

THE IAHCCE CHRONICLE

Aspire to Inspire



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NEWS FROM YOUR STATE OFFICERS

Angela Hicks - IAHCE President



The IAHCE June Board Meeting, in a historic 3-story mansion in Petersburg, Illinois, was the setting for the beginning of exciting times to come! Each Board committee was mindful to tie up loose ends before beginning work for the coming months and years. Normally we work well into the next year; however, time is of the essence, and the committees began working to accomplish programs and events for the next two years! We were excited to invite our new U of I Extension Liaison, Cheri Burcham. Cheri was on point with exercises on Stress Management—we are now ready and in the right frame of mind for August Workshops!



Working in this beautiful historic home was considered a “working retreat”. It was fun moving from the formal dining to the library/game room to the parlor to the sitting room for each of our meetings throughout the day and evening. We were treated to an Italian meal on the first night by the Capitol Unit of Sangamon County and on the second night we were treated to a meal provided by a “mystery chef”, Kathy and her assistant Lois. Both are citizens of Petersburg and HCE members. We finished our work with a little extra time for relaxing on the porch or on the boat at Mary Johnson’s cabin on the lake. What a way to end a very successful June Board meeting!

At last year’s District Workshops we listened to our members and the breakout workshops with officers are back for this years August District Workshops!!! We have a fun presentation planned, the 99th Annual Conference theme will be announced, and we will have District Meetings. The IAHCE Board encourages as many County members to attend as you wish. The August District Workshops are open to all members---not just County Officers.



Looking to the future, committee work began on not only the 99th but also the 100th conferences. We can’t say much, but we can say, each one will be a wonderful experience for our members and guests! Start now planning for your County to join us on this journey! (It is really hard to contain the desire to shout from the rooftops all the exciting ideas and plans I heard about!)

To each of the counties who have invited me to attend County Annual Meetings, thank you! It is a joy to meet all of you and to hear about what you have planned for the future of HCE. I welcome the opportunity to visit HCE counties throughout the state so that I might get to know you and share our vision! After all, “I aspire to inspire before my term expires”!

The IAHCE Board is a pleasure to work with and they are a hardworking group of ladies! They continue to smile, be positive, and encourage membership in HCE! We are asking the same of you—smile, be positive, and encourage membership in HCE!

Have a safe, happy, and healthy summer!



Synonyms of Inspire:

Breathe in, inhale, revolutionize, instigate, prompt, cheer, pep up, root on, urge, urge on, animate, enliven, exalt, invigorate

EXECUTIVE BOARD

1st VICE PRESIDENT - Mary Eustace

Welcome to Summer! So many wonderful things to do in the summer with family and friends. Reflections of what is good in your life and what makes you happy. I love my HCE ladies! We are always working on ways to create joy in our life. We share the love of gardens and the ability to go to the outdoor market for fresh fruits and vegetables, wonderful flowers and something in the open-air markets, tasting foods and listening to music. Life is good .



Our county is creative with lessons on the holidays as well. We just completed the lesson on “Fourth of July also known as Independence Day”. We share interesting facts about this celebration as well as favorite recipes . Did you know that according to the National Sausage and Hot Dog Council, Americans are expected to consume 150 million hot dogs over the 4th of July holiday? Summer picnics and celebrations throughout our country certainly indicate that we are all very proud to be Americans. If any of you would like this lesson, just let me know.

Our new planning lessons for 2023 will be given out to all 1st Vice Presidents during the August Workshops. I do hope each county will send a representative to these outstanding workshops as the state board works very hard to have information of our HCE doings for this coming year. You won’t regret attending. I am looking forward to seeing each and every one of you. If you have any questions, please don’t hesitate to ask me and I will do my best to give you an answer or to help your county any way I can. I have the Spirit...how about you!!

Above all else, guard your heart, for everything you do flows from it.

Happy Summer and see you in August!

2nd VICE PRESIDENT – Mary Johnson

I’m sitting on my back porch listening to the rain. It is a welcome change from the heat and humidity we’ve been having the past few days. I’m tired mentally and physically, but in a good way. I just got home from the IAHCe June Board Meeting. The state board met at The Three Pines Airbnb in Petersburg June 13-16. We spent three solid days planning and preparing for the upcoming year as well as dreaming BIG for our 100th Annual Conference in March 2024. Oh my, there is a lot to be excited about in HCE!



Excited! Yes I am! These past couple of years may have stalled HCE, slowed us down a bit, but we’re back running at full speed. Excited, by definition means, “very enthusiastic and eager”. What exciting plans do you have in your counties? Are you enthusiastic and eager when you share those plans with others? If you are excited about HCE, people you tell about HCE will also be excited and want to be a part of HCE. Share with everyone you encounter what your county has planned.

Need examples? While in a line at a restaurant at our June Board meeting, IAHCe President, Angela Hicks, began talking with a young woman in line in front of her, she then asked who our group was. Here’s what Angela said: “The Illinois Association for Home and Community Education is a volunteer organization working to improve the quality of life for families and communities through leadership development, volunteer service and education.” Does that sound familiar? IAHCe had magnets printed with those very words a few years ago. Simple, easy and explains exactly who we are. It starts a conversation and its easy from there to tell them when and where your county meets and INVITE them to come. Here’s your homework – try it! I am a member of Sangamon County HCE. Recently two of our members were at a quilting class and during the day mentioned HCE and invited the other attendees to a unit meeting. Guess what? Two did attend a meeting and BOTH joined!

Here's the best news yet! You don’t have to be a second vice president to invite someone to a meeting! ALL members have the authority to invite a potential new member to a meeting. Feeling powerful now aren’t you!

Summer is running at triple speed and by the time you read this our August District workshops will be upon us. I hope to see you all at one of the workshops. I am excited because for the first time I get to attend all three workshops! I am even more excited to remind you that you don’t have to be a county board member to attend the August Workshops, EVERY member is encouraged to attend.

EXCITED FOR HCE!

SECRETARY- Cathy Eathington

Summer has arrived in Illinois. We had a great June Board meeting at the Three Pines B & B in Petersburg. Our host 2nd Vice Mary Johnson did an outstanding job. Summer means I spend a lot of time traveling with grandchildren showing Angus cattle. I was blessed with my first great-grandchild in April. Miss Evelyn Elizabeth Eathington is a keeper. On September 10, 2022 my oldest granddaughter gets married and I gain another grandson.



Thank you to all the counties for sending me your county officer list. It is so nice that we can now have meetings and get back together. District Workshops are coming up in August. August 9, District 1 & 2 at the United Methodist Church, August 10, District 3 at Southern View Chapel in Springfield. August 11, District 4 & 5 at St John's Lutheran Church in Effingham. A program will be presented on "Disaster Preparedness". You may attend the District that is closest. Please let your District Director know if you are not attending your District meeting.

The following officers need to be elected in March 2023 at our Annual Conference. 1st Vice, CVH, Treasurer, and Public Relations. Applications will be available at the District Workshops. The 2023 Annual Conference will be held at the Thelma Keller Conference Center in Effingham on March 16, 2023. The theme will be announced at the District Workshops. Chairman Eleanor Gregory and Melissa Chitwood have chose an outstanding theme.

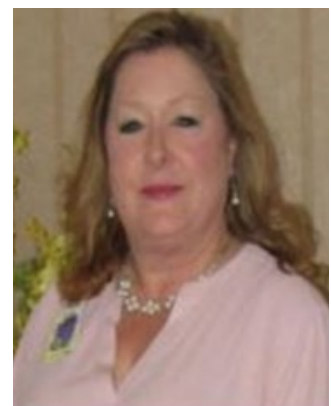
Looking forward to seeing as many of you that can attend in August!

TREASURER- Melissa Chitwood

This is a story told about four people named Somebody, Everybody, Anybody and Nobody. There was one important job to be done. Everybody was sure that Somebody would do it, but Nobody did it. Somebody got angry about it because it was Everybody's job. Everybody thought Anybody could do it. Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Author unknown (<https://lifeengineering.com/thats-not-my-job-poem>)

How many of us can relate to this story? Sad, isn't it? Let us stop and think for a moment if we applied "Aspire to Inspire" to this story. How grand the outcome may have been! When one "Aspires" they desire to accomplish a particular goal. This year's theme is Aspire to Inspire, so we know the goal is "to Inspire". But how? When you need answers, ask mom. When she is not available, Google! Following are three summarized definitions I found on line for inspire (<https://www.yourdictionary.com/inspire>)



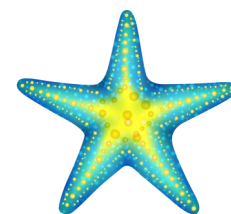
- To have an animating effect upon; influence or impel
- To cause, guide, communicate, or motivate as by divine or spiritual influence.
- To stimulate to action; motivate.

Think of these three definitions and how they could have been applied to the above scenario. Think of the grand things we can do in HCE by applying these definitions! What if Somebody inspired Everybody and Anybody so that Nobody would have to wonder who was doing the job?

It is important for us to have someone or something that inspires us. Someone to provide inspiration and enthusiasm for us to do something, create something, be someone. While being inspired one of the most important things is the source of inspiration, the one who aspires to inspire you. We should not only look for inspiration but we should be inspirational ourselves!

How inspired are you? Applications are being accepted for the following State Board Positions:

- 1st Vice President (must have serviced on the IAHCE Board previously)
- Treasurer
- Public Relations
- CVH/Sales



Applications and information are found in the IAHCE Guidebook (iahce.org) pages 67-69. Just remember "It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done." What role will you play? I hope the Board's enthusiasm, hard work and dedication will inspire you to apply! Applications must be postmarked by October 1 to the Nominating Committee Chair.

Covid restrictions continue to lift. Let's get busy lifting and promoting HCE! As you plan your events I want to share with you some inspiration and direction I received from a director I worked for at the University of Illinois. When we, as a staff, would meet, he had guidelines and rules. One rule was to never come to him, or the meeting, with a problem if you don't have a solution. The second rule was if something didn't previously work you were not allowed to say, "we tried that and it didn't work" without facts of why it didn't work along with what factors were out of our control and what factors could be changed. Could we do things differently and make this event successful? Don't just re-hash the outcome, but analyze it and determine if modifications can be made for a successful event. Have you seen those signs at craft fairs that say your attitude determines your direction? **Have a positive attitude!**

August workshops will soon be here! Come join us for an exciting day of sharing, learning, networking and good food! I look forward to seeing all of you again soon.

