

ILLINOIS ASSOCIATION
FOR HOME AND COMMUNITY EDUCATION

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NEWSLETTER



UNMASKING THE POSSIBILITIES WITH IAHCE

Inside This Issue

Board Members	2
President's Letter	3
First/Second Vice President	4
Secretary/Treasurer	5
Education Reports	6-7
Special Reports	8-10
IAHCE Nominees	8
Your IAHCE Board at Work	10-11
Upcoming Dates	11
District Workshop Winners	11
District News	12-20
Insert/Conference Registration	
District News	21-37
ACWW Report	38
NVON Nomination Form	39



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CHECK OUT OUR WEBSITE
www.iahce.org

From the Desk of the President

What a great summer we had, weather-wise and IAFCE-wise. The NVON conference held in Belleville, IL this summer was a great success. Illinois received many compliments for hosting such a great conference.



Thank you so much for your attendance to the District Workshops in August. I looked forward to my first time to travel to all three District Workshops. The board met on Monday evening of that week to take care of some board business and to discuss the workshops. I was excited to be holding my first president's workshop in Mt. Vernon. I really appreciate your questions and participation in the president's workshops and the district meetings. I had a great three days. Well, maybe leaving Springfield on Wednesday was a little stressful. Once again while I am attending an IAFCE meeting in Springfield, a tornado is also nearby. You do remember the tornado at conference a few years ago, don't you? Thankfully, everyone made the trip north without any mishaps except it took us a little longer. One beautiful thing after the storm was a huge double rainbow as we neared our turn off to Sycamore. Again, thank you for being there and sharing your county events. I certainly enjoyed meeting all of you.

"Unmasking the Possibilities With IAFCE" will allow us to continue in 2010 to make IAFCE an even greater organization. Invite your friend or neighbor to a county activity or your unit meeting. We have a lot to share with others.

There are two exciting events coming up. The ACWW triennial conference in Hot Springs, AR in April, 21-28, 2010 and our IAFCE Annual Conference in Bloomington, IL in March, 23-25, 2010. I am so excited to be attending the Triennial after hearing the conference chairs discussing all the events planned. We will be wearing red top, white jacket and navy skirt/pants during the business meetings, of course, to represent the USA.

The IAFCE Annual Conference chairs and committees have planned a fun, exciting and informative two days at the Double Tree Hotel & Convention Center. You won't want to miss a minute of the conference. Please check the conference information in this newsletter or on the website right away.

We have just returned home from the October board meeting. It is a very busy time for all of us. The officers/directors are trying very hard to develop ideas to help you in your county and to plan the annual conference. You will see the results of their hard work at the officer share shop during conference and the conference itself.

Thank you so much for all you have done this year. Have a blessed Christmas season, safe travels and lots of fun and learning in your county activities.

Blessings to you and your family,

Marilyn Daughherty
IAFCE State President



EXECUTIVE BOARD



1st Vice President

NYMPHA WHITE

Mother Nature did a little change in our weather this year. As of now, we haven't experienced yet the Indian Summer but instead we had an early frost a few days ago. But anyway the sceneries still look beautiful with those lovely golden yellow and rusty red colors on trees, beans and corns. The farmers are trying to harvest their crops though the ground is too wet while the ballgames are on the roll.

As for us in HCE, now is the time for all our unit members to think about ideas and suggestions for our program year 2011-2012. It can be sent to me anytime now till February 1, 2010. From all this list of topics or suggestions you sent me or Susan Taylor of the University of Illinois Extension, we will vote for the topics which will be narrowed down to eight. So come to the conference if you want your vote to be counted.

It is good to know that most of you, my fellow First Vice Presidents, think that a list of county first vice is helpful in your communication or sharing ideas or programs with other counties. I'm so glad that I started it last year and I hope that you would help me in keeping the list up-to-date by giving me the name in case you have a new first vice in your county. Also, I have suggested before that it would be beneficial if all the units in your county should have a copy of the Gray Guidebook. I believe some got my word because I am getting some orders and I am happy to fill in their orders.

At the District Workshop there were some comments from some attendees that they don't know their duties and they want me to put in their packets a sheet describing their duties. Sure I can do that as I have done it before. However, if anyone is going off that position, please be kind and generous to your successor and pass on the list of duties and materials so she can perform her duties effectively and properly. Thank you.

There will be a new added feature at next year conference. A nice lady from Pike county sent me her suggestion that each county should bring their county program book and we will put them on a table for everyone to view. Exchanging program books can be done if anyone wishes to and so bring extra ones if you want to. Thanks Nancy for a

wonderful idea.

Just a kindly reminder to all county Education directors namely: Community Outreach, Cultural Enrichment, Family Issues, International, Public Relation and Certified Volunteer Hours (CVH).

Please send your President Awards applications directly to your respective State Director so as to facilitate faster receipt of your entry or entries.

To my dear colleagues in IAHCE Chorus, we need again your utmost and unwavering cooperation and, of course, your angelic voices for the conference next year. Once you read this newsletter, please send me your name with address, phone or email so I will be able to have the list instead of waiting till the day of the conference.

Ladies, thank you very much for your continued cooperation and support of our great organization and together we can have a successful and fruitful new HCE year.

Have a Blissful Thanksgiving, a Joyful Christmas and a Healthy, Prosperous and Peaceful New Year.

Nympha White

2ND VICE PRESIDENT

MARGARET DUNCAN



This will be my last column to all of you as your IAHCE Second Vice President. My term will end at the Annual Conference in March, 2010. I have had a great tenure as IAHCE Public Relations Director, and for the past three years as 2nd Vice. I leave the board with good memories - meeting all you nice folks at workshops and Annual Conferences. It has been my pleasure and honor to represent all of you, as I served on the IAHCE Board.

The District Workshops went rather well, I understand. I was able to be with the 2nd Vice President's class in Mt. Vernon - District 7. It was close to home. I asked District VII Director, Treasa Brookman, to fill in for me at Springfield and Sycamore. She graciously accepted the challenge, and did an admirable job!

Don't forget the theme of 2010 Annual Conference is "Unmasking the Possibilities with IAHCE" (Mardi Gras). We will host an impromptu "Umbrella Parade"

EXECUTIVE COMMITTEE REPORTS

at the Tuesday luncheon. Come on out with your "Mardi Gras" style decorated umbrellas!

In the last class of my 2nd Vice President's term, I will have some membership ideas that have come out of the Education Committee meeting in October. I hope that one, or more, of these ideas may be incorporated into your county. It seems that all organizations, including IAHCE, are losing members. Some members have died, others just don't seem to care that the organizations die because the members have 'been there - done that'. Let's strive to keep IAHCE strong, and the largest women's organization in the State of Illinois! Don't let IAHCE die out in your county.

Margaret Duncan

**SECRETARY
CAROLYN FISHER**



By now you have probably found the mistyped words in the instructional materials. The real words that spell-check ignored and I didn't catch while proofreading have been corrected.

Please note that the new e-mail address of our IAHCE Second Vice President, Margaret Duncan, is mad1236@verizon.net

In the past when I worked with major mailings, they have either been a flat rate or bulk rate. When I mailed the IAHCE June Board Meeting Minutes, which would not fit neatly into a business size envelope and needed to be weighed, I learned that a maximum of ten items were allowed per transaction. Because the post office was not busy at the time, the postal clerk processed all seventeen 9" X 12" envelopes at one time.

That prepared me for the Pre-Annual Conference Packet that I will be mailing for our IAHCE President to all the Illinois HCE County organizations. I took a 9" X 12" envelope, the first class postage rate sheets from the internet, and a document with number pages printed on 20 weight paper to the post office to estimate the weight of the mailing. The postal clerk weighed the envelope after each group of pages were added. The results were 88¢ for the envelope and three pages, with 17¢ more for up to five additional pages. This information is now listed on the internet rate sheets. Having been warned that extra pages

may be added to the packet, I left the post office with enough postage for an eighteen sheet mailing. When I send the packets, it will be necessary to verify the weight with only one envelope.

If you have sent me your current address list of county officers, your County President will be receiving that Pre-Annual Conference Packet.

Carolyn Fisher



**TREASURER
JANE CHAPMAN**

Would you believe that it is still very wet in Southern Illinois? I was reading what I wrote for the last newsletter and I mentioned that we were very wet but I feel

this time it is more serious than it was in July. Perry County is heavy on the farming and our farmers are really getting nervous about the wet conditions. I hope it soon dries a little and everyone can return or begin their harvests.

I have only a few things to remind everyone of in this edition. First and probably by the time you receive this, the deadline will be past but Pennies for Friendship are due to me by November 20, 2010. I am to forward them on by early December. Second, membership dues are to be postmarked and on their way to me by January 15, 2010, please send the completed transmittal form along with your payment! I want to thank everyone that attended the District workshops for allowing me to share time with you and I hope some of what I shared with you will be beneficial. I really enjoyed traveling over the state and meeting all of you. Don't forget I'm only a phone call away if you need some help!

I hope that you have a great holiday season and I look forward to seeing all of you at the Annual conference in March. And some words of wisdom from Maxine; remember that life is like a roll of toilet paper... the closer it gets to the end, the faster it goes.. so have fun, think 'good thoughts' only, learn to laugh at yourself, and Count your blessings!!!!

Jane Chapman

EDUCATION COMMITTEE REPORTS

COMMUNITY OUTREACH VI HUEBNER



Take a few minutes to plant a tree. Put your green thumb to work to help save the earth. Head to the nearest nursery and pick up a sapling for your yard. Trees reduce carbon dioxide in the atmosphere, so planting a tree helps protect the environment. As it grows, you will be reminded of how the smallest acts can make the biggest difference.

Continue to work on your Linus blankets this winter.

Currently, the IAHCCE Community Outreach Project is to collect articles for the soldiers.

Remember the NVON Project in Common for 2010-2011 is "Let's Take Off", and membership. Take off weight to avoid the problems associated with obesity and recognize ways to help combat the effects of obesity on the overall health of individuals.

Thanks for all the work you have been doing in your communities. Don't forget to send in your President's Award reports. They need to be to me by January 31, 2010.

Vi Huebner

FAMILY ISSUES LYNN KEARNEY

We have just returned from the October board meeting. My goldfinches are turning dark and the leaves are falling, not to mention the cooler temperatures. Your board was very busy; we are still working on updating the Gray Guidebook. When it is complete it can be put on the website.

The updates to Family Issues were given out at the District Workshops. The Great American Family application is due January 31, 2010 to coincide with the other application – for President's Awards. Verification of school is done by sending a copy of your transcript.

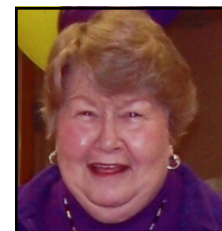


At the Annual Conference, I will announce the new topic, Ovarian Cancer. We will have a speaker from (NOCC) National Ovarian Cancer Coalition and learn the symptoms and the treatment for this very deadly cancer. If you are a Family Issues Director or just interested in this topic sign up for this class.

March is the end of my three year term; I will be going off the State board. During my term we studied: poverty, strokes, childhood obesity and ovarian cancer. I have enjoyed serving you and I hope I have bought something to you and your members.

Lynn Kearney

INTERNATIONAL RITA STEWART



I'm seeing some interesting information being shared with members in the county newsletters which I receive. It is great to see you researching for additional data beyond that found in the handout on our country of study. The events you are hosting for members and the public are worthy of acknowledgement also. I hope you are preparing to submit the stipend applications and gather materials, photos and news clippings you will need for the end of the year reports.

Just a reminder, this is the time of the year to gather all those pennies and green stuff and send them to the State Treasurer. Once she receives all the dollars, she will divide them for allocation to state funds as well as ACWW.

From what I have seen in your newsletters, I can see all of you are busy with your local HCE and I'm sure other activities for which you work. I have really been swamped this month of October, but I have begun to gather material and to start writing about Israel. This is an activity which must consume a lot more of my time because before I know it, it will be time to present it to all of you at the State Conference in March. I hope to see you all there in Bloomington.

Rita Stewart

EDUCATION COMMITTEE REPORTS

CULTURAL ENRICHMENT BARB SPENCER



My thanks to all of you for your warm welcome at the workshops. I appreciate each of you who attended my workshop and participated in the discussions.

There are three (3) dates to remember. Your President's Award report must be postmarked no later than January 31, 2010. However, you can send them anytime. Registration for Best of Show should be postmarked by March 1, 2010. If you are sending stories about 'Grandma's Words of Wisdom', please send them to me postmarked no later than January 5, 2010. I hope you have enjoyed our other little books. Each county that submits a story will receive a free booklet. All dates are later this year because Annual Conference is later.

Crafts and patterns have always been welcome at the District Workshops. I haven't asked for them for Conference because of the number of copies you would have to print.

I would appreciate it if some of you would be available to assist with the Best of Show in registering entries and helping to arrange the displays. I also need ladies who will have a craft for Make It and Take It.

We do take notice of any suggestions you make and try to implement them if possible. I have made a few changes and try to keep you informed through the lessons. In March, a new Cultural Enrichment Director will be installed and I'm sure you'll make her as welcome as I have been.

My phone line is open or my e-mail address is on the inside cover of this newsletter for any questions you may have.

Get ready, get set and let's go to Annual Conference. You are in store for a really good time!

Barb Spencer

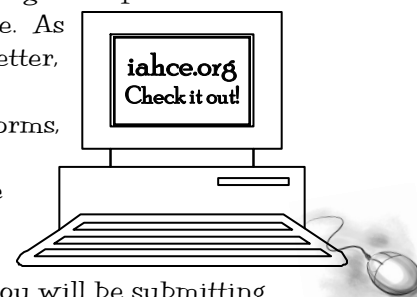
PUBLIC RELATIONS SHARON MIDDLETON



By now most of our leaves have fallen to the ground. What a great colorful fall we have had; a little wet but beautiful when the sun did shine.

