August 2020

THE IAHCE CHRONICLE





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CONFERENCE THEME ANNOUNCED INSIDE!!!

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NEWS FROM YOUR STATE OFFICERS



IAHCE PRESIDENT JANE CHAPMAN



How fortunate we were to get the March conference over and I must add COVID-19 FREE! Everything is so different now that I have found it hard to put into words my thoughts about all of what is going on in the world today. I receive many county newsletters and read them all, but the one I got for June from Hamilton County with the article from their president, Becky Belcher, really summed up my thoughts. Becky has given me permission to share her article with all of you and chose to do it in my President's section. Becky is also the lady that did the great drawing of "Buzz and Woody" from the movie Toy Story at annual conference.

Becky's Beat

Ahoy mates! I was inspired by our theme, **Power of the Past, Beacon to the Future,** and the lighthouse used to symbolize it, to use nautical metaphors in writing this article.

For the past couple of months, we have been sailing in uncharted waters. At times the seas have been calm and fairly easy to navigate and at other times they have been quite rough, making it hard to stay afloat, let alone make our intended destinations. Some (small businesses, churches, sporting events, schools, HCE, etc.) have had to abandon ship temporarily and others (graduates, engaged couples, those having milestone birthdays or anniversaries) have had to sail right on by their scheduled "ports of call" which they had been working toward and eagerly anticipating.

I saw a quote the other day online in an article in the Brunswick Times-Gazette: "We are not all in the same boat, but we are all going through the same storm." Some boats handle storms better than others. For instance, a large cruise ship may just barley feel the rough seas and is equipped with all the necessary provisions for a comfortable trip even in the storm. On the other hand, a small rowboat would be tossed and battered by the large waves and perhaps even capsize in the storm.

We are all on different ships during this storm experiencing a very different journey. It is important to realize this. And if you are a passenger on one of those cruise ships, please be on the lookout for rowboats and other small vessels and be ready to do what you can to get a lifeline to them.

And of course, we should all be watching for the saving beacon of the lighthouse – remembering how our ancestors weathered all kinds of storms, and looking for new solutions and methods of operating in the future.

For now, all HCE activities are still suspended, but we anticipate that we will be back to smooth sailing soon.

I hope this inspires you as much as it inspired me to stay positive and motivated that there is a beacon shining out there to lead us towards calmer seas!



Georgia Louise Swearingen, 96, of Gibson City passed away at 12:30pm Monday, March 30, 2020 at the Gibson Area Hospital Annex in Gibson City. A private family burial was held at Drummer Township Cemetery in Gibson City. A Celebration of Life Service was held at a later date at Rodenbaum Funeral Home in Gibson City. Memorial contributions may be made to the Champaign County Humane Society or to an Organization of the donor's choice.

Louise was a member and past president (1991-1992) of the Illinois Homemakers Extension Association. She was also a member and past president (1993) of the Illinois Association for Home and Community Education. Louise attended many National Extension Homemakers Council (NEHC) conferences, numerous Illinois state conferences, and two ACWW triennials during her membership years.

Louise was born April 28, 1923 in Arrowsmith, a daughter of Alva and Grace Vinson Monical. She married John Swearingen on December 12, 1940 in Gibson City. He passed away August 16, 2013. Louise is survived by a son, John Robert (Wanda) Swearingen of Elliot. Granddaughter, Paula (Jack Huppert) Swearingen of Eliot and a sister, Shirley Franklin, of Farmer City. She was preceded in death by six brothers Wayne, James, Howard, Walter, Floyd and Lloyd and a sister, Dorothy.

GLAZED STRAWBERRY FRITTERS

GLAZE

- 1 and ³/₄ cups all-purpose flour
- ¹/₄ cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- ²/₃ cup milk I used 2%
- 2 large eggs beaten
- 1 tablespoon oil or melted butter
- 1 cup strawberries diced and drained
- oil for frying

- 1 cup powdered sugar sifted
- ¹/₄ cup milk
- 1 teaspoon vanilla



- 1. Cut and drain the strawberries. While the berries are draining, make your glaze.
- 2. Whisk the glaze ingredients together and set aside.
- 3. Whisk together the flour, sugar, baking powder, salt, and cinnamon in a medium bowl.
- 4. Whisk the eggs into the milk and 1 tablespoon oil.
- 5. Pour the milk mixture into the flour mixture and mix until just combined.
- 6. Fold in the strawberries. Don't overmix the batter or the fritters will become tough.
- 7. Heat 1 and 1/2 inches of oil in a large skillet, Dutch oven, or deep fryer to 375°F.
- 8. Using a spring-release scoop or two spoons, drop about 2 tablespoons of batter into the fot oil.