EDUCATION COMMITTEE

Cultural Enrichment- Becky Belcher

Well, I have my first state boarding meeting under my belt. I must admit, being a "newbie", I was a little nervous and apprehensive going in. But wow! What a great team we have! I loved working with these gals. We worked hard but had fun, too. They are truly a team – supporting and encouraging each other, and working together to make HCE great for all of us around the state.

I'm looking forward to the District Workshops in August where I can meet with the county Cultural Enrichment Directors and share ideas and aspirations and a lesson/project that came from the Education Committee.

I hope you all are working on entries for the Conference Cultural Arts Show. See the IAHCe website (www.IAHCE.org) for the list of categories and rules. On the website, click IAHCe Guidebook, then click **COUNTY LEADERSHIP AND FORMS**, scroll to pages 26-28.

I want to leave you with something to think about - a quote by Neil Gaiman. "I hope you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're *doing something*."

So get out there, enjoy the rest of your summer and make some mistakes!

Family and Community Issues- Eleanor Gregory

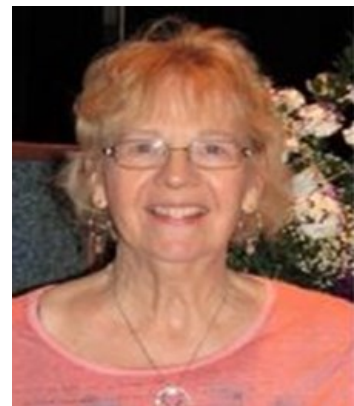
It's "Summertime and the livin' is easy. Fish are jumpin; and the cotton is high." I love that relaxing, laidback song composed by George Gershwin. However, I have a translation for my summer of 2022- "Summertime and the livin' is busy. Deadlines are jumpin' and the gas prices are high!"

Just returned from a Danube River Cruise with a stop to see the Passion Play in Oberammergau, Germany. (And three former exchange students). This trip was scheduled for 2020, but Covid changed that. By the way, the Danube water is green, not blue! The countries of Germany, Austria, Slovakia, and Hungary have the most beautiful flowers EVERYWHERE!

Speaking of flowers, we all know bees are essential to keeping our landscape blooming with floral beauty. Our Family and Community Issues focus will be following our affiliate organization NVON (National Volunteer Outreach Network) with the emphasis BEE-CAUSE Pollinators Feed the World. Check out your District Workshop Packets!

Please keep in mind that this is the time to think about a family in your county that might be our next FAMILY OF THE YEAR! (Even if you have applied before, apply again!)

All the best and God Bless!



International- Janel Kassing

This has been a trying Spring for me. Since Conference I have been diagnosed with hyperthyroidism and have lost 40+ pounds. I love that but not this way. At least no double vision yet! Then diagnosed with a heart murmur and the need for a chemical stress test. After two diverticulitis attacks, I ended up with emergency surgery to remove 8 inches of my colon and a colostomy on May 1. BUT I did attend June board meeting, went to Florida and attended the NVON Conference. I hope that by the time I see you in August I have scheduled my reversal.

I received information from ACWW that they are changing their logo and the categories for funding. I will explain all this at August workshops. The changes become effective January 1, 2023.

We will feature several state officer lessons on Bees and Pollinators. You'll learn much about these amazing pollinators. While researching I read several children's books that were fascinating. A NOVA DVD was amazing with photography and information given.

I have also researched material for the next Country of Study to be introduced in August. Please continue visiting Italy until the end of 2022.

As a member of the nominating committee we will be looking for candidates for some board positions: 1st Vice, Treasurer, PR(newsletter), and CVS/ Sales. Please consider joining our state board! Your help is needed.

Exciting things are happening in IAHCe! Our recent board meeting was intense but so enjoyable. We met with Cheri, our U of I Liaison. She did a lesson with us on stress. Lots of important business was accomplished, good food was enjoyed, lots of idea sharing, lots of giggles, plans made for August workshops, 2023 Conference and our upcoming 100th Anniversary celebration. Looking forward to seeing you at Sycamore, Springfield, or Effingham.



CVH (CERTIFIED VOLUNTEER HOURS)/SALES- Ashley Davis

I hope everyone is enjoying their summer and getting out, having fun with family and friends. Again, the IAHCe State Board met in Peterburg, IL for June meetings and stayed at The Three Pine Air BnB. It was different and very laid back in environment for us all. No worries; we still worked and got things accomplished. It's that time again already! Time to get geared up for August workshops. This year we will be starting in the north and head to the south. It's always nice to know that it's time to gather with our members, have fun, make memories, get a refresher, and learn new things.

As most of you know, March 2023 I will have served 6 years as the CVH/Sales Director, it is time for someone new. I encourage you to run for a position on the IAHCe State Board. I will have copies of the State Board application at the sales table and with me in the CVH workshop in August or you can go to State website and print one. The application needs to be mailed to Carol Harms by October 1st, 2022. There are a few things I would like to share about being the IAHCe State CVH/Sales Director. You must have a computer and have knowledge of Microsoft Word, Excel, and Publisher. You must have an email and know how to use email as to that is how the State Board communicates a lot. It has been very rewarding for me, and I have enjoyed being your IAHCe CVH/Sales Director. I am sad that I will be leaving but going with a huge number of memories and friends.



The **yearly and officer charms/dangles are now \$2.00 each** and once these are sold out, we will not be restocking them because the cost has gone up tremendously and we would have to charge an outrageous price for them. We are currently sold out of the 10-year charm/dangle. We will continue to order the 25- year and 50-year lapel pin. If you would like to order any charms, please let me know and I can ship these, or you can pick up at August workshops. Below is a current list of the charm/dangle:

Yearly Charms/ Dangles:

5 year- 16	45 yr- 34
10 year- 0	55 yr- 26
15 year- 19	60 yr- 9
20 year- 7	65 yr- 27
30 yr-14	70 yr- 12
35 yr-26	75 yr- 20
40 yr-12	

Officer/Director Charms/Dangles:

Director- 20
President- 26
1 st Vice- 29
2 nd Vice- 37
Secretary- 35
Treasurer- 26



In sales there are also gavel lapel pins; and past president lapel pins these are \$3.00 each. I hope you to see you all in August at the IAHCe Annual District Workshops.

Public Relations- Emily McDowell

As I write this article all of my puppies have made their way into new homes. We had one go to Georgia, Louisiana, Iowa, and Arizona and the rest stayed locally. We kept Miss Pink who is now named Maizie. Yes, the people who received Ahsoka from Arizona drove all 24 hours to our house to pick her up! The Board had a very good time in Petersburg for our June meetings. The place was fabulous and we were able to relax and just enjoy ourselves too.

I went kayaking for the first time over the 4th of July holiday. It was a great experience except I got sun poisoning so bad that I actually became unconscious over night when getting up to use the restroom. My husband had to wake me up and I couldn't remember anything. It was pretty scary! The next two days I couldn't walk either. It was like walking on pins and needles and every move I made hurt.

We have some exciting themes to share at our August Workshops so I hope you all can attend. For those of you that go to the craft camp in Monticello, I will be there teaching for the first time and I'm so excited about the crafts we will be making. Other than that, many of your state board members will be traveling to Evansville for the NVON Conference at the end of July. Former President, Jane Chapman, will be installed as the new President of NVON! We should all have a grand time! See you soon!



DISTRICT 1 NEWS

DISTRICT 1 DIRECTOR – Becky Thomas

Hi Friends, The Annual meetings have been held and the counties are forging ahead with lessons and activities once again. I lean many things going to these and I wish that I had the energy that District 1 has. Looking over the June IAHCE Board meeting minutes, we have a lot to do this year, but it will be fun and full of adventure. For some it may mean stepping out of your comfort zone and asking for more responsibility. I like going to the webpage site to review information in the guide book. It lets me look at past newsletters or lessons from the Extension. There will be new information at the District Meetings and I look forward to sharing it with all of you.



“We didn't know we were making memories, we just thought that we were having fun” – Winnie the Pooh

Jo-Daviess

Our Units usually take off July and August to enjoy family and friends who visit and we enjoy festivities like the Jo Daviess County fair which has the oldest original grandstand of any fair in the state. The Elizabeth Community Fair is one of the oldest community fairs in the state which hosts the 4-H Fair.

We were very pleased to Host IAHCE President Angela Hicks and her husband at our Annual Meeting in April. We were especially proud to receive several awards including Outstanding County (75 member or less) and Highest Volunteer Hours. Also present was Becky Thomas, District Representative.



The Jo Daviess County HCE offers three scholarships to high school seniors going on to further education, be it a community college, university, or technical school.

Recipients are Jenna Haas-Stockton; HS-Animal Science/agriculture Journalism; Kari Conklin; River Ridge HS-Pre Med-Biology/Orthopedic Surgeon; Ashley Carroll; River Ridge HS-Animal Science/Pre-Veterinary; Alternate-Reece Reiger-Galena HS-Power Line Worker

Pictured is Jenna Haas, Alice Davis, President, Jo Daviess HCE .



The Units also spent time during the year making bookbags for our preschoolers in the county and provided in the bag is a book for each student.

The following pictures are of the preschoolers who received bookbags and books in May, provided by our own HCE Units. Members Deb Dombrowski and Stephanie Vaupel delivered the bags. Pictured are Galena schools Preschoolers. and the ARC preschoolers.



So, what is your Unit up to? Woodbine Unit.

In our county newsletter we try to highlight what individual units and their members are up to. At the last unit meeting over 13 pounds of pop tops were contributed to the Ronald McDonald house. We also contributed book bags for our preschool cause with one member getting lessons from another member on making bookbags. Thank you! We also tested Upside Down Pizza served by Shirley Hoyer. We also had members who assisted in placing flags at local cemeteries in honor and recognition of our Veterans on Memorial Day.

Members of the Woodbine unit from left to right: Sandy Groezinger, Carrie Haug, Eloise Pierce, Shirley Hoyer (book bag maker) Lorraine Hartogh, and almost not in the pic, Ann Coppernoll.



Mercer

Mercer County Home and Community Education Holds 104th Annual Meeting

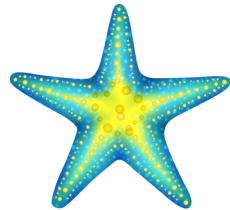
MCHCE held its Annual Meeting on May 19, 2022, in the Guest Room of the Aledo Fire Protection District. Seventeen members were present and enjoyed a wonderful meal and the best dessert: banana splits! Our program followed this year's theme from IAHCCE which was "Aspire to Inspire". We looked to the Mercer County Health Department and the Mercer Food Pantry for their inspiration in uplifting the residents of Mercer County.