My time as Newsletter Editor has been flying by. With the August Newsletter out to you then the Board of IAHCE readied themselves for the District Workshops. I hope my groups from the Districts liked the information I was passing on to you using the PowerPoint presentation. Most all of the information presented was printed in your packets. Please be sure to use this information and, when a new Public Relations Director is installed, pass this onto them.

I also have been busy trying to keep our website (www.iache.org) up to date. As soon as I finish this newsletter, the Annual Conference information, registration forms, etc. will also be on it. We have added several of the pages from the Grey Guidebook - those that are used for the awards you will be submitting before January 31, 2010. As the Board checks and updates the Guidebook, more of it will be added until it is all online. Take a moment and check it out.



Our upcoming Annual Conference in Bloomington will be here before you know it. With the theme of "Unmasking the Possibilities With IAHCE", using the decorations of Mardi Gras, we will have a wonderful and exciting time of sharing, learning and meeting old and new friends. Lynn and I will be there to "Welcome" you as you arrive.

As your State Public Relations Director, I do hope you had a great "HCE Week" and used those events to publicize our organization. The more you can get your name out and what all you do in your counties, the more chances you will have to gain new members. Continue all you have been doing and we will see you in March!

Happy Holidays!

Sharon Middleton

SPECIAL REPORTS

NOMINATING COMMITTEE

On October 4, 2009, the Nominating Committee met with five applicants for the IAHCE State Board. Their names will be placed on the ballot for election at the 2010 Annual Conference Business Meeting. These applicants are listed as follows:

Sandra Bechtold of Jersey County applied for the position of *Second Vice President*. She has been an IAHCE member for 15 years and has held different offices in her unit, as well as County President and County First Vice President. She was State District Director for District 6 for 5 years. Sandy also served as 2008 Annual IAHCE Conference Co-Chairman and 2009 IAHCE Conference Chairman. She has held offices in many other organizations and has met the qualifications for the position of Second Vice President and her name will be placed on the ballot.



Kay Brinkley of Edgar County applied for the position of *Cultural Enrichment Director*. She is an 8 year member of IAHCE and has served as Cultural Enrichment Director and President of her unit and County Cultural Enrichment Director. Kay has worked in nursing for 30 years and is now retired. She has held other offices outside IAHCE and has met the qualifications for the position of Cultural Enrichment Director and her name will be placed on the ballot.

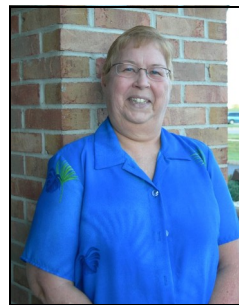
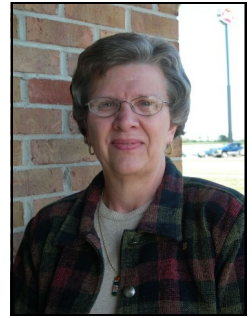


Gloria Reel of Hamilton County applied for the position of *Cultural Enrichment Director*. She is a 7 year member of IAHCE and is at present the Treasurer on the Hamilton County Board. Gloria has worked as a Sales Representative and Sales Manager in Agricultural related businesses and has met the qualifications for this position and her name will be placed on the ballot.



NOMINATING COMMITTEE

Norma Korte of Massac County applied for the position of *Family Issues Director*. She is a 38 year member of IAHCE and has served as First Vice President, President and Council Representative of her unit. Norma has also served as Treasurer, Secretary, First Vice President and President of her County Board and has worked with 4-H for 30 years, held many offices in her church and has been Captain of the Relay for Life Team. She has met the qualifications for the position of Family Issues Director and her name will be placed on the ballot.



Nancy Remmers of Piatt County applied for the position of *Family Issues Director*. She is a 25 year member of IAHCE and has served as Secretary and Treasurer of her unit, as Secretary and President of her County and as Community Outreach Director and Secretary of the IAHCE Board. Nancy also holds the office of Secretary for CWC and Community Economic Development. She has met the qualifications for this position and her name will be placed on the ballot.

Nominations will also be taken from the floor for any of these positions. ***The person who is being nominated must submit an application to the Nominating Committee 24 hours before the business meeting.***

Barbara Spencer, Chairman Nominating Committee
Tresa Brookman
Alice Grooms
Mary Lea Prentice
Jane Wood



SPECIAL REPORTS

IAHCE Extension Liaison

Now that your units are full of many fun activities, International Days, Craft days and trips, remember to discuss future topics for HCE lessons. Now until early February, send your suggestions to Nympha White at 600 Myrtle Avenue, Grand Ridge, IL 61325 or nym1019@yahoo.com and/or Susan Taylor - setaylor@illinois.edu so we can compile the suggested lists.

New lessons that were selected 18 months ago (March 2008) are coming to you now.

Update on the Extension budget -

County Board Match.....\$12,160,000 - 84% of requested
 Youth Educator..... 1,713,900 - 89% of requested
 Cook County..... 4,736,400 - 86% of requested

There were several agencies that were given Zero budgets - so we need to feel pleased. THANKS to all of your hard work, letters, phone calls, visits, post cards, emails, faxes, and "stick to it" attitudes, we were able to prevail.

Additionally.....the '09 County Board Match money is a reality!!!!!! We are hopeful that additional payments will be received for Youth Educator and Cook County. Remember when your legislators in your district invite them to one of your events and say thank you.

Changing Roles -

We have a new interim Associate Dean, Extension & Outreach - Dr. Robert Hoeft. There is a new interim Dean, Dr. Robert (Bob) J. Hauser, Interim Dean of ACES - Agricultural, Consumer and Environmental Sciences. And Dr. Dennis Campion, is Interim Assoc. Dean for Public and Corporate Relations. The former Dean - Dr. Robert Easter is Interim Provost and Vice Chancellor for Academic Affairs for the University.

During the August District Workshops, I shared with all who attended these words of wisdom. **What does Smiles, Grapes and \$20.25 have to do with HCE and new members?** Think back to when you joined a group - did the person who asked you have a smile or frown? Smiles win more members - so remember to wear your smile when you are asking if someone is interested in HCE.

G.R.A.P.E.S. stands for Growth, Recognition, Achievement, Participation, Enjoyment and Smiles. Every group needs to *grow* either through members, activities, knowledge and help for the community. *Recognition* is important in your community and county - whether it's a parade, sponsor an event at the library, or other events. *Achievement* - what are your HCE unit goals - to make three Linus Project blankets, work at the food pantry, provide lessons to individuals that need help - you can name your goals. *Participation* - take lessons, attend meetings, serve on the county board, and provide help to others. *Enjoyment* - through your friendship, socializing meeting others in the county and district and state - Remember the next food lesson to invite someone to come. *Smiles* - remember to smile and it will make the task at hand go faster.

The hourly wage is \$20.25 for VCH - Volunteer Community Hours - Many of you provide lots of volunteer time to your group, and your community in many different roles. If you keep track of this information, it can benefit your county office, the state organization, Extension. Legislators like to know how many volunteer hours have been performed in their legislative districts.

So now you know how Smiles, GRAPES and \$20.25 can help to recruit new members for HCE.

Susan Taylor, IAHCE Extension Liaison

CERTIFIED VOLUNTEER HOURS

Just a reminder to all members...you need to have your volunteer hours to your chairman of your county in December, so that she, in turn, can mail them to the State CVH, Alice Grooms, by January 31, 2010. All these ways you are contributing to your communities. Put down your hours and turn them in to your county chairman.



SPECIAL REPORTS

NVON CONFERENCE

I was one of 73 Illinois HCE members who attended the NVON Conference. The first for me and two of my fellow county members. It was such a great time to visit not just with other members of the Illinois group but from the other states that are members of NVON. The first night was Illinois Night where we welcomed all of the other states with centerpieces made of an ear of corn with wheat standing tall in the center of a tray with soy beans spread on it, sunflowers added more color. These were designed by Pat Rod as pictured.

President Ruth Ann Anderson presented each of the eight (8) states at the beginning of the annual meeting.

Kathryn McNeely of McLean County was the chairman and the co-chair was Peggy Ostemeier of Sangamon County. They did a wonderful job and we all thank them for representing the state of Illinois.



There were many lessons that

gave everyone wonderful information, there were several vendors that had great products. One or two had hats for sale. Lucille Michels couldn't resist trying this one on in a pea green color. I think it suits her, don't you?



The grounds at Our Lady of the Snows near Belleville were beautiful and quiet. I believe everyone had a tremendous time during our stay there and during the conference.

Here is the NVON Board.



YOUR IAHCCE BOARD AT WORK

Here are a few highlights of the State IAHCCE Board meeting October 4-7, 2009 held in Tuscola.

Since we had our walk-through of the Annual Conference in June, we were free to meet elsewhere in October. Tuscola provided the Tanagers Outlet Mall and some good old fashioned Amish cooking. The outlet mall coupon book provided us with some extra savings. We were able to use the coupon for our motel and two of our meals.

Think green, purple and gold for Annual Conference theme "Unmasking the Possibilities With IAHCCE" with Mardi Gras decorations. Annual Conference Registration will be in this newsletter and on the website at www.iahcce.org

Awards night has been revised to make things go smoother and quicker and the Silent Auction will be more efficient too.

We discussed ways to make the Business Meeting run smoother and shorter. There will be time limits for speeches.

Delegates will have a new way to register. Please send in your delegate form to Carolyn Fisher as soon as you know who your voters will be. Delegate ribbons will be put into your registration envelopes. If a form is not received, the two highest ranking members from your county will receive delegate ribbons. Come early for the Business Meeting Wednesday morning. Delegates will register in the back of the room. You must be wearing a delegate ribbon to receive your voting card.

The new "County of the Year" form will be mailed to each county President in the December packet. Please look for it and mail it to the State President, Marilyn Daughhettee by January 31, 2010. There will no longer be a Membership award and the winner of the County of the Year will be determined at the IAHCCE Board Meeting two days preceding the Annual Conference. No prior notice will be given - everyone will learn together who be the County of the Year.

Each county will receive a certificate for the number of new members, such as 1-10, 11-20 etc. There will be an award for the highest percentage of net gain in membership.

YOUR IAHCE BOARD AT WORK

There will be a form for the President of the county to complete and return to the State President, Marilyn Daughetee by January 31, 2010 providing information as to what has been accomplished in your county.

If you care to participate, bring your loose change (or paper) to our meals for the following:

- The 50/50 Tickets will be sold during Tuesday Lunch
- Tuesday Dinner - Pennies for Friendship
- ACWW Triennial collection will be during Wednesday's Lunch. The United States is hosting the conference in Hot Springs, Arkansas, April 2010
- The IAHCE Annual Conference fundraiser - A jewelry donation, will be during the Wednesday Banquet.

A Photo-Op will be available again this year for photos that can be used for publication when you return home to promote HCE.

An IAHCE historical table was discussed to have at Conference.

As we have multiple candidates for two positions, ballots will be passed out by the Ushers and Tellers. You will also want to vote on the proposed By-Laws and Standing Rules changes.

There are several members attending the ACWW Conference in April, 2010. ACWW announced International projects that were selected and they will be on the website www.iahce.org for your information.

Before the meeting was adjourned on Wednesday, we divided up paper and folders that were bought in bulk to save on cost.

Another board meeting winds down. Much information and work was done by your board members during this meeting. This is just a brief synopsis of what we did.



UPCOMING DATES

2010 IAHCE Workshops

District 1 & 2/3 August 17
TBA

District 4 & 5 August 18
TBA

District 6 & 7 August 19
Holiday Inn, Mt. Vernon

2010 IAHCE ANNUAL CONFERENCE

March 23-25, 2010 at the DoubleTree in Bloomington
Registration forms included in this issue and online at www.iahce.org

NVON (National Volunteers Outreach Network)
April 20, 2010 - Hot Springs, Ark.

ACWW

April 21-28, 2010 - Hot Springs, Ark.

NEWSLETTER DEADLINE - April 1, 2010

DISTRICT WORKSHOP WINNERS

During the District Workshop, winners were chosen in each District for two winners of a \$50 scholarship to Conference and a year subscription to the State Newsletter.

District 1 -

Scholarships - Peg Chambers - Warren Co.

Mildred Siedenburg - Carroll Co.

Newsletter Sub. - Shirley Burgess - Lee Co.

Carole Thorman - Rock Island Co.

District 2/3 -

Scholarships - Donna Svehia - Du Page Co.

Eleanor Bossert - Livingston Co.

Newsletter Sub. - Elaine Bond - Kane Co.

Anita Masters - Du Page Co.

District 4 -

Scholarships - Susan Cox - Pike Co.

Jeanne Howard - Pike Co.

Newsletter Sub. - Sherry Wendorff - Pike Co.

June Trone - Morgan Co.

District 5 -

Scholarships - Sharon Ryan - DeWitt Co.

Jeanne Lee - Christian Co.

Newsletter Sub. - Eileen Miller - Champaign Co.

Margaret Newberry - Prairie

District 6 -

Scholarships - Elaine Todd

Toni Blandford

Newsletter Sub. - Julie Heberer - St. Clair

Maureen Betts - Madison

District 7 -

Scholarships - Geraldine Barker - Hamilton Co.

Teresa Althoff - Pulaski/Alexander

Newsletter Sub. - Frances Milam - Perry Co.