9. Fry until golden on bottom approximately 1¹/₂ to 2 minutes, flip over and fry until the bottom is golden. Remove to a paper towel-lined plate to drain.

10. Dunk each fritter into the glaze. You can coat just the top or the entire fritter. Place on a wire rack to dry.

Your IAHCE State Board would like to introduce the new theme for 2021

Change Is To Grow IAHCE



Grow Is To Become Effingham 2021

EXECUTIVE BOARD

1s VICE PRESIDENT - Mary Eustace

<u>Whew!!</u> Who would've thought our lives would be challenged the way we have been over the last several months? We certainly have been encouraged to be a "beacon" of hope and not be afraid of changes in the way we live our lives today.

Our IAHCE Board met via "Zoom" for our regular June meetings. It was my first attempt at

this modern technology. We were successful and made important decisions with regards to the safety of our members and that of our future. I am disappointed that I will not get to see and visit everyone for this years District Workshops but putting safety first we have decided to put on a "virtual District Workshop" that you all can view on our IAHCE Webpage (<u>www.iahce.org</u>) or at go.illinois.edu/HCEdistrictworkshops. You can view workshops presentations on August 10-12th. You might plan a Unit meeting and view the workshop presentations together.

Change for all my 1st Vice Presidents is a fact of lesson planning for the upcoming year. I am encouraging all of you to review lesson ideas that will be delivered in your packets and stay confident that together we will all make it through this safely. HCE is an organization dedicated to providing its members with quality experiences. We will survive! Activities for our "Road to 2024" IAHCE 100th Anniversary celebration conference is being planned. If you have something that was made or a special item from the early days of HCE that can be displayed, please contact Kathy Peterson, (kathydistrict2.3@gmail.com) Committee Chairperson.

No matter what happens in life, keep a good heart. A heart of patience and trust, don't let the darkness of this world harden your heart. I pray that you stay hopeful and optimistic!

Mary Eustace

2nd VICE PRESIDENT – Norma Korte

Hello, HCE members! Greetings from Southern Illinois! This spring has been a little kinder for planting in our part of the state. We found a window of weather opportunity in April and had both planters going. Farming has been one of the few "normal" activities in a "less than normal" spring (throughout the world) due to COVID-19.

After coming to terms with all that was taking place in our world and the shelter-in-place order, I started thinking – now is the time for me to do something I had been putting off when I

didn't have time. I thought of all the lessons we have learned through HCE about cleaning, organizing, caring for our physical and mental health, caring for our garden and home, keeping a watchful eye for scams over the internet, shopping tips, and so much more. I decided this was time well spent in putting to use what I have been teaching and learning over the years. My prayer is that each of you are well and using this time wisely for yourself and your families.

With all this in mind, I hope you can understand the difficult decision the IAHCE Board had to make to transition our August District Workshops to a virtual format this year. We will miss seeing each of you in person, and we are all hoping to learn more about online learning and virtual opportunities through this experience. The Board met in June (by Zoom), and we had a lot of good discussion. My focus this year (as always) is to keep current HCE members *and* increase HCE membership. An online format may be the opportunity we were hoping for to encourage others to learn more about HCE!

The member of the year form is included, as it was also in the conference packet I gave you. Be sure to fill out your evaluations, and please read your District Director letter very closely. This letter will provide all the information you need to view the District Workshops and learn more about upcoming events. We want to give a special thank you to Karla and Emily for putting the District Workshop presentations together for each of you to view.

Stay safe, keep positive, and keep telling your friends all you learn from HCE.

Norma Korte





SECRETARY Cathy Eathington

Hi, to everyone. Jane the Annual what she meant. I pray safe as well as your families.

Due to Corvid-19, we will be unable to meet with all of you in August. The District Directors will be meeting with each County at either your Annual Meeting or a Board Meeting. They will have packets from all of the Officers to give to each of you as if we were there in person.

My packet will contain a letter from me, duties of the secretary, form for the officers (PLEASE PRINT) and scholarship applications.

Chapman, president, talked about change at

Conference in March, but I am not sure this is

that this newsletter finds everyone healthy and

See you in March 2021 at Annual Conference if not before.

TREASURER Melissa Chitwood

People see me and ask how retirement is going; it is like nothing I could have ever imagined! I get paid to stay home, but so do all of my (ex) co-workers! For me it has truly been a blessing to be able to be home these past few months. I still haven't started any of my "when I retire" projects, but I have been able to do something that I said I would and that is to spend more time

with my family. Hopefully many others have found a renewed value of family during this pandemic.

