in Monmouth September 18.



Just seeing the joy on their faces and hearing the excitement in their voices was priceless.



We celebrate **HCE week October 14-18** with a craft club on October 16 at the Farm Bureau. Gladys Olson taught thread designed greeting cards. Yard signs about HCE and our support of 4-H were put up throughout the community in Monmouth.



WCHCE held its Annual Meeting on October 19 at the Warren County History Museum celebrating 90 years with a 9 Decade Style show. Those in attendance enjoyed the tour of the museum, music by John Heasley, an anniversary cake, slide show presentation and a style show of the last 9 decades given by Board members. The style show not only included descriptions of the decade's style, but also the history of the Home Bureau Federation, Homemakers Extension and Home and Community Education involvement in that era. **Cathy Eathington, state secretary, and members enjoyed a personal guided tour of the museum.**



Janet Schreck, past president from 2009 to 2012, gave the Memorial "So God Made an HCE Member" announced the passing of -- Emma Jean Carner, Warren Henderson Home Economist, Betty Hennenfent and Peggy Reynolds of Smithshire Unit, and Marge Long of Jennie Killey Unit. Janet also read about Jennie Killey, the founder and first president of HBF.

Jo Anne Nelson, Second Vice, handed out first year pins to Anne Meyer, Billy Prior and Sherry Moore. There were no 25 or 50 year members but the following \

Received certificates from the State for over 50 years:
Phyllis Kettering - 52,
Sarah Allaman-53,
Lois Brechbiel- 53,
Lynne Devlin-54,
Nancy Gossett-55,
Carol Hanson-56,
Shirley Price-57,
Maxine Stewart-57,
Sarah Burns-58,
Winifred Horney-58 and
Pat Carson-66 years.



Over 50 year members in attendance

Thank you ladies for all your hard work and help with this organization for all these years.



DISTRICT 1 NEWS

➡ Warren County, continued

We will be donating all our records and memorabilia from 1928 through the present to the museum for archival purposes. We had the Banner on display plus the scrap books from 1969 including lesson booklets and annual meeting programs. There was a nice display of items made at many of the Craft Club meetings. Folded books with sheet music flowers were the centerpieces for each table and were given away as door prizes. Judy Nally had made everyone corsages from fabric, paper and buttons.

Among the honored guests were Cara Ausmus, State International Director and Mercer County HCE president, Cathy Eathington, State Secretary, Pam Mueller-Temple, former Home Advisor, Donna Pinger from Mercer County, and five members of Knox County HCE. We were asked to share our slide show at the State Convention next year.



Board members with state representatives



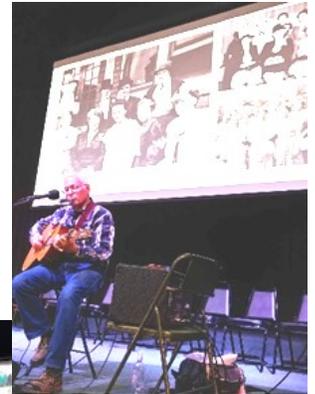
Style Show

Members who presented the style show from left to right: Barb Pearson, Narrator/Member, Diane Fedorow/President, Sandy Voss/Member, Diana Dugan/Public Relations, Lois Brechbiel/Member at Large, Jo Anne Nelson/2nd Vice, Bonnie Heflin/Treasurer, Judy Nally/CHV, Barbra Patterson/Secretary and Diane Carlson/International

John Heasley, from Alexis, IL provided “Seasons” from 1860 to present with a variety of oldies and some of his own original music. His interaction with the audience was pleasing and entertaining

especially with “You Are My Sunshine”. In the background was a slide show presentation of the history of HCE in Warren County.

At Right: *John Heasley*



On October 25 Diane Fedorow received the 4-H Cecil Shimmin award for her involvement in the Warren County community. She has gone above and beyond the call of duty this past year.

Congratulations, Diane, for a job well done!

The Holiday Craft & Home-based Business Show & Bake Sale was held November 23, 2019.

Diana Dugan
Public Relations/Newsletter Editor
Warren County



DISTRICT 2/3 NEWS

DISTRICT 2/3 DIRECTOR Kathy Peterson



Thank you for an awesome 2019 "District 2/3" and cheers to 2020, "District 2"!

My quote for the coming year is:

*Change your expectation
into appreciation and you will
Change your
LIFE.....🐱*

Kathy Peterson

GRUNDY.....

Organized 1938

Hello from Grundy County!

I hope that everyone had a wonderful summer. I know I did! I went tent camping for the whole month of July and went to Idaho, Montana, Wyoming and Colorado. What a beautiful country we have!

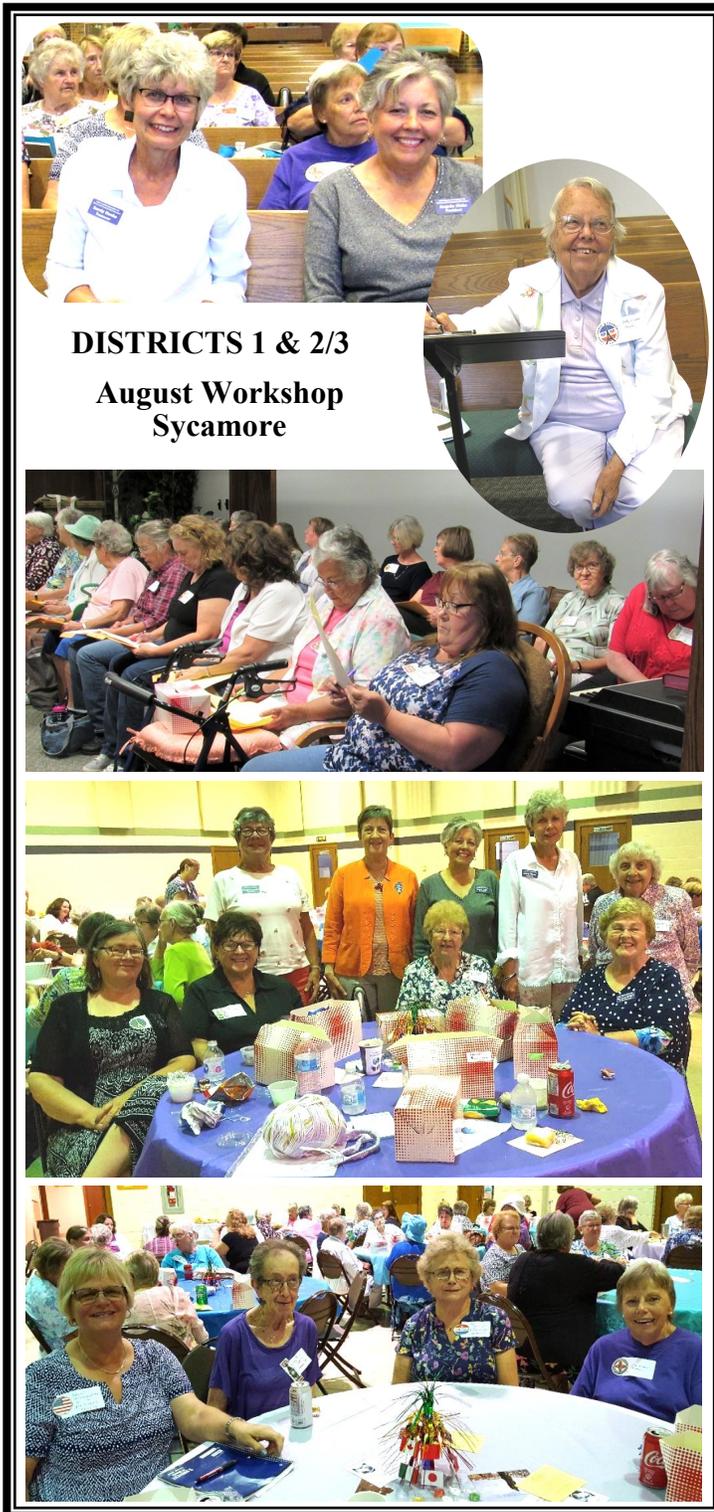
Yvonne Canik, our President, was asked about our organization for an article in the Grundy County 4-H Fair Newsletter in July. The title was "Changed my life, changed my world". Here is a sentence from the article written by Kate Reynolds: "I knew this was a really good way to meet new people who all had the same goal - making our lives better in every way."

Our Monday Night unit had lunch in September at "The Gardens" with our oldest member, Bessie. She always enjoys our visits.



For HCE week we did a variety of activities for the week.

- We visited with friends, neighbors, sick people and senior residents in the nursing home.
- Donated items to a charity or family.
- Helped out at a variety of charities or some did a service project.
- Gave the Fire and Police Departments snacks.



**DISTRICTS 1 & 2/3
August Workshop
Sycamore**

NEWSLETTER SUBSCRIPTION WINNERS:

- District 1 Judy Shippee, Stephenson County
- District 2/3 Mary Ebert, Kane County
Sandra K. Martin, LaSalle County

2020 ANNUAL CONFERENCE SCHOLARSHIP WINNERS:

- District 1 Emma Hoke, Rock Island County
- District 2/3 Paula Freepartner, LaSalle County

DISTRICT 2/3 NEWS

➔ Grundy County, continued



Morris Fire and Police Departments



Right: We donated two backpacks full of things for foster children.



Below: Coco Chanel joined us at our table during her break, at Kendall County's 21st Annual Victorian Tea. She gave us some pretty good tips!



Left: Our units pitched in and donated a cart filled with all kinds of goodies for The Gardens Memory Unit.



We presented the cart to the activity director along with candy, chips, juices, jewelry, stuffed animals, large print word search and crossword puzzle books. They will use the cart to give out prizes for their weekly bingo games. A few of us were there helping and the director took our picture. We go to the gardens once a month and help with Bingo.

Right: Our three units collected empty prescription bottles and caps for a bench in Seneca, and now collecting for a picnic table at the Kendall-Grundy Farm Bureau.



Above:



At the Gardens Bingo Halloween, we dressed up to give the residents something to talk and laugh about.

Monica Evans
Public Relations Director, Grundy County

DISTRICT 2/3 NEWS

KANE.....

Organized 1918

Kane County HCE sponsored an informational display at the Kane County Fair, July 17 - 21st. Board and Unit members took 2-3 hour shifts to explain the many facets of the HCE program to fair visitors in the 4-H Exhibition Hall. Interested persons signed up for further information. Joan Ziethen did extensive follow up to several areas in the county. Plans for next year include interactive activities, not only for the adults but also children.

The August "Identity Theft Program" organized by our new Cultural Enrichment Chairman, Joan Rossi, drew attendees from the public and Units. Presenters were very detailed in teaching proactive and protective steps to preserve your privacy and not be drawn into compromising situations.



District meeting: *Joan Ziethen, Ann Rempfer, Claudia Lake, Nancy Haire, Naomi Redman, Mary Ebert and Joan Rossi*

Jackie Anderson and Joan Rossi Sewing walker bags



HCE Week activities began with representatives appearing at the Elgin City Council and the Kane County Government Board meetings to procure HCE Week Proclamations. Audiences at both events were informed of the organization mission and impact made in the county communities.

October 17th an Oktoberfest celebration was enjoyed at the Extension Office. Morning interactive activities of adult coloring, Bavarian word search, card bingo and pretzel pass proved most interesting with lots of laughter and game commingling. Fine Arts and Crafts exhibition and contest found members voting for their favorite items

to be judged for the State Conference March 2020. Eight articles were chosen.

A delightful and filling Bavarian luncheon was served masterfully by Harner's Catering. Jerry May, a professional accordionist, from Aurora preformed an afternoon program with music, singing and dancing. A goodtime was had by all.

Two more Lessons for Living have been presented, "What's New in the Kitchen" and "Saving Money on Food Costs." Claudia Lake, First Vice President has prepared with Extension Office assistance, copies of the lessons and distributed them to Units. Program planning for November 13th tour, activity and luncheon at the Little Traveler in Geneva is underway. Participants will receive coupons and a percentage of sales by HCE members will be donated to a local charity.

We were most pleased to attend Kendall County Victorian Tea Presentation of Coco Chanel. Eight persons from Kane County traveled to Yorkville for the afternoon of food, tea, information and raffles and prizes. Thanks to Kendall County for many years of delightful presentations.

Membership Chairman, Joan Ziethen has informed Units of the deadlines for membership dues and encouraged prompt renewals. Family Issues Chairman, Mari Curless has stressed to all Units the Volunteer Hours are due to her by December 1.

Kane County is so pleased to be working with a full slate of officers this year. Many hands make light work for all.

Nancy Haire
Public Relations, Kane County

LAKE.....

Organized 1932

Hello from Lake County; if anyone wants to visit us, we are in the upper northeast corner of the state. We touch the southern border of Wisconsin and the east side of Lake Michigan.

We have had a lot going on since our last report. Although July was quiet, we have been busy since. We enjoyed the District meeting at the beginning of August and our Fall Advisory at the end.

In September, we had a successful Italian Dinner fundraiser and an entertaining biscuit baking lesson led by President Jane Chapman.

In October, we held our Cultural Enrichment event and attended a lesson on the history of feed sacks and aprons. The two that stood out for me were the baking lesson by Jane Chapman and our Cultural Enrichment event.



DISTRICT 2/3 NEWS

➔ Lake County, continued

Cultural Enrichment committee was very creative. Their theme was “Mystery and Mayhem” that included a costume party and a speaker who told us about local history, which included murders and other crimes associated with the business of marriage brokering. They served a brunch instead of a lunch with menu items that kept to the day’s theme, such as haunted ham. Guests were encouraged to dress as detectives from their favorite mysteries. Of the 23 attendees who came in costume, there were approximately 16 different detectives dating from the early 1900’s to the present. We even had the newest Agent 007 there.



The Missing Person search conducted by Agatha Raisin, aka Angela Hicks, was identified as 'A New Member'.