Shirley Wagner - Washington

DISTRICT NEWS

DISTRICT 1 MARILYN DE VRIES

This is Fall already. Old man winter is on his way. I have been to many of the counties in my district. Thank you for all your smiling faces.



It is to freeze next week and I have many things to get ready before that happens.

I'm looking forward to Conference. It is March 23-25, 2010 in Bloomington. We will have many workshops, food and tours.

Look for the County of the Year form in the President's packet sent to County Presidents in December. It's new this year.

Marilyn De Vries

HENDERSON.....

Did you ever experience such a cold and wet summer!! Seems like we were mowing lawns and weeding constantly.

H.C.E. members did their share of volunteering at the Henderson County fair assisting judges, hosting buildings and etc. Many H.C.E. members took part in the "Relay for Life" in July; we are a sponsor of the event.

The International Program on Belgium, held at Monmouth on September 3rd was enjoyed by Henderson County H.C.E. members. Our International Representative, Lois Campbell did her share of working preparing for the event. We also made cakes that were served to those attending.

Our yearly bake sale, held at Weir's Fruit Farm during Heritage Trail Days was a huge success. Kathy Flatt was the lucky person to win our quilt. Proceeds from this event will help pay for our various community projects each year.

H.C.E. members helped at Farm Safety Days, September 30 and October 1st for 5th and 7th graders.

Our new community outreach program this year is to collect small suitcases or bags, afghans and blankets, small stuffed animals for the children who must leave their homes and go to "foster care" for a short time.

We will also be buying books for West Central Schools Library.

Beverlye Alecock
Public Relations

KNOX.....

The Knox County KCAHCE has been busy! We usually have a Cultural Arts lesson the same day as the lesson given for the Unit Leaders. First Vice President, Peggy Long, fixes lunch so a fun day is enjoyed by all. Recent Cultural Arts lessons include Flower Pounding, Ladder Necklaces and Linus Blankets. The blankets will be given to charity.

KCAHCE Board hosted a "Get Acquainted Tea" at the Agri-Center October 19, 2009. Approximately 50 members and guests attended. The Tea was intended to interest guests in HCE. The tables were set with lace tablecloths, china and teapots as centerpieces. Sandwiches, cookies, scones and two flavors of tea were served. A lady who had lived in England several years ago spoke on England and had several artifacts on display. A crocheted doily with KCAHCE in the center was given as the door prize. The doily was made by member Dorene Erickson and won by a long time member.

There will be a Cookie Walk at the Anderson State Bank in Oneida, November 27, 2009 and at the Wataga Fire Station, November 27-29, 2009. Toys for Knox County Kids will be collected. Scarves, caps and mittens will also be collected to be donated to an area school.

Plans are underway for Class Day to be held at Carl Sandburg College, February 2, 2010. Get your reservations soon!

Pat Waymoth
Public Relations



DISTRICT NEWS

ROCK ISLAND.....

Our new year began with a trumpet, a New Orleans trumpet, at the District I Workshop on August 20th. All of our attending members agreed that it was one of the best we've attended. We were motivated, we were inspired, and we were challenged. The meeting took on the atmosphere of Mardi Gras (imagine that) and yes, we had a great time! It looks like the Annual Conference will be a doozy. The Big EZ excitement we felt was contagious and we passed it along to our members at our Leadership meeting the next week.

Cultural Enrichment Director, Lucille Michels jazzed up September with a Veteran's Comforter Tying Day on September 15th. This is always a time for camaraderie and fun. Again this year, our members attended the Veteran's Stand Down Days. In addition to donating clothing and sundry items, they helped distribute approximately 90 comforters made by HCE members to homeless Veterans.

On September 26th we hosted our annual Cultural Enrichment Awareness Day and Welcome Tea. Members and guests enjoyed a large and varied display of our Heritage Skills while they munched on light appetizers. The program, "Miniature Quilts" featured quilter Debbie Somogyi. Debbie shared with us her passion for the tiny quilts as well as for the larger wall hangings. The photograph shows her with one of her favorites. Our two Lessons for Living ("Going Green Cutting Energy Costs" and "Pie Making") followed the program and were very informative.



Our October calendar included our HCE Week celebration. The Proclamation signed by Governor Quinn was displayed during the Potluck "Feelin' Fit, Feelin' Fine" which was held on October 10th. Three Lessons for Living - "Scrapbooking for the Holidays", "Yummy Gifts-Candy Making", and "Gorgeous Gourds" followed the potluck and were well attended.

Two more oil painting classes and a Quilted Runner class were held in October and November. These classes are very popular and always filled. Many

members are currently working on Christmas Stockings and baby comforters for local women's shelters.

Our Annual Playcrafters Fundraiser-Hors d'oeuvres Party will take place on November 5th at the Playcrafters Barn Theater. The production this year is "Papa's Angels". This heartwarming story of a family living in 1935 North Carolina exemplifies the true meaning of the holidays.

I hope all of you are as anxious as I am for this Holiday Season to arrive with its simple but wondrous joys. In my family that would be the new addition to our family, Landon Jon, 4 lbs 6 oz. Mom and Dad have been waiting for him for a long time.

This is wishing you Joy this Holiday Season and may a Dixieland beat lighten your burdens.

Brenda Wells
Public Relation



DISTRICT 2/3

JEAN PIERONI

Hello Ladies and Welcome to Fall!

I know that fall is on the way when I see the red of the Sumac. Then our Maples start turning gold and there's glorious orange pumpkins and Indian corn at the Farmer's Market. There's also deep purple egg plants, and red and green peppers. What a gorgeous time of year the fall is!

These cool days with frost in the air is also a great time to get out those soup and chili recipes. There's nothing better on a cold day but to come in the house and smell something bubbling on the stove or in the crock pot.

Your state officers have just completed their board meeting in Tuscola. It was three full days of hard work, fun and laughter. Plans are moving along for Annual Conference in March. You'll be reading and hearing more soon. Get your reservations in as soon as possible - this will be one of the best!

Jean Pieroni

DISTRICT NEWS

GRUNDY.....

Summer is gone and Fall is flying by but the members of GCAHCE are still on the move. We do have some very creative and hard working members. A little old business but must get recognized is that Ginny Bellamy was responsible for getting a new button made with the GCAHCE logo on them. Yvonne Canik designed the logo. They are great to have. Pat Buchholtz worked many hours printing and editing our 70th Anniversary Cookbook formed from recipes submitted from our members. She did a wonderful job.

U of I Grundy County Office of Extension had a fundraising silent auction and Pork Chop BBQ. HCE helped in the serving of food, baking of goodies and supporting the function of HCE locally. The turn out was a great success.

Yvonne Canik has spear headed a project which has a great cause. She and other members of HCE have been working on providing foster children with a bag of goodies such as toothbrushes, toothpaste, pens, crayons, journals, paper, backpacks, and other needed things that are sometimes overlooked when a child goes into a foster home. Grundy County HCE is collecting cell phones, ink cartridges, and aluminum cans to recycle as a way to pay for some of these supplies. Yvonne also applied and received a grant from IAHCCE to help support this project. Our local newspaper had a great story and photos of our project which in part supplied donations to continue the ongoing project.

In July we all enjoyed the 4-H Pork chop dinner and pork burger sandwiches, baked beans, which I think we stirred for four hours before we served them along with the rest of the meal. We also make homemade pies and other goodies for the 4-H food cafeteria for remainder of the fair.

August was our District Workshop in Sycamore IL. Nine positions were in attendance which was great. We had a very nice lunch, enjoyed the meeting and learning about some of our county office responsibilities. Also this month, we judged 4-H books for scholarship applications for the 4-H Federation. Three scholarships were given. We also supplied judges for the 4-H windows that are on display in our downtown businesses. They were all very good, it was hard to choose.

HCE week was celebrated by getting together with the public, members and friends to socialize and make Trellis necklaces. Everyone enjoyed creating a necklace for themselves or for someone else.

We continues working through the winter months going to local adult assisted living and developmentally disabled adults homes to play bingo and other games, supply some prizes and treats. All in good fun. Hope everyone had a Happy Thanksgiving and Merry Christmas to all.

Brenda Acker
Public Relations

KANE.....

The membership of Kane County Association for Home and Community Education approved its new Constitution and Bylaws at the Aug. 26 Open House.

Carpooling members attended *Opera in Focus* at the Rolling Meadows Park District Theater on Saturday, Oct. 3. They could *not* stop raving about the fantastic entertainment. Puppeteers used tracks below stage rather than strings from above to control tall puppets. With tickets priced at \$11 for senior adults and local eateries offering \$5.95 meals, our Cultural Enrichment Director, Kay Muehling, calls it a "must see for a return engagement."

Grace Bliss Unit is gathering supplies for the 2010 program by Kids Count-Because. Thousands of Aurora elementary students and many senior citizens receive gift baskets for the upcoming Easter holiday. (A wrong unit was referenced in the May IAHCCE issue.)

Grace Bliss and Kennedy Units made 105 small bags, 84 large bags, 200 bibs, 18 pillowcases and 12 simple cloth dolls to deliver to the Little Angels Nursing Home in Elgin on June 30. Says Kennedy member Dee Kellen, "The staff at Little Angels immediately grabbed the items we had brought and put them right to work. Shelly gave us a tour of the facility and explained how the economy is also affecting their funding, so they are immensely grateful for donations." (This 57-bed skilled care home provides a loving environment for children and young adults with severe disabilities and complex medical needs.)

DISTRICT NEWS

We are pulling out all the stops for our 99 registered members and guests at Nov. 4th's International Day/New Member Luncheon at St. Gall Church, Elburn. Dr. Catherine Taylor Foster shares her Argentina memories. (Her long list of accomplishments includes having been a decorated Army Nurse Corp Colonel, Peace Corps Volunteer, climber of Mount Everest, and World Health Organization consultant.) Francine Mills Family Catering of Hampshire is cooking up a delicious buffet using recipes from the IAHC Argentina handout. In *Tangos with the Stars*, young and old couples from Geneva's State Street Dance Studio show off flashy moves and flying ruffles in both Argentina and American tangos. We celebrate new members and honor Violet Meyer with a proclamation

that declares her a "Distinguished Member" since 1955. Our association loves and respects Violet for her decades of volunteer work as our Managing Secretary and for her service to related organizations such as 4-H, Extension Council, and HCE boards at the unit, county and state levels.



Violet Meyer

Beth Engbrecht
Public Relations

KANKAKEE.....

Kankakee County has been busy the past six months. We have had a geranium sale and our annual Spring Tea. We have an ongoing raffle of a homemade quilt which will come to an end November 6, 2009 at our International luncheon when a winner will be drawn. Lap robes have been distributed to the area hospitals, school supplies donated to area schools and we are currently working on decorations for the Gallery of Trees at the Governor Small Museum which will be on display from Thanksgiving until January 1, 2010. We also had 36 present at our Tea in October. As you can see, we are keeping busy and continue to find more to join HCE.

Rita Overacker
Public Relations

KENDALL.....

This year, the Kendall County HCE Board, and also Bristol Community HCE Unit, donated funds to the Container Gardens, and the general gardens at the Extension office. The gardens were used for education, especially the container gardens, and the harvest was given to the Kendall County Food Pantry.

Photo: Marge Vollman, Kendall County International Director, and Bev Scott, HCE Secretary, with some of the container gardens at the Extension office



Joan McEachern
Public Relations

Du PAGE.....

Our County Board started meeting early this year. Our first meeting was in August, that way we could make plans for our booklets easier and have time to include most everything that will be coming up for the coming year.

Many of our gals went to the District 2/3 Meeting. They said it was a good one and they learned more about what we are all about. Ideas were exchanged that may be used in the future.

We are planning many things for our meetings and combining some of our meetings for many of the people who are needing rides. This makes it easier for all.

Our craft days have been very successful. We have made over 200 cards for our Veterans. These are delivered to Hines Hospital. These cards lighten up the days for these Vets.

For the Christmas workshop, we will be making Christmas pins and ornaments. All are welcome. It makes for a time to meet and talk to members as we work together.

Also, a Merry Christmas to all and Have a Good Year!

Miriam Ferguson
Public Information

DISTRICT NEWS

LAKE.....

Notes From the Far North Corner of the Great State of Illinois....

Betty Wertke reports that Lake County's Volo Unit has adopted an Air Force Base in Spangdahlem, Germany and the unit is clipping manufacturers coupons and sending them to be used by Military families in the Commissary and PX on base. They call themselves the Volo Clippers. This has been a very rewarding project.

In addition to the 25 members of the Volo Unit, members of other units have helped by sending Betty coupons. After going through the Overseas Coupon Program to adopt the base, Volo has sent 15,691 coupons with a value of \$20,122.90. Betty has heard from many former Military families and those with loved ones overseas who say this program is very much appreciated as it helps stretch their pay. For more information, contact Betty Wertke at 815-385-4243.

LCAHCE Units enjoyed their individual outings during the summer. One venue attracted two of the units. Ben Port Unit and Greenbay Unit, in separate outings, visited the Civil War Museum in Kenosha, Wisconsin. Greenbay also went to the Gallery of Water Colors in the Kenosha Public Museum. Volo Unit took a tour and lunch at Ravenswood Castle Bed and Breakfast in Harvard, Illinois.