The MCHD received a grant that would enable them to help Mercer County residents with mental health issues. Their objective was not only to seek treatment for perspective patients but to make this treatment even more readily available. As I understood the previous treatment methods, the patient would see councilors or psychologists in clinics located in cities outside of the Aledo, Mercer County area, which meant that the client would be traveling to many sessions. The Health Department devised a new program that would not only provide access to treatment but would also bring the treatment to the patient. Counselors and psychologists would come to the patients. Mercer County residents would have sessions here in MC close to home where clients feel most at ease.

The Mercer County Food Pantry was also a presenter for our program that evening. Their message was easily one of compassion for all residents seeking help with food insecurities. Families needing assistance can come one day per month to receive a variety of food products that are available on sight. To provide a service such as this, the pantry must receive periodic donations of food or staples. The Pantry may also accept monetary donations to help pay the costs for food products and other staples provided by much larger warehousing facilities. All of this service is provided by many volunteers and benefactors with a spirit of generosity at heart.



“Failure is the opportunity to begin again more intelligently.”
- Henry Ford



Rock Island

Rock Island celebrated their 100th year anniversary this past year. President Angela Hicks was able to join in on the celebration. It was a special time for everyone and we can only hope we make it another 100 years!



Stephenson

On Saturday morning, April 2, the University of Illinois Extension hosted its annual 4-H Super Saturday at the Farm Bureau Office in Freeport. It is a three-hour event designed to give youth the chance to explore the many project areas available through the 4-H program. The event is open to all area youth, if you are a 4-H member or not. Stephenson County HCE President, Carla Meyer, presented a class on origami art.



The first weekend in April, HCE was also picked to man the Cub Food brat stand. This stand operates for about 35 weekends a year. Your non-profit organization must fill out an application for the chance to earn money for your group. The stand serves brats, hot dogs, hamburgers, cheeseburgers, rib eye steaks, and pork chop sandwiches. Potato chips and pop are also available for purchase. This food stand is well patronized and so many groups apply. You are lucky if you get the chance to run it every other year. The weather didn't cooperate, as it was very cold on Friday and on Saturday we even had several inches of snow. Many people still braved the elements so we were still able to make a hefty profit and boost our HCE treasury. The 2022 Stephenson County Fair will be running from July 27-30. In 2021, HCE had a designated area in the Home Economics building. We had room for displays on HCE as well as seating for fair goers. Several times a day, volunteers gave demonstrations on a variety of topics. This year, we plan to do it again.



HAVE A GREAT SUMMER!

DISTRICT 2 NEWS

DISTRICT 2 DIRECTOR – Rita Overacker

I would like to say a BIG Thank-you to every county that I visited the last few months. I was inspired by everyone. You are doing some amazing things such as organic gardening, making jewelry, and using Alpaca wool to make dresses for girls around the world. You have had programs involving a group of young violinists (youngest being 3 years). You have done countless charitable activities. I have seen how each County is putting H.C.E. out there to get NEW MEMBERS! Keep up the great work. Hope to see everyone at the August 9 Workshop in Sycamore. Lots of Interesting things are being planned. Enjoy the rest of the Summer.



Kane

“Aspire to Inspire” has led Kane County to a decluttering and spring cleaning/update. Board members have been deleting very old materials and organizing our space at the Extension Office. The goal is to have information readily available and easily accessible to all members of HCE. It is an on going process.

Kane County was pleased to have both IAHCE president, Angela Hicks and District 2 Director, Rita Overacker present for our Annual Meeting May 18. Angela presented past president, Elaine Bond with an Outstanding Leadership Certificate. Rita inducted the board with her lovely induction ceremony. Board members were given membership pins as gifts of president, Nancy Haire. County Extension Director, Deanna Roby Vorgias, both inspired us with her presentation and expressed her appreciation for all the activities and programs HCE is completing. After a delicious chicken and roast beef meal, complemented with a special decorated 104th year, tres-leuche: three milk cake, the entertainer and vocalist George Holmes delighted all with his baritone to tenor voice range. His audience involvement included group dancing and he treated several ladies to a dance “with George.”



Naomi Redman, International Director, followed with information from the state conference and we participated in the Earth Day Program by organizing “a plant a tree.” With the cooperation of Extension Horticulturalist, Richard Hentschel, and 4-H Challenger members, an oak sapling was planted on Extension grounds in April. The state wide project contributes to better health and well being.



Because of the generosity of HCE members, the unsold games and puzzles from a fundraiser at the spring International Day were distributed to local rehab and nursing homes. A telephone survey found four facilities that welcomed several boxes and bags of puzzles that residents use in their leisure time. Plastic bag recovery continues monthly. Grocery type bags are given to an affiliate organization that crochets plastic yarn into pallets for the homeless. All other plastic bags are given to the Kiwanis of St. Charles for community projects. It is amazing the amount of plastic collected each month by units. Perhaps we can make a small dent in the environmental welfare of our state.

Looking forward on our calendars, Kane County will have a display table in the 4-H exhibit hall at the Kane County Fair in mid July, 13-17. We hope to stimulate interest in HCE. July 20th brings a cultural enrichment tour to Fabyan Museum in Geneva. Contact Joan for more information at 847-741-9021. August 17 is an all county and guest pot luck picnic with Bingo, photo booth, and just a day of fun and fellowship. Under the fun part will be fundraising and a membership drive starting with early enrollment. Contact Nancy for more information at 847-742-3828. We will see District 2 members in Sycamore for State district meetings.

Nancy Haire



Kankakee

The ladies of Kankakee have been busy with sewing, playing bingo and having game days open to the community to try to get new members. They held their Annual meeting in May with state president, Angela Hicks, doing Installation of officers. They also held a silent auction. The ladies are planning a picnic and Bingo day in July and a few are planning to work at the County Fair in August.

Lake

Hello from Lake County,

We are very glad to see the last of the cold temperatures go away and are enjoying the warm weather summer brings. Since the last newsletter, our members who attended the state Conference reported on their experiences, we awarded our county scholarship, conducted our annual business meeting, and held a special midsummer Cultural Enrichment event.

We had six members of LCAHCE attend the 2022 IAHCE Conference. They reported having a great time to those of us who could not make it.

April was a busy month. LCAHCE awards a scholarship to family members of HCE members and to members of 4-H. We have not had anyone apply for this since 2019. This year we were thrilled to have a 4-H member, Theo Raitzer, a senior in high school apply and be awarded this scholarship. He plans to use it while attending the University of Missouri, Kansas City.

On Friday, April 22, we held our Annual Business Meeting. We had all our units represented, which made us very happy. The Committee Chair is also our International Director, Jane Ellen Keroson. She used our country of study, Italy, to inspire the luncheon menu. We had a wonderful meal supplied by a local Italian restaurant.

Rita Overacker, IAHCE's District 2 Director, installed the 2022 Lake County Board. She is shown here installing our new Vice President, Barbara Rowland.



**"If you feel down yesterday,
stand up today!"**

- H.G. Wells

The 2022 LCAHCE Board left to right, are Jane Ellen Keroson (International Director), Ann Drevalas (Family and Community Issues), Pat Weitzmann (Cultural Enrichment Director), Sandy Henke (Treasurer), Candace Keegan (Secretary), Barbara Rowland (Vice President), and Angela Hicks (LCAHCE President & IAHCE President).

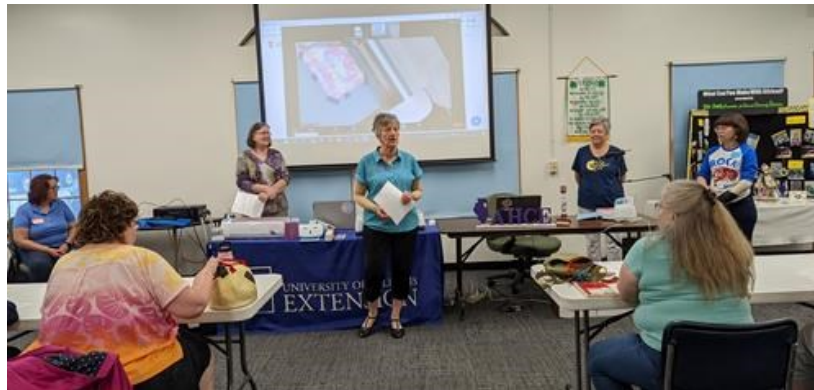


Our Cultural Enrichment Director, Pat Weitzmann, started thinking about a summertime event last December. This came to fruition on Saturday, June 25. The following account is in Pat’s own words. “Cricut® and Its Creative Possibilities was the theme for an educational presentation on June 25 by three of Lake County HCE’s accomplished Cricut users, Ann Drevalas, Angela Hicks, and Noël Henke. Ofelia Delgado, U of I Program Coordinator 4-H Youth Development in Lake County, provided online registration, focused publicity, and audio-visual support for the presentation. Pat Weitzmann, chairperson, and Sandy Henke were also on the Cricut presentation committee. Attendees included members from the general public, 4-H leaders, and LCAHCE members. Features, design, operation, and helpful tips for the small Cricut Joy and the larger, more versatile, Cricut Maker were presented. The presentation included “how-to’s” for various DIY projects from card, scrapbook and sign making to stickers, rub-on tattoos, engraving, jewelry making and the very popular heat transfer vinyl cut-out to put on a T-shirt. Various items the presenters made using the Cricut were on display. Angela Hicks and Noël Henke wore t-shirts with self-designed vinyl transfers. All the committee members wore the rub-on tattoos Noël made. The presentation was very interesting to the attendees because they asked for a 30 minute extension and if there would be future lessons on the Cricut.

The Cricut Presenters- Angela Hicks, Noël Henke, Ann Drevalas, Ofelia Delgado

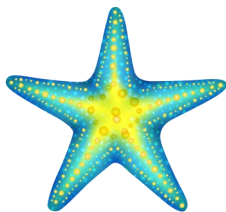


Pat Weitzmann Introduces the Cricut Experience



**Facing front Left to right:
Ofelia Delgado, Ann Drevalas, Pat Weitzmann, Angela Hicks, Noël Henke**

Stay well and be safe until next time.
Candace Keegan



“The best way to predict the future is to create it.”
- Peter Drucker

Livingston

Hello from Livingston County H.C.E. Board. We are wrapping the year up. It does not seem like it. My how time flies! Our 4-H fair is July 20-23, 2022. Our Units will be selling raffle tickets for baskets that they have made and Rada knives. We talked about Super Saturday and lessons for next year. The District 1 & 2 meetings is Aug. 9, 2022 in Sycamore. Our next meeting will be September 19, 2022. May all of you stay cool and enjoy the rest of your summer and see you this fall!