" Cultural Enrichment Day for Lake County HCE had an added element of fun and creativity. Half of the attendees dressed as one of their favorite Murder, Mystery or Detective characters. Each had the opportunity to explain their character like Lady Darby, Jessica Shaw P.I., Jane Marple, China Bayles, Temperance Brennan, Detective Chief Inspector Vera Stanhope, Jessica Fletcher, Goldy Schulz, the duos Agatha Raisin with her boyfriend James Lacey and Phryne Fisher with her friend Detective Inspector Jack Robinson. "

The heritage arts competition included two of our own special categories in Creative Writing for either a poem or nonfiction essay. Here is the winning Poem entitled “19”:

“19”

-by Eleanor Wasielewski.

I feel 19 but my body says NO!
I used to run fast but now must walk slow.
Back in the day I could sleep until noon
And didn't have skin that looked like a prune.
My skin is all droopy like a deflated bag;
When I look in the mirror I see an old hag.
Gone are the days I could dance until dawn;
Now it takes me 3 days to mow my small lawn.
If I walk too fast I'm gasping for air;
And sometimes I fart when I rise from a chair.
When I laugh too hard I pee a bit
And I have to eat fiber or I can't ...you know.
Oh! And last year I got aids,
The kind for hearing,
Not the kind that you're fearing.
I'm trapped in a body that's falling apart
But I'm still nineteen,
At least in my heart.

Jane joined us in September with a fun-filled lesson on making biscuits in the tradition of her family. She had stories and recipes to share as well as tasty toppings for the biscuits she made.

*IAHCE President
Jane Chapman*



Goodbye until next time; I hope everyone has a safe and happy holiday season.

Candace Keegan
Newsletter Editor for LCAHCE

DISTRICT 2/3 NEWS

LA SALLE.....

Organized 1918

The LaSalle County Association Home and Community Education presented the First Responder signs throughout the County. All Responders are great people. They deserve all the recognition we give them.



Left: Robert Rick, firefighter, and Mayor Gary Mooney Mayor of Naplate
Right: Todd Gordon and Penny Carter

Our Annual Meeting will be held on Saturday, November 2nd. We are trying something new this year with having the meeting on a Saturday. The Cultural Arts Exhibit and Show will be held between 10 am and 12 noon. At 10 am there was a simple Christmas Crafts to make during the Cultural Arts session of the day. A luncheon was served at Noon. The business meeting started at 1 pm. "The Arts of Desserts" followed the business meeting and along with our dessert.

We will start our new year off with the "Power of the Past - Beacon to the Future."

May everyone have a Merry Christmas and A Happy New Year.

Darlene Hettel

LIVINGSTON.....

Organized 1918

Visitors to the July 4-H Fair in Livingston County got a preview of the new HCE brochures that were distributed to members and throughout the county in September.

October brought HCE week where members show their support of First Responders in various ways including placing signs at their place of business. Each HCE member was given a list of suggestions on how to

celebrate each day of HCE Week. These included walking or driving to look at the Fall colors, giving compliments, random acts of kindness, complimenting a child, and one of the most popular, having a piece of chocolate on National Chocolate Day.

October also saw International Day all Livingston County members invited to the Extension Office for a special program given by Ivy Silas who was born in India. She shared insights into the country on topics ranging from politics to religion. Silas shared a variety of objects from her country and even dressed two of the ladies in a sari. She also shared a favorite dessert.



Ivy Silas shares some items from India with Marilyn Edwards and Joan Haren at International Day.



Also speaking was Kaleigh White, a 4-H Ambassador, who discussed the partnership with Microsoft and the National 4-H Council. She and the other six members of her team are available to give programs on a variety of technology topics including selecting safe passwords and social media basics. They are available to come to HCE units or other places such as nursing homes or libraries.



Kaleigh White, 4-H ambassador, discusses programs that are available through a partnership with Microsoft and the national 4-H Council.

This year's local project is donating items to Hope Pregnancy Center in downtown Pontiac. Items needed include baby items and things for the mothers.



DISTRICT 2/3 NEWS

➔ Livingston County, continued

Disposable diapers are the most needed. Members may either send items through their representative at the board meeting or deliver it to the Center themselves.

Livingston County has designed a promotional Brochure. They were the recipient of an IAHCE grant to develop this project. (See Page 9 under Support Fund for details.)



Joyce Hillman of Rooks Creek Starlights Unit and Harriet Farney, Pleasant Ridge Unit look over the new Livingston County brochure.

Connie Kostele
Public Relations, Livingston County

A small group of our members were busy this summer sewing mini and large stockings, the project was completed with a sew day in September. 159 large and 148 mini stockings were made. The small stockings go to the two nursing homes on the county and the large to "Operation Santa".

Wishing you all a wonderful holiday season.

Florence Spesard
Public Relations, McHenry County

WILL..... Organized 1938



Witches, pumpkins, and scarecrows are quite the common sight now! But it's snowing, too! Weather has really run amok this year with the cold spring, heavy rains, and early fall snowfall. What does nature have in store for us next?

How fast the time has flown since the Will County HCE was enjoying its Annual Game Day at the Farm Bureau on a warm July afternoon. Members attending all brought yummy items which created a wonderful luncheon buffet for all. Later, we all relaxed, mingled with friends, and played a game or two.



Our latest gathering occurred on October 8th: the annual Cultural Arts Event.

MC HENRY..... Organized 1918

As I am sitting here at my desk, I am watching the beautiful red maple leaves fall, but tomorrow we will see four or more inches of snow, old man winter is arriving too soon!!

Nine of our members drove to Lake County HCE to hear Jane Chapman give the lesson, "Biscuits Then & Now". It was interesting and a lot of fun to hear Jane speak, and the biscuits tasted great!

Some Units repeated the lesson with their members and this was even more fun because we all took a part of making them.



McHenry HCE Lesson Biscuit Making: Karen DeFalco and Debbie Peone

In October we again drove to Lake County for the lesson "History of Feed Sacks". Some of their members brought old feed sacks and aprons, they told the history of them.

WCHCE members donated to the Friendship Projects Fund.



- Our President, Gail Shaw, reported that the Will County HCE will now be in the new District 2.

DISTRICT 2/3 NEWS

- Volunteer Hours Chair, Paulette Fries, reminded members to continue to keep track of their volunteer hours on the Volunteer Report form. She urged each member to submit a form. Each Unit should help its members with reporting HCE-time spent at the various meetings and activities during the year.
- Elaine Czajkowski, C&H Issues Chair, thanked members for bringing their no-longer-used prescription eyeglasses for the **Lions' Club** and for filling the many boxes in the hall with items for **Operation Care Package**, which serves men and women in the armed services here and abroad. She also introduced and additional community program to the members. She asked that members donate small new/or gently used stuffed animals to encourage 2nd graders at a local elementary school to read each day. The students will adopt an "animal" and promise to read 20 minutes aloud to it in exchange for ownership of the pet. Elaine reported on the consequences of students not being able to read by grade 3. She hopes we can broaden this program to other schools in Will County.
- The Board and the Illinois Extension Service are planning for exciting classes in 2020.

Andrea Zoelle, International Chair, introduced our main speakers who spoke on our focus country, India. **Barbara Sudgen and Ron Vargason** have traveled extensively throughout India.



They provided our members with a wonderful glimpse into this country and its culture. Their in-depth presentation included photos, information, and stories of the many people they came to meet and visit on their many trips there. Afterwards, each table was asked a question pertaining the talk. The first person to shout out the answer won a certificate for a Domino's Pizza.

Members voted on various crafts projects.



Gail Shaw, Judy Maier, and Sheila Stockwell will send their creations to the IAHEC Annual Conference in March 2020.



As a final wrap-up, our president donated five beautiful antique dolls for a free raffle. The new owners were delighted with their gifts. She also recited a reading about Aprons," which the membership enjoyed. This Cultural Arts Event was one of the best!

Hopefully, the winter will not be as cold and snowy as predicted, but it probably will be long. Our Will County HCE members know we are always available to help each other.

From Will County....Wishing everyone a Happy Thanksgiving, a wonderful Christmas.

Mary Barrett
Will County Public Relations and Newsletter



WINNEBAGO.....

Organized 1938

Winnebago County's Cultural Arts Luncheon was held Saturday, October 19 with a great menu. This year's menu included mixed greens with dried cranberries, sliced apples, blue cheese, pecans and raspberry vinaigrette. Steak Marsale, orange glazed carrots, Maple Glazed brussel sprouts with toasted walnuts, baked potatoes with butter and sour cream, Lemon Tart with fresh sour cream, and Decaf coffee and unsweetened Ice Tea. Many brought items to be judged by the members. Many beautiful quilts and many other handcrafted, painted and photographed things were presented.

Vicki Donley from Alpaca Pines Farm and Fiber Mill located in Poplar Grove.

Judy told us about her alpacas, showed different uses for their wool and some of tools used. Some of her products were available for purchase.

Pat Stahl
Public Relations
Winnebago County



DISTRICT 4 NEWS

DISTRICT 4 DIRECTOR Mary Johnson

Any time women come together with a collective intention, it's a powerful thing. Whether it's sitting down making a quilt, in a kitchen preparing a meal, in a club reading the same book, or around the table playing cards, or planning a birthday party, when women come together with a collective intention, magic happens.— Phylcia Rashad



I have just spent the last 3 days with your IAHCE State Board, and let me tell you ladies, magic happened! We spent our days planning and preparing for our Annual Conference March 10-12, 2020 in Effingham. You do not need to be a county officer to attend. We invite ALL members to come experience the power and magic of this great organization at work. Annual Conference is an excellent opportunity to meet new people, learn new skills, talk with other like office holders and to hear great new ideas for community service projects and lessons for living. I hope to see you all in March!

Annual Conference is also where we will have our first opportunity to meet as our new district! Exciting things are ahead for District 3 (formerly known as District 4). I can't wait to brainstorm with you at our District Meeting share shop.

Many important deadlines are looming in the next month — CVH hours, membership dues/numbers, education awards and ads for the Annual Conference program book to name a few. County Officers should have received all necessary forms in their packets from the District Workshop in August. Please contact me if you have any questions or need help locating the correct forms.

I hope you all have a safe and happy holiday season. May you receive many and be a blessing during this special time.

Mary Johnson

ADAMS..... Organized 1917

Rain and cold temperatures did not discourage more than 50 Adams County and Pike County HCE ladies who signed up for a day-long tour of historic sites in Quincy on October 30.

The ladies first stopped at the All Wars Museum at the Illinois Veteran's Home. The museum has more than 5,000 artifacts from every US military engagement dating from the Revolutionary War through the current

“War on Terrorism.” Ladies learned that the Home was opened in 1886 and is the largest and oldest veterans’ home in Illinois. The Home has been labeled as “a city within the city” because it is equipped with its own post office, bank, chapel, cemetery, and animal park.



All Wars Museum Tour

Next, the ladies stopped for a treat at Underbrink’s Bakery, a quaint shop adorned with antique baking tools and containers, original display cases, and gadgets from the 1930s. Across the street, the ladies toured St. Francis Catholic Church, an ornate Gothic Revival style structure built 1884, that features stunning interior murals and extensive white marble. Following lunch at an elegant three-story Quincy mansion in the historic district, the ladies toured the 1930s Ag Museum, featuring a private 45-piece John Deere equipment collection and household items typical of a 1930s Midwest farmstead. What a day!

We play hard, but we work hard, too!

Again this year, several local mayors recognized Adams County HCE with official proclamations for HCE Week October 14-18.

Our educational lessons have included How to Protect Against Scams, presented by the Better Business Bureau, and “Cooking for One or Two” presented by our own Barb Higley and Nancy Boone.



2019 Ag Tour



Cooking for One or Two

DISTRICT 4 NEWS



Palmona Unit celebrated its 80th Anniversary! Members made displays of past activities and current events, and invited the community to learn more about "today's" HCE. There were wonderful reunions of past members, beautiful decorations and delicious refreshments.

On October 5, the Paloma Unit celebrated its 80th Anniversary with a big party.

These days, all ladies are working hard on items to donate to the annual Kiddie Bazaar, scheduled for Saturday, December 7. We expect nearly 200 children to shop "in secret" for their families and learn that it's just as much fun to give a Christmas present as it is to receive one.

Amy Looten
Public Relations Director, Adams County



Some of the members fill the Pouches already made with Fiber Fill.

We made 10 Anti Ouch Pouches and filled 200 with Fiber Fill. We did that at our October meeting and will do it again at our November Meeting.

Deon takes 1,000 of these a year to both Saint Francis Hospital and Methodist Hospital in Peoria.

She will be doing a Share Shop at Annual Conference in March.

Cathy Eathington
Fulton County

FULTON.....

Organized 1929

Deon Mass, who designed the Anti Ouch Pouch when she had a Mastectomy 13 years ago, taught our Unit how to make them and we also filled some that were made with Fiber fill.



Deon talking to some members on why she designed the Anti Ouch Pouch.



Deon teaching one of the members how to make them.

MORGAN.....

Organized 1936

Members of Morgan County HCE have been helping make ornaments that Anita Ashcroft (our Cultural Arts Chair) will use for children's activities at the Pathway Festival of Trees the 4th week of November.



Ornaments for Children's Activities.



The Franklin HCE Unit made holiday gifts to send to area individuals serving in the military.



DISTRICT 4 NEWS

➔ Morgan County, continued

Gifts of *Decorated* socks that will be both cute and ultimately useful



Martha Vaché
Public Relations
Morgan County

SANGAMON.....

Organized 1947

Hello from Sangamon County! We've had plenty of rain this fall and beautiful fall colors on the trees. Today it's snowing, so it will probably mean early winter weather for us.

Our fall Lessons for Living included: CBD Oils, Amish History and Culture, Come Get a Taste of Home with many memorable Home recipes to taste, and Wooden It Be Lovely, an organization who transforms old wooden furniture into a miracle fund to support homeless or abused women.

We took 46 members and guests on a wonderful fall bus trip to Arthur with shopping, tour of the countryside and a home cooked lunch at an Amish farm.

Later in September, we were hosted by the Macoupin County HCE ladies for a program on "Seasons of a Quilt". Many ladies brought special quilts for the Show n' Tell area.