A beloved and respected Member of Lake County Association for Home and Community Education, Margaret Sneesby, was selected for the University of Illinois Extension, Lake County, Hall of Fame on September 11, 2009. Margaret was unanimously nominated by the board of LCAHCE for leading a number of vital projects for LCAHCE and the Extension including serving as president of the Extension Building Foundation in getting the Extension building constructed and compiling *Lake County Our Heritage, A HISTORY OF LCAHCE, COVERING 1932 THROUGH 1999*. Margaret has a long history with the Extension dating from 1945 when she became a sewing leader for the Lake County 4 H clubs. Involvement in 4-H led to another Extension sponsored organization, LCAHCE, where her leadership abilities flourished. Her services and accomplishments include:

- President of LCAHCE IN THE 1960's, 1970's and the 1990's

- International Director on the county level
- Held various offices with LCAHCE and IAHCE
- Eight years as Director at Large of the Illinois Association for Home and Community Education, her most satisfying accomplishment. In that position she took responsibility for developing a national and Illinois program for voluntary action in answer to President Nixon's call for volunteerism.
- Member of the Extension advisory Council
- President of the Extension Building Foundation
- Volunteer at the Lake County Extension office.
- Represented LCAHCE and Associated Country Women of the World in International Conferences at Oslo, Perth, Hamburg, Nairobi, Killarney, the Channel Islands, and Vancouver; and, she traveled to Hawaii where she received an award for her accomplishments.

In addition, Margaret sang in her church choir for 67 years, she has been program director of the Warren Township Seniors and at 93 years of age she currently teaches classes on Norwegian Rosemaling (painting flowers on wood) techniques.

We are very proud of this woman who has contributed so much to our organization and to our community.

Betty Jean Thompson
Public Relations

Mc HENRY

Last year we made a commitment to team up with McClain County HCE to make Christmas stockings for the troops in Iraq and Afghanistan. Our members not only sewed the stockings in their own homes but we also had two Sew Day Workshops at the Extension Office where many participated. HCE and the Mc Henry County 4-H Clubs completed 574 stockings.

DISTRICT NEWS



One of the Units played Bingo with a Adult group Home for the mentally handicapped. This is an annual event and it is enjoyed by all.

Delores Hermansen, Leona Rinn, Geri Pondell, HCE Board and Cindy Harris, 4-H Educator judged the window displays drawn by the different 4-H Cubs throughout the county. The winner was Harvard 4-H Club.

This year our First Vice President, Carol Giammattei, has arranged interesting and informative presentations. The first was on Arthritis, "Don't Let Joint Pain Slow You Down" given by Mercy Hospital Physician, Dr. Goldman, a rheumatologist. The second was "Doing Genealogy" presented by Craig Pfannkuche who is the President of the Chicago Genealogical Society. In September, we had a potluck lunch and tour of Rowshell Vineyard owned by Don and Chris Schellhaas. Don was our County Director who retired about one and a half years ago. Our third presentation was Diabetes and Medicare, "Making Wise Food and Insurance Choices" given by Karen Schmid, Registered Dietician. These presentations have been well attended by HCE members and the public.

Florence Spesard
Public Relations

**ASK A FRIEND TO
JOIN YOU
AT YOUR NEXT
HCE MEETING!**

DISTRICT 4 MARY LEA PRENTICE



It is that time of year when we will soon be celebrating the holidays with families and friends. It is also that time of year when we, the IAHCE State Board officers, are planning the 2010 state conference. Remember my challenge to you, **we will show a net increase of at least one new member in each of our counties** when the final tabulations are mailed to me in January. I know some of you have invited guests to your annual meetings and International dinners, so be sure to follow up with invitations to them to join your county units. I know my good friend Jane in District V is ready to challenge District IV. I, too, will be bringing "noisemakers" to Annual Conference for our celebration!

It is also time for me to send my final newsletter to your county officers and to write my final article for this state newsletter. I'm doing it with mixed emotions – what a treat to have had the opportunity to meet so many creative IAHCE members in West Central Illinois. As I traveled from my home (in the southwestern area of District IV) to the northeast areas, I traveled roads and visited towns I had never been to before. I've mentioned my love to travel so traveling these areas gave me another opportunity to visit areas of beautiful Illinois. However, by going off the board, I will have time to explore other areas of the U.S. and a few countries I want to visit before I allow that passport to expire. Have I mentioned I want to see the Cardinal Baseball Team play in other cities in the U.S. as well as in St. Louis?

As I continue to clean out my deceased husband's files, I came across this poem that I would like to add to this column. I heard him recite it at a meeting he chaired, near the end of his retirement years. I think it illustrates how I hope I have contributed something as a member of the IAHCE State Board these past three years. It also says that one can and will be replaced by someone who will add her talents and expertise as this Association moves forward.

(CONTINUED ON THE NEXT PAGE)

DISTRICT NEWS

The Indispensable Man

Sometimes when you're feeling important,
 Sometimes when your ego's in bloom
 Sometime, when you take it for granted,
 You're the best qualified in the room.

Sometime, when you feel that you're going
 Would leave an unfillable hole
 Just follow this simple instruction,
 And see how it humbles your soul.

Take a bucket and fill it with water
 Put your hand in it, up to your wrist -
 Pull it out, and the hole that's remaining
 Is a measure of how you'll be missed.

You may splash all you please when you enter,
 You can stir up the water galore
 But stop, and you'll find in a minute
 That it looks quite the same as before.

The moral in this quaint example
 Is to do just the best that you can.
 Be proud of yourself, but remember,
 There is no indispensable man!

I will continue to have fond memories of you, my
 IAHCCE friends. I look forward to seeing you at the
 2010 Annual Conference when your new District
 IV Director will be named.

Mary Lea Prentice

ADAMS.....

Adams County HCE Board Members and Unit
 Members are busy preparing for the New Year
 with various lessons and activities.

The Board Members sponsored a booth at the
 annual Riverfest celebration held in August to
 promote HCE. Things started out slow due to the
 weather (rain) but seemed to pick up later.

September 28th Board Members, Bonnie Smith and
 Mary Voorhis, attended the Quincy City Council
 Meeting where they were presented with a
 proclamation announcing October as "HCE Month".

Board Members, Marcia Schutte, Sally Dedert and
 Judy Milfs, attended the International Dinner

presented by members of the Pittsfield, IL HCE.
 The theme was "A Trip around the World".

In October, Board Members, Mary Voorhis and
 Sally Dedert appeared on the Mary Griffith radio
 program promoting HCE in Adams County.

Plans are under way for the annual Kiddie Bazaar
 to be held on December 5, 2009 at three locations
 in Adams County. This is Adams County HCE'S
 main money making project for the year. It gives
 children from Pre-K through 5th grade an
 opportunity to shop for Christmas gifts for
 members of their families at an affordable price
 (.50 - \$4.00) and in a safe environment. The items
 sold are mostly made by the HCE members or in
 some instances cash is donated.

Our Cultural Arts events for the year included in
 September a tour to the Golden, IL Windmill (one of
 the oldest running windmills in the U.S.) with
 members enjoying a dinner at the Paloma, IL Diner.

December everyone will be looking forward to a
 tour of the John Wood Mansion which is always a
 delight to see during the holidays.

The month of May will be a salad luncheon with
 the theme "Getting to Know You Better".

Mary Twaddle
 Public Information

FULTON.....

Young at Heart HEA - We now have 15 members
 and made 200 Christmas stockings for the soldiers
 in Iraq on two days after our monthly meeting.



Marianne Pilkington

DISTRICT NEWS

PEORIA.....

A big congratulations goes out to our Cultural Enrichment Director, Dorothy Morrison, for being selected as the Gems of the Prairie Quilter of the Year. She was selected for her community service, leadership and dedication to quilt making. She had a special display of 20 quilts at the annual show. She also presented a HEA/HCE lesson, Jambagoree, a demonstration on making a quilted tote bag. Way to go Dorothy!

We collaborate with Tazewell and Woodford counties for lessons. Any of the members can take lessons from any of the other counties. For Terrific Tuesday, they provided "Fruits and Vegetables" and "Easy Meals". Peoria provided "Argentina". Walter and Kathleen Greenberg, Peoria residents that lived in Argentina for several years, gave a historical and personal experience presentation. Coincidentally, our local theater group presented Evita, a musical about Argentina's controversial Eva Peron. Our next lesson was "Civil War Love Letters". Connie and Peggy Markley from the Havana/Astoria area gave personal accounts of family history and the people of Camp Ellis. Katie Hopkins, First Vice President, provided soft pumpkin drops, English shortbread cookies, Civil War applesauce cookies and Queens' tea. Lessons provided by local representatives were "Immunizations for Adults" and "Using the on-line Library Catalog".

Our fundraising activities included a food stand at the 4-H fair. Mary Kaufman and Earlene Hanlon led our Homemakers by serving BBQ sandwiches, hot dogs, pies, brownies, etc. Our annual Fall Bazaar brings out the best of our homemaking skills by units selling homemade baked goods and crafts. We also had raffle drawings, door prizes and used book/magazine sale. Tupperware, Watkins, Tastefully Simple, UpperCase Living and Discovery Toys had tables as well. Carolyn Alaksiewicz headed up the kitchen with homemade vegetable soup, BBQ, pies and cobbler.

Another activity was the International/Cultural Arts Potluck Luncheon. The program was "Argentina", Walter and Kathleen Greenberg continued their presentation. An organic herbal tea called Yerba Mate which is grown in Argentina was provided and members were asked to prepare Argentina dishes or a favorite to share. Members

also exhibit their cultural arts skills and the winners are selected for the IAHCE State Conference cultural arts show.

Our current community service project is Operation Santa. Christmas stocking for deployed troops were made and filled by members. For our local outreach project, we have been collecting miscellaneous supplies for the Children's Home.

The Special Occasion Day Luncheon (SO Day) is scheduled for March 20, 2010. A hostess for each table will provide the table decorations, settings and a dessert around this year's theme "Spring". The main meal is prepared by our SO Day chairman, Carolyn Alaksiewicz and served to each table by the hostess. This is a mini-fundraiser that showcases our members talents and creativity and is a very enjoyable day. If you would be interested in attending SO Day or information about any of our activities, you may contact me at jcourdt@comcast.net. I may not have the answer but can point you in the right direction.

Julie Courdt
Public Relations

PIKE.....

All units had fun summers with dining out in places like Jacksonville's Tattered Quilt, the Green Gables in White Hall, Springfield to the Farmer's Market and tours around town.

We are excited with our new lessons, "Spicing Up Your Life with Herb(s)". We are having a special herb each month with new recipes. Donna Smith and Nancy Wessell have put the lessons together.

We have a new Day Unit, Pike County Day Unit. Our Nebo unit disbanded and some of their members are now attending the day unit.

Several members attended the Springfield District Workshop and came home with new ideas from other areas of the State. We are so proud of Mary Lea Prentice and her efforts as our District 4 leader. We all thank you Mary Lea.

Our International Dinner was held on September 17 at the Farm Bureau Hall. Our guest speaker was Marge Irick and she spoke on her travels around the world. She highlighted the countries of

DISTRICT NEWS

Pike, con't

Hawaii, London, Australia, Africa, Hong Kong and Delhi Bombay. We had new foods to eat and a great evening of fun and fellowship. We had guests from Adams County and we are always excited when other counties participate.

Our States dinner was attended by 12 of our units. We are traveling through the states of Missouri, Arkansas, Oklahoma and Texas. We have stories related to each recipe and some come from the President's wives that came from these states. Each unit takes the recipes and has a meal at their next meeting.

Our Pennies for Pike have gone to support school supplies and the Christmas food basket programs.

Jeannie Howard has developed a new Pike County HCE brochure that is very attractive. We handed these out during the recent Color Tour.

We hope all of you have a Blessed Holiday and a Happy New Year.

Gloria Ferguson
Public Relations

TAZEWELL.....

Tazewell HCE has a special program going to raise funds for "Haitian Hearts", a medical group that travels to Haiti, the poorest country in this hemisphere, providing free medication and care to Haitians. A few with heart problems are brought to the United States for surgery because the hospitals in Haiti are so poor. Many are children who have suffered from rheumatic fever.

During HCE Week, Dr. John Carroll's wife presented a program open to the public about Haiti and how Haitian Hearts work there. Their adopted son, Luke, was there to make it more interesting; his story was touching.

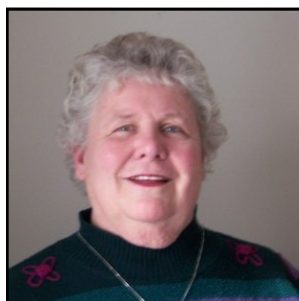
At the annual meeting a collection was taken for the project and articles was sold to raise funds. At the 4-H Fair, a table was set up to sell good, used items as well as take donations. Many patrons were aware of the good work of Haitian Hearts.

One of the Gourmet Gals unit, Lily Vermillion, who

is also Tazewell's Community Outreach Director, knits beautiful layette items consisting of a baby sweater, cap and booties. She donates her time and yarn and sells the sets for \$10. All of the money goes to the Tazewell's House of Hope. She recently donated over \$400 to the cause. The county coffers brought the amount up to \$500. We are proud of such a caring person!

Shirley Kelly
Public Relations

DISTRICT 5 JANE WOOD



District IV & V District Workshop is over, the evaluations are read and we're planning some changes for next year. All the officers really appreciate the suggestions that can make the

workshop better and more useful for you. There are always comments about things that can't be changed and we are truly sorry that everything isn't perfect. Some things just can't be implemented for various reasons. There were two comments that really stood out to me. One was, "recognize new attendees on their name tags". What a great idea! Another was, "Ask ladies to talk to new members". For an organization that really wants new members, isn't it sad that someone had to write that? It is each one's responsibility to see that no one feels left out or lonely. This is important to remember at the county level. I wouldn't come back if I didn't feel welcomed. Greet everyone and find out who they are. Get acquainted with someone new or new to you. As always, the best part of workshop is sharing ideas. You all do such a good job bringing ideas. Keep that up!