Lucille Wiechmann

McLean

Where is 2022 going? Summer and all its activities are going fast. McLean County units finished the program year learning about "Using Seed Catalogs for a Successful Garden" and "CSA: Community Supported Agriculture". In June units planned adventures to restaurants (even carpooling to a surprise restaurant), museums, games on the lawn, and shopping.

The Community Service Days made 150 fabric microwave bowls for the IFYE convention and started work on 1000 Christmas stockings for seniors and veterans. Members met for Read and Share of *Fifty Words for Rain* by Asha Lemmie and *In an Instant* by Suzanne Redfearn. Fundraising continues –Downs Farmers Markets plus the Old Rugged Barn bake sales.

Members and guests will have enjoyed the 104th Annual Meeting with a Cultural Enrichment and Fine Arts Show held at the Chateau July 12 – including lunch and socializing. "Inside Stories of Ewing Manor" by Toni Tucker, site manager, was the program highlight.

The popular Cultural Enrichment programs started off in April when 20 members and 2 guests enjoyed an Architectural tour at the Bloomington Center for Performing Arts with lunch in downtown Bloomington. The fun cultural enrichment in May attended by 13 was Container Herb Gardening led by Master Gardener Jane Smith. A spring trip finished off May when members and guests ate a Dutch treat dinner at Morton's Cracker Barrel and then attended the production "An Officer and a Gentleman" at the Peoria Civic Center. June saw lunch enjoyed at the LaTeaDa Tea Room in Clinton.

Family Issues/Community Outreach continues to collect for Fostering Dignity – backpacks filled with toothpaste, soap, facial tissue, shampoo, etc.

The Membership Tea was attended by 62 members and guests who enjoyed the presentation by Jean Howard of "Tea with Two Sisters Lavender", in LeRoy, IL.

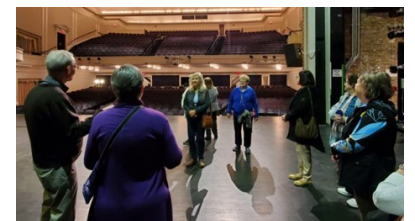
4 members plan to attend the 23rd Annual NVON Conference in Evansville, IN. July 25-27.

The McLean County Fair August 3-7 includes Young at Heart Day August 4, 8:30 – 11:30 a.m., being organized by HCE members. YAH includes entertainment, refreshments, door prizes and educational booths of organizations serving senior citizens, where a good time is had by all attendees. HCE members are many who bake for the August 6th 4-H Bakeoff sponsored by Timeless Clovers 4-H alums.

Officer Orientation for the coming year is held by the McLean County HCE Board August 23. Then we are off to an educational fun-filled year of programs. Italy will be studied after the interesting Canadian program this past year.

Save the Date: HCE Attic Treasures Sale will be Saturday, October 1 at the McLean County Fairgrounds in the Mini Expo Building. For current updated information and more details, visit our media sites- **Website: www.mcleanhce.org and LIKE our Facebook page at: McLean-County-Association-for-Home-and-Community-Education.**

See you in McLean County! Come Visit!
Barb Jurgens, McLean County PR Committee



Will

The *Will County HCE* has been busy.

Our Annual Meeting was held on May 10th. The meeting's theme reflected the state's motto for the year, "Aspire to Inspire." Rita Overacker, our District 2 Director, attended our event.

President Gail Shaw spoke about our task to inspire and encourage others, including ourselves. The table decor, consisting of various inspirational sayings, was intended to inspire our members to look to the future with a positive attitude.

Elaine Czajkoski, Community Outreach, reported that the Joliet Area Retired Teachers Association provided us with a check for \$300 to help supply St. Joseph's Closet. Elaine purchased children and adult tees, sweats, gloves, and hats for the areas homeless. Members also brought small toys, used as give-aways, for children visiting the Adventist St. Joseph's Hospital Emergency Room.

Tina Benson, CVH, announced Volunteer Hours awards that were presented at the Annual Conference in Effingham. Many members volunteer countless hours; however, she added, that it is not always the number of hours that is important. It may be a hardship for some to volunteer a few hours; but for others, just plain fun to volunteer many hours. So, everyone's hours are important regardless of the number.

Andrea Zoelle gave an interesting report about Italy, focusing in on the Vatican.

She and Gail and Andrea also spoke about their time at the Annual Conference, which they noted was always such a great experience.

Carolyn Yoemans, First VP, introduced our guest speaker, Grace Grzanek, who spoke about the need to grow and eat healthy plants. Grace also demonstrated growing plants in special containers.

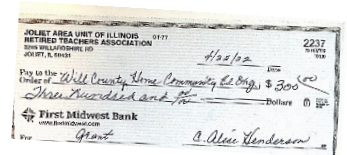
After the meeting, Premier Catering of Joliet served a delightful luncheon. To tie our meal to our focus country, Italy, Tony's Grocery Store donated cannoli for all the members.

Our next event is our Picnic/ Bunco party on July 12th from 11:30 -2 at the Will County Farm Bureau. Members will bring their own lunch and the WCHCE will provide drinks and dessert. Bunco will be played afterwards. Prizes consist of gift cards from area restaurants. The event is free, and members are encouraged to bring friends. We are hoping for a beautiful day.

Our wonderful Board Secretary, Delores Kratzenberg, resigned due to medical problems. We are sorry to see her go since she always did a marvelous job telling our organization's story to the Board and members. Luckily, another member stepped up. Mary Cheney has assumed Delores's place on the Board. We wish both well.

On August 9th, many of our Board members are planning to attend the District 2 Meeting. It is always a great way to learn about our organization and to meet with our counterparts.

Mary Barrett



"Don't follow your dreams,
chase them!"

-Unknown



DISTRICT 3 NEWS

DISTRICT 3 DIRECTOR — Karen Cahill

Happy summer! It's hard to believe that the year is more than half over already.

I've enjoyed visiting with many of you as I attend your annual meetings and install your officers. It's been an enjoyable learning experience. I've appreciated gaining new ideas to take back to my county in the process. You are a great group of ladies!

I hope many of you are planning to join us at the August 10 District 3 Workshop in Springfield. It will be a fun filled day. Please bring your ideas and suggestions as we will be having the officer breakout sessions this year. Hy-Vee will be catering lunch.

When you change officers, please be sure to send Cathy Eathington, state secretary, and me a list with phone numbers, addresses, and email addresses. It's important for us to have current information. You don't have to wait until the end of the year to submit the information.

I will have a new grandson by the time I see you in August. I hope you may have some good news to share then too.

"Love is like a butterfly: It goes where it pleases, and it pleases wherever it goes."

Champaign

It's Cherry Blossom Time!! Members on a beautiful spring day, April 14, gathered to see the Japanese Cherry Trees at the University of Illinois Japan House gardens. The cherry trees were in full bloom and beautiful. Fifty cherry trees were donated to the University's Japan House by a professor in Japan. Afterwards everyone went to lunch. One of our minor lessons was on the history of cherry trees in the United States and about the cherry trees at the Japan House gardens on the University campus.

On April 29th and 30th, we held our Annual Spring Craft and Plant Sale at the Farm Bureau Building. There were 18 vendors and 8 members were vendors and had beautiful handcrafted items for sale. We had many plants that sold along with a very successful bake sale with baked items made by our members for the event.

Some of our community projects have been Units participated in collecting the fronts of Christmas and greeting cards that were sent the St. Jude's Ranch in Boulder City, Nevada, for a special project. We are also making treats on special holidays for 42 residences at a local nursing home. We are still supporting three group house for Developmental Service Center (DSC) on holidays and residence birthdays. DSC is celebrating their 50 Anniversary in 2022. Members are collecting needed clothing for "The Family Room" a non-profit group whose mission is to support children in transition to temporary homes and in support of the fosters parents program. We donated monies from our entry fee at our Spring Craft and Plant sale to "The Family Room". May was National Foster Care Awareness month and members supported "The Family Room" fundraiser by purchasing food at local Panera locations which gave them 20% of the net sales. Also, the Mayview Unit is saving newspapers for the local Humane Society and meets to do a special folding of the newspapers for use in the kennels. The Mayview unit members also busy making two quilts to be sold at our November 4 & 5 Holiday Trees and Craft sale as a fundraiser for the unit.

On June 29th from 2-4 p.m., we held an ice cream social at the Porter Family Park in Champaign. It was a hot day but was blessed to have a breeze making the event comfortable and enjoyed by all attending. The group enjoyed discussing upcoming events and community projects our county supports. We welcomed several new members that were in attendance at the event.

The sewing group are still meeting to make weighted blankets for autistic children in Champaign County. A much needed and requested project for the county.

The Units are enjoying our Lessons for Living and the minor lessons at their meeting. One of the minor lesson gave the history of cherry trees in the United States and the history of the University cherry trees to support our April visit to see the cherry blossoms at the Japan House on campus. We have had lessons on the history of scissors and supported an Extension article on Fireflies (Lightning Bugs). Everyone remembers as a child collecting lightning bugs. Fireflies are definitely a good thing for our gardens.



Our monthly book club members have enjoyed meeting at different locations for breakfast or lunch for their discussion on the monthly book selection. One trip, the club went to Flesor's Candy Kitchen in Tuscola. The lunch room has a large bookcase for book exchange so member's enjoyed picking out books for their personal collection.

Most all our Units are meeting during the summer for lunch or special outings to places in the area. One unit had 15 members have a fun day with lunch at the LaTeaDa tea room in Clinton, IL. Some of the units are having picnics in local parks or Forest preserves and visiting local museums.

Our county is holding our own on the number of members for 2022. So far this year we have had 12 new members join HCE.

The next event the county is planning is our 104th Annual meeting on September 14, 2022 at the Champaign County Farm Bureau Auditorium, 801 N Country Fair Dr., Champaign. We WELCOME other counties and the public to attend. Please check out of website: www.champaigncountyhce.wordpress.com for details.

Carol Froeschl



Vising Japanese Cheery Blossoms at Japan House gardens on U of I campus in Urbana, IL



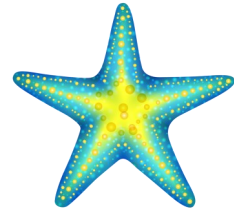
Making special treats for a local nursing home



Members rolling newspapers for the local Humane Society



Members visiting and supporting local museum in Rantoul, IL



“I have found that if you love life, it will love you back.”

-Arthur Rubinstein



DeWitt

We have been busy in DeWitt County the past few months. On April 19th we presented Wheel Chair Bags to the local nursing home for their residents. Our Cultural Enrichment Co-Leaders, Shirley Krall and Norma Reiman, have organized several sewing days for this ongoing project. We have been doing this for some time.