Our big FUNdraiser of the year was a Trivia day in Menard County which turned out to be very successful.

International Day at the end of October featured speakers from the Asian Indian Women's Organization in Sangamon County. Also, a local Catholic priest who grew up in India filled in about many aspects of the different states in India and marriage traditions.



The room was decorated with silk embroidered banners and scarves for the theme of the Festival of Lights. Foods included sesame cookies, peanut candy and potato samosa.



A style show featured fashions modeled by seven ladies wearing colorful saris and jewelry.

What a great way to celebrate India.

We have been very busy this fall working on several Community Outreach projects including: Premie Layette Blankets and Bibs for Kumlar Ministries, Pillow Cases for the Children's Hospital, sixty-five small quilts for a local Nursing Home and weighted blankets. One Unit also donated funds to their High School for Books for the English Department.

The year will close with our combined Annual Holiday party and Cultural Day. Hope your holidays are joyful and shared with family and friends .

Wishing you a Happy & Healthy New Year.

Elaine Murray
President, Sangamon County

PIKE.....

Organized 1938

Pike County HCE celebrated "Day of the Dead" at a recent International Dinner featuring colorful Mexico.

HCE members from all over Pike County attended our annual International Dinner. This year, our International chairperson, Ellen Lowe, chose Mexico as our feature country. Each table was covered with a brightly colored tablecloth (i.e. blue, green, yellow, orange, etc.); had two centerpieces — clay flower pots filled with corn kernels and a package of marigold flower seeds attached to top of a stick inserted in the corn; two homemade, non-edible sugar skulls were placed on top of the corn (later given away as door prizes); and paper place mats featured several facts about the Day of the Dead. One such fact explained those celebrating this tradition

DISTRICT 4 NEWS

believe that spirits of the dead visit the living during the celebration and that Marigolds guide the spirits to their altars using vibrant colors and pungent scent. Marigolds, or flowers in general, also represent the fragility of life.

In keeping with the theme, there was a table at the back of the room to honor deceased HCE members, in keeping with Day of the Dead traditions. Several were honored by a family member displaying photo(s) of the deceased along with several items illustrating things that person enjoyed in life

*Gabriela Castrellon,
mesmerized the audience
by sharing stories and details
of her heritage.*



Gabriela's makeup and Traditional dress is appropriate for celebrating and honoring the deceased for Day of the Dead celebration.

Candles were later lit, making a striking addition to the evening. Another table contained many colorful articles from Mexico (photo at bottom). A traditional Mexican meal was served, consisting of chips and salsa, a beef and a chicken enchilada, Mexican rice, refried beans. (A local authentic Mexican restaurant prepared the food for us and was served by HCE county board members.) Dessert was a traditional churro cake with chocolate sauce. The evening concluded with the drawing of the winning raffle ticket for a beautiful quilt. The proceeds of this raffle go toward funding Pike County's HCE Scholarship Fund.

Many thanks go to Ellen Lowe for an outstanding job of pulling together a most fascinating evening. She spared no detail, including, but not limited to, a printed program that included a biography of our speaker and several facts about the country of Mexico.

This past spring we were pleased to award a \$250 scholarship to two young ladies entering college this fall, Iva Welbourne and Alayna Scranton. During this past summer, we were pleased to learn that State HCE awarded a \$500 scholarship to four young people from throughout the state, choosing from many applicants from 69 counties, and two of them were from Pike County — Lane Spencer and Alayna Scranton.

*Mary Eustace
President, Pike County*

TAZEWELL.....

Organized 1918

Greetings from Tazewell County!

We recently held our annual International Day luncheon. Each table was decorated with green and orange tablecloths, flowers, and the flags of the United States and of India. Our guest speaker was unable to attend, but Mildred Lamprecht, International Director, and Vivian Gerriets, 1st Vice president, were able to present a very informative program. Mildred has studied the culture of India and was able to share a great deal of knowledge about the people and their customs. Vivian was able to pull up some interesting facts on the internet and show them to us. Mary Eschelbach, a member of the Deer Creek unit, brought some letters from a relative of hers who was a missionary in India. She showed us those letters and a children's book that she found in the local library that helped with the understanding of India. For lunch, each officer and each unit president researched a recipe from the country of India. They prepared those dishes and brought them to share for lunch.

Several officers attended the district meeting in Springfield. We were very pleased to hear from each state officer and to learn about the duties of each office. It gave all of us a greater understanding of how the state HCE works!



Officers at District Meeting: *Jan Busche, Beth Shipley, Mildred Lamprecht, Darlene Curry, Vivian Gerriets, Kate Schmitgall*

Kate Schmitgall, Cultural Director, recently attended state Homemakers' Camp. This is her 41st year of attending. Kate has asked all of us to mark Columbus Day weekend on our calendars for next year. The camp will be held October 9-12 and the theme will be "Camp Around the Clock." She would love to see many of you attend next year!

We are currently working on plans for our second "Cabin Fever Day" which will be held in March. Members



DISTRICT 4 NEWS

➤ Tazewell County, continued

enjoyed it so much last year that we are excited about offering new things to encourage everyone to get out of the house after a long winter.



Mildred Lamprect and Vivian Gerrietts presented the program on India.



Mary Eschelbach sharing the letters from India and the book she found.



Ladies in line to taste the cuisine from India

Darlene Curry
Public Relations, Tazewell County



DISTRICTS 4 and 5 August Workshop Springfield



"Life is not about how fast you run, or how high you climb, but how well you bounce."



-Unkown

NEWSLETTER SUBSCRIPTION WINNERS:

- District 4 Florence Dietrich, Adams County
- District 5 Fran Burns, McLean County

2020 ANNUAL CONFERENCE SCHOLARSHIP WINNERS:

- District 4 Lois Adams, Sangamon County
- District 5 Sarah Storm, Prairie Association

DISTRICT 5 NEWS

DISTRICT 5 DIRECTOR Kathleen Emery



Fall has arrived and what a beautiful sight it is.

Your state board has just returned from a busy few days working together on our March annual conference. It will be March 10-12, 2020 at the Keller Conference Center in Effingham. We have

exciting programs and activities for “Power of the Past-Beacon to the Future”. Don’t wait too long to make your reservations as the hotel manager expects the rooms that have been set aside for the Conference to be full by the middle of December.

In this December newsletter is the all important “pull-out” sections with the details on the annual conference – share shops, hotel information and bag and shirt ordering information. If you receive this newsletter and some of your members don’t, please share a copy with them. For only \$9.00 you can have a subscription and 3 issues a year. It is truly a wealth of information into our wonderful organization and so fun to know what other areas of the state are doing. The price will be increased to \$10 in 2020.

Before I could hit the “send” button, I now have 3” of snow covering our lovely fall colors. Pretty in its own way!

Kathleen Emery

CHAMPAIGN.....

Organized 1918

Champaign County Home and Community Education, in their 101st year, had a great year of activities and projects. Our 8th Annual Garage Sale on July 26 and 27 was our most successfully fundraising. Thank you to all the members helping make this possible.

September 30th, was *Game Day*. Several members enjoyed playing Mexican Train Dominoes and several played card games. Members brought delicious snacks for the day which was enjoyed by all. A decorative fall mason jar craft was offered.



October 24th was our *Cultural Arts Show*. Members brought their beautifully handcrafted projects.



Three outside judges selected 8 items to be sent to IAHCE Annual Meeting in March 2020. Winners were: Art Work, Mary Lou Younger from Early Risers Unit; Counted Cross Stitch Snowman picture, “Best of Show” counted Cross Stitch Wall Hanging, Lynn Trotter from Dewey/Fisher Unit; Wood Wreath, Beverly Lee, Dewey/Fisher Unit; Crocheted Afghan, Crocheted other Blue Doily, Hand Embroidery Pillow cases, Nancy Mathis, Mayview Unit; Quilt, Bridgie Cler, Pesotum Unit.

Guest speakers were “Travel Tips and Hints” & assorted fun travel experiences around the World by Donica Halcolm and “How to Pack a Suitcase” other humorous tips by Debra Olson. Members attending brought their favorite potluck dish for an enjoyable day.

October 30th was our *Membership/Recognition Event*. Our theme “Celebrating Around the World”. Tables were decorated with small world globes. There were 51 members and guests who attended and enjoyed a lunch of a soup bar with 3 types of soup.

Guest speakers were: Heidi Gulbrandson-Andrews, Department of Children & Family Services, speaking about Foster care for children in Champaign County and Stephanie Davenport, Developmental Service Center, who talked about the group homes and thanked the three HCE Units that support a group home. Stephanie is also an author for the *Chicken for the Soul* cookbooks. She talked about the stories and recipes she had authored for several of their books. Members were asked to bring their oldest cookbook or oldest recipes. Eileen Miller from our Staley Unit, talked about the history of cookbooks and members attending told stories of their cookbooks they had brought. Eileen received a signed “*Chicken of Soup Cookbook – It’s beginning to look a lot like Christmas*” from Stephanie Davenport, the latest cookbook published. Also, members were recognized for their years in HCE.



Heidi Gulbrandson-Andrews and Stephanie Davenport



DISTRICT 5 NEWS

➔ Champaign County, continued



CCHCE members were recognized for their years in HCE. June Osterbur from the Royal Unit was presented a certificate for 70 years in our organization. She joined the Royal Unit when she was 18 years old. Billie Busboom, a Royal Unit member, is also a 70 year member but was unable to attend. Three guests attending joined CCHCE. Suzanne Leifer will join the Staley, Connie Barrowman and Stephanie Davenport will be at-large until they decide a unit to join.

June Osterbur

Carol Froeschl, CCHCE 2nd VP and newly elected 2nd VP for 2020 Karen Moon, visited all 15 CCHCE Units during the month of September. They were promoting the upcoming membership/recognition event. Also promoted up-coming CCHCE events for HCE Month.

Some of the CCHCE Unit activities for the year were: four Unit's, *Mayview, Rantoul, Staley & Bondville/ Seymour Units* support DSC Group homes (resident's with special needs) with special activities and recognition of the residents' birthdays with cards, gift cards, holiday activities and decorations.

Mayview Unit supports the Kathryn House in Urbana – for October each resident received a small decorated pumpkin.



Philo Unit collected tissues for distribution at their local schools; *St. Joseph Unit* donated to the Wounded Warriors Association; *Royal Unit* donated items to the Children's Hospital; *Mahomet Unit* help support Helping Hands in Mahomet with items and hours; *Staley Unit* had a guest speaker come to their meeting to speak on "Concerns for Falling" and spoke on classes that are given on balance; *Penfield Unit* at their meeting had a craft project that was a toilet paper roll pumpkin; several units are decorating trees for the CCHCE 5th Annual Holiday Trees and Craft Sale on Nov. 1 & 2; All CCHCE units are assigned a month to help fold and label the CCHCE monthly newsletter "The Chatter" for mailing.

Our Family and Community Issues project continue to be making weighted blankets for Autistic children in Champaign County and supporting the Developmental Service Center group homes. This group of ladies have made 80 weighted blanket so far in 2019.

Our next events in November are the 5th Annual *Holiday Trees and Craft Show* on November 1st from 4:00 – 7:00 p.m. & November 2nd from 8:00 a.m. – 3:00 p.m. at the Champaign County Farm Bureau Auditorium (FBA) and November 15th is our *International Event* at the FBA.

Check out our website:

www.champaigncountyhce.wordpress.com
Merry Christmas and Happy New Year to all.

Carol Froeschl
Public Relations, Champaign County

MACON.....

Organized 1918

On Saturday, July 20, we had our Craft Extravaganza, which was our membership drive. Several prospective members attended and indicated they would be joining our group.

Many of our members presented the craft lessons, such as rag wreaths, iris folding, photo letters, a pin cushion jar, braided bookmarks, a leaf imprinted clay necklace, a welcome rock, jute flowers, a dragonfly pin and crepe paper flowers. It was a wonderfully enjoyable day!!!



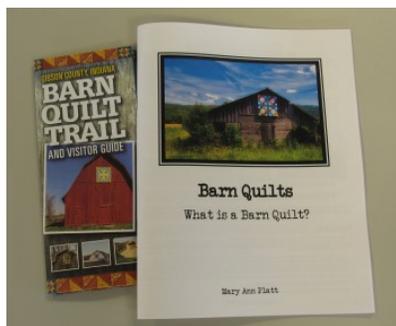
Our International Day, that was held on Wednesday, September 18, was a huge success. There were over 70 members who attended this very interesting, educational event. The delicious meal was catered by the Richland Community College Culinary Department..

Our International chairman, Donna Washburn, and her committee did a wonderful job coordinating the meal and program.



DISTRICT 5 NEWS

We had many "educational boards" that our tri-county members presented to give us an overall view of India.



Above:
Barn Quilt lesson handouts

Below:
Macon County tour group



Our HCE Week was wonderful, as usual. We had programs about genealogy with an expert, Gail Leonard. Our own Mary Ann Platt gave a very interesting lesson about barn quilts. There was a beautiful booklet that she handed out to each participant. Sharon Middleton, our very talented member, presented a program about what can and can't be recycled. Karen Halicki and Sandy Severe, two of our very active members, brought us a very entertaining and interesting program called, "Frugal Cooking Without a Recipe".

Mr. Vern Kleen taught us all about hummingbirds. It was a wonderful program! On Friday, our members met in Arthur to enjoy a delicious lunch at Yoder's Country Kitchen. To conclude this spectacular week, we were able to take a tour of the new, incredible Macon County Law Enforcement Center. Local philanthropist, Howard Buffet, provided the five acres for the original structures, and the first training session began in 2017. Both law enforcement and corrections training are done. The training is very rigorous.

Our Fall Meeting will be our next big event. The potluck theme is peaches, and our members will be bringing their "best recipes" to earn the bragging rights of "best of the best"! There will also be a craft sale that many of our members have donated their handiwork to. This craft sale was very successful at the Spring Meeting.