Be sure you have put any new forms you received at workshop into the grey book. You may be getting some changes with the president's package that goes out in December. Keeping the gray book up to date it is important!

At the October IAHCE board meeting we were busy planning for a great annual conference March 23-25, 2010 at DoubleTree in Bloomington, IL. Be sure your calendar is marked. "Unmasking the Possibilities with IAHCE" is the theme. Nominees for Cultural Enrichment, Family Issues and 2nd Vice President were

W elcome Members of IAHCE:

We will be having an exciting conference, March 23-25, 2010. Sharon Middleton and I have been working with the MeLean County members to bring you the best conference in years. I could be prejudiced. Our theme is "Unmasking the Possibilities with IAHCE" with a Mardi Gras flavor. To begin the week, right after our lunch on Tuesday, we will have an "Umbrella Parade". Everyone that wants to participate is to decorate an umbrella, wear a mask and we will provide the beads; however, if you have your own beads wear them. You can never have too many!

The DoubleTree Hotel in Bloomington is beautiful and they are offering a very low room rate. (See the information in this newsletter)

If you were at the District Workshops, you saw the Board in their masks, beads, umbrellas and the new 2010 conference bags. You have to order the bag when you register. They are beautiful and have the mask and theme embroidered on them. We have had the conference pin made to match the mask on the bag and it says "IAHCE 2010". Be sure to get both - they are great!

The conference will also have the share shops to educate and for you to enjoy. Treasa Brookman, District 7 Director has worked very hard and done a great job in planning these.

The last silent auction made \$1,000 more than the previous conferences, so please bring new or nearly new items that are attractive and desirable. When you select something, think "would I want to bid on this"?

I hope to see many of you since Bloomington is easy to get to by car, train or plane. The rooms are great, the food will please you and you will be able to visit with all of your friends and make new ones.

Lynn Kearney
Conference Chair

Sharon Middleton
Conference Co-Chair

DISTRICT NEWS

interviewed. You will meet and vote on these candidates at annual conference.

I want to remind you about our *friendly* competition with District IV. Their goal is a net gain of 1 member per county. Don't you think we can do better than that?

District V will need a nominating committee to choose a new District V director. If you are interested in being on the nominating committee or serving as District V director, please contact me. There are many of you qualified for this position. I hope some of you volunteer. District Director is a rewarding position. You meet so many people, learn lots, and develop some wonderful friends and hopefully help keep District V informed and connected with the state organization. Please think about your talents and volunteer.

Time to get organized; reports will be due in two short months. The 2009 year is about over. Are you keeping records for your reports? If you are new to your position, check with the person you replaced. She may have some information for you. Some counties have a special meeting to work on reports. Reports are a great way to have your county recognized for what they do. Sharing information and ideas benefits all.

Happy Holidays,

Jane Wood

CHAMPAIGN.....

Our work on the 4th of July Parade Float was somewhat of a disappointment. The Staley Unit and the CCHCE Board worked well together and had a great float ready go. However, the parade was cancelled due to rain. Much experience was gained to possibly try again next year.

We have a new board member, Kathy Mullins, from 4-H. We will be working together, HCE and 4-H, to help each other on projects like Christmas stockings for the soldiers, Linus Blankets and the Sew-a-Thon for "Warm a Kid". To date, we have completed 114 neck coolers, 39 helmet liners and 20 Linus Blankets. Our next sewing day will be after the holidays. Elizabeth Michael, our

Outreach Chairman, visited The Church of Latter Day Saints in Decatur at the Make a Blanket Day to work on Linus weighted blankets made for autistic children. This was an awesome experience with more than 100 ladies present to work. This could be a possibility for us to work on in the future.

We now have 340 regular members and 36 at large members for a total of 376 members. We are planning an ad in the News Gazette Newspaper to invite guests to come for HCE Week. We hope to get some new members through this.

Dorothy Rogers, our Special Activities Chairman, has arranged a trip, "A Winter Adventure with Friends". It is a 2 day trip to Beloit, WI, on December 10th and 11th. We leave the Champaign Farm Bureau north parking area at 7AM. The Angel Museum will be our first stop (over 10,000 angels on exhibit). Lunch at the Taste of Heaven' Café is to be served with elegance. The next stop is "Historic Auto Attractions". Something for guys and gals. Then we check into the Legacy Best Western Motel, then on to "Theatre Works" for a prime rib buffet at 6:30PM, then on to the evening performance of "Another Night Before Christmas", a new musical comedy. After a restful night we are up for a continental breakfast and then off to the "Tinker Museum and Gardens" at the "Swiss Cottage" in Rockford, IL. After a step back in time we will head to the Hoffman House to enjoy a buffet and then to "Because It's Christmas" with Mike Williamson and Group. (Big band, oldies, country gospel, family style comedy) There will be something to please all. Afterwards we head for the bus and home to Champaign. All this for only \$186 per person.

This includes Peoria Coach and driver, motel, all museums, dinners, shows and all tax and gratuities. For reservations, please call Dorothy Rogers ASAP at 217-485-5225. Welcome HCE members, spouses and friends. Sounds like a fun trip.

We are getting ready for HCE Week. We have guest speakers lined up for October 26th and October 29th. We will have a "New Members Tea" on the 26th and Cultural Enrichment and Selections on the 29th. We are asked to bring a

DISTRICT NEWS

Champaign, Con't

sack lunch for Monday the 26th and our own teacup for the tea. On Thursday the 29th, we are to bring a dish to share and our own table service. Drinks will be provided both days. We are looking forward to meeting many new members.

Sue Christensen
Public Relations

CHRISTIAN.....

October 13, 2009 was the day devoted to "Operation Santa, 2009 Sewing for Soldiers". We met at the HCEA Auditorium from 1-8PM. Stockings were sewn and filled with sample sizes of toiletries. All these were shipped to soldiers in Iraq, Afghanistan and other countries. A BIG "THANKS" goes to Jeannie Lee, our Cultural Enrichment Director for promoting this project, a labor of love. For more information on this project go to: www.operationsanta@yahoo.com OR www.inof@citizensam.org



October 17, 2009 was our HCEA Scarecrow Farm. The Scarecrow Farm helps support our budget. The kits for the scarecrows are ready to go. Another BIG "Thanks" to Darlene Wilson for putting together.



Pictured is our live scarecrow, Jayden Hopkins; ain't she sweet!

November 10th is our Membership Meeting. I'll give you all the details next spring. We are hoping for a great turnout and many new members. Genova Mc Christy has worked herself to a frazzle.

Well, now we are down to December; the end of the year. The pace is a bit slower. We have finished with Thanksgiving and now are preparing for Christmas, a Blessed Holiday. We will have our last meeting of the year, and our very busy County Director, Linda Smith, opens her home for this meeting and a Christmas lunch.

My personal and sincerest thanks to our County Director, Linda Smith and all of our Board Members: Roberta Gordon, President; Debi Kiefer, Secretary; Janet Hurelbrink, 1st Vice; Genova McChristy, 2nd Vice; Berniece Larimore, Treasurer; Jeannie Lee, Cultural Enrichment; Bonnie Franklin, International and Marie Millman, 4-H and Youth. All these gals had to work so-o much harder because I couldn't. Routine surgery - was not, and I'm still not up to speed.

A Blessed Christmas to one and all. May 2010 bring health and happiness to all.

Jean Wattlelet
Public Information

CLARK.....

Our Clark County HCE ladies have been busily working to get the last half of 2009 and the start of 2010 off and ready to show our community what we are made of as we trudge forward.

Our Fall Countywide HCE meeting was with all doing the International lesson on Argentina. The speaker for the day was Anne Sheeney, who recently was in Buenos Aires on a business tour. Anne presented a slide presentation and showed many articles she had purchased. Some of the ladies asked questions to finish our program.

After the main program was given, we were honored with the introduction of Marilyn Daughhettee, our State President. She gave a pep talk on getting new members for our county. Then

DISTRICT NEWS

we were encouraged by Jane Wood, our District Director for all of us to get out and visit and ask others to come see the activities that we are doing. Show enthusiasm.

We do have activities in the making for another year. Pillow cases have been given to the Light House Mission for the abused ladies and children. We are now working on getting at least seventy of them made for Christmas presents to be given to the Heritage Home in Hutsonville for the veterans.

Our window display during HCE Week of October 11-18, 2009 did get a few calls of interest. Units responded to them and we are hoping for some ladies to join later.

We have had a few ladies to join Edgar County with their Fall Craft Day and a special day for preparing snacks and appetizers.

Our ladies are going to be more active and less "just accepting" for 2010.

Don't count Clark County out! We're fighters.

P.S. We celebrated our 65th birthday with one of our charter ladies, Hazel Wright. She still is actively attending meetings and giving local lessons.

Deloris Maurer
Public Relations

De WITT.....

De Witt County HCEA has been busy publicizing their group in October.

They kicked off their quilt fundraiser at their October meeting which was held at the Friendship Center in Clinton, IL. The quilt was on display there.



The drawing will be December 10, 2009.

Speakers, Sissy Leggett (Director of the center) and Sylvia Comfort (of Faith in Action) listed the many services and activities available to all residents. It was a very informative meeting.

President, Judie Knoth and Secretary, Rosalie Summers were interviewed on radio station WHOW by Jerod White on the "Around Central Illinois" program. They presented many facts about HCE and invited others to join.

The group also had an outing to the Theater in Clinton for a special matinee showing provided by the theater manager, Stephen Piersall. Guests were welcome to attend as well, and this may be something the group will do on a regular basis.

Community Outreach Director Rozanne Karr along with First Vice, Joyce Girkin, presented the book "Lily and Her Mixed Up Letters" to the Farmer City librarian, Catherine Hoffman. Books were also presented at the Clinton, Waynesville and Weldon libraries. HCEA plans to donate a book a month to the libraries in De Witt County.



In November, we are collecting items to send to De Witt County servicemen and women serving overseas. We are continuing to collect coupons to send overseas for families in the service.

We are still making bookmarks for the libraries out of recycled cards and may extend that to include little boxes and placemats as well.



Rosalie Summers
Public Relations

DISTRICT NEWS

EDGAR.....

HCE Week was celebrated Oct 24 -30,2009. Proclamations were signed by Chrisman and Paris Mayors. We started with a craft day on Saturday. A variety of items were offered to show our many talents. Everyone stopped and enjoyed lunch then continued with the projects. On Tuesday, Debbie Borries presented the lesson on Argentina at a countywide meeting. Recipes were prepared by the various unit International chairmen and enjoyed by all. To follow the state program "Go Green" the county board purchased a tree and planted it at the 4-H fairgrounds. A name plate will be placed on the tree to show it was donated by The Edgar County HCE. Also, members were reminded to support the 4-H recycling project twice a month at the fairgrounds.



Other projects during HCE week included collecting school supplies as a donation to the county schools at the beginning of the second semester. Members were also asked to start donating baby items for the Pregnancy Crisis Center.

April Morris, Family Issues Chairman, presented a display on Childhood Obesity and handed out a newsletter and cookbook to help parents make wise choices during the week long activities.

These activities were published in local papers and encouraged members and the public to attend along with information on how to join HCE.

November 14th a workshop on snacks and appetizers will be presented by members. Recipes will be shared and many samples will be tested. With these activities the membership drive will hopefully appeal to new members.

Carole Halloran
Public Information

PRAIRIE ASSOCIATION.....

The Annual Quilt Project found dedicated members spending countless hours preparing material, visiting schools to ensure children would have time in their busy day to design quilt blocks. When members completed blocks, measured, cut and returned to schools, one might add that takes some time and miles to visit schools in both counties.

2009 produced 17 quilts with the themes of Holidays and Patriotic designs. Having viewed many of the quilts, one notes there are many talented youth in our school systems.

Volunteer hours as well as contributions kept cost per quilt at \$9.00. Since the program began in 2006, area schools shared \$1,920.50 with PAHCE clearing \$506.00 this year. Schools continue to appreciate the added funds.

It was learned two families were willing to invest large sums of money to ensure their family member would hope to win the quilt. Happy to report, dreams come true when a special student facing major surgery was able to have her quilt with her.

I made a comment when viewing the quilts if I had a grandchild with a block in one of the quilts, I'd do what I could to support the quilt and hope they would win as I am one who treasures many items from childhood.

Fun Day found members arriving with items for food pantries in Moultrie-Douglas counties. Again this year the needs increase and I was pleased with the variety.

Soon crochet hooks and trellis yarn appeared with great instruction, beautiful creations appeared. Afternoon found Beverly Natara presenting a very interesting program on raising gourds and decorating them. I was very surprised at the many creations.

Onto the annual meeting, April 30th at the Arthur Community Building. Tables decorated by members arriving with me keeping quite as I had a surprise for them prior to opening the meeting.



DISTRICT NEWS

I had arranged for a special young man to attend. Although only 7, Elijah Doty from infancy has been present at Lincoln Park south of Charleston, with his grandpa playing bluegrass.

He proudly wears a top hat purchased at Lincoln Park, plus wears a complete outfit designed by his grandmother. Elijah shared his thoughts of President Lincoln and Lincoln's Emancipation Proclamation. Many members agreed that Elijah will go far in the world and will remember how a milk crate was his original platform.



In October, Co-County meetings featured Lucia Roney, native of Brazil and who now resides in rural Bethany as a very active farmers wife. She used the topic "Brazil Culture and Cuisine".

Several members prepared foods from Brazil culture to share at co-county meetings October 27th, 7PM at Sullivan Service Center, October 28th at Moultrie-Douglas County Ag Building and October 29th, 7PM at Douglas County Ag Building, Tuscola. Mrs. Roney is a very knowledgeable and great speaker.

