



The Acorn

Announcements

Adams County HCE Newsletter



2017-18 ACHCE Board

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October is HCE Month

Mark your calendars for October 2 and plan to attend Mayor Kyle Moore's Proclamation of HCE Week, Oct 8-14 prior to his regularly scheduled City Council Meeting. You will need to be in the City Council Chambers no later than 7:15 p.m. on Oct 2.

During the week of Oct 8-14 across Adams County there will be displays telling the story of HCE.

Units in Quincy (**GEM, Quincy Tumbleweeds, Quinsippi, and Sunshine Girls**) will be having a display with volunteer members posted in the lobby of the Quincy Public Library on Sunday, Oct 8 (1:00-5:00 p.m.), Mon-Thu (10:00 a.m.–7:00 p.m.), and Fri & Sat (10:00 a.m.-5:00 p.m.).

Beverly/Liberty display will be at the Farmer's State Bank

Burton/Plainville display will be at the State Street Bank in Payson, IL.

Camp Point Unit will have a display at Bent's Family Food.

Chatton display will be at the Golden State Bank

Paloma Unit plans to establish a Facebook page titled "Paloma HCE".

Unity Nite display will be at the Mendon Library

Coffee Break

In appreciation for their support and guidance, the Adams Co. HCE Board will host the University of Illinois Extension staff to a special coffee break on Tuesday, October 10. If you are in the Farm Bureau Building during this week, be sure to thank the U of I Extension staff for all they do to support our HCE units.

Check out the HCE displays in your community and invite friends and neighbors to join you to celebrate HCE at your unit meetings in October.

2017-18 Membership Dues & Information

Active, Mailbox and 4-H leaders membership dues are \$15 per year. New brides, new mothers and ministers' wives may pay half price (\$7.50) for one year!

Each Unit Treasurer should send one check, payable to Adams County HCE, for all of their members' dues and the membership roster to Second Vice President Nancy Aden by October 31. A receipt for each member paying dues should be included.

If you have any questions, call or email Nancy Aden.



The Oak Leaf

The purpose of this column is to recognize and highlight the many contributions of Adams County HCE members in our communities, along with the fun and unique activities or events by the units.

The Beverly-Liberty Unit opened their program year with a September family carry-in dinner at the Beverly Methodist Church.

The Quinsippi Unit opened their program year with a spaghetti dinner. They also collected school supplies that were delivered to Washington Elementary School.

Representatives from the four Quincy Units, Gem, Quinsippi, Quincy Tumbleweeds and Sunshine met to establish a joint display for the Quincy Public Library. Check it out during HCE Week.

The Quincy Tumbleweeds HCE Unit will celebrate 20 years as a unit at the October 9, 2017 meeting. The members will bring a dish to share for a 6 p.m. dinner. We will have a birthday cake to help celebrate. The unit was started in 1997 by then North District Director, Rosie Eickelschulte. Two ladies are charter members: Camie Hempelman and Doris Newman.

Does your unit do any special recognitions or activities? Please let us know and we will highlight it here.

Just for Laughs!

A young mother was forewarning her son when he was starting school, "Every time you're naughty, I get another grey hair."

To which her son replied, "Gee, mom, you must have been a holy terror when you were young. Just look at grandma."



Favorite Leftovers Recipes

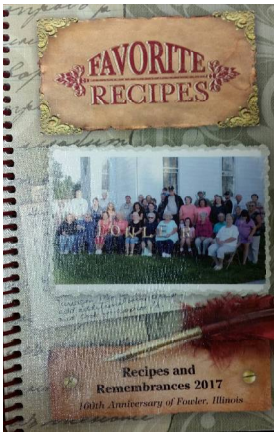
Did you ever wonder if that was Monday's meatloaf in the chili or spaghetti sauce in the cafeteria? Do you have some ways to repurpose those dinner leftovers into new menu items? Or do you find that you throw out the majority of your grocery budget at the end of the week? The IAHCE is asking for **one leftover recipe per county** for a mini-cookbook to be published in March, 2018 in support of the Zero Hunger's "No Food Waste" initiative. To narrow the recipe selection from Adams County, the board is asking each unit to select one recipe from their members to submit to the board prior to their **November 14th** meeting. One recipe will then be selected to submit for the cookbook. Recipes are due to IAHCE by December 30th.

October 16th is "World Food Day" as designated by the United Nations. This is a chance to show commitment to the sustainable development goal to achieve Zero Hunger by 2030. There will be a Lesson for Living later this year on reducing food waste. But why not share some ways you repurpose food at your October unit meeting.

Get ready for the Christmas Holiday Season

The next Cultural Enrichment lesson isn't until Nov. 17th, but thought I'd give you a heads up. I am planning a day of crafting and card making. You may come anytime between 9:30 a.m. and 3:30 p.m. and stay as long as you would like. It will be held in the Extension Office basement. Items available to make will be a cookbook (allow 1 1/2 - 2 hours to complete), note cards, Christmas cards and tags, along with other ideas. Guests are welcome.