Upcoming lessons will be about eggs, little known facts about our great city of Decatur, recent scams and creative ideas for using scraps of material. We are looking forward to another great year with MCHCE.

Linda Austin
Public Relations, Macon County

MC LEAN.....

Organized 1918

McLean County Association for Home and Community Education members celebrated the 101st Annual Meeting with the theme "Celebrating Around The World". The 2019-20 board officers were installed by IAHCE president Jane Chapman. Carolyn Hanson, Retired 4-H Youth Development Metro Educator for Tri-County area, presented the program. Guests enjoyed a plated lunch and the Cultural Enrichment Fine Arts Crafts Fair that was held at the same time.

"October was HCE Month" and the 101st year publicity of HCE events plus invitations to visit units and activities was widespread. Booths in libraries spread

the news. Units did various special activities like taking cookies to first responders or food to farmers harvesting crops, etc. The Attic Treasures and Bake Sale was a successful fund raiser to benefit the McLean County 4-H Program and our HCE Scholarship fund. International Program was presented to 26 members and 3 guests who asked many questions about India presented by Angelina Isaac. She is a US citizen having lived here over 20 years. She visits family in India every couple years. A style show and food were enjoyed by all.

Cultural Enrichment included creating "Birthday Explosion Boxes" in September, and "Jar Ring Pumpkins" in October. November activity included a Cookie Exchange and making "Ribbon Christmas Trees".



DISTRICT 5 NEWS

➔ McLean County, continued

Workshops and classes were ongoing each month –on Community Service day busy hands work on crafts or other special projects – including fidget lap quilts, seat belt protectors, hats, scarves and mittens for local children and Operation Santa stockings for military personnel. This year the Minor Lessons each month will help members learn about immigration – first featured include German, Chinese and Japanese immigration. Unit lessons began in September featuring “A Matter of Balance” and members could participate in an extended balance program, October “What’s New in the Kitchen”, and November “The Art of Altering Healthy Foods for Holiday Recipes”. Books read in September and November and then discussed by members were – “Elephant Company” by Vicki Croke and “The Ragged Edge of Night” by Olivia Hawker.

HCE summer bake sales at the Downs Village Market occurred each month June to September. Sales brought 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.

Thursday of the McLean County 4-H Fair, McLean County HCE sponsored Young at Heart Day. Held for 60 year+ participants, people enjoyed senior vendor displays, entertainment, refreshments and lots of fun. More than 475 people attended. The 4-H Alumni Bake Off Auction held at the fair was heartily supported by HCE members either with baked goods, judging or buying auctioned pies, cookies, coffee cakes and assorted goodies. Our informational booth at the fair had many “guests” making cards for the soldiers and taking information about McLean HCE.

Two members attended the NVON Conference in Springdale, AK. The IAHCE District 5 Workshop was attended by 12 in Springfield. McLean HCE had another successful booth at the McLean County Senior Expo held in September. Hundreds of people visited our booth, 271 signed our register, and all enjoyed playing a game and receiving many HCE promotional and membership materials.

Saturday, December 14th, will find members and guests enjoying a Holiday Party at the Ozark House. The Community Handbell Choir, Make-It, Take-Its, shopping for Christmas items left from the Attic Treasures Sale plus a delicious buffet lunch and bingo are on the schedule!

McLean County HCE website is: www.mcleanhce.org. 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>.

See you in McLean County. Please remember you are welcome to visit any event.

Barb Jurgens,
McLean County Public Relations Team



*India International Speaker:
Angelina Isaac*

Above: Senior Expo Popular Booth



HCE Float in Danvers Parade



Young at Heart Day at the Fair



Attic Treasures Sale and Shoppers

DISTRICT 5 NEWS

PIATT.....

Organized 1937

Our Piatt County HCE groups have been working to encourage growth in our AHCE membership. Last year AHCE began attending our local farmer’s market (We are scheduled to attend again this year) in order to advertise what our organization has to offer. Our booth collects signatures on greeting cards to send to our veterans who are stationed out of the country and lists of people who might be interested in knowing more about AHCE. This year we scheduled two “Getting to Know Us” evening programs on March 25, 2019 (“New Ways to Cut Electricity Bills”) and April 22, 2019 (“Hanging Gardens”) and invited the community to come and take a look. Eight new members have increased the membership rolls of our Piatt County AHCE so far this year. We think it’s a good start!!



We have presented two colorful, timely, and popular programs.

Candice Hart, Horticultural Educator, U of I Extension Service, spoke about creating a beautiful spring hanging garden.



We also presented Melody Arnold, a bird lover from the Audubon Society and a retired employee of the Macon County Conservation District. Melody discussed the ins and outs of “Backyard Bird Watching” to a full house on June 4, 2019, at the Villas at Holly Brook, an assisted living establishment (For the last two years, we have tried to hold at least one of our meeting presentations with some of our senior citizens.) in Monticello, Illinois.

Left:
Carol Drayton, Piatt County AHCE President, Melody Arnold, speaker and bird expert, and Beth Allhands, Extension Program Coordinator



Unfortunately, Beth is retiring this year. We will certainly miss her!



After spending 3 months on our loom knitting project, some of our members proudly finished their winter hats and cowl scarfs during our April craft workshop.

Pictured are Miriam Seevers, Carol Drayton, Virginia Norfleet, Kathleen Glenn, Louise Brewer, and Martha Lynch.

Looking into the future, our Cultural Enrichment team, Norma Reck and Martha Lynch, are now preparing for our October 28th Annual Meeting by having some of our members work on making these “pipe cleaner” napkin rings for adding to the table decorations.



Pipe Cleaner napkin rings

On June 3, 2019, Piatt County HCE hosted the Tri-County Board Meeting at the Cisco United Methodist Church. Twenty three representatives worked on AHCE business and ended the meeting with lunch provided by our Piatt County members. We are certainly glad for the meeting-friendly spaces spread around this county.

Finally, after a summer-time break in the action, we began preparing for our annual celebration of HCE’s International Day.



Pictured here are the 18 Piatt County AHCE members who helped celebrate our 2019 International Day on September 18th at the Macon County Extension Office.

It certainly has been a busy year here in Piatt County!

Kathleen Glenn
 Public Relations, Piatt County AHCE

DISTRICT 5 NEWS

Prairie Association.....

Organized 1938

Why does HCE in Moultrie and Douglas Counties go by Prairie Association? This has been a bit of a mystery to HCE members in other counties! When the Counties of Moultrie and Douglas merged into one office in 1992, it was decided a few years later to merge the two HCE groups located in each of these counties into one. The next decision was – do we go by Moultrie-Douglas or Douglas-Moultrie? Rather than having to choose one, the counties’ Board of Directors agreed on a new name which would be Prairie Association of HCE! A new name, a new beginning. We now also have a brand new office with all new furniture, windows in every office, plus two in the meeting room.

Open House December 13, 2019
Come and enjoy the fun day.

October 10th, we had our Co-County lunch and had Aruna Mathur from Springfield as our guest speaker. Aruna married and had a son, soon after her husband transferred to the Michigan State University in the U.S.A. Aruna had attended the School of Medicine in India. Living in India, Aruna had nannies for everything; cleaning house, cooking, gardening, tending the baby, everything! Moving to the U.S.A., she woke up in the morning and realized she had to make her own bed, boil her own water, tend the baby = you mothers know all you have to do to keep the family going.

In India they wear very colorful saris. While she was talking she was wrapping all six yards around her waist, tucking in, making six small pleats at the right place and placing the rest over her left shoulder. They do wear tights under their sari’s.

They have a daughter born in America, both son and daughter are married. Aruna also worked in the School of Medicine in Springfield. She and her friend, Renu, are active in McDonald House, and have also have raised \$36,000 for Mercy.

They have now lived in America for fifty years. A very delightful lady.

Josephine Marnier
Public Relations, Prairie Association

VERMILION.....

Organized 1919

Hello from Vermilion County Association for Home and Community Education!

Sorry to say but Fall and a little Winter weather is upon us again! When the trees turn beautiful colors that is ok but when the air blows cold and the white flakes start to fall, the word is NO!!!

Vermilion County HCE had their Fall Picnic on Tuesday, September 24th at Kickapoo State Park. Twenty-three men and women played games, ate Hobo stew, and enjoyed beautiful weather and scenery. A few bugs attended, too. Each person brought two cans of vegetables: one for the stew and one for a food pantry. We did Deskercises at the picnic tables and in lawn chairs to give the stew a few more minutes to warm. A wonderful time was had by all!



Picnic Fun!!



Vermilion County Catlin Nite Unit members have fond memories of Rosella Newton, Catlin, Illinois. Rosella passed away October 21, 2019. She was a very active member doing lessons, preparing refreshments and hosting the Catlin Nite Unit in her home on many occasions. Rosella was a beautiful seamstress. There was nothing that Rosella and her sewing machine couldn’t make! Love, Hugs and Prayers to the Newton Family.

We Wish Everyone Happy Thanksgiving,
Merry Christmas & A Happy New Year!

Diane Reddy
Vermilion County Public Relations

DISTRICT 6 NEWS



DISTRICT 6 DIRECTOR Sharon Davis

Hello Ladies

Well, 2019 has come and is almost gone. The Holidays are upon us and by the time you get this Thanksgiving is over and Christmas is on its way. My wish is that you had a blessed and thankful Thanksgiving.

There is a lot of GREAT things going on in HCE. Be sure to read all the articles to get great ideas for your units and counties.

For the 2020 conference, I will again be doing pictures to show on the screens. So please email your pictures to me at skdavis21@gmail.com. This year I'm going to try and add captions also so please let me know county names and other information that I can put on. I'm not promising anything but will do my best. Please email me by January 31, 2020. Thank you.

Ladies, I have totally enjoyed being your District 6 Director. I have met some great ladies and have enjoyed sooo much your annual meetings. You all do a great job so keep up the good work. I have my 2020 calendar already so please let me know as soon as you have your annual meeting dates ready.

Next August I will be looking for somebody to replace me and they will start March of 2021. Please think about if you would like to be on the State Board and have as much fun as I have. Please let me know *if you're interested*.

*Merry Christmas & Happy New Year.
See you at the March Conference.*

Sharon Davis

BOND..... Organized 1944

Bond County Fair was the BIG event of the year. Our members and friends gathered each day to serve chicken dinners with all the trimmings, plus hamburgers and hot dogs for those who never get enough. Home made pies were the specialty - lemon, pumpkin, berry, apple, whatever you name. Even had one little boy come by several times looking for pumpkin - he was not disappointed!

Our International Luncheon was in Oct. at the Posch Building in Greenville. Jeanette Brown, one of our members, and Eleanor Gregory, Madison County International director, gave a very interesting program on India (country of study). Jeanette visited India when her son and family were stationed there at the Embassy.

Shirley Volentine
Public Relations, Bond County

CLAY..... Organized 1947

Greetings from Clay County HCE Units

I guess this wraps up 2019 with this newsletter. I want to review what the Clay County HCE units have been doing the last few months. One of our members, Ruthie Welty, was honored as Flora's Chamber of Commerce Citizen of the year and will be the Marshall at the Flora Halloween parade. We recognized Ruthie when all the units went to the old Milner Schoolhouse for lunch. Least to say, we are very proud of all of Ruthie's volunteerism.

We were involved with the Clay County Fair by making pies for the BBQ cookout and we also made a monetary donation to the 4-H program. We honored local law enforcement with a donation to each of the school districts safety programs. One of our units spends a lot of time visiting some of the nursing homes residents and we'll be having a table at the upcoming Christmas bazaar promoting HCE.

We have been trying to get all of the units together for activities and one of those led us to the Effingham Performance Center where the group saw the Church Basement Ladies and enjoyed visiting and eating at Niemergs.

We held our International Program November 7 with our speaker Nicola Wattles, who grew up in India. Following the program, members and guests were invited to taste a variety of foods. The food was marvelous!



L-R:
*Beth Fancher,
Public Relations;
IAHCE President
Jane Chapman;
and guest speaker,
Nicola Wattles.*



*Cheryl McCarty, President
and International Chair*

May the upcoming holidays be a joyful time for family and friends and may 2020 be a healthy year for all our members.

Beth Fancher
Public Relations, Clay County

DISTRICT 6 NEWS

CLINTON.....

Organized 1945

Clinton County Home and Community Education (HCE) recently held their very successful 3rd annual "Uncork the Holidays." Chef Rob Lagerlof corporate chef for Prairie Farms Dairy was the speaker for the wine and food event.

Chef Rob did a cooking demonstration making a pear dessert and wine floats using Prairie Farms dairy products and wine from local wine vendors at the program. Around 200 people attended the program which featured wine, food, and kitchen vendors also.

Wineries participating included: Fox Creek, Twelve Oaks, and Bretz Winery. Sixteen food vendors, a penny raffle, big raffle, and attendance prizes completed the evening. This fundraiser will help finance a special project in our county, project is yet to be determined by the Uncork committee.



Chef Rob Lagerlof from Prairie Farms Dairy, making wine floats with Prairie Farms ice cream and our local wine from one of our wine vendors at the program.



A large crowd attended our 3rd annual "Uncork the Holidays".

Karen Voss
Public Relations, Clinton County

CRAWFORD.....

Organized 1947

Fall District Workshop



Special thanks to these ladies for representing Crawford County at the August meeting in Effingham: Barb Miller, Susan Allison, Bonnie Finn & LaDonna Harris

HCE Fall Trip



18 HCE members spent a beautiful day in Arthur, IL & enjoyed a home cooked meal in an Amish family's country home.

2020 Crawford County Board Members



Sharon Davis, Illinois HCE District 6 Director, installed the new officers: President - Bonnie Finn; Family Life - Helen Brackett; 2nd Vice Pres. - LaDonna Harris; Treasurer - Sandy Bryans; Cultural Enrichment - Barb Miller; and 1st Vice Pres. - Susan Allison. Not pictured: International - Margaret Inboden; and Public Relations - Hope Dennis

Steven Groner, U of I Educator, Unit 25, presented the HCE lesson on "Staying in Your Home Safer & Longer". Twenty-one people attended this evening meeting.