Many members continue assisting throughout their communities with many projects.

Winona Saathoff
Public Relations

MACON.....

Quilts, recycling of electronics and hats made with recycled items were on the program for the Macon County HCE Fall Meeting. Activities of the day included a display of items made from recycled materials and one promoting plans to make and fill large stockings (made from fabric scraps) to be delivered to the Danville Veterans Hospital.

Wanda Stickles, a volunteer with Rock Springs Center, showed examples of the quilt blocks that were made to aid slaves traveling north by showing which houses could provide food, a place to sleep or transportation on the journey. Sometimes called the "Underground Railroad" quilt, her sample was a modern version, but used the same techniques and fabric scraps that might have

been used in the pre-Civil War time. Other quilts shown included historic buildings of Decatur and an embroidered quilt featuring butterflies.

Quilters were among the first "recyclers", using curtains, clothing, feed bags and any materials available to make quilts to keep the family warm. The idea of valuing quilts for artistic reasons came much later.

Don Sharp, recycling coordinator for BLH Computers, Inc. told of the need to keep electronic devices out of the landfills. Presently, Macon County and, soon throughout Illinois, landfill operators will not accept electronic items. BLH Computers, with centers in Springfield and at 2350 EE Logan St., Decatur, will accept computers, televisions (except those with wood cases), cell phones, radios and desk phones. The company breaks down each item to its basic parts, before sending components to other firms that do further work until every part of the item has been reduced to parts that can be used again. Recycling electronics keeps undesirable chemicals from going back into the soil and possibly leaching out into water supplies.

Hats made by several members were modeled. A hat by Carol Dilbeck was voted most popular. She was given a one-year membership in HCE.



Carol Bork and Loretta Kibler sporting their recycled hats.

Macon County HCE members joined 4-Her's and their families, Master Gardeners and others to operate a food tent during the 2009 Farm Progress Show. More than 17,000 sandwiches—grilled pork chops, cheeseburgers and hot dogs—were cooked and served during the three-day show.

Scholarships were awarded the first time this year. Audra Lingenfelter will use her award to study nursing at Northern Illinois University. Kevin Hermann will study electronics technology at Richland Community College. After a successful rummage sale and bake sales this year, we intend to double the amount offered for scholarships in 2010.

DISTRICT NEWS

Macon, con't

Summer is a time for informal meetings, tours and trips. Mt. Zion Unit traveled to the cemetery at Rosemond, Illinois. Hidden among the trees atop a small rise, stands an impressive statue of Abraham Lincoln. The 11-foot tall bronze statue has a seven foot tall granite base and was erected in 1903. Many graves in the cemetery are of people who lived during the life of the 16th president.



HCE Week brought many members to the Extension Center to help make blankets for the Linus Project, to make gift scrapbooks and to make something new from old items. Plastic drink containers, greeting cards, old jeans and other items were given a new life.

Nancy Muirheid
Public Relations

Mc LEAN.....

McLean County Association for Home & Community Education has been busy as we started our 92nd year. Starting with our booth at the 4-H Fair the end of July which displayed our activities and inviting new members to join us. The Cultural Enrichment Contest which was open to the public as well as members brought in some beautiful articles to be judged. There were ribbons given to non-members and also to members that will be taken to the Annual Meeting in March.

We had 5 baked-goods booths at two local Farmers Markets. It was a good money-raiser as our members were very generous in providing delicious goodies. It was also a good way to make HCE better known.

Our Cultural Enrichment Committee has been busy providing opportunities for members and non-members. September was a workshop "Learn How To Crochet" and in October the workshop was "Greeting Cards For Holidays". There are workshops offered every month except December. The response has been very positive. Our Read & Share continues to offer excellent books to discuss as they meet every other month.

The International Night program on Argentina on Oct. 15th was well attended by both women and men. Chris Unger, a student at Illinois Wesleyan University, who had spent a semester in Argentina came and shared his experiences, pictures, and the culture of the Country. He was very informative and charming and gave a good program. Members had prepared samples of Argentine soups, meats, salads, breads, and desserts. They were very generous so it was a very filling meal where we could come back and help ourselves again.

The Annual Fall Trip was Oct. 28th with a full bus load traveling to the Utica, LaSalle area. The first stop was the Cattails Gift Shop and then to the Starved Rock Lodge for a good buffet lunch. After boarding Trolleys, we were taken to the I & M Canal and rode the 1848 horse-pulled Canal Boat. It was interesting to ride on the canal and watch the mule pull us along and to hear the history of the canal. The last stop was The Visitor's Center where we saw a film about Starved Rock State Park and Mattheison State Park. It was a day well spent.



In November, we will be involved in the Festival of Trees, which helps the Baby Fold. We decorate a tree that will be sold and provide goodies for the Baked Goods Shop. November 20th is the workshop "Appliqué A Christmas Tree Skirt". Another Read & Share will be Nov. 16th.

Women are busy baking cookies that will be packed Dec. 1st for soldiers. We hope to send over 500 dozen cookies to help lift the hearts of our soldiers during the Christmas Season. Plans are in progress for the float we will have in the Bloomington/Normal Christmas Parade December 5th. Tickets are available for the Dec. 12th Holiday Brunch "A Winter Wonderland", for members and guests. Besides good food, there will be musical entertainment and Make-it-Take-it Christmas items.

We have been busy providing opportunities for our members and the community and will continue to do so in 2010.

Sheila Wells,
Public Relations

DISTRICT NEWS

SHELBY

Shelby County HCE once again sponsored the cook shack at the July 4-H Fair. The wonderful weather helped us sell to record numbers of people. We sold approximately:

- 112 Pies and many cookies and brownies
- 13 Gallons of Slaw
- 600 Hamburgers
- 250 Corn Dogs
- 600 Porkburgers
- 1,400 Pork Chops
- 150 lbs. of Hamburger for Taco Boats



And that doesn't count all the breakfast items and dinner items! Thanks to all who helped!

In August, Shelby County had a lesson on "Canned Christmas." This lesson was filled with ideas for Christmas goodies and gifts. Lee Beals and Debbie Borries presented the lesson which was taught to the units in September. Lee and Debbie prepared many of the gifts and foods to show unit attendees, who enjoyed the lesson and were eager to make some of the gifts shown.

Shelby County held its international training for the IAHC International Lesson on Argentina, prepared by Debbie Borries, on September 28. All the International Chairpersons in the county attended, prepared the dishes, and shared how they made each dish. They will take the Argentina information and recipes to their unit meetings in November. The food was very tasty. Debbie also showed a PowerPoint presentation on Argentina with 146 pictures. Argentina is a picturesque country with diverse landforms which is very desirable for photographers to visit.

In November, Shelby County HCE will sponsor a Gizmos and Gadgets Open house on Sunday, November 8th. Guests will view exhibits and hear about new gadgets and tools as well as taste new foods from vendors, such as Pampered Chef, Tupperware, Tastefully Simple, etc. It starts at 1:30 PM and will be open until 4 PM.



DISTRICT 6 DEBBIE BORRIES

District 6 newsletters were sent in October to the presidents, the 1st and 2nd vice presidents, the secretaries, and the PR persons in each county. The newsletter held information about the Annual Conference and the October State Board Meeting. Look for this information elsewhere in this state newsletter.

I have attended most of my District 6 counties' meetings to install officers and speak on membership. I have enjoyed meeting more interesting people in my district. Thank you all for being so good to me during my first year!

Debbie Borries

BOND.....

On October 12, 2009, 45 people attended the Annual Craft Tea held at the Bond County HEA Food Stand at the fairgrounds. Young and old enjoyed making the crafts provided which included: glass lighted gift boxes, holiday table runners, sock snowmen, pinecone wreaths, decorated toilet tissue holders and tin can decoupage, Santa's underwear and beaded bracelets. Luncheon was served by the HEA Board of homemade chicken noodles, 7-layer salad, bread sticks and choice of cake. Everyone went home with a wonderful gift or something for their home.



March 1, 2010 - International Potluck featuring Argentina. First Christian Church Fellowship Hall in Greenville, IL, Bond County, will be the location, beginning at 6:00PM. Much traveled Al and Emily Moore will be sharing their slides and narrative on their visit to Argentina.

Shirley Volentine,
Public Relations

DISTRICT NEWS

CLAY.....

The Clay County Extension Office (where the County Board has been meeting) has moved to the renovated Depot in Flora. The Extension is on the 3rd floor and the Board meets on the 2nd floor. They can be reached either by steps or elevator.

The HEA members helped with the Red Cross Blood Drive in April and the 4-H BBQ at the County Fair by furnishing pies in July. In May, they had a Craft Day when they made crochet necklaces. In August, they all attended the District Workshops in Mt. Vernon.

This summer we had two guests from another County who came and showed different crafts they made.

Two Board members celebrated their birthdays, one in August, Sara Richey-90 and in October, Elaine Todd.

October 10th, we had our Annual Country Store, our only annual fundraiser. It was very good. Instead of theme Baskets this year, we had a 50/50 drawing.

On November 5th, we will be honoring Argentina, our choice for this years Community Outreach and International program. Many members of HEA will have prepared Argentina recipes for sampling. That is also the day "Pennies for Friendship" will be turned in. We are accepting items to be taken to the food pantry.

I attended one unit recently who are making pumpkin pies for a care home and will be having games with prizes for the residents. They will be doing something later for the other care home in the county.

One unit, instead of having a Christmas party, fills boxes for the needy.

The others joy a



Board members and the exchange gifts and en-meal.

Eula

Lewis

Public Relations

CLINTON.....

"National H.E.A. Week October 4-10": To help celebrate, Clinton County homemakers presented the first baby born from the county with a baby blanket and "Parenting the First Year" newsletters. Pictured are Dora Mann, mom, holding baby Alexander, dad Larry Mann, and big brother William. Presenting the quilt on behalf of the homemakers is Toots Tebbe.



"Christmas in October" was held October 22, 2009. This year the theme was "Mittens". Marla Behrends with "Midwest Dairy Association" was the guest speaker. Marla's program consisted of demonstrating many dairy recipes along with



many laughs to more than 300 women in attendance. A "Mittens" story, which was a right to left gift game, was read by Karen Voss. Each woman in

attendance received a present playing this game. H.E.A. members donated many wonderful handcrafted items for this raffle. It is the only fundraiser for the group. Everyone is also encouraged to bring a toiletry and school item for the needy in the area. Many more gifts were won through attendance prizes by the committee and the dairy association. The end of the evening brought about 12 different dairy foods to sample by all.

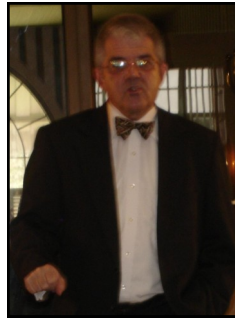
Cindy Niemeyer
Public Relations

DISTRICT NEWS

CRAWFORD.....

Membership Drive

Kevin Orpurt, WTHI TV Weatherman gave a presentation about forecasting the weather and what "signs" he looks for when making his winter predictions. We held the membership drive at our Crawford County Historical Museum. Pictured below are Board Members who furnished the refreshments: Shirley Thacker, Bonnie Wright, Myrna McNair, Jeannie Adams, Madleine Harris, Ava Lansbery and Phyllis Neeley. Also attending: Reba Hess, Betty Lawhead, Elizabeth Tudor, Barb Miller, Anna Faye Bush, Martha Wampler, Debbie Tedford & Hope Dennis. Thanks ladies for a wonderful time!



Taste of Crawford County

HEA was represented quite well having 3 of the 20 booths at the Taste of Crawford County which was held at Lincoln Trail College in September. The South East LaMotte unit sold homemade candies by the pound and the Try Hard unit sold three different soups. The members of the Nightingale unit sold Rada knives for the HEA Board. The event was well attended and everyone went home with lots of "goodies".

Special Lesson

Katie Zuber presented the June lesson titled "Violence Across a Lifespan". It was a very eye-opening program for everyone in attendance.

Membership

We are happy to report that the newly formed unit "MUMS" has been meeting regularly and keeps enrolling new young women...in fact they have 16 new members! The group is led by Susan Brumley (wife of our Crawford County Director) and is comprised of mothers with young children. We are

so happy to have new, young members join our county HEA!

Fall Trip

Unfortunately, we had to cancel our fall trip due to inclement weather. Hopefully, we can reschedule the trip to Terre Haute and visit the Clabber Girl Museum, the C.A.N.D.L.E.S. Holocaust Museum, and the Vigo County Historical Museum at a later date. Two of our HEA members, Bonnie Wright and Margaret Ferris, made all of the arrangements for the trip, so maybe we can try again in the spring when the weather is better.

Debbie Tedford
Public Relations

EFFINGHAM.....

Effingham County Association for Home and Community Education marked HCE week by presenting a book, "A Rodale Quilt Book: Classic Country Quilts" By Jane Townswich & the Editors of Quilter's Newsletter Magazine to Helen Matthes Library. The group also donated 1200 bookmarks to libraries in the county, including Helen Matthes, Beecher City and Altamont libraries.

Catheter bag covers and walker caddies made by members throughout the county were presented to Evergreen Nursing and Rehabilitation Center, Effingham Rehabilitation & Health Care Center, Lakeland Rehabilitation and Health Care Center, all of Effingham and Lutheran Care Center in Altamont.