Come and bring a friend and enjoy the day.



Fowler Cookbook

The Fowler Cookbook has arrived. There are approximately 300 recipes in the book and the cover features a picture of area residents taken by John Cooley of Coatsburg. This year's cookbook also features photos from the Leslie Family Farm and the Moellring Farm, both Centennial Farm Award winners. The book is selling for \$12 and can be obtained by calling 217-617-2993 or contacting any member of Fowler Development Association. The book can also be mailed for an additional \$3 shipping and handling charge. The book has a good variety of recipes passed down through the generations as well as quick and easy to assemble dishes. There are more diabetic recipes in this book than in the past to offer alternatives for those on special diets. Proceeds from the book will be used to fund town betterment projects such as the annual town clean up and Christmas light decorating.

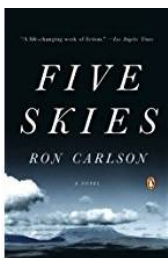
Mrs. Martin Luther Performance

Popular speaker Barbara Kay will return to portray Mrs. Martin Luther in a first person performance at 7 pm Monday, October 16, at St. Paul United Church of Christ in Fowler. With one nail in a church door, the world changed. Five hundred years ago, Martin Luther posted his *Ninety-five Theses* in Wittenberg. Many of us remember from history class the battle Luther waged – but what about the contributions of the woman in Luther's life? Luther's wife, Katherina Von Bora – “My Lord Katie,” as he called her – was put in a convent as a small child, escaped from the convent, and married Luther. She became his voice of reason and took on many other roles and responsibilities. Barbara Kay will bring Katie Luther to life, portraying her in costume. She will engage the audience in questions and discussion. Katie Luther's life and work are often overlooked today, but they can serve as examples of determination and perseverance. Barbara Kay's performance is being sponsored by Fowler Development Association and the Illinois Humanities Council through its Road Scholar program. The program is free and open to the public. Barbara Kay is from Glen Carbon, Illinois. She has previously portrayed Molly Brown and Clara Barton in the Fowler speaker series. Please call 217-440-6275 for more details.



Things to Do..... Places to Go!

HCE Book Club



“*Five Skies*” by Ron Carlson (The Big Read book) will be discussed on October 18 from 11:00 a.m. to 1:00 p.m. at Daylight Donuts (48th). It will be an open discussion among Book Club members.

Description: *FIVE SKIES* is the story of three men gathered high in the Rocky Mountains for a construction job that is to last the summer. Arthur Key drifts into work as a carpenter in southern Idaho. He is hired along with the shiftless and charming Ronnie Panalli, to build a stunt ramp beside a cavernous void. The two will be led by Darwin Gallegos, the foreman at the local ranch. As these three men work together, they reveal themselves in cautious and profound ways.

Anyone interested in the HCE Book Club, may contact Mary Voorhis (217-224-0084). Books are recommended by the library or Club members and members always have diverse opinions and unique ideas about the authors and books.

Lesson for Living

Do it Yourself Decorations—October 24, 6-7 p.m. (to be presented at your unit’s November meeting.)

This lesson will be presented by Sherri King, who has taught multiple craft lessons on making various decorations for all of the seasons and holidays. She is also a florist and has provided bouquets and arrangements for weddings, funerals, homecomings and also for multiple holidays and occasions. Sherri is very skilled and will provide a wonderful fun lesson for us.

Minor Lesson: Opioid Painkillers - A new Epidemic

Dates to Remember

October

2	Mayor Kyle Moore to recognize HCE with a proclamation	Quincy City Council meeting
5	Chair Exercises	1:30 PM Farm Bureau Basement
8-13	HCE Week Look for displays highlighting HCE through out Adams County (see article on page 1)	
10	ACHCE Board of Directors Mtg.	9:30 AM Farm Bureau Basement
11	Quilt Club	9:00 AM Farm Bureau Basement
16	Mrs. Martin Luther Performance	7:00 PM St. Paul United Church of Christ in Fowler
18	HCE Book Club	11:00 AM Daylight Donuts 48th & Broadway
24	Lesson for Living: Do It Yourself Decorations	6:00 PM Farm Bureau Basement
25	HCE Card Club	

November

8	Quilt Club	9:00 AM Farm Bureau Basement
14	ACHCE Board of Directors Mtg.	9:30 AM Farm Bureau Basement
15	HCE Book Club	11:00 AM Daylight Donuts 48th & Broadway
17	Cultural Arts Lesson: Cardmaking and Cookbooks	9:30AM-3:30 PM Farm Bureau Basement
22	HCE Card & Game Club	