Hope Dennis
Public Relations, Crawford County

DISTRICT 6 NEWS

EFFINGHAM.....

Organized 1939

The public was invited to join the Effingham County HCE along with the 4-H clubs to enjoy "Christmas in October" held October 19th at the Effingham County Extension Office.



Several different stations were set up to learn different crafts and then they were able to take them home. A recipe book was also put together and given out with some of the recipes made to sample. Door prizes were given away. Adults and children enjoyed the morning and were in the Christmas spirit when they left.



Sharon Davis
Public Relations, Effingham County

FAYETTE.....

Organized 1948

Fayette had three special activities in October. One was giving a basket of gifts (from the units) to the first baby born to a Fayette County mother starting the week of October 6. Shaun and Hannah Harris of Vandalia became parents of 6½ pound Kurt Vander on October 10.

Each October Fayette County HCE has an international program sometime during the month. This year the Fayette County HCE international chairman, Marian Rubin, was able to get a speaker on India for Saturday the 12th. For years the program was held in the evening, but this year it was held during the day and was held at the St. Paul Lutheran Church that is a mile south of the St. Peter/Shobonier blacktop, about halfway between St. Peter and U.S. Route 51. Present for the 11:30 a.m. potluck were 27 members and six guests. The tables were decorated with scarves that surrounded an India animal such as a giraffe or elephant.

After the meal, President Ashley Davis gave several announcements, then turned the meeting over to Rubin who introduced the speaker, Kim Reeder from Ramsey. With Reeder were her two daughters she adopted from

India—one from northern India and one from southern India. Danielle now is 21 and Madison now is 12.

When Danielle was eight years-old, they went to India to get her a sister—it was Madison. Kim told about their flight, the various areas they visited in India and the abundant paper work needed for the adoption. She displayed items she brought from India.



Kim and Marion Rubin



Danielle has received several music awards and to end the program she sang two songs acapella.

Danielle singing
Amazing Grace

This is the first year that HCE has honored the Fayette County "Heroes" --first responders, fire fighters and police—in the six towns in the county. They were served an Appreciation Dinner at 6 p.m. on October 19 in the Vandalia Moose Lodge. The menu included spaghetti with meat or no-meat sauce, salad, garlic bread, beverages and chocolate and white cakes decorated in their honor. Each table was decorated with a blue or red streamer and wrapped mint candy.

Fayette County Community Outreach Donna Blair was in charge and worked hard for the event. Ten other members from the units helped Saturday afternoon. Honorees, and their guests, were present from Brownstown, St. Elmo, St. Peter, Ramsey and Vandalia. None attended from the Farina Departments.



Left-Right:
Ashley Davis,
Brownstown
Chief
Tony Thomason
and
Donna Blair



DISTRICT 6 NEWS

➔ Fayette County, continued



Donna Blair, St Elmo Chief Doug Engeljohn and Randy Meyers and Ashley Davis.

HCE President Ashley Davis welcomed all and had them stand to give the Pledge of Allegiance. Tom Fedrigan gave the meal blessing.

Entertainment was by the band “Krotchety” that has a guitar, keyboard, percussion and vocal participants—Tom Fedrigan and Randy Imig of St. Elmo and Scott Greenwood and Dennis Ricketts of Effingham.

Names of honorees were drawn for door prizes and names of their guests were drawn for door prizes. The prizes included a shop vac, a document shredder, \$25 gift certificates and dozens of other items.

Over 60 businesses, organizations and individuals donated door prizes and/or helped with the HCE expense. After the expense was paid, HCE ended with a balance of \$2099.52 and each of the six fire departments will receive a check for \$350 to use for equipment—Davis and Blair will deliver the checks to the fire chief at each of the towns’ Fire Department monthly meetings.

Fayette County HCE appreciates all who donated and all who helped with the event.

Anna Jean Rhodes
Public Relations, Fayette County

JASPER.....
Organized 1945

Thanks to everyone that participated in the Porkburger/Bratwurst Cookout at the Ambraw River Eagles to benefit BOOKS FOR BEGINNERS of Jasper County. At the June cookout, \$68 was also collected in donations. Many THANKS to the Ambraw Eagles for heading this fundraiser for our kids and for their continued commitment to help others!



Eagles' President Gene Birch, right, presented a \$500 check to HCE representatives Marlene Harris, Martha Allison, Donna Richards, Kathy & Lorraine Yager and Judy Millsap for the BOOKS FOR BEGINNERS project.

In August, several members of the Jasper County HCE (Home & Community Education) Board attended the IAHCE (Illinois Association of Home & Community Education) District Workshop at St. John's Lutheran Church in Effingham, Illinois. The workshop consisted of the introduction of the new state board and reports from each officer, district meetings, lunch catered by Martin's IGA, and the program for the day...HOW HIGH CAN YOU BOUNCE?



Attending the District Workshop were HCE County Board officers: (seated) Marlene Harris, Donna Richards, Martha Allison. (Standing:) Judy Millsap and Pat Hildebrand, Public Relations/Newsletter Editor-IAHCE board.

HCE WEEK 2019 ACTIVITIES

- Annual **Butter Braid Sales** to benefit the “Support of Youth Activities” (Books For Beginners, Toys For Kids, Scholarship Fund);
- **Toys For Kids Fundraiser** at The Hill, celebrated their 3rd Anniversary of business & serving pulled pork sandwiches.

DISTRICT 6 NEWS

- **Books For Beginners** was celebrated during HCE Week. HCE members will read *Bug In A Rug* to all the kindergarten classes and give each student a copy of the book to take home. Each classroom teacher will also be given a book for her room.



Marlene Harris, standing far right, was a reader for one of the Jasper County kindergarten classes. Other readers were Donna Richards, Kathy Yager, Jane Ochs and Marge Thompson.

The owners of The Hill (Roger Wheat and Jim French) recently celebrated their 3rd Year Anniversary October 19, 2019, by serving pulled pork sandwiches (with 4 different BBQ sauces), chips, and cookies as a fundraiser for Toys For Kids of Jasper County. A total of \$678.00 in free will donations was collected from the day's event! Everyone gathered in The Hill's new addition to eat, visit, and enjoy music by The Hagan's, Fairly Odd Duo, and Dark Bend Syndrome.



Jasper County HCE Board members (L-R: President Judy Millsap, Martha Allison, Donna Richards, Marlene Harris and Kathy Yager) with Mayor Mark Bolander, center, as he signs the Proclamation to declare October 14-18, 2019 as HCE Week in Jasper County, in commendation of IAHCE members for their dedication and commitment to the welfare of local communities throughout our county and state.

A big THANKS to the owners of The Hill, Keller Farms, Newton Animal Health, Newton IGA, Robinson Walmart, Robinson Ruler Foods, Robinson County Market, Olney Walmart, Olney Rural King, First National Bank of Olney and Olney IGA for donations of food, money, and support to make this event a great success and in helping the Toys For Kids Committee (Jasper County HCE) with this very special project!

- **RADA Cutlery** were sold during October and November with all proceeds going to "Support of Youth Activities."

Judy Millsap
President, Jasper County HCE

MACOUPIN.....

Organized 1930

Season's Greetings to All!!! As we prepare for the holiday season, we can reflect on everything that we enjoyed during this year. This past fall Macoupin County was busy with three major gatherings.

In September, fifty-five Sangamon and Macoupin County ladies gathered for their annual tea. This year it was held in Carlinville with Macoupin County as the hostess. A program called "Times and Seasons of a Quilt" was presented by Mary Balagna (National Vice President and Central Illinois Chapter Coordinator for Project Linus), delicious cookies were served by the members from Sangamon, and many ladies from both counties displayed their favorite quilts for all to see. A very good time of fellowship for all!!!

In October, Macoupin County hosted the Tri-County Retreat with Macoupin, Jersey, and Christian Counties. This, too, was held in Carlinville. The ladies enjoyed a presentation by Mary Johnson and Eleanor Gregory on their trip to the Baltic States. A light breakfast and lunch was serviced by the extension office. Our cultural arts chairperson, Vickie Laughlin, presented each lady with a wine bottle scarecrow kit to take home and finish.



Left-Right:
Eleanor
Gregory
and Mary
Johnson

Also in October, Macoupin County celebrated their Founder's Day. State President Jane Chapman and District 6 Director Sharon Davis installed officers for the upcoming year.



DISTRICT 6 NEWS

➔ Macoupin County, continued



Macoupin County Officers: Donna Greenslade (President), Carol Pollo (First Vice President), Cynthia Gan (2nd Vice President), Mary Lou Griffith (Secretary), Kay Kalaher (Treasurer), Carol Rimar (Public Information), Vickie Laughlin (Cultural Arts), Linda Cruthis (International), Cindy Tipps (Family & Community Issues) and Joyce Duelm (CVH).

A business meeting, catered lunch, and silent auction was enjoyed. Cathy Bagby of Alton was the guest speaker for the day. Cathy spoke about the legend of the Piasa Bird and told stories of the haunted places in Alton.

HCE week and month was celebrated in Macoupin County in various ways. Many units met with their local mayor for a proclamation signing. Some units did special activities to celebrate 89 years of HCE in Macoupin County.



The Stitch and Stir Unit from Carlinville with Mayor Deanna Demuzio.

Macoupin County has a fantastic line-up for lessons for 2020. They are: Food for a Crowd/Party Ideas, Gut Health, Inflammation and Arthritis, Impact of Adverse Childhood Experiences, Ronald McDonald House, Weighing in on Sleep, Flower Arranging, One Pot/One Pan Meals, Essential Oils, and Mediterranean and other Diets.

Happy Holidays to all!!! See you all in Effingham.

Carol Rimar
Public Relations, Macoupin County

MADISON.....

Organized 1936

Madison County enjoyed a fabulous International Night in September! Our program on India featured Indian cuisine, skits, dancers, and a speaker native to the country. Punaam Jain shared wonderful photos of India as well as of her daughter's beautiful Indian wedding. Our guests thoroughly enjoyed her slide show presentation and Indian dressings. We are gearing up for our annual Christmas in November which is always a tremendous amount of fun. This year, instead of entertainment we will be playing Bingo.



Punaam Jain

Our members really enjoyed this activity at our spring Membership Tea, so we thought we would do it again. The theme is Christmas Around the World. Each unit is to make two dolls dressed in attire from another country.



4-H club that helped serve our food that evening.

Our first ever vendor fair and wreath auction will take place on November 17th. We are allowing our units to be the vendors! Each unit will be making one-two wreaths to submit in the silent auction and proceeds from the sales will go directly back to the units participating. We are excited about offering our units the opportunity to make some money to offset the costs of their unit expenses!

In October, we will also be presenting a free fire safety seminar. Attendees will hear a small program and get free lunch. We are hoping we have a good attendance for this. One goal of ours is to add new programs throughout the year that will educate our members about pertinent topics. Also in October, our Hope for Heroes walk will take place at The Gardens at SIUE. During HCE week a few of our units are also having recruitment events. President Jane Chapman will attend our Roxann unit's open house!

We are in the early stages of planning, but we also plan on having a quarter auction, quilt show, and bee keeper presentation all next year. Time to make those plans now for the year is flying by! Enjoy your holidays!

Emily McDowell
Public Relations Editor, Madison County

DISTRICT 6 NEWS

MARION.....

Organized 1946

Marion County HCE members assembled “Fidget Blankets” in May during a workshop at the Marion County Extension Office. Sewing machines and needed materials were furnished. Carrol Murray, Phyllis Henson, and Helen Leonhardt prepared some lap pads in advance that simply needed objects attached that provide colors, textures, and functions such as buttons, zippers, and clips. Another work day will be announced later this summer.

In June and July, Marion County HCE Board members were updated with the planned speakers for the new program year. Preliminary plans were made and dates set for upcoming events to be announced. Another Fidget Blanket Workshop was planned for July the Marion County Extension Office in Salem. Board Members were updated regarding the presentation of blankets made during the last workshop and additional requests that were made for blankets. The resignation of Sue Swartzel, long time Scholarship Committee Member and Chairperson of the Annual Book Fair to Benefit the Marion County HCE Scholarship Fund, was noted at the July meeting. Sue has been a valuable asset to this Committee as well as HCE and will be missed.

The new Program Year began in August. The first County Training of the year was a lesson about Pie Crusts was very informative with over 30 attended! Marion County HCE members gave demonstrations and samples of Dorothy Bruce’s Out of this World Pie and Phyllis Henson-Phillips’ Mincemeat Pie and Apple Crisp were served with tea and water. Many of those attending expressed appreciation and enjoyment of this event.



Dorothy Bruce shows how she makes pie crust

At the end of the program, pies were served and those recipes were included in a recipe handout containing various pie crusts, meringues, etc. The Young at Heart Unit attended as their August meeting since two of the presenters are members of their Unit.



Phyllis Henson-Phillips shared information at the County Training in August.

Marion County HCE Board members who attended the August District 6 Workshop shared their observations. It was reported that 45 Fidget Blankets have been finished with 21 delivered to Nursing Homes, Memory Care Facilities and Individuals. Delivery was made to schools just after the Labor Day Holiday. A final Fidget Blanket Workshop was September 30. The Board is grateful for the involvement of members in completing tops and/or blankets for this project as well as donating supplies.

Thanks also go to the Unit 23 Extension for providing sewing machines for use for these Workshops. The Marion County HCE Scholarship Committee reported that scholarships in the amount of \$500 have been approved for Melissa Smith and Haleigh Day. Both are enrolled in the Nursing Program at Kaskaskia College. Scholarship applications remain available from the Marion County Extension Office.



Those attending District 6 Workshop: (L-R) Ruth Jones, Helen Leonhardt, Phyllis Henson-Phillips, Paula Barksdale, Pat Young, Donna Schwartz, Dorothy Bruce

The September County Training was held Thursday, September 19, at 2:00 pm. A webinar was shared entitled “What’s New in the Kitchen”. Attendees brought their favorite kitchen gadget or gave their thoughts about a kitchen gadget or appliance they liked.