On October 8, a program "Traditions of Christmas" was held at the University of Illinois Extension Center. The program was open to the public and was presented by Rosemary Gibbons, R.D. U of I Extension and Sheryl Baker-Herboth from The Last Straw. Rosemary demonstrated holiday recipes while Sheryl gave holiday decorating tips. The evening concluded with a full holiday meal, giving everyone the opportunity to taste all the dishes Rosie demonstrated. All participants received a cookbook.

Our current project is making Christmas Stockings to donate to the local FISH organization, a group that hosts a Christmas store for disadvantaged families.

Linda White
Public Relations

DISTRICT NEWS

FAYETTE.....

The Wheatland Unit participated in the St. Elmo celebration. They set up a booth at the St. Elmo Labor Day celebration to sell raffle tickets on the quilt, which they designed, made and donated for the HCE fundraiser. It was reported that they did very well.

September 10, seventeen members of the Sefton Unit HCE visited Brookstone Estates, an assisted living facility in Vandalia. Bearing homemade cookies and pretty wrapped birthday gifts, they sang familiar songs and hymns and entertained the seventeen residents.

HCE member, Connie Largent, played the piano as HCE members led the group sing-a-long. In a "Name That Tune" game, prizes were awarded to those who knew the songs. Residents, Bernadine Stanley and Maxine Darms each received a present for their September birthdays and were honored with the "Birthday Song". Names were then drawn and all seventeen residents won a decorative wrapped door prize. Refreshments were then served and the Sefton Unit visited with the resident ladies.



L to R: Phyllis Pryor, Phyllis Bruno (members), Maxine Darms, Eithel Hoffman (Residents), Connie Largent, Flo Allen (members)

Flo Allen brought a collection of teddy bears she had made for the Sefton Unit Teddy Bear Mission to be delivered to the local hospital. Various ladies bring in the bears from time to time for the hospital, where they are much appreciated by the staff and child patients alike.



Flo Allen, Left
Phyllis Bruno,
Right

The seven Units of the Fayette County Association for Health and Community Education met at the Phillips Building in St. Elmo for their annual International Potluck Meal, Tuesday, October 20, 2009. Thirty members and one guest were present. The St. Elmo Unit beautifully decorated the room in seasonal autumn colors.

Irene Reed, of Wright's Corner, asked the blessing for the varied, bountiful meal. Following the meal, speaker Debbie Borries, District Director, presented an interesting and informational PowerPoint program by going to "Jungle Jim's" in Cincinnati, Ohio, which she described was like a "Giant Mecca of Groceries", with every kind of international food.

In the South America and Argentine section, she was surprised to find Argentine foods were more of the European type, rather than the expected tacos and other Mexican food. She purchased bulk packages, which turned out to be green tea, which she learned, is often drank with a straw from a small gourd, with a strainer in the bottom to hold the tea leaves separately.

She shared that the tea looks rather like silage and makes a very odd, green tea. It is a social thing in Argentina to pass a larger gourd or other container, and straw around a large circle of people for all to share from the same straw. "It is not a narcotic nor illegal. It is very bitter without sugar, but is really a pretty good green tea," she said.

Another food was sweet cream sweet potatoes, which, she stated, "was like a cranberry sauce consistency and was very sweet and very good." She shared they grill their foods, both meat and vegetables, a lot.

Borries shared much information concerning Argentina and showed many slides showing all of the features of the country. All in all, it was a very pleasant and informational evening.



Panzi Blackwell
Public Relations



DISTRICT NEWS

JERSEY.....

Karen Ziegler, our Cultural Enrichment Director reports that Craft Club got off with a bang in September with the jewelry making sessions, which were held both during the day and again in the evening. These were taught by Arlene Yost of Alton, who has started a lucrative jewelry making business.

We have been having two sessions each time, so we can accommodate those people who work during the day time – also it gives those who didn't finish a project another chance to come back and do so. Sandy Bechtold, our county President, has been "hooked" on Locker Hooking and she taught the October lesson. This is a new project and has been well received by everyone.

Marilyn Rundell, one of our Mailbox Members will be teaching everyone how to make a Christmas sweatshirt in November and in December we will be painting on plates, followed by our Countywide Christmas Party. Also, everyone is asked to bring canned goods for donation to the local Food Pantry. Also, each unit has been asked to collect money, which will be pooled and we will buy groceries, especially food items for the food pantry which are normally not donated – this has been our Community Outreach program for quite a few years at Christmas and we are striving to break our record in donations this year.

Lynn Welling of the Jersey County Health Department presented our Lesson for Living in September and talked to us about Vaccines, Diabetes, and also how to recognize Strokes, etc. This was a very informative lesson and so timely with all the hype with the new Swine flu, etc.

We just recently celebrated the Annual HEA Week in October and we celebrated our International Night on October 15 with our country of study being Belgium this year. Our International Director, Marietta Bates had contacted Fran Green of Grafton, whose mother was a war bride from Brussels, Belgium to present a program for us. Fran had lots of lace, pictures, money and memorabilia which her mother had brought from the "old country" and Fran has also visited there several times herself. Her presentation was very informative and held the interest of everyone in attendance. She made us feel like we actually were there visiting. Members of the board had

prepared a light supper using the recipes in the material provided to us.

We also recently had our Program Planning and have many new activities and Lessons planned for 2010.

Elizabeth Schwab
Public Relations

MADISON.....

We are experiencing an unusual Fall in Madison County just as many of you throughout the state with lots of rain and much cooler temperatures at times. This hasn't dampened our spirits or our activities. We had Patriotic Awareness Day on September 19th in Edwardsville with Edna Head overseeing and coordinating the activities. We had Patty Winn of Effingham portraying Betsy Ross. She did a wonderful job telling the historical account leading up to the event of making the flag as well as the history once the flag was presented. She was very enthusiastic and involved the audience many times. In addition we awarded four students from two private schools with monetary awards for writing essays of what the Pledge of Allegiance means to them. The awards were given to: 1st place, Lucy Bateman; 2nd place, Meghan Brakhan; and 3rd place tied were-, Michael Horton and Jonathan O'Donnell.

Speaking: Lucy Bateman
L-R: Meghan Brakhan, Michael Horton, Jonathan O'Donnell, Lucy, Pat Harmon & Vi Huebner



Wally Fisher and the International Chairs from our units presented an informative, fun and delicious evening of taste on Argentina. Jessica Plocher, a local senior, gave an account about rural Argentina when she had visited various dairy farms in that country. Then Wally gave some informative facts about the country. The evening was concluded with door prizes and a delicious tasting of the food of that country. The crowd of approximately 86 enjoyed the evening.

We concluded with a craft night on October 26th.

DISTRICT NEWS

Madison, con't

Members from a few units came for an evening of sharing crafts, ideas and making Victorian Christmas ornaments from light bulbs and dishwashing detergent tops and crocheting plastic bags for rugs. Thanks to Shirley Plunk for getting us together.

Our board members visited with the local units to share officer packet information and general information received from our Mt. Vernon meeting and the board.

As I am writing this newsletter, Madison County is getting the final arrangements in place for our Christmas in November--Cardinal Christmas which will be held November 5th. Edna Head suggested using liter soda bottles and a feeder device with birdseed decorated with a cardinal as our center piece and attendance prizes. They are quite nice and useful as well. We will have Duane Grapperhaus of Breese as our entertainment. We are looking forward to a fun evening.

Our clubs showcased HCE in their communities for HCE month. Also, the Office of the Mayor of Edwardsville, IL presented Madison County Association HCE and the 14 units with a proclamation of recognition for their dedication to the community and Madison County for their volunteerism in various venues of service.



Hamel Unit held a blood drive this past week and we commend them for doing such a needed community event. The Prairie and Hamel clubs are having an Outhouse Memories event on November 11th with Bernadette Banovz presenting the program. What a fun evening with unique memories.

As I end this article all of us in Madison County wish all of you the best of the upcoming holidays as you share time with family and friends and be thankful for all of our many blessings. We wish you the best in 2010.

Gloria Hartmann
Public Relations

RICHLAND.....

On October 4, the Richland County Board participated in the HEALTHFEST sponsored by Richland Memorial Hospital at our local community college. We have participated for a number of years as it is an annual event. This year our display educated people about the hidden amounts of sugar that we can consume from the beverages and foods that make up our diets. It was quite revealing as to the actual quantity of sugar contained in familiar products. For instance sugar is found in cheese and macaroni mixes and about 13 teaspoons of sugar are found in the popular drink, Mountain Dew. Approximately 10 teaspoons of sugar are found in a single serving of some fruit cups. A teaspoon of sugar is equal to about 4.2 grams of sugar if one wants to visualize the quantity of sugar referred to on a label. Just divide the total grams of sugar by 4.2. We also gave away a door prize of a basket of sugar free treats. Many people stopped by our display that day and we are presenting it again at our Holiday Bazaar in November.



Loretta Steber
Public Relations



"UNMASKING THE POSSIBILITIES WITH IAHC"
March 23-24, 2010 in Bloomington!

DISTRICT NEWS

DISTRICT 7 TREASA BROOKMAN



Hello from District #7! We are the south 18 counties in Illinois. We had a great District Workshop and enjoyed the educational classes taught by various directors. I hope everyone has read each packet and will apply the ideas in their counties.

I saw many of you at Southern Illinois Craft Camp. We had first time crafters. So camp is a go for 2010. We have chosen the theme: Mardi Gras. We always look for new crafters to teach. If you know of anyone, please have them contact me.

I will plan a mini-district meeting for October 26th, 9:30AM at Franklin County Extension Office in Benton.

Looking forward to the counties participating in the "Biggest Loser" program. We can gain new members and see less of the old ones. Ha!

I've been working on the 38 Share Shops for Annual Conference, March 23-25, 2010 at the DoubleTree Hotel, Bloomington, IL. It is a beautiful hotel with hot chocolate chip cookies upon arrival. What can be better? Hope to have a class that interests everyone. Remember, you do not have to be a HCE Board member to come to conference. Just take a few days off this winter and enjoy yourself.

"Unmasking the Possibilities with IAHCE" is our new theme. Plan to use it in your programming in 2010.

Have a joyful and holy holiday season!

Treasa Brookman

FRANKLIN.....

We are having lovely fall weather. Not too much rain. The trees are coloring up in their glorious reds, oranges and yellows! The drives through our parks, highways and around all our Southern Illinois lakes and hills and hollows is desirable. Come visit us at our many fall festivals.

Franklin County has had a busy summer and fall.

We continued to be visible with our food stand at the city car cruises this summer and fall. It was a pleasure to see and meet many new people and promote HCE in our county.

One of our newest and 'biggest' projects was making and donating over a thousand 'doggie treats' for all three of the different dog shows at Rend Lake. One of the shows had over twelve hundred show dogs! We had 'doggie treats' coming out of our ears! We also participated in the three invitational parties sponsored by the Benton Chamber of Commerce - we are a member of this organization.

We have held our Christmas Ideas Day and Health Fair. It was a huge success. One of the best attended in the 31 year old event. We had over 1,000 people register for attendance prizes and gifts. This began as a way for our units to make a little money for use in their units. It has developed into a four county event. We have vendors and crafters from these four counties. Some of our vendors were so impressed that they want an invitation in 2010! We charge no fee for attending this big event - held annually at the Benton Civic Center. We do ask that each person attending donate something for the food pantry, VA Hospital, school supplies or items for the Women's Center. Our entertainment was a huge success with the crowd. We had ever popular singer Jeanita Spillman and the multi-talented musical McDaniel family from McLeansboro, plus all the local children's dance and acrobat schools. All in all - a perfect day and tired feet!

Our 6th Annual Family Issues Up-Date Day was held in October. We host this event with neighboring Williamson County HEA every year. This year Williamson County served as hostess. It will be our turn in 2010. This is a day of learning, fun and entertainment, along with morning snacks and a catered luncheon. It is open to all, including men. And quite a few husbands, who have been dragged to the first one, now come because they enjoy it!

Things are a little quite now, our units and board are busy planning Christmas parties - as a reward for all our hard work this year. But - not to worry - we will be up and going strong in January 2010.

Margaret Duncan
Public Relations

DISTRICT NEWS

HAMILTON.....

Hamilton County HEA is building on success! Our organization has been very active this fall. We started our program year with a full slate of lessons designed to interest and educate our members as well as the community. A DIY (do it yourself) lesson was arranged with our county lumberyard. Members requested help on taking care of 10 small repair projects around the home and this formed the core of the lesson. The second lesson of the season, "Oh My Aching Feet" was a big hit. It was presented by a local podiatrist and was well attended by both the community and HEA. In fact, we gained several new members as a result of this lesson. A lesson explaining different forms of therapy and their benefit was presented by our local hospital's Director of Rehabilitation Services. Our most recent lesson educated people about home health, assisted living, swing beds, and nursing home care choices. It was designed to give people information to help them make informed care decisions when the time comes.

Our county holds a Fall Festival in September. HEA had a booth to sell "krispy pops" (rice crispy treats on a stick) decorated for fall and tickets on a darling Little Dutch Girl quilt that was made by one of our members.



Pauline Kennedy, member and seamstress of the Quilt

Hamilton County took a virtual trip to Argentina on International Day in October. We had a very enjoyable day with Debbie Borries as our tour guide. We also had our first book exchange billed as "Read Around the World" in honor of International Day.

November is a big month for our county. We co-sponsored the Family Issues Update, "Dollars

and Sense", with University of Illinois Extension and HEA/HCE organizations in Wayne, White, Wabash, and Edwards counties. It is a pleasure to work with neighboring counties. The program featured recycling and money saving ideas. Our big event at the end of November is the Hamilton County HEA salad luncheon and style show. This is our major fund raiser and draws a large crowd from the area. The women of the community get a chance to enjoy a special day of fun and fashion. HEA members, their daughters and granddaughters served as models.