On May 17th we distributed packaged snack foods to all the First Responders in Clinton! Judie Knoth and Doris Dash, our Family and Community Issues Co-Leaders, organized this activity. In the near future we will be presenting goodies to all of the First Responders in DeWitt County! I have included a picture of Sonna Hoke and Norma Reiman presenting the snacks to the Sheriff's Department. They were very much appreciated by all the officers.

June 17th and 18th we had a fundraiser at our local Kirby Foods selling pork chop and ribeye sandwiches. It was a very successful fundraiser for us! Thanks to all the hard work and cooperation from our members!

We have been making more of an effort to put articles in our local paper in hopes of getting new members. A mention that Clinton's Apple and Pork festival will be the last full weekend of September and we may possibly be selling homemade small fruit breads at the Farmers Market at that time.

Edgar

We had our annual meeting on May 17. Nancy Harper, one of our members, had her piano students entertain us. They were of various ages, including an adult. Karen Cahill, our new District 3 Director, installed the officers. Mary Johnson, IAHCE 2nd Vice, was also present. The Board is now busy planning for the Food Stand that we operate for the 4-H Fair. This is our only fundraiser that we have. It takes a lot of cooperation for everyone.

Next on our agenda will be planning our fall activities.

Marge Houghland



Macon

We have been very busy at Macon County HCE. There have been many interesting lessons including "Salt and All Its Varieties", and "Wildflowers and Butterflies." Our members thoroughly enjoyed these programs and felt that they learned many valuable lessons. Members also enjoyed our Spring Meeting with a wonderful catered meal from Richland Culinary Department and Chef Tucker, the Chinese auction, a craft sale, and a very entertaining speaker, the "Clown Lady". The trip to Casey, Illinois, was great! We ate at a delicious restaurant in Moonshine, Illinois, then traveled on to Casey, Illinois. Karen Halicki had done an excellent job of providing maps and a list of all of the "big" things in Casey to see. The group then traveled on to Greenup, Illinois and the Cameo Vineyards. It was a fantastic day to be together! Karen Halicki and Sandy Severe presented a fun and entertaining lesson about "Day Trips in Illinois".

Future programs will be: "Food and Drug Interaction", "Five Flavors", and "Decorate for Christmas". Our big event for this summer will be our August 27th Craft and Membership drive. We will have many crafts that members and prospective members can choose to do. The fee for the crafts and a salad lunch will only be ten dollars. What a great deal!

International Day with Dewitt and Piatt will be September 21st. We are looking forward to this great event with our friends. We will have a catered lunch, movies, and speakers about Italy, our country of study.

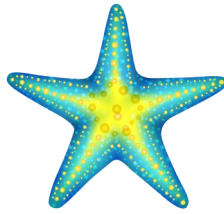
HCE week will be so interesting and so much fun! We will have programs about honey and its benefits, spice girls, recipes about using leftovers, the intermodal system in Decatur, comparing cookware and a program about leading ladies starring our very talented county board members.

We continue having our Pillowcase Sewing Days to benefit the families at the Ronald McDonald House in Springfield. We also continue to make the hearts for the neonatal unit at the Springfield hospital.

Linda Austin



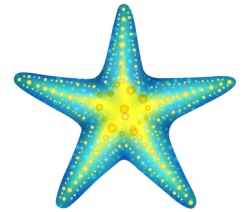
President Bonnie Lanham in front of the “Big” Horse in Casey, Illinois.



Casey’s Big Rocking Chair



Macon County at Cameo Vineyards in Greenup



Piatt

The Piatt County AHCE is moving right along.

On June 6, 2022, Piatt County AHCE hosted the Tri-County AHCE meeting at Cisco United Methodist Church. Twenty-one people were in attendance at this meeting. DeWitt, Macon, and Piatt County AHCE officers have gotten together every quarter to share ideas. We have decided to take this a step further with communicating the events and opportunities we have in each of our counties and inviting the other two counties to join us. We are hoping to enable our membership to cross county lines and attend not only our county events but also other events hosted by our two sister counties, Macon and DeWitt.



Josie Heck presented a beginning chair yoga class to an interested audience of senior citizens on June 14, 2022 at Tatman Village. All of the exercises that were presented for this beginner’s lesson were done while the ladies were sitting down.

The Piatt County AHCE is working to help our community: This sample of a Busy Bee Block was created by the Cerro Gordo unit and is to be used with Alzheimer patients at the Piatt County Nursing Home.

The Piatt County AHCE is participating in our local Farmers Market that is held on June 23, July 28, August 25, and September 22, 2022. We will be encouraging people to write out cards for our veterans, informing our local citizens about AHCE, and presenting and selling our crafts (especially our \$5.00 scrubbies). Miriam Seevers and Carol Drayton were the first AHCE members to man our booth at the local Farmer’s Market on June 23, 2022.

Hope to see you again in the fall as there will be more exciting events to report on!



Tazewell

Several offices on our county executive board remain open. We are very happy to welcome Judy McFarland who recently volunteered to fill the 4-H and Youth position. She has been a 4-H leader and the leader of our county 4-H federation for many years. We are so lucky to have her!

Several members in our county were able to enjoy and appreciate the quilt collection of Ken Burns at the Riverfront Museum in Peoria. These older, completely handmade quilts, spoke to us of the ingenuity and dedication of our quilters of the past who did not have our modern conveniences of today.

We are happy to learn that our 4-H fair will be returning as the fair we knew pre-Covid! Our ladies are busy making plans for the food stand that we have for the hungry 4-Hers and their families! We are looking forward to the "annual reunion" of 4-H families as well as our HCE ladies!

Darlene Curry



Vermilion

The Vermilion County HCE Women Walk the World picnic was held at Heron County Park on Tuesday May 10, 2022. Fourteen members and friends enjoyed good weather, good food, and a great visit. We haven't seen each other much in the last two years. Those attending: Jean Clark, Sherry Welken, Myra Greaser, Carol and Ken Davis, Ben and Eleanor White, Brenda Bell, JoAnne Gerard, Nancy Dolan, Debby Holycross, Linda Ingram, Diane Reddy, and Mary Stampini.

Information about ACWW's Pennies for Friendship and IAHCE's Friendship Project Funds was handed out. Fifteen dollars were collected for the two funds. The IAHCE International Committee chooses the projects they feel will benefit the women in Third World countries the most and tells the ACWW to use x number of dollars on those projects.

Come join us at our future events for a good time.

Members of Vermilion County HCE.



DISTRICT 4 NEWS

DISTRICT 4 DIRECTOR – Donna Richards

District 4, Hope you are having an outstanding, wonderful summer.

We had a great Mini Meeting Tuesday, June 21st. Thank you to those of you who weathered the heat and were able to attend. We had an enjoyable time of getting to know each other and sharing ideas on Membership, Fundraising, Public Relations, and International. Thank you to Bond and Fayette counties for everything they did to help make the meeting a success.

Our next District 4 Mini Meeting will be Tuesday, October 25 at 1:30 p.m. at the same place in Vandalia.

I have had the opportunity to visit a few of your counties and installed your officers. I really enjoy visiting the counties in District 4 where it seems I learn something new every time and had a chance to meet wonderful people. If we have not scheduled your county's annual meeting, please contact me at 618-554-1790 or email me at dsrichards001@hotmail.com.

I emailed June's IAHCE District Newsletter and the August 2022 District 4 & 5 Workshops Registration Form to the Counties Presidents. If you did not receive, contact me and I'll resend them to you.

Mark your calendars, August Workshops for District 4 & 5 will be Thursday, August 11th at St. John's Lutheran Church in Effingham.

Look forward to seeing you August 11th,
Donna Richards

Bond

We just had our 78th Bond County Annual Meeting. We had 15 members present. Our guest speakers were Angela Hicks, President of IAHCE, Barb Spencer and her husband. Barb portrayed Betsy Ross. We handed out three scholarships this year. Recipients were Dalton Knerrer, Dakota Kruep, and Walter Smith.

Patty Sutton

Clinton

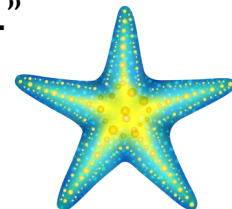
We have been busy planning upcoming events and going to the mini district meeting. Good to see everyone there. Our upcoming events include: planning our Annual Meeting and the Uncork the Holidays fundraiser. We judged 4-H projects and will help at the Women's building at the county fair. Our community project is making holiday receiving blankets for newborn babies born on that holiday. They are one-yard pieces of flannel and other side cotton and they include a label that says they are from "Clinton County Homemakers." Shown is our "firecracker" babies. We gave out six of these blankets.

Karen Voss



“Try not to become a man of success, but rather try to become a man of value.”

-Albert Einstein



Fayette

Homemaker of the Year:

Fayette County HCE held their annual meeting on June 23rd with good food, good conversation, officers elected, and awards given.

The long-awaited award for Homemaker of the Year was awarded to Carol Behrends of the Sefton HCE Unit. She has been a member for 8 years. Carol has a passion for the organization called Andy's Closet, a place organized by foster parents that collects items for foster kids. Foster Parents can come to Andy's Closet and get clothes and other items for the foster kids that are in need. Andy's Closet was organized in memory of a special little boy that passed away. Carol volunteers her time helping with the Helping Hands food pantry in Brownstown, IL, and helps deliver Meals on Wheels at times in her community. She is an excellent seamstress. Carol has made blankets, hats, and masks to donate to the local hospitals. She said her Aunt Elizabeth Kasten taught her, which Carol says was a wonderful mentor.

Celebration to be Proud of:

Fayette County HCE helped celebrate our oldest living member, Evelyn Probst's, 100th birthday. She is a 60-year member of Fayette County HCE and was also a member in Montgomery County. Evelyn is still the active President of the Bingham/Ramsey Unit. FCAHCE Board President Ashley Davis presented her with a 60-year certificate at her birthday celebration. Fayette County HCE used to hold a contest on making name tags that the members would wear for the county events. Evelyn always came up with some of the neatest looking name tags and most of the time her unit's name tag would win. Evelyn would write little skits for the county members perform at the different county events also. She has countless amounts of memories and pictures from over her 60 years as a member.

Donna Blair, the 1st Vice of the Bingham/Ramsey Unit is very close to Evelyn and has become great friends with her. Donna says she "feels very blessed to be a part of her life." Donna and Evelyn still talk about HCE activities, meetings, and lessons. Fayette County HCE is very blessed to have Evelyn as a member and we cherish our time with her.