Connie Williams
Public Relations, Marion County

DISTRICT 6 NEWS

MONROE.....

Organized 1941

HCE member Carol Postlewait presented a very interesting program on Slow Cookers. She gave the history of the cooker and how it was patented in the early 1940s. Those in attendance were able to sample a number of items made in different types of slow cookers and also received recipes.



Carol Postlewait

HCE member Donna Meidinger (below, right) recently taught a painting class. Those in attendance learned different techniques on painting, using a fall scene. A fun time was had by all!



Marie Schroder, Marie McMullin, Carol Hoffmann, Ericha Johanning, Rita Randle, Dorothy Kohler, Donna Meidinger

HCE held their annual Cultural Enrichment Contest on October 15 at the County Annex in Waterloo.



Pictured are winners: 1st row: Margaret Brockmeier – Crochet Afghan, Sharon Scherer – Knit Afghan, Knit Other & Heritage Needlework, Betty House – Hand Embroidery, Sandy Baum – Recycled. 2nd row -Ericha Johanning – Nature Items, Gracia Schlafly displaying a quilt made by Betty Gross, Rosemary Yaekel – Wall Hanging

Members of the HCE Board attended a meeting of the Monroe County Commissioners to have a proclamation signed for HCE Week which was in October.



Pictured are (back row) Rose Anne Bense, Rosemary Yaekel, and Marie Schroeder along with the county commissioners.

Each year, the Cardinals team up with FOX Sports Midwest and the American Red Cross to encourage fans to donate blood at the annual St. Louis Cardinals Blood Drive. HCE Board members plus one assisted in the canteen area at the blood drive in Columbia, IL.



Doris Matzenbacher, Gracia Schlafly, Rose Anne Bense and Addison Bense

Recently HCE Members Donna Meidinger, Gracia Schlafly, and Carol Hoffmann presented comfort blankets to the Monroe County Sheriff's Department for children who need some consoling after traumatic events.



Accepting is Sheriff Neal Rohlfing

Rose Anne Bense
President and Public Information, Monroe County

DISTRICT 6 NEWS

RICHLAND.....

Organized 1945

Our program director, Lacey DeMaire, has been busy planning many workshops and programs for our county this fall. Lacey has been helped by Lisa Weiler, Ways and Means chairperson.

A basket weaving class was held September 19, with two sessions, one in the afternoon and again in the evening.



Square market baskets were made.

On September 23, a Stop the Bleed Training was held to acquaint people with the proper steps to take for various wounds until emergency personnel can arrive on the scene. This was taught by Ryan Holdrieth, an EMT at Carle Richland Memorial Hospital.

Lacey and her family manned a booth at the Healthfest held at Olney Central College. This HEA display was visited by about 50 people who were given information about HEA and their activities.



Lacey also hosted some of the webinars offered by U of I Extension this fall. Those scheduled included *Tree Compartmentalization*, discussing how trees seal over pruning cuts and block decay and rot; *Communication Challenges and Strategies for Helping Individuals with Dementia*; and *Gardening for Birds*. Resource materials were available at each of the sessions.

Our Holiday Bazaar was November 2nd. This annual fundraiser features a raffle with 63 items (top prize is a quilt), basket chance, white elephant table, and unit tables offering arts and craft items, baked goods, and garden produce. A fried chicken lunch, sides, pie and drink was available. Those registering were entered in a drawing for a great door prize.



Bratzelles made by Pleasant Grove unit; Mary Sheridan and Elizabeth Steber



A large crowd attended

Jane Kocher
Public Relations, Richland County

*Lisa Weiler, photos



“When everything is coming your way, You’re in the wrong lane.”

» Steven Wright

DISTRICTS 6 and 7 August Workshop—Effingham



NEWSLETTER SUBSCRIPTION WINNERS:
 District 6 Anita Thomas, Cumberland County
 District 7 Jessie Peek, Jefferson County

2020 ANNUAL CONFERENCE SCHOLARSHIP WINNERS:
 District 6 Cindy Neimeyer, Clinton County
 District 7 Ann Collins, Williamson County

DISTRICT 7 NEWS

DISTRICT 7 DIRECTOR Janel Kassing



Aren't the colors of Fall just your favorite? I love the pumpkins, mums, yummy treats - not the cooler days. I enjoy Summer.

Recently I participated in a 5K run/walk in honor of organ, skin, tissue donation-"Donate Life". We donated my husband's skin and bones-some went as far as South Korea. Please consider being an organ donor.

This is my last state newsletter article I will be writing to you because my term is over in March. I have learned SO much and have enjoyed every minute as a District Director. There truly is no better job. I will miss serving you but will always be glad to help in any way I can. The love and caring hugs will be with me for a long time to come. But, I am not going yet....

I will serve at conference as a co-chair to the vendor and share shop committees. We've been hard at work already on preparing a great conference. Hope to see you there!!

Enjoy the many Fall holidays,

Janel Kassing

FRANKLIN.....

Organized 1946

Well according to weatherman, it will be freezing here in a couple days. Summer lasted a long time, sure hope winter doesn't last that long.

We are always busy in Franklin County with one thing or another. We've had some very good lessons for our area.

In August a lady in our county group volunteers at the Ministerial Alliance Food Pantry and she spoke to us about all the other ways people get help. They have had a lady teaching classes to help some get their GED.

In September, we hosted our 5-County Meeting and had a good attendance and really good speakers. One lady spoke about her father's contributions - he sculpted statues of soldiers that are seen in different areas and built violins that were heard in Carnegie Hall and even in Europe. One member talked to the group about automatic defibrulators and how to use them. The last speaker was a hoot as she told about her adventure with a snake in the hen house. We do have fun. The counties take turns hosting this event.

In October, one of our board members, Lowanda Johnston told about how she and her husband started a program called the Giving Tree nearly 20 years ago after having a rough Christmas personally. Through donations,

DISTRICT 7 NEWS

they are able to make sure children receive Christmas and their families receive food.

At the present, we are preparing for our annual Christmas Ideas Day that we have held for more than 40 years. We will have a speaker in November who belongs to a group called Sleep in Heavenly Peace. They build beds for children who have none. This child gets the complete bed, mattress and bed linens. Our ladies have stayed busy volunteering wherever they are needed. One of their projects this year is giving fleece blankets and stuffed animals to the fire and police departments. They still make neck coolers for the military once a month.

Since this is the last letter of the year, we are wishing you all to have a Happy Thanksgiving and a Blessed Christmas.

Barb Spencer
Public Relations, Franklin County

HAMILTON.....

Organized 1961



Above:
One of the activities we did for HCE Week was sewing Anti-Ouch Pouches. We donated these to Cancer Society.

Summer 2019 was a hot one in southern Illinois and we had very few activities. We did have our annual June picnic at Dolan Lake. The day started with our business meeting followed by a nice lunch. The crowd was smaller than usual but everyone, including the young people, enjoyed Bingo games for small prizes.

A few women attended the Mini-District meeting on June 18 in Benton. Becky Belcher, Lucille Auten, Karol Brown, Phyllis Parr and Rhonda Millenbine attended the District meeting in August in Effingham.

Our August lesson was the 4-H parade of projects held at Heritage Woods. Several 4-H members brought their projects to show and talk about them. It was interesting.

Our September lesson was a trip to the Jim Barker farm where he has a variety of wildflowers, butterflies, bees, etc. It's really a sight to see when the flowers are all in bloom.

Several women from Hamilton County attended the Homemakers Fall Fest held in Harrisburg. It was a great day with excellent speakers, delicious food, and social activities.

We had a few activities in October. The first one was at Dolan Lake where Superintendent Mike Lewis talked about the history of the lake.

We started HCE week with International Night on Monday evening. Four 4-H clubs had displays of the countries they studied and foods for everyone to sample. Then we had a potluck meal of foods representing areas in India. The speaker was Darrelynn Eichhorst from Olney, who had spent some time in India on mission trips. The information she shared kept everyone's interest. Fifty 4-Hers and HCE members attended.

On Tuesday morning, some members participated in "Senior Readers" at East Side School, and afterward, a few of them completed a sewing project. Wednesday, members entertained residents at Heritage Woods with Bingo games. On Thursday, we held a taco salad lunch. We finished the week by doing an act of kindness for a friend or neighbor.



Members read with kids at the grade school.

It is hard to believe we are now getting ready for the holidays. We plan to have a few more activities before the end of this year.

We hope everyone had a happy Thanksgiving and have a blessed Christmas.

Happy Holidays!

Bernadine Drone
Karol Brown
Public Relations, Hamilton County

*Photos: Becky Belcher

DISTRICT 7 NEWS

JEFFERSON.....

Organized 1942

Its fall y'all! Well for the time being here in Southern Illinois, we could go back to spring or dive right into winter, but for now, we are enjoying some lovely days and beautiful changing leaves.

We had a good turnout for our fall advisory meeting, many ideas were shared and plans were finalized for The County Friends Yard Sale fundraiser September 20 and 21. We delivered magazines to a local nursing home and they were very appreciative. We have added ink cartridges and magazines to our recycling list. We turn in our ink cartridges to Staples and receive coupons we redeem when we buy paper and ink, or other office supplies. Did you know 11 cartridges per second and 1 million cartridges per day are thrown away? You can recycle them at Staples and save some money and help make the earth a better place.

Our community and family issues chairperson contacted The Amy Schulz Child Advocacy Center and ask what we could do for them. They need blankets; the children use them during examinations. They also need coloring books, duffel bags, backpacks, or small suitcases. HCE members are collecting these items now and will make a delivery to the center in December. In 2020 we will plan a sewing event to make more blankets for the children.

Our August lesson "Crafty Fun with Jars" was just that, fun and inspiring. Sarah Mae Waite demonstrated decorating jars for each month of the year, along with graduation and birthday jars. One unique idea she showed was to put a toilet paper roll in the jar and use candy, or nuts, or favorite color of rock around the tube, you can put money or a small gift in the tube. What a fun surprise this would make! Our September county friend's yard sale fundraiser was a great success. We had many compliments on our set up. We sold numerous items, along with hot dogs, cupcakes, cookies, pies, and water. We had something for everyone; to help matters the weather was beautiful. We also had many requests for information about HCE. We generated money and advertised our organization at the same time. A win-win situation

Our September lesson, Caregiver - Self-Care, presented us with information about being a caregiver. Not only is it a very stressful job, but it can also bring about feelings of guilt and anger. We were given various ways to deal with those feelings and the stress of being a caregiver; also several resources that may help relieve the stresses were given. This lesson was a real eye-opener, very informative.

October we celebrated around the world for HCE week. To try and bring more awareness to the world around us, each day of HCE week there was a suggestion that members could do to celebrate HCE week. •What country did your name originate from? This may inspire

some to research the country their name originated in.

- Take a friend to an international restaurant and introduce them to HCE and introduce them to another countries cuisine.
- Encouraged members to learn to say Hello in a different language. Language is the most direct connection to other cultures; Hello is a good place to start.
- Familiarize members and guests to the Women of the World organization. We collected donations and sent it to the organization.

International Night we studied the country of India. This event was open to the public and members were encouraged to bring a guest. Mt. Vernon mayor, John Lewis, and city manager Ellen Becktel, attended our International night program. Mayor John Lewis read and signed a proclamation for HCE Week. He seemed impressed with our organization and thanked us all for the volunteer work we do.



Mt. Vernon mayor, John Lewis, Sidney Laird president, city manager Ellen Becktel, Barb Shurtz international chairperson. Mrs. Lewis has her back to the camera.

Guest Speaker, Wanda Westbrook shared some very interesting facts about India and had some artifacts from India on display. Our taste of India menu included soup-Basil Spaghetti, Main dish-Chicken Tikki Masala with Basmati Rice, Bread -Naan (available at Aldi's grocery store) and Dessert-Mango Lassi. Treva McDougal and Wanda Westbrook served and prepared food, several of our board members also prepared food dishes. Many of our members and guests turned out for International night, most left knowing something about India they didn't know. Did you know that shampoo was invented in India? Not the commercial liquid ones but the method by use of herbs. The word 'shampoo' is derived from the Sanskrit word champu, which means to massage.

On Saturday HCE held a painting class that was also a fund raiser. This event was open to the public; we put out brochures so guests could take one if they were interested in joining us. Everyone seemed to enjoy the class and all left with their own creation.



Jeanie Peek and her daughter Teresa Hale show their creations.

DISTRICT 7 NEWS

Our lesson on Wills and Trusts presented by Matthew B. Flanigan from the law firm of Black, Ballard, McDonald, P.C. was extremely beneficial. The death of a loved one is a very stressful and emotional time. Having your affairs in order before you die can help relieve some of that stress for your loved ones. This lesson stressed the importance of having a will and understanding the complications that could arise and take years to resolve if you do not have a Will. Having a will means that you, rather than your state's laws, decide who gets your property when you die.

Six board members attended the district meeting on October 29th. It is a great way to find out what is new with IHACE and what neighboring counties have going on. Our new program books for 2020 are finished, it is hard to believe only a few weeks remain of 2019. We will be busy with volunteer tasks until December.

JCHCE liked celebrating around the world in 2019. We enjoyed learning about celebrations and places around the world. We look forward to lighting the way to the future in 2020. We hope everyone had a wonderful Thanksgiving, and as you celebrate the glory of the Christmas season, may your homes be filled with love, peace, and joy. May these blessings follow all of you throughout the New Year.

Barb Shurtz/ Silvana Morss
JCHCE PR

JOHNSON.....

Organized 1950

On October 15, the Home and Community Education of the University of Illinois Extension hosted their annual International Night at the Extension Building in Vienna. The evening served as one of their HCE Week events. Ann Stachowiak, International Chairman of the Johnson County HCE Board, served as the organizer of the event.

The Southern Illinois University, Carbondale Coordinator of Community and Educational Programs, Elaine Conrad, accompanied an Indian graduate student, Sumadhari Pamarthe, who presented the interesting and informative program.