Hamilton County has a lot to celebrate! We are looking forward to building and growing even more in 2010.

Sandy Johnson
Public Relations

JEFFERSON.....

The District Meeting in August was a great learning time and such a motivator. The day after I attended our Lesson for Living on "Bugs" - Yucky! It was the one lesson I didn't want to attend but I had made up my mind to try to attend every lesson this year, so I went! Much to my surprise it was very informative.

In September, the Jefferson County Board Chairman, Mr. Ted Buck, signed a proclamation declaring October 11-17th HCE week in Jefferson County.

We had a meal of salads and desserts for the Presidents' Advisory meeting in August and then shared everything that we had learned at the District Meeting.

In September, we had a 'Slow Cooker' Lesson with many Board members fixing recipes for those attending the lesson to try. YUM! - Who can't use another slow cooker recipe??

For HCE week on Sunday - we attended church. On Monday - quilt tickets were sold at the local Kroger. Tuesday - was International Night, County Board members prepared dishes from Argentina and members attending brought in items to be donated to Angel Cove, a local pregnancy center for unwed mothers. Debbie Borries came and

DISTRICT NEWS

showed pictures and talked to us about Argentina (Great job Debbie!). She's always fun! Wednesday - we had a county board meeting after which we took the donated items from Tuesday to Angel Cove. Thursday - we donated money to the Amy Center for abused children. Friday - we attended a class, taught by Sandy Bechtold, about Locker Hook, this a very easy craft and Sandy is a real joy and best of all for me, I had purchased a Locker Hook about 2 or 3 years ago when I saw it but didn't know what it was for and nobody else knew either - Now I Know! We also took a friend to lunch that day. Saturday - Jefferson County HCE set up at Times Square Mall in Mt. Vernon selling Quilt Raffle tickets, handing out flyers promoting HCE and encouraging membership and collecting quarters for patients at the VA Hospital in Marion. We gave a gift to the 'First Baby' born during HCE week, Keegan Michelle Walters, born 8:47PM on October 11th and a free membership to her mother, Ginger Koonce.

On October 24th we had another Flea Market and luncheon serving chili, chicken noodle soup and apple pie.

There was a mini District 7 meeting in October which was very informative.

We have formed a Book Club that meets once a month. We have already read and discussed three books.

We continue to work with the Linus Blanket project.

We are all looking forward to the Holidays as I'm sure everyone else is. We, in Jefferson County, want to extend warm wishes for a Blessed Christmas to everyone else in the State.

Marge Wilcox
Public Relations

PERRY.....

What State officer would be willing to dress in her can-can outfit and add a "Kick Me" flourish to the outfit? Yes, it's your new State Treasurer who is our Perry County President, Mrs. Jane Chapman. As she travels the state,



many of you will get an opportunity to talk with Jane to see what real enthusiasm she has for this organization. (Photo taken at NVON Conference during our "style" show).

Perry County celebrated HCE Week October 26-31, 2009, by having Mayor Joseph Holder of Pinckneyville sign a proclamation. Other events were posters by the units, ticket sales and promotional items at Wal-Mart in Du Quoin and at Perry County Marketplace in Pinckneyville. Purple and White, the state colors, were worn by the officers and directors to the board meeting that week.

A redbud tree was planted in honor of our "Go Green" theme this year at the government building. It also was to honor of Abraham Lincoln's 200th birthday, State IAHCE week and Perry County HCE week.



Units made posters to display during HCE Week which stressed the need to recycle and help green up the planet.

Biggest Loser III is midway finished with 45 participants. Food pantry donations were collected by the units. Holiday Ideas Day was November 5 with a theme of "New Traditions." Donations for military personnel will come next followed by Christmas cards and quarters for The Veteran's Home in Anna, IL.

Carolyn Bathon
Public Relations

SALINE.....

Saline County has been busy with many projects. Pictured is chairman of Saline County HEA in the High School Homecoming parade the day before our annual Past to Present Festival. What a good way to advertise Homemakers. (Photo on next page.)

DISTRICT NEWS

Saline, con't



Barbara Lambert in her 1937 truck.

The Festival is the BIG thing for Saline County. This is a two day event with FOOD vendors, crafts, demonstrators for rope making, painting, flea market tables, gardening, games, wagon rides, petting zoo, entertainment and you name it. Barbara Lambert, County Chairman, Elizabeth Woodworth, our 2nd Vice and Brenda Schell along with the Board and Unit members did a GREAT job getting this together. You know it is women that always seems to do these things. We were fortunate to have unfortunate young men in jail working out their community service time so they helped us with set-up and tear down. The 4-H groups collected a dollar per car to park and a can of food from each automobile for the community Food Pantries.

Saline County Community Outreach Chairman, Marsha Patterson, has done a lot of collecting magazines, personal items, clothing for Veterans and stuffed toys and beanie babies for the prisoners children. Anything left goes to the Lions Club Christmas stockings.

We are ready for our International night on Argentina. Chairman, Charlotte Taborn, has had several recipes in the newsletter so we expect some new FOOD along with the great ideas used in decorating the tables to be judged for 1st, 2nd or 3rd place prizes.

Our HEA Holiday Fest is December 5th, 8:00AM to 1:00PM at Harrisburg Lions Club Building, 1400 S. Main St. Lots of GOODIES to buy and EAT. There is a re-gifting table. If you have something that doesn't match your décor or you don't want it, what a great time to donate to HEA.

Have a Safe, Happy and Healthy Holiday and hope no one gets the swine flu.

Georgia Murphy
Public Information

WASHINGTON.....

The Washington County Association for Home and Community Education officers attended the District Workshop held at Mt. Vernon, Illinois on August 18th. The quilt was displayed for our quilt raffle November 2nd at the county HCE Christmas Special program. Christmas Special was held at the Hoyleton Community Club Hall with registration at 6:30 p.m. The theme was *Christmas through a Child's Eyes*. Carol Schlitt, University of Illinois Extension Educator gave a demonstration on a *Child Friendly Program*. Amanda Fox, Community Worker, 4-H and FNP, talked about *Holiday Activities with Children*. Music was by the Trinklein Children from Okawville, Illinois. A tasting bee of foods was prepared by the members from their childhood memories.



Sitting L to R: Adeline Blumhorst, Sue Mueller, Shirley Hagene
Standing L to R: Jane Endres, Carol Krueger, Norma Sloan, Ann Schnitker, Kathleen Betlejewski, Doris Meier
With the quilt and painting that was given away at Christmas Special.

Washington County celebrated HCE Week October 4-11. HCE articles were mailed to local churches for their bulletins, flowers were placed in churches, and an international program was held Monday, October 5 at St. Paul's Parish Hall in Nashville. A student of Southern Illinois University at Carbondale, a native of Argentina, talked about the cultures of Argentina. A tasting bee of foods related to Argentina was prepared by the members.

Tuesday was a day to remember our veterans as names were collected and sent to Kaskaskia College in Centralia for their memorial *Enduring Freedom Tribute*. The names will be

DISTRICT NEWS

printed and displayed when the memorial is built.

Our Extension and HCE has gone to a web site, so members were encouraged to read the information of the county's activities as a project for Wednesday. Coupons were collected for our military overseas bases and placed at businesses in Nashville. A collection of food for the Irvington Food Pantry was remembered for Thursday. Friday we remembered and thanked our office staff for all their cooperation and the county board members served them lunch!

Our members helped with the 4-H Shows and judging in Nashville. Our units take turns helping the residents that are member of the Young at Heart Activists Unit at Friendship Manor Nursing Home in Nashville.

Hope you enjoy the autumn weather with pretty fall foliage and good food.

Adeline Blumhorst
Public Information

DISTRICT 7 - SPECIAL ACTIVITY

Alexander, Johnson, Massac, Pulaski, Union Counties 2nd Annual Mini-Convention

The University of Illinois Extension, Alexander, Johnson, Massac, Pulaski, and Union (AJMPU) Unit HCE held their 2nd Annual Mini-Convention on November 7th at the Landmark Pentecostal Church in Anna, Illinois. The purpose of the convention was to provide educational lessons for HCE members and guests. The day began with attendees visiting informational booths, and talking with fellow HCE members and guests. Flu shots were also available to all those in attendance. Attendees were then welcomed by County

Extension Director, Jody Johnson. The first group of sessions available for members to attend included: *Memory Fitness, Water Gardening, Food or Supplements, and Holiday Cooking*. The second group of sessions included: *Talking About Tough Topics, Trees & Shrubs, Microwave Cooking, New*

Quilting Techniques. The third group of sessions were: *Obesity Prevention for the Whole Family, Composting, Disaster Preparedness, and Vacuum Cleaner Filters-To hepa or not to hepa*.

The instructors for the sessions were Extension Educators, Food and Nutrition Community Workers, specialists in the areas of instruction, and AJMPU Master Gardeners. HCE members were given an opportunity to visit the booths between sessions and the soup and salad lunch was prepared by the ladies of the church. We were honored to have as our Key Note speaker, Marilyn Daughhettee, IAHC State President. She encouraged the members to share what they have learned at the conference and in their local units with others in the community to help increase HCE membership and awareness.



We were very pleased to have Marilyn as our guest for the 2nd AJMPU HCE Convention. The attendance increased from our first year with several guests and HCE members from other counties attending.

The event was made possible by our sponsors: Anna-Jonesboro National Bank, Shawnee Development Council, Autumn Ridge, and SMART Transportation. A big "Thank you" to them, as well as our planning committee members, the County Director and all the Extension Staff for their work in making this day so special.

Submitted by Norma Korte,
Planning Committee Member

WHERE DO OUR PENNIES GO?

PROJECTS COMMITTEE REPORT

We have received a letter from ACWW headquarters in London, England thanking IAHCE for our contribution of **\$13,008.65** for 2008. The funds were allocated as follows:

• Save the Sight Fund	\$ 244.89
• Water for All Fund	\$1,367.76
• Pennies for Friendship Fund	\$1,710.00
• Projects Fund	<u>\$9,686.00</u>
TOTAL	<u>\$13,008.65</u>

The Pennies for Friendship and Projects Funds are actual pennies used and the Save the Sight and Water for All funds are special donations.

They send their thanks to all of our members who so generously donated their pennies and more and who continue to support this wonderful organization.

Projects that were funded are listed below:

Country: Teze Women Common Initiative Group

Project: Expansion in the production, processing and marketing of Palm Oil and rearing of pigs by women and orphan youths.

Country: Kenya

Project: Solyne Enterprises - Savings and Internal lending communities.

Country: Namibian Women's Society

Project: Continue "Gift of Grace"

Country: St. Lucia (Caribbean)

Project: Educate to Empower - Training of Trainers

Country: Kenya

Project: Blowing the Whistle on Water-Borne Diseases/Nutrition among rural area..

Country: Tanzania

Project: Namirama Widows Group - Horticulture

Country Uganda

Project: Promotion of household food security and increased income.

Country: Kenya

Project: Integrated food production.

Country: India

Project: Kanikkar Tribal Women Community Development Program

Country: India

Project: To minimize the poverty level among the poorest of the poor, women group in our self-help groups.

Country: India

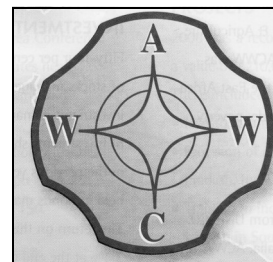
Project: Comprehensive Care and Support Program for Women and Children with HIV/AIDS in Sempatti Region

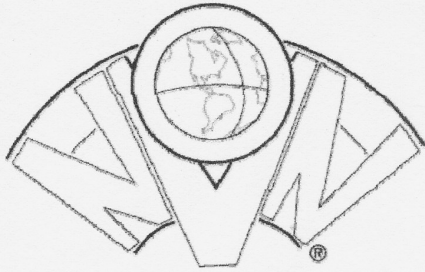
Country: Romania

Project: Info-Campaigns for Rural Women, Scholarships for Rural Children and Sewing Workshop for Disadvantaged Women

For more detailed information on each of these countries and their projects, check the IAHCE website: www.iahce.org

What a difference it makes in the lives of these communities and people with our donations of "Pennies for Friendship". Let's continue our good work during the upcoming year.





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NVON NOMINATION FORM

State: _____

Date: _____

For the office of: _____

Name of Nominee: _____

Phone: _____

Address: _____
Street State Zip E-mail

Positions nominee has held on State Board: _____

Other background and experiences which have relevance to the office: _____

The nominee must attach a statement of her qualifications and the reason she would like to have the position. The nominee is to include a 5 x 7 photograph.

Nominee will be asked to give a 2-to 3 minute talk at the annual conference as to her goals for and why she would like to serve NVON.

(Signature of Nominee)

(Signature of State President)

Nominations must be made and received by the NVON President *three months* prior to the NVON Annual Business Meeting. The President will send the nominations to the Nominations Committee.

President-Elect: ____ For one-year term, must be a member of NVON and have served as President of a NVON affiliated state.

Vice President: ____ For three-year term, must be a member of NVON and have served as President of a NVON affiliated state.

Secretary: ____ For three-year term, must be a member of NVON and have served as an elected officer of a NVON affiliated state.

Treasurer: ____ For three-year term, must be a member of NVON and have served as an elected officer of a NVON affiliated state.

Editor: ____ For appointment of a three-year term, must be a member of a NVON affiliated state.

CWC Officer: ____ For a three-year term, must be a member of a NVON and have served as an elected officer of a NVON affiliated state.

OFFICE: CWC Chairman: ____ CWC Vice Chairman: ____ CWC Secretary: ____ CWC Treasurer: ____

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