Plastic Caps and Benches:

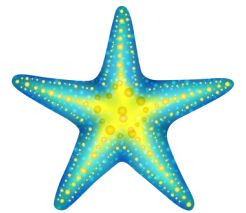
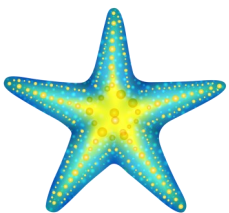
Sefton HCE Unit collected, sorted, and washed thousands of pounds of plastic caps for benches. The unit members worked days and hours on this project. The Unit was able to have 9 benches made.

It's all about the BEES:

On Thursday April 21, 2022 the FCAHCE held a county wide event opened to the public with Beekeepers Timothy J. and Anna Lindley who are the owners of Big T's Honeybee Farm. The presentation was complete with slides and tools they use for bee keeping. He told about the duties of each type of bee. If you find a swarm of bees somewhere they shouldn't be, like on a tree or post, or in your wall, please call a beekeeper. They will appreciate it and it will be a lot safer for you. After we were told the facts about how to safely take care of the bees and gather honey, we had a chance to sample their products and make a purchase. We depend on their pollinating plants for our food. We should plant flowers for theirs.

Upcoming Projects:

Fayette County HCE is in full swing of collecting items for the "Operation Goody Bags". Operation Goody Bag is a project that will give the senior citizens and homeless extra food and useful items to make life easier for them. Items that are in bags are a blanket, wash clothes, bar of soap, toothbrushes, toothpaste, denture cream, oatmeal, non-perishable items etc.



Macoupin

Greetings to all from Macoupin County! I truly hope all of you are having a great summer. Today as I write this, we are beginning several days of dry, scorching heat. I am trying to keep new shrubs, flowers, and the garden alive the best I can but nothing is a good substitute for rain. Just think in six months, we will be wishing for warmer temperatures and less rain. Today is a good day to sit inside, look out, and write this newsletter article.



I am so happy I have several things to send your way. First of all, the Mt. Olive Unit along with some contributions from other units were able to assemble and deliver 57 literacy bags to the South Macoupin Headstart students. They were so excited to receive them. Miss Barb said some of the children brought the bags back the next day to use as their backpacks.



I attended the July lesson titled The History of Ice Cream which was presented by Lisa Petersen, our Health and Wellness Coordinator. It was one of those fun lessons to attend. We were able to make homemade ice cream, and sample various types of frozen milk products. (Gelato, sorbet, sherbet)

On June 23rd, we were finally able to hold a county-wide event. Our 90th Annual County Meeting was held at the Cross Church in Carlinville. This was the first event held since pre-Covid. The event was very well received and the silent auction brought in a significant amount to help our budget. Everyone was excited to get out of the house and have some fun!

We were glad to welcome Mallory Mick of Gillespie, her mother Amy Gerdes, and her grandmother Cindy DeBoard of the Mt. Olive Unit to our meeting. Mallory is a two-time recipient of the IAHCE Educational Scholarship and a recipient of the Ruth B Sayre Scholarship. Mallory told about herself and what she plans for the future. Her goal is to become an optometrist. We wish her best wishes.



During our business meeting many ladies were recognized for their 50 plus membership in HCE. Many of these ladies have served on the board multiple times. They have a strong commitment to the organization.



Evelyn Stayton	Bird	67 years
Jean Ann Wills	Bird	57 years
Donna Little	Stitch&Stir	57 years
Cathern Best	Modelite	51 years
Mary Clark	Modelite	67 years
Phyllis Moffett	Modelite	59 years
Donna Bowman	Monday Niters	53 years
Gloria Donaldson	Monday Niters	56 years
Nancy Glenn	Monday Niters	56 years
Lois Killam	Monday Niters	61 years
Bev Leach	Monday Niters	59 years
Joyce Duelm	Mt. Olive	56 years
Phyllis Harms	Nilwood	55 years
Alice Kulenkamp	Town & Country	56 years

Our program was presented by the 2020 IAHCE Family of the Year, the Griffel Family of Gillespie. Many of you who attended the state conference in 2020 were able to hear their presentation. Dave and Mary Griffel along with their son Jonathan and granddaughters AnnaBelle and Madeline were present for the program.

The Griffel's powerpoint outlined the history of their farm. It also spoke of the ups and downs they have encountered living on a farm (several tornadoes). The presentation showed how their close family ties and values have made them stronger. They talked about how they are proud to give back to the community by helping others through volunteering, church, organizations, etc. Mary reflected back to when they encountered their first tornado, so many people stepped up and helped them in multiple ways. This has had a lasting effect on them to help others. They hope that through their work, they can inspire others to do the same.



Madison

Our summer started off with a bang as we had our annual meeting, new membership tea, and county trip all within weeks of each other in the month of May. Both the annual meeting and new membership tea went very well. We had around twenty-five new members at the tea. Our trip to Hannibal, Missouri also went very well. We had a perfect weather day and were able to enjoy all the museums and shopping that Hannibal has to offer before it rained on our bus trip home.

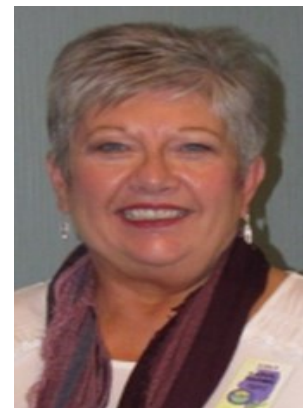
Our fall season is gearing up with just as many activities planned. We are having our second annual children's tea in early August and have added a new event to our calendar for late August, a fall craft day. Participants will make eight fall related crafts. For HCE Week, we will be having our International Night featuring Italy, an Italian themed craft night, and a walk for Alzheimer's. In September the Roxana Unit will be hosting a vendor fair and finally, in November, we will be wrapping up the year with our Christmas in November event.

DISTRICT 5 NEWS



DISTRICT 5 DIRECTOR – Carol Harms

It has been a very busy time since the March Conference! What a treat to attend county annual meetings again! I have been to Perry, Johnson, Hamilton, White, Williamson and Jackson counties, and I also ran down to Franklin County to drop off packets from Conference (They forced me to stay for lunch – lol!). I attended the State Board meeting in June at Three Pines (a beautiful Victorian house/B & B), and I led the District 5 mini-district meeting June 23, which was hosted by the Perry County HCE. I have logged over 1100 miles since Conference and am definitely ready for the gas prices to down.



The August District 4/5 Workshop is coming up quickly - Thursday, August 11 at St. John's Lutheran Church in Effingham. When your board meets in July, you will need to determine who will be attending. St. John's always provides a great setting for our meetings and Kirby Foods IGA is catering again. Last year, I was able to find out for myself just how great their food is! We will be having officer/director breakout sessions again; many of you said you want some time hearing updates for your board position. There will also be a short presentation on emergency preparedness as well as the announcements of next year's theme and the new international country of study.

Reminders:

1. Keep track of those volunteer hours, both for HCE and other volunteer opportunities.
 2. Make plans to attend the annual conference next year (2023 is our 99th year) and the following (2024 is our 100th).
- Attendance from District 5 counties was the lowest in the state this past year, and I really want to change that. Start putting aside some cash to help offset your county's expense.

Decluttering update: I have managed to declutter my closet, which was a big task. However, my warehouse/basement is still a work in progress. I do have big motivation now – we are moving to town so our son and his family can move onto the farm. It's exciting, but I have a lot of work to do!

Carol Harms

Jackson

Jackson County HCE continues to carry on. We check in with members to make sure they are healthy and being cared for. We plan traveling with friends and family over the Summer. So many things we want to get back to. We have plans for in person meetings and ways to inspire our members. We have picked up 3 new members these last months. We look forward to meeting them at lessons. We have had a lesson on Laughter presented by Robin Ridgley. It was sidesplitting and full of laughter. We are planning on a small appliance lesson in August. Many of us are good cooks and want to be able to use these new appliances we have. We have celebrated with our members at our Annual Meeting in June and look forward to having our international meeting in October when we celebrate IACHE Week. Our International Lesson on Italy will be inspiring. We have our guest speaker all lined up and will celebrate the Italian recipes of a member who passed away. We will re-create her dishes and pay tribute to her memory. The NVON Conference in July will be a must event for us in this area to attend. We have been to the Mini District meetings and enjoy the information there as well. At the last mini district meeting we had a lesson on Ticks and look alike medicine. We enjoyed both lessons. Summer is in full force. The weather has been warm and we all stay busy with our aspirations of what is normal for us. Life has changed and will continue to change. We will be there to meet the new challenge of that change. Pictured below is our JCHCE Board members, Dianna Freebern, Lyn Christy, Jean Conrod and Luann Ostrom as they attended the Mini District meeting with other District 5 Members.

Jean Conrod

Jefferson

In April we handed out our HCE scholarships for 2022, and the winners were Rylee Arnett, Mt. Vernon High School, and Caiylyn Wilkey, Bluford High School. Jacob Allen Sandy from Bluford High School was the winner of the Betsy Baird Scholarship. We began our annual flower sales; we will be giving the pollinators several more places to find nectar and pollen to feed on. The lesson in April was the "History of the Barn Quilt". It all got started by Donna Sue Groves of Adams County, Ohio. She had an idea to create a driving trail of barn quilt squares which sparked a grassroots phenomenon and a new form of American public art. The video goes on to tell her story and how she made this dream come true. It is very interesting story. And a great example of our theme, "Aspire to Inspire"

In May the flowers were ready to deliver. We held our lesson at the Flower Girls shop; they gave us a tour of their facility and gave tips on hanging baskets. U of I Program Coordinator, Christina Lueking, and her daughter, Callie, provided the lesson. Members took their flower orders home; we've had several reports on how beautifully the flowers are growing. The end of May we delivered a dinner meal for the residents of Lifeboat Alliance (a homeless shelter).

Our June lesson on Hummingbirds was very informative, giving us many ways to attract and feed them. Every month we continue to deliver Meals on Wheels and donate quilts to The Amy Center. Eight board members attended the District 5 Mini-Meeting on June 23rd in Pinckneyville.

JCHCE wishes you all a safe and wonderful summer.

Barb Shurtz PR

Silvana Morss



“Our greatest glory is not in never falling, but in rising every time we fall.”

-Confucius



Johnson

On Wednesday, March 23, at 11 a.m., twenty-four members of the Johnson County Home and Community Education (HCE) of the University of Illinois Extension met at the Fellowship Baptist Church in Vienna for their all-units meeting. The lesson topic was “Container and Flower Bed Gardening” presented by Master Gardener, Marie Emery, who was introduced by Kim Collins, President of the Ozark HCE Unit.