Prior to the program, a nice crowd of HCE members and their guests enjoyed a dinner, prepared by members. Several shared their experience in making the Indian dishes, using some unusual ingredients.

Some of the members had also prepared American dishes to accompany the Indian cuisine.

As they arrived, guests were invited to sample the Spiced Chai Tea, known as Masala Chad. A number of rice dishes were seen, with a variety of accompaniments, with both Indian and American toppings.

Stachowiak had handed out the recipes earlier and members chose what sounded tasty, to create at home for sharing at the dinner. The handout included Indian Raita, Mango-Coconut Chutney, Padoras, Masala Popcorn, Potato Dumplings with Tamarind Chutney, Coconut Jasmine Rice, Spicy Indian Chicken Soup, Flatbread, Saag Paneer, Aloo Gobi, Vegetable Curry, and Butter Chicken, to mention but a few.

Although a few had visited India, for most it was a first time visit, as Sumadhari presented a video, "Incredible India," and a look at her home country in South India.

She told of the many cultures, religions, styles, cuisine, dances, festivals and historical sites. She said many of the many religions, "We are very diverse and celebrate all holidays."

The colorful costumes of the traditional Kuchupudi dancers were shown. The typical attire ranges from blue jeans to formal wear and her area is famous for its perfumes, artistic tattoos, extravagant bangles, as well as the Nizam jewelry featuring diamonds, emeralds and Rubies.

That area is also famous for exquisite carpets and chandeliers, as well as paintings, and metal craftwork, especially of brass.

Although there are many cultures and languages, her country has many similarities with the United States, such as: the same fast food eateries; all the top brands in clothing and other merchandise; democracy; friendly environment; film making industry; celebration of Christmas; and the influence of the private sector.

Yes, she said, the caste system of centuries ago, continues to exist, which she explained in detail.

Although Sumadhari has been a U.S. resident for eight years and has earned several degrees from different universities in this country, she remains an Indian citizen.



Sumadhari Pamarthe

She was attired in an exquisite traditional full length dress in pale gold and white, actually covering long trousers of the same material, the ensemble completed with a sheer stole. "Not what I usually wear," she said with a smile.



DISTRICT 7 NEWS

➡ Johnson County, continued

Since she is so busy, her family travels here to visit her as often as possible. Like a tour through India, as she showed their historic and scenic areas, such as Char Minor; Hussain Sagar Lake; Taj Falak Numa Palace and other palaces; Purami Haveli; Shri Jagannath Temple, many museums, including the Jung Science Museum; and Hyderabad High Court.

More modern tourist draws include Ramoji Film City, the Zoological Park and Hi-Tech City.

A question-and-answer session followed the presentation of Sumadhari, who was seemingly enjoying the evening with new American friends.



Left-Right:
Ann Stachowiak, International Night Coordinator Center, Sumadhari Pamarthe, who presented the program on India, Elaine Conrad, Community and Educational Programs Coordinator of SIU-C.

Dixie Terry
Public Relations Johnson County

MASSAC..... Organized 1947

The AJMP Mini-Conference was held October 17th at Shawnee Community College. Massac County had five members and guest attend.

We had the opportunity to hear from our state IAHCE President Jane Chapman. The Keynote speaker was Jim Razor, WSIL meteorologist. The classes held were interesting and we learned a lot. Make plans now to be there in October 2020.

Our International Event was held September 26th. India was the country of study. The guest speaker this year was Rev. Kamal Maddala. He was born in India and came to America for college and became a Christian. Rev. Kamal presented a very interesting program and all enjoyed the food!

Until the IAHCE May newsletter issue.....

Norma Korte
Public Relations, Massac County

PERRY..... Organized 1947

Perry County started their summer with vacation Having July and August to spend with their families; Then August programming resumed to the members elation!

We took advantage of the town yard sale season, Selling over \$1100 worth of donated items To fund our scholarships was the main reason.

September lessons were enjoyed by all. Functions of Probiotics, prebiotics and Synbiotics And the Unique uses of Tortillas were a great way to start the Fall!

HCE week saw a lesson on "Humor" followed by a brunch.

A Poetry reading at the Library and A book club Unit announced And encouragement to thank farmers or first responders by taking them to lunch.

Perry County is filled with members who care, Donating time, money, resources to so many in our communities.

We are thankful HCE gives us the opportunities to share!



Our County HCE yard sale.



Jennifer Barbour gave our lesson on "Humor" during HCE week.

Perry County was awarded a grant from the IAHCE Support Fund. See Page 10 for report of accomplishments.

Sara Tanner
Public Relations, Perry County

DISTRICT 7 NEWS

PULASKI-ALEXANDER.....

Organized 1945

Fall has arrived and given us colors in our trees and finally rain. As we reflect on our summer months, we note the plans for an outing in July did not materialize. At the end of that month, we worked the kitchen for the two days Youth Fair. Thanks to all who provided food and helped to serve it.

In August, Martha, Emma Dell, Marilyn, June and Mary Jo participated in the parade at the opening of the Pulaski County Fair. We had a HCE booth where information about the organization was given out and raffle tickets sold on two food baskets. Two of our members, Margaret Ann and Amy, worked in the Activity Building during Fair week.

A display was set up at the Grand Chain Library in October to celebrate HCE week. Betty had handouts available and prizes were given. At our October meeting we celebrated International Day. Our country of study was India. Our speaker, Kamel Maddala, was introduced by Board President June. He was born and raised in India. He told us of their customs, brought items for show and tell; all being a very informative and enjoyable presentation. Foods of India, using recipes provided by Margaret Ann, were enjoyed at the noon potluck meal.

Several members attended the Mini-conference October 17th at Shawnee College. This was an informative and interesting day.

Within our two units, we continue to collect aluminum tabs, canned goods, socks for the Veterans Home, and school supplies. Our lessons have ranged from Care of the feet, Sweet Benefits of Chocolate, History of our American flag, to What to do if you lose your wallet, and others.

Come join us in learning, giving, fellowship and friendship.

Martha McMunn
Public Relations, Pulaski-Alexander

UNION.....

The Union County HCE members have been quilting this fall. The group has finished one consignment quilt. They are presently working on another consignment quilt.

This consignment quilt was hand-pieced and sewn by the owner's mother. She used fabric squares from the 1930's. The heirloom quilt has a unique pattern for that time. It was an honor to be trusted with quilting this heirloom quilt. This quilt will be a treasured memory of her mother.

We are now working on another consignment quilt embroidered with cross stitch flowers. The hand quilting included lots feathers which enhances the quilt. Six to eight members were on hand to work on these quilts. All unit members participate in one way or another by providing food, support and interest in this project. Everyone enjoys the fun, fellowship and laughter while working on these quilts. Everyone gives her time and talents for this worthwhile project. The money we receive for consignment quilts contributes to Union County 4-H programs and scholarships.



Shown in photo (left to right) Suzie Kessler, Deb Rossberg, Betty Bland, Jane Bauer & Lois Clutts.



Left-Right: Deb Rossberg, Linda Poston, Betty Bland, Suzie Kessler, Jane Bauer & Lois Clutts. Not pictured: Judy Huckleberry.

Jane Bauer
Public Relations, Union County



We are told to let our light shine, and if it does, we won't need to tell anybody it does.

DISTRICT 7 NEWS

RANDOLPH.....

Organized 1945

Fall slipped by fast, and as this is being written, it feels like winter has arrived already.

The event that had to be canceled in February and March was finally held in September. A local attorney and a son of a HCE board member were the presenters. Attorney Rebecca Cooper gave a presentation on Estate Planning. Ethan Woods spoke on "Who Gets Grandma's Heirlooms."

Presenters: Ethan Woods and Rebecca Cooper



Those attending are asked to bring something for show and tell, such as an antique or heirloom they have received.

Members of the HCE Board provided information on the new appliances, for example, the Insta Pot Recipes were made available.

Several board members attended the District meeting in Effingham in August. Janel Kassing continues to serve as District 7 Director.

Plans are being made for the 75th anniversary of the county HCE which will be celebrated at the annual meeting next spring.

Jane Luchet
Public Relations, Randolph County

WASHINGTON.....

Organized 1947

The Washington County HCE celebrated WCHCE in October with several programs.

- Letters were sent to all the churches in the county with an insert for their bulletins with information of activities of HCE.
- An interesting program for our International program was Maria Arnold who spoke of life in India.
- Our WCHCE members held a "tasting bar" of foods of India.
- The radio station window 104.7 FM in Nashville, IL was decorated with photos and brochures about HCE.
- The veterans in the Friendship Manor and Nashville Hospital were remembered with a card and cookies.

- A local farmer and author of several books, Gary Guest, talked at the Nashville Library about his books and life as a farmer.
- Since school has started, we watch and help at school kitchens and rooms and watch the students as they ride school busses.
- Our secretary was thanked and remembered with a bouquet for her help.

We are selling quilt raffle tickets for our beautiful quilt to be given at the WCHCE Christmas program November 11 at St. Peters Parish Hall, Okawville, IL with the theme "A Christmas Morning".

The Okawville Christmas Stroll will be December 7 and 8 from 9 a.m. to 5 p.m. with house tours and craft vendors and food.

"A Tingle of Fall"

There is a tingle of fall
In the air today
A tingle of fall in the air
Mid mellowing fruits
And coloring of leaves
Something that says
"Prepare" for days to come
When summer is gone
And those golden hours
Are gone".



Adeline Blumhorst
Public Relations, Washington County

WHITE.....

Organized 1940

It is hard to believe we are fast approaching the holidays and coming sooner than I am ready for.

Hope everyone had a Thanksgiving full of happy memories. Wishing A Christmas full of laughter, love and smiles with family and friends for everyone.

We have had a busy start to the new year with our 5-County Fall Fest, which was a lot of fun and interesting. Our International Day was a pot luck meal and special India dishes. Our special guest speaker was Darllyn Eichhorst of Olney, Illinois. She told us about her mission trip to India. The pictures showed how much we take for granted, such as clean water. Thanks to all who made International Day a success.

During HCE Week, we collected food items for the food pantry and took baked goods to the nursing home.

Our district meeting was a wealth of information and is always nice to get together with other HCE groups and hear about what they are doing in their communities.

DISTRICT 7 NEWS

As everyone is cleaning out the closets this fall so remember the homeless. Take items that will help keep them warm. Gloves, hats, blankets, coats, bedding, plastic tablecloths for men and women.



Left :
International Day
Connie Bingham
and Speaker:
Darllyn Eichhorst

Right: *Ludene Taylor*
and *Fran Matheny*

Below: *White County*
Chili Cookoff
Fran Matheny, Joy Hoffman
Ludene Taylor



We are planning our Fall Harvest Bazaar Fund Raiser with a luncheon and baked goods.

As we go through another year be kind to one another and make our communities a better and safer place for our families.

Fran Matheny
Public Relations, White County

WILLIAMSON.....

Organized 1918

HCE of Williamson Co celebrated 2019 HCE week with an October 12 picnic in Marion at the Ray Fosse Park with Williamson County 4-H members. Local community members were invited to the free event to learn more about HCE and 4-H. Fun games and activities as well as food were featured at the 11 am to 3 pm picnic.

Williamson County President, Judy Cox, tells about the activities and projects we support.



Ann Collins brought the Quilts of Valor book to the September mini district meeting in Benton. HCE is supporting this project led by Ann, our Social Issues rep on the board.



Left :
Marie Samuel, Judy Cox and Ann Collins with Quilts of Valor book

Right:
Installation



Left: *Feed sack quilt brought by Debbie Donohue*



Those attending the mini district meeting June 18 in Benton: HCE board members (L-R) Billie, Barbara. Standing are Yvonne and Ann Collins. Not shown is Marie.

Marie Samuel
Public Relations, Williamson County

Greetings from DU PAGE COUNTY (District 1)

Organized 1930

It was a busy summer for us. We had a HCE Booth at the DuPage County Fair in July. Members also helped with 4-H judging and supervised open class during the fair. One of our members, Jean Roe, received many ribbons for her baking and photography.

In August, we had our annual Update and Potluck that took place at the fairgrounds. We were entertained by beautifully dressed ladies of the Indian Community Outreach Group. They shared their history and culture with us. Their program ended with one of the ladies doing a beautiful dance. After they joined us for good food and friendship, a Silent Auction was held to help with our scholarship. A great time was had by all.



Members and ladies from the Indian Community

The winner of this year's scholarship was Mary Weber, daughter of member Nancy Weber and granddaughter of member Maryann Smolucha. She is attending the University of Miami majoring in Marine Biology.



The Warrenville Unit enjoyed a tasty lunch at an Indian Restaurant as part of their study of India.

We continue to provide "Thinking of you" cards for Veterans at Hines Hospital and quilts for needy children.



Sandy Decker, Linda Russell, Jane Hays display Quilt for the needy.

We enjoy our monthly lunch bunch where we gather with other units to share.

Mary Lambert
President, DuPage County

AUSTRALIAN CONNECTION UPDATE

Sara Kenny of Western Australia, our IAHCE 2018 International Homemaker Exchange participant, is like the Energizer Bunny; she just keeps on going. She uses much of her energy for volunteer work with the Country Women's Association of Western Australia (CWA-WA). In August and October 2019 Sara says she was privileged to be involved with two CWA activities:

Face of CWA-WA for a Fundraiser. Harvey Norman, Australia's leading retailer, had auctions of their goods with the proceeds going to a 'selected cause' by the CWA in each of the six states in Australia. The selected cause for Western Australia was a mental health and suicide prevention program for the indigenous Aboriginal people in Broome, WA and a soup kitchen ran by a CWA Branch in Derby, WA. Sara Kenny happily stood in as 'the face of CWA' due to the unavailability of the CWA-WA President. Sara says she "spent a day at the Harvey Norman store spruiking CWA and encouraging bids on the silent auction". ('Spruiking' is Australian slang for giving an extensive or elaborate speech. Americans might say *giving a spiel*.) The Harvey Norman corporation granted \$15,000 to the soup kitchen and \$20,000 to the mental health and suicide prevention program.