Marie provided a very informative presentation accompanied by handouts that had been prepared by former Master Gardener, Georgia George, of the Tunnel Hill Unit. Ideas were shared about choosing containers and plants, as well as the preparation and renovation of new and existing flower beds and borders. Following the program, a light lunch of chicken salad on croissants, chips, and beverages were served to those attending, along with delicious desserts prepared by unit members.

The Johnson County HCE welcomes new members to join their active organization. To learn more about HCE, contact board president, Natalie Doughery at ndbasket88@gmail.com or 314-803-4881.

Dixie Terry

Monroe

Monroe County was busy playing “Catch Up” once covid restrictions were lifted. Our very patient International Chair, Marlene Kolbe, waited three years to present programs, so she decided to celebrate all three countries at once – Uruguay, Canada and Italy. What a great time. From Uruguay we had a salsa dancing presentation and lesson. Then Marlene wrote and told an original story about the life of a French-Canadian woman who married a French trapper and moved to Prairie de Rocher, Illinois. Marlene was accompanied with a dulcimer played by costumed Laurene Taylor. Finally, an Italian chef presented a brief program on Italian cooking.

Decorations and food were great: A sampling from all three countries prepared by board members, and a special offering of pasta and potato gnocchi prepared by the Italian chef.

During “International Afternoon” Monroe County \$500 College Scholarship winners were introduced: Alex Patrick, grandson of Sandy Patrick and Caroline Keefe, granddaughter of Sharon Scherer.

Other activities: Community Outreach Chair Kathi Emery reported that 65 beautiful handmade Linus Blankets were delivered to Family Hospice in Belleville, which will then distribute these to local organizations.

Kathi also outlined our upcoming giving programs – “Summer Lunch Project” collecting food items for the Monroe County house of Neighborly Service. Last year, over 8000 lunches were served to youth in Waterloo, Columbia, Valmeyer, Hecker and Prairie du Rocher. Also planned – a kids book drive, seeking gently-used books for area infants and youths.



Perry

The Perry County HCE has been very busy! Holiday Ideas Day in November was a very well-attended gathering with nearly 300 items being donated to local food pantries. We made gift bags for local Veterans in nursing homes and hospitals. Quilting 101 was originally offered to youth but two adult classes taught several new HCE members how to quilt! Since the quilt raffle is a major fundraiser for our county, we are happy to invite new talent! Our Annual Meeting in March had a St. Patrick's Day theme. In April, our mission is to plant trees for Earth Day. Our units have been busy donating and planting trees all over Perry County: the hospital, Pyramid State Park, Manor at Mason Woods, the Community Center, Du Quoin State Fairgrounds, and many more. Our International Passport Party focused on Italy (and our county picks a state too – New Jersey). 4-H clubs and HCE units made table or interactive displays, we ate authentic cuisine and our speaker was from Italy. 50 members and friends are Finally getting to go on the long-planned HCE trip to the Ark Encounter in Kentucky in late April.



“With love and patience,
nothing is impossible.”

-Daisaku Ikeda

Randolph

There has been much action in our country. We did have a Cabin Fever event in February. Jane Chapman, past IAHC president, gave her lesson on biscuits. She served them with milk gravy and with a chocolate gravy. She also gave a presentation on preserving bees. Robin Ridgley, Extension Educator, did a session on "Penning Your Past." Journaling even has health benefits she pointed out. A soup and dessert luncheon was enjoyed by those in attendance.

We are happy to see that our Country Chairperson Janel Kassing is back with us after undergoing a serious surgery. We also keep informed about International from her, and Carol Harms gives us reports on state HCE news.

We were to help with a spin club learning how to quilt, but it was canceled. I was going to send a picture and now this is probably to late.

Jane Lucht



White

We have been looking forward to our August District Workshop in Effingham. Getting together with old friends and meeting new friends and members. April was our Annual Day, with a potluck lunch at noon. We were honored to have Carol Harms, our District 5 Director there to introduce our new Board Members for the 2022-23 year. We had a great crowd and was introduced to new members who are coming on board in this new year.

Our Fund Raiser for the month of June was a bake sale and raffle for our White County Cancer Cusade. Funds raised will be donated in Memory of Our beloved H.C.E. Member Mary Bingman, who we lost in May. She will always be remembered for smile, and forever friend to all.

Our Mini District meeting was held in Pinkneyville, IL. Three of our White County members attended. We heard a very interesting and much needed information on how to protect ourselves against Tick Bites and how to know the different kind of ticks.

Our first Lesson for the new year is Shingle-- What You Need To Know. Each year 1 million people get Shingles. What are the Symptoms of Shingles? This lesson will be our August Lesson.

Thanks to all volunteers who make our Communities better places to live.



Williamson

Williamson County Home & Community Education held their 2022 Annual Meeting and luncheon on May 10 at Andresen's Cafe in Johnston City. Guests and members were welcomed by President Judy Cox. Special Guest, District 5 Director Carol Harms, was introduced.

The theme this year is "Aspire to Inspire" and Carol Harms encouraged us to use this theme. A cake with butterflies and the theme made by Merrie of Dragonfly Specialty Cakes was enjoyed after lunch.

The business meeting followed with HCE president, Judy Cox, conducting the meeting. New members were recognized by Debbie Doneghue, a Memorial Service for Karen Williams, Maxine Emery, Alice Rix, Irene Rix, Sharon Savka, and Charlene Hillard was led by Oleta Massie. The Financial Budget and Projected Budget were reported by Debbie Doneghue. Ann Collins recognized public service projects completed by our HCE units with most being done by Crab Orchard Unit. Billie Mathis presented certificates recognizing 500 Volunteer Hours or more for 2021 reported by members. A special (IAHCE) Illinois Association for Home & Community Education Award was announced for Stella Farmer for making the most masks for public service use in Illinois.



Nominations are open for 2023 state offices

The IAHCE Nominating Committee is accepting nominations for the following offices on the State Board:

1st Vice President – a nominee for this office shall have served at least one full three-year term on the Board. Generally, this officer assists the president and assumes the duties and powers of the presidency should the president step down. Primarily, the 1st vice president is responsible for the education programs and works directly with the education directors. See page 5 of the By-Laws in the Guidebook for specific duties.

Treasurer – a nominee for this office must have extensive knowledge of bookkeeping and/or accounting. See page 6 of the By-Laws for specific information

Public Relations – a nominee for this position must be organized and computer savvy. This position requires use of Microsoft Word, Publisher, and or Adobe to create a newsletter three times each year, as well as Microsoft Excel to keep track of membership subscriptions. Having an email address for incoming newsletter articles is required. It is imperative to either have a separate email for IAHCE emails, or a special tab/folder that all IAHCE articles will go to so that county submissions will not get lost.

The PR director is also encouraged to create press releases, flyers, etc. for counties to use throughout the year for HCE Week, our annual conference, and district workshops. It is also helpful to post to the IAHCE Facebook page and take photos at events that can also be posted on social media or our website. The PR Director is also responsible for pre-conference materials and the conference program book.

CVH/Sales – a nominee for this position must be able to use Microsoft Word (for numerous reports and awards) and Excel (to keep accurate records of all members' volunteer hours). The CVH/Sales Director is responsible for researching, ordering, and selling IAHCE merchandise via mail order and at the annual conference (which requires a dependable vehicle and ability to lift heavy boxes).

All of these offices have three-year terms. Please think about yourself or other HCE members who would make good candidates and have them fill out an application. Application forms can be found on pages 67-69 in the Guidebook and must be sent to this year's Nominating Committee chair Carol Harms, 6679 Griggs Road, Red Bud, IL 62278 or scanned and emailed to Carol at charmsway@yahoo.com by **October 1**.

Important Dates to Remember

IAHCE WEEK

October 10th-14th, 2022

IAHCE ANNUAL CONFERENCE

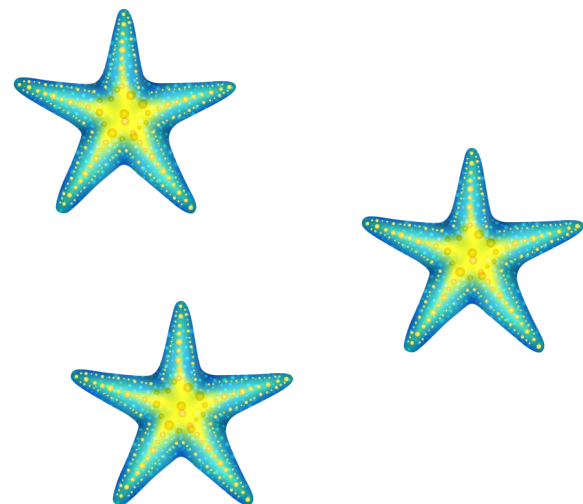
March 14th-16th, 2023- Thelma Keller Convention Center, Effingham

IAHCE DISTRICT WORKSHOPS

August 9th, 2022- District 1 and 2- United Methodist Church, Sycamore
August 10th, 2022– District 3– Southern View Chapel, Springfield
August 11th, 2022– District 4 and 5– St. Johns Lutheran Church, Effingham

CWC USA/ACWW USA AREA MEETING

September 19th-21st, 2022 - North Little Rock Riverfront Wyndham, North Little Rock, Arkansas



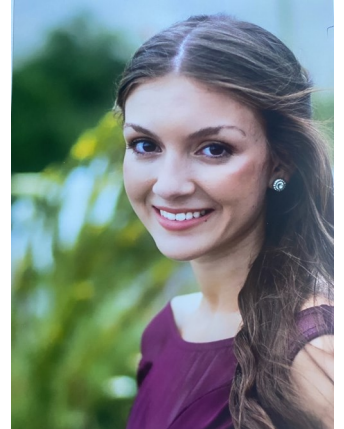
Scholarship Winners

This year there were 15 applicants for the IAHCE Scholarship. From this talented group only 4 scholarships can be awarded. What a tough job to choose the best of the best. Here are your 4 winners:



Kaylee Specer from Pike County graduated from Griggsville Perry High School. Her grandmother, Barbara Dunham, is a 50+ year member in Pike County. Kaylee will attend the University of Missouri in Columbia, Missouri to major in Animal Sciences. She hopes to one day be employed in a genetics company studying cattle genetics. She was a member of the National Honor Society, FFA, and her high school volleyball and softball teams. Good luck Kaylee!!

Caroline Keefe from Monroe County will attend the University of Notre Dame, Notre Dame, Indiana in the fall to major in neuroscience/pre health with a goal to become a Physician Assistant. As an Illinois State Scholar and Dance Team Captain, she ranked second in her class of 219 even with participation in many service projects and volunteer work. Her grandmother, Sharon Scherer, is a 40 year member of IAHCE. In her application she quoted "The best way to find yourself is to lose yourself in the service of others." Way to go Caroline!!



Lily Tanner, a graduate of Pinckneyville High School, plans to attend Baylor University in Waco, Texas in the fall to major in data science. Her plans are to become a data scientist in the sports technology field. Lily received a variety of awards including Student of the Year, 1st place ACES math winner, and All Conference Basketball. At Baylor she will participate in volunteer activities weekly. Lilly's grandmother is Jane Chapman, a 30 year IAHCE member in Perry County. Congratulations Lily!!

Claire Tate plans to attend Southern Illinois University in Edwardsville to major in biology/pre dentistry with the ambition to become an orthodontist. She graduated from Griggsville Perry High School and ranked first in her class. She is an Illinois State Scholar and played volleyball and basketball all 4 years of high school. Her grandmother, Lynn Curry, is a 45+ year member of IAHCE in Pike County. Best wishes at SIUE!!



So proud of all of our applicants, their accomplishments, and wishing them the best in their future endeavors!!

Janel Kassing, Scholarship Committee Chairperson

Eleanor Gregory, Donna Richards, and Karen Cahill, committee members

IAHCE SUPPORT FUND

What does “Support” mean? According to <https://www.merriam-webster.com> the word support has multiple meanings, a few of which are:

- to promote the interests or cause of
- assist; help
- to pay the cost of
- to provide a basis for the existence or subsistence of

The IAHCE Support Fund embraces these definitions and seeks to enhance HCE activities and events throughout the state.

Did you miss the June 1 for 2022? That is okay, you can be planning and hosting your event now and **submit an application at any time before next year’s due date of June 1, 2023.** You can even plan your event and submit the application based on a budget. The event does not have to be completed PRIOR to the application. If your application is selected to receive an award you will be required to submit receipts, present a display and write an article for The Chronicle before the award will be paid out.

Did you know that if you plan to present another program/project, you may complete a separate application?

Look for future articles listing previous projects to “Inspire” counties to build off of and create new, enthusiastic initiatives to promote HCE in your county and throughout the state.

Vincent Van Gogh said, “Great things are done by a series of small things brought together.”

I say, “We are as one. Let us create ideas, share ideas and prosper as a whole, while using the IAHCE Support Fund to continue to provide quality programming for our membership.”



During the June IAHCE Board meeting committees were formed for the planning of our 100th Celebration in 2024. A few of the committees are fundraising/sponsorships, invitations, displays (such as historical), share shops, speakers, entertainment and a few more (we don’t want to give all the details away!) If you are interested in joining a committee to help plan this centennial event please let Melissa Chitwood now by email at mchitwoo@illinois.edu

This is our state celebration and it would be wonderful for members all over the state to have a part in the planning process.

Also, donations in support of the 100th Anniversary Celebration may be mailed to:

Melissa Chitwood
IAHCE Treasurer
1408 East 2250 North Road
White Heath, IL 61884

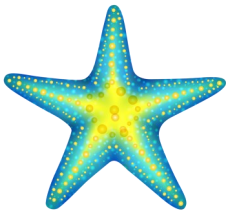
Please make check payable to IAHCE and note in the memo field 100th Anniversary.

COUNTY OF THE YEAR

In the last newsletter, there were some errors with the announcements of the county of the year. We are making a revised page recognizing the true winners of this award and we apologize for the previous mistake.

Congrats to the following counties!

The 2021 County of the Year for 75 and under Members was JoDavie, District 1



The 2021 County of the Year for 76 and over Members was McLean, District 2



OH THOSE YUMMY LEMONS

Lemons--we add them to our drinks, bake luscious cakes with them and ooo--eat them straight up. Who knows many facts about them besides that they are sour and are yellow. Let's try a lesson on them:



It is a citrus fruit, belonging to the genus Citrus fruit and are a hybrid of the sour orange and a citron. The name lemon may have originated in the Middle East from the Arabic "laymun", the Persian "limun" (generic terms for citrus fruit) or from the Italian "limone".

They are 10,000 to 100,000 times more acidic than water (5-6% acidic acid) with a PH of 2 and 2.60.

There are 2 types of lemons-acidic and sweet. Acidic lemons are grown commercially and sweet lemons are homegrown by gardeners. There are 4 common varieties-

Bears, Eureka, Lisbon and Meyer. Eureka is the more preferred because it bears fruit all year around.

Bears have a higher concentration of lemon oil in their skin and are more tart than the sweeter Meyer lemon. A

Meyer lemon is a cross between a lemon and a mandarin and is the most cold tolerant. It is also the most abundant and juiciest.

A lemon gives about 2 tablespoons of juice. If a recipe calls for the juice of 1 lemon, you can substitute 2 tablespoons of bottled juice instead.

The history of lemons is a mystery but they are thought to have first been found in southeast Asia in a region of northeast India. Others claim they are from northern Burma or China.

India is the largest producer in the world, growing 3 million tons/year. The top 5 lemon producing countries are India, China, Mexico, Argentina and Brazil.

Although lemons came to Europe during the Ancient Roman period (2nd century AD), they were widely cultivated in Genova, Italy in 1450 AD, leading to the introduction of different lemons produced in Italy-Genova, Lapithkioki and Meyer.

Christopher Columbus brought lemon seeds to the New World in 1493. Seeds reached neighboring continents and countries during the Spanish colonization in early 1500's.

A lemon tree can live up to 100 years with proper care and maintenance. Being a type of evergreen tree, their colors change with the temperatures, not because of ripeness. They can grow to be 10-20 feet high and have sharp thorns on their twigs. Leaves are oblong or long-ovate in shape, finely toothed and slender wings on the petioles (leaf stake). The leaves of a lemon tree can be used to make tea and in the preparation of cooked seafood and meats. Young lemon plants have reddish leaves, later becoming dark green. Flowering happens in spring, fruiting cycle in the summer and then the tree begins to turn green to yellow in the fall/winter.

Lemon flowers are mildly scented (the happiest smell in the world), fruit has a more profound citrus scent. Flowers have 4-5 petals. Their buds are reddish, in full bloom are white with a purplish color outside, and have yellow anthers.

- Fruit ripens 4-12 months after flowering and starts bearing fruit at 3-5 years old. A single tree can produce about 600 pounds of lemons annually. Trees are picked 6-10 times/year depending on the quality of the tree and its environment. Grown in warmer temperatures have better lemon production especially with correct care.
- Fruit has 8-9 segments and about 8 seeds. Limes and oranges can have up to 12 segments and grapefruit up to 14.
- The lemon's main fiber is pectin that can reduce blood sugar levels by slowing down the digestion of sugar and starch.
- Lemons are nature's best insect repellent. You can rub the lemon peel on your skin or surfaces at home or make a concentrated spray. Throw some lemon peels outside your front door to repel unwanted



pests.

- A lemon contains about 31 mg of vitamin C, about 51 % of your daily recommended vitamin C intake. It has about 30 calories, 1.1 g protein, about 89% water and 9.3 g carbohydrate, 2.5 g sugar, 2.8g fiber and .3g fat so the best fruit to help you lose weight.
- ½ cup of lemon juice/ day may help prevent kidney stones. The citric acid can increase the urine PH which creates an environment that deters the formation of the stones, small lumps formed when products build up in your kidneys.
- Lemons are packed with elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin thiamin, riboflavin, copper, iron, potassium, zinc, phosphorus and protein making them protect against many health problems like diabetes, high blood pressure, indigestion, infection and constipation. They also have cancer fighting properties. The flavonoids are antioxidant compounds, great for cancer prevention and recuperation.
- Lemon juice can destroy deadly bacteria that work against diphtheria, malaria, typhoid and cholera. A lemon's peel is effective at fighting against Parkinson's Disease. It contains the phytonutrient tangeretin, which is responsible for anti tumor activity, neuroprotective action and cholesterol reduction.

- The world's heaviest lemon weighed 11 lb. 9.7 oz. Aharon Shemoel grew this gigantic lemon on his farm in Kefar Zeitim in Israel. It measured 14 inches in height and 29 inches in circumference according to the Guinness World Records in 2013.
- Lemons are known for their cleaning properties. The lemon's acidity is antibacterial and antiseptic so it acts like a bleach. It can remove stains like rust and that chalky white substance on water fixtures. Lemon halves dipped in salt or baking powder can be used to brighten up copper and clean kitchenware. Placing a bowl of fresh lemons in the room will add decoration and an aroma that will relax you.
- Scurvy, the name for a vitamin C deficiency, leads to anemia, spontaneous bleeding, swelling, exhaustion, and poor wound healing. Scurvy was a rampant disease among miners during the Gold Rush in California in 1849 so they were willing to pay a lot for lemons. Therefore California produced tons of lemons and still do.
- When sailors were affected by scurvy and stuck on ships for months with no access to foods rich in vitamin C, their only treatment was lemons. Today, every British Navy sailor is required to drink an ounce of lemon juice a day. California and Arizona have favorable climates to produce 95% of lemons consumed in the US.

References

Lemons---<https://everyfactever.com/50-facts-about-lemons/>
<https://www.sciencekids.co.nz/sciencefacts/food/lemons.html>
<https://www.funtrivia.com/playquiz/quiz3428662740378.html>
 Johnson County HCE for some recipes

Candied Lemon Peel

This candied lemon peel recipe is a good way to use up lemon rind and goes well with coffee or dessert. It really does taste like candy, and you can use this method for any citrus fruit. If you use oranges you can add brandy, cloves, or other spices to the mixture. Chop it up and put it in cakes or cookies, or just eat it by itself.

Ingredients

Ingredient Checklist

- 3 lemons
- 8 cups cold water, or as needed
- 2 cups white sugar, or as needed

Cut lemons into slices about 1/4-inch thick and remove the fruit pulp. Cut the rings in half so the peels are

Bring water and lemon peels to a boil in a small pan. Drain water, and repeat with fresh cold water. Repeat the boiling step three times (see Editor's Note). Drain and set peels aside.

Combine 2 cups fresh water with 2 cups sugar. Bring to a boil, stirring to dissolve the sugar. Reduce heat to low and stir in citrus peels; simmer until the white pith is translucent. Store peels in syrup, refrigerated, to keep them soft, or allow them to dry. Toss dry candied peels in additional sugar and store in an airtight container at room temperature.

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