Work Party to Timor Leste. Ten women from the CWA-WA and three men went as a work party to a health clinic and school on the island nation of Timor Leste. The men made fourteen metal framed benches for patients to sit on at health clinics. They repaired chairs, replaced floors, fixed doors, and did school playground repairs. The women decorated walls with health messages – teeth cleaning, healthy eating and hand washing. The maternity areas of the clinic got decorated, too. On the front wall of a school the work party painted colorful scenes and the alphabet. The work party also brought with them donations of menstruation packs, diapers, first aid kits, baby clothes, sport equipment, toys, games, and even bras. Sara's trip highlight was meeting and participating in a Q & A with Jose Ramos-Horta. He is a Nobel Peace Prize winner, former President and Prime Minister.

Sara Kenny continues to correspond with women she met during her visit to Illinois. She says a big 'Hullo' to the members of IAHCE. --- By Pat Weitzmann, Lake County HCE



INTERNATIONAL NEWS



Australia Part II: Ballarat, Melbourne and Tasmania by Deon Maas

After my three weeks being hosted by the Country Women's Association of Western Australia (CWA of WA) was over, Sara Kenny and I flew across the country to Melbourne, Victoria. Sara Kenny is CWA of WA's International Director and was the cultural exchange person who visited IAHCE chapters in Illinois in 2018. We were met at the airport by Sara's sister, Dr. Ellen Stoddart, and Cara Ausmus, the IAHCE International Chairman. We were off for a few days to a tourist city called **Ballarat**, about an hour from Melbourne.

Ballarat is a city of about 100,000 people, but, like many Australian cities, it retains a small-town feel. It is the city's early history that is important--Ballarat played a big part in the formation of the Commonwealth of Australia. It all began when gold was found in 1851 and the population multiplied overnight.

By 1854, tensions...and taxes...were running high. The miners resisted taxation without representation by the United Kingdom and launched the Australian version of the Boston Tea Party. The **Rebellion at the Eureka Stockade** led to the Electoral Act of 1856 and the right for some citizens to vote. It was a start toward forming a new country.

Modern Ballarat honors this past at a reenactment center called **Sovereign Hill**. My first impression was that I was seeing a Wild West town like one would see in the United States. There was a good reason this open-air museum looked this way. The period it was recreating was the gold rush period, which happened about the same time as the one in the US. Many of the same goods were purchased from the same sources: England or Asia. There were also people who immigrated from the US to Australia when their hopes of striking gold in the US didn't pan out (pun intended). These people often then started businesses, manufacturing the same items they made in the US.

The four of us spent a delightful day exploring the underground mine, visiting the general stores and watching school children excitedly, and futilely, panning for gold in a little creek. The highlight for me was when we watched the gold pouring demonstration. After melting, pouring and cooling \$180,000 worth of gold, the demonstrator picked an audience member to hold the bar of gold. Out of the whole crowd, he picked me! He also then brandished a large fake pistol when I pretended to leave with the gold. It was great fun for everyone.

The next day, we headed to the **Ballarat Wildlife Park**. At last, my chance to pet a kangaroo! When we entered the gift shop, we saw several kangaroos peering in from the outside. It seemed surreal to have them so close. When we stepped outside, kangaroos were

everywhere--lounging in the sun, hopping *toward* us in hopes of getting a snack or hopping *away* from the latest tourist to enter their world. It was amazing.

Over the next few hours, we fed and interacted with many different kangaroos. The emus in the same enclosure were quite unimpressed with us and the alpacas stayed aloof. It was a strange experience. At one point, we settled in to watch the Phillip Island Little Penguin show, only to be startled by a kangaroo who felt comfortable enough to sneak up behind us and shove his nose in our handbags.

We had an interesting interaction with a zookeeper who had a small joey tucked in a pouch she was wearing. Orphaned joeys, after an unfortunate traffic accident involving their mothers, are often taken to refuges like the wildlife park and raised to adulthood. This joey was fed four times a day. Since one of the feedings needed to be late at night, this zookeeper took the baby home with her each night. When it was time for it to sleep, it was placed in a heavy shopping bag, which was then hung on a doorknob for the night!

Before I did research, I thought that dingoes and koalas were everywhere in Australia. Not so. Neither is native to Western Australia. I only saw those two animals in wildlife parks. The dingoes in this particular park were quite tame and easily interacted with the zookeepers. We eventually found the koalas, housed in several different pens. The enclosures and climbing areas were set up expertly, so that the koalas could be observed at close range without being disturbed.

We were soon back in Melbourne for a city tour and to meet up with the IAHCE delegation at the Associated Country Women of the World (ACWW) Triennial. The conference brought together women from around the world who belong to organizations similar to IAHCE and CWA of WA, who are all under the umbrella of ACWW. The organizations often share the ACWW goal to "Improve the well-being of all people, especially those in country areas by promoting courtesy, cooperation, community effort, ethical standards and the wise use of resources." Resolutions are passed, which are then taken to the U.N. for consideration.

The United States delegation submitted two resolutions. One concerned protecting bee pollinators. The other, proposed by our own state president, Jane Chapman, concerned iron deficiency. We will be learning more about both of these in the coming year.

The conference reunited me with some of my new Western Australia friends and brought me new friends from around the world. The classes and speakers were informative and gave me new insights. The conference was over way too soon but was a learning experience never to be forgotten.



INTERNATIONAL NEWS

The next day, we were off on a bus trip along the **Great Ocean Road** of Australia. The coast of Australia is spectacular no matter where one travels. No wonder Australia's "grey caravanners" spend their retirement years wandering its coastline! Our tour group walked along beaches to view rocks and cliffs sculpted by the wind and waves, and watched brave surfers riding those waves. We heard hair-raising tales of shipwrecks and rescues off the **Shipwreck Coast**. The highlight of the whole adventure was a stop at the **12 Apostles** rock formations at Port Campbell National Park. It was truly an ethereal experience.

Cara and I were soon off to the island state of **Tasmania** to visit two of her friends. Tasmania is about the size of Ohio; it was once connected to the mainland by a land bridge. The topography was completely different than what I'd seen in Western Australia. I still had a lot to learn about Australia!

Flying into the airport at **Devonport** gave me one of the most spectacular views of my whole trip. The lush green patchwork fields were in sharp contrast with the enormous sandy farms I'd gotten used to in Western Australia.

Our first stop was at Elphin Farms in East Sassafras, near **Port Sorell**, at the home of a multi-generational farm family. I soon learned that the soil and growing seasons in Tasmania are much like our own in Illinois. Many crops are grown under poly-tunnels and were familiar to us: berries, carrots and potatoes. Others, like celeriac and lucerne did not sound familiar until I found out they were celery root and alfalfa, respectively. This particular family was experimenting with growing corn, a new crop for the area.

Each day we were taken on delightful outings throughout the rolling countryside. We learned that much of the residue after the processing of vegetables, such as carrot peels, was recycled as animal feed or soil fertilizer. The shells from peas were used as mulch and broccoli stems were fed to sheep. The farmers seemed to grow many small crops, rather than just one or two large crops, rotating often. Sheep and cattle cleaned up the stubble after each harvest, adding their own natural ingredients to the soil.

At the local wildlife refuge, I was finally able to see two Australian icons: the kookaburra and the Tasmanian Devil. I'd heard this bird's long distinctive cackling call throughout my trip, but this was the first time I'd seen one face-to-face. Around the corner were several pens with the black, ominous-looking Tasmanian Devils. I had heard of its vicious reputation and wondered if it was earned. While trying to film what I thought was an ordinary interaction between two adults, the encounter suddenly turned ugly and brutal. I was so startled, I nearly dropped my camera into their pen. Guess their reputation *is* earned!

We were soon off to a new host who took us to the city of **Launceston** for a tour of **Cataract Gorge**. It is a natural formation, laced with bridges and trails that give the tourists many spectacular views. Another day, we were treated to the **Wall in the Wilderness** in the **Central Highlands**, a breathtaking hand-carved wood relief sculpture of the history of the area.

Since I have returned and given programs to many different groups around the state, I have gotten many questions about Australia. Here are a few of the ones I am often asked:

What surprised you the most about Australia? The thing that startled me most about Australia was the fact that they had K-Mart's but not Wal-Mart's. The second thing that surprised me was that the sheep dogs were a breed called Kelpie and not Australian Sheep Dogs.

What was your best experience? My best experience was herding hundreds of sheep from paddock to paddock with Sara Kenny and a sheepdog named Jasper. Fortunately, I had sheep herding experience *and* was driving the only vehicle on the farm with the steering wheel on the left side. Jasper's skills at handling 300-400 sheep at once was a sight to behold.

What foods did you eat? I was somewhat disappointed to find a lot of the food similar to ours but was surprised to see the differences in how it was cooked or served. For example, they had peas, carrots, broccoli and cauliflower, but might serve them altogether in one mixed vegetable dish. "Pumpkin" was served at most meals. I thought this was odd until I realized that they were calling squash "pumpkin." When I told them how we made pumpkin into pies, they thought *that* sounded odd. I ate lamb at every opportunity in every form possible. They found it surprising to find that lamb is often hard to find in the US.

Did you have trouble understanding the Australians? Yes! Australians use a lot of slang and shorten many words. I often had to have people repeat what they were saying. They spoke very quickly, so sometimes I struggled to keep up with the conversation. That is part of the fun of going to another country!

Photographs of my trip and an accompanying blog can be found at deontoaustralia.blogspot.com or deontoaustralia.com. Please contact me at tommaas@mymctc.net or 309-645-4911 to book me for a program. I have my own projector and will bring display material. A small painted craft project about Aboriginal dot art is available, also. Each will take





NVON 2019 Annual Conference

Springdale, Arkansas in the Ozark

Mountains was a perfect place for the National Volunteer Outreach Network Annual Conference July 22-25. The theme Learning, Leading, Serving: Today's Woman – Striving to Strengthen Her Community' was carried throughout the Conference. It was present in the Business Meeting, Inspirational Speeches and Presentations, Society Presidents' Reports and in opportunities for attendees to talk casually or work on a project. Our IAHCE President Jane Chapman, for one, was sitting at a table in the hotel lobby using free time to discuss her Iron Deficiency Awareness and Alleviation Project with 7 Board Members from other societies.

Current NVON President Linda Kaletch shared reflections on her term in office and gave recognitions. NVON President Elect, Stephanie Jerabek, gave an informative and inspiring report about the ACWW Triennial Conference. Joyce Klutzz, NVON Vice President gave a slide presentation about the 2019-2021 NVON Project in Common, 'Double Your Influence/ Add 2', which focuses on increasing membership. She listed 'Branding' for our member societies as very important. So, that's about the name, logo, internal identity being in step with external image and the society's value and mission. Brenda Gullett, former Arkansas State Senator, gave a well received speech about 'Ageism', prejudice or discrimination based on age. She said "Senior adults with a purpose will live 7.5. years longer on average than those that don't... Fight ageism by getting involved in intergenerational activities...Life is a good book; the further you get into it the better it comes together...."**Be Bold. Claim Old.**"

NVON's Mission is 'Member organizations working together to promote communication, education and volunteerism for all people'. Visit its website www.nvon.org and under the *What We Do* section select 'State Displays'. You will see the long version of the yearly report given at the Conference by each of NVON's 8 State Presidents. Also, you will find words like first ever Strategic Planning Meetings, creating a Members' Public Speaking Guide, Save the Bees initiative, Leadership Academy, Quilting Classes at a North Carolina Women's Prison, Diapers and Pads Project, Bookworms reading program for children, funding the building of a library in Ghana, Stitches of Love, creating a Marketing & Publicity position on the State Board, 'Brand' your organization, Elevator Speech Contest, 3 Day Crafting event, Cancer Research Fund-raising, Ovarian Cancer Screening Program, Scholarships, collecting dimes in support of the Zero Hunger Campaign (Thank you for your part in this. IAHCE members gave \$8,664.) Also on the website under *What We Do* select 'Lessons' and see what each of the 8 states has shared. Pat Weitzmann was elected to serve a three year term as Secretary of NVON effective January 1, 2020.

NVON's 25th Anniversary will be celebrated at the Conference in Spartanburg, South Carolina July 20-22, 2020. **You are Invited!**

Written by Pat Weitzmann, for the LCAHCE Newsletter

LIGHT HOUSE CONTEST ANNUAL CONFERENCE

- ONE ENTRY per County. (ALL counties please enter!!)
- Enter at Public Relations table (next to Registration Table) before 2 p.m. on Tuesday.
- Display will be placed in the Convention Center Hallway.
- Voting will be open only on Tuesday until dinner.
- To be picked up by county after Wednesday night dinner. (Entries will be returned to the county submitting the entry.)
- Winner Announced: Wednesday after dinner.
- Prize: "Awesome surprise"



*Example at left made by
Norma Korte,
IAHCE 2nd Vice President*

Dimensions:

10" base x 20" height

Voting:

Members attending Conference will vote for favorite by placing a donation in a jar located beside the entry.

The lighthouse "collecting" the most money will be named the winner.

Money will go to:

IAHCE 100th Anniversary Celebration 2024

DATES TO REMEMBER

- | | |
|-----------------------|--|
| January 31, 2020 | Deadline to :
•Mail Education Award Applications
•Register for Annual Conference
•Submit an AD for the Annual Conference Program Book
•Register for Cultural Enrichment and Education Displays |
| March 1, 2020 | Ruth B. Sayre Scholarship deadline
See your District Director for details or go to: www.cwcusa.org |
| March 10-12, 2020 | IAHCE Annual Conference
Keller Convention Center
Effingham, IL |
| July 20-22, 2020 | 22nd NVON Conference
Spartanburg, South Carolina |
| September 14-16, 2020 | CWC Conference
Indianapolis, Indiana |
| September 13-15, 2021 | CWC/USA-ACWW/USA
Effingham, Illinois |

**ILLINOIS ASSOCIATION FOR
HOME & COMMUNITY EDUCATION
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Mailed in May - August - December

Deadlines for Articles- April 1, July 1, November 1



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