I would like to publicly thank Bev Combs for all of her assistance during this transition as I step into my role as IAHCE Treasurer. Wow! Do I have a lot to learn and some big shoes to fill! Thank you Bev for being such a wonderful support and resource for myself and all of HCE. As an FYI, I am not always connected to my email. Text/phone calls are the best way to reach me (even if the text says "check your email).

Please remember when sending checks to make them payable to **IAHCE** and include a note in the memo field. Look for more treasurer information and helpful hints during the upcoming district meeting presentation.

Receipt of support fund applications is now closed and submissions will be reviewed at the next board meeting. Remember that someday is not a day of the week and that tomorrow is a new beginning. Stay safe and "let us not forget to be kind".

Melissa Chitwood







EDUCATION COMMITTEE

Cultural Enrichment Sonya Bishop





So, what is your "New Normal"?

At first I was thinking of all the things I couldn't have and what I was missing. I know we all have had those feelings. I hear that it is normal. Then I thought of what I could do instead of throwing a pity party. I decided to follow the Aim Of The Homemaker and make my house artistically satisfying and visually appealing.

I started a (small) house project. This project grew exponentially! I mean, what else can I do when sheltering in place. Instead of seeing how much I have to do, I decided to set small goals and have managed to accomplish quite a lot in about 4 weeks. I set an attainable goal. Progress is measured slowly but surely and my completion goal is attainable.

I have also discovered that my vocabulary has become limited. I was describing something to a friend and the word I wanted to use was escaping me. My solution was to incorporate a new word each day and using it in a sentence. It has been helping!

Learn something new. You Tube has a plethora of subjects and tutorials. I joined a beginner's watercolor group on Facebook. I have yet to get any supplies but am learning the steps. There might even be an entry in the convention for next year. Now that Hobby Lobby has opened its stores back up it will be easier to start new projects.

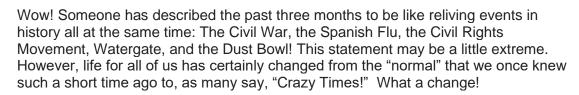
Remember that your Cultural Enrichment project dimensions are still 24inches tall by 24 inches wide. If the project is a collection and arranged on a display board that board should meet the 24x24 size requirement. In the Nature division all components should be of a natural substance. Other than those clarifications nothing has been changed.

I am hoping we will get together soon! In the meantime, Keep your brain stimulated, stay active, and by all means stay safe and have a wonderful summer.

Sonya Bishop IAHCE Cultural Enrichment

Family and Community Issues- Eleanor Gregory

Hello!



At our Zoom meeting in June our new theme for our Family and Community Issues was chosen to be: **Serve Others with Creative Ideas for Change.** You may have begun to feel a sense of helplessness, confusion, and frustration as you begin to think about the categories for our Family and Community Issues program: *Family Living-Safety, Health, Food & Nutrition, Citizenship, and Special Activities.* How can we 7





possibly develop plans and do programs when we are unable to have meetings and activities that involve gatherings of people? This is where we will be forced, as we say, to "think out of the box." We must set our imaginations free and explore new ways to do "old things." And explore new ways of doing "new things."

Be sure to <u>check out the packet</u> given to each county by your District Director, as it will contain perspectives, suggestions, and other information that, hopefully, will spark an idea. We want to continue plans to serve our families and communities. A most important part of our aim this year will be to keep in touch with our members! And in the process ideas may swirl and new members may be gained as we creatively develop our plans for making HCE an effective educational program. Members may need "to change" ways goals are accomplished by changing methods, strategies, and approaches. We certainly can't change many things that happen in life, but we can change how we respond to these things. Let's respond with positivity, with kindness, and with great support for the well being of our HCE friends as we make our plans and meet our goals.

Also, be thinking of a family you can nominate for Family of the Year. Details and forms will be included in your packets. So, we will wear our masks and be vigilant about social distancing to keep ourselves and our fellow HCE members safe. AND... pray for a vaccine to be developed soon!!!

All the best, and God bless! Eleanor Gregory

International- Cara Ausmus

Greetings!



Well, we have certainly become more aware of the world around us! Whether it's our neighborhood, town, county, state, country, or world. I'm staying close to home most of the time and have time to appreciate the flowers as they bloom, a different flavor of iced tea and different creamer in my iced coffee (for summer) as well as fresh fruits and vegetables. Hope that you are likewise blessed with time to smell the flowers and appreciate the small things. As we completed our first zoom board meeting it fit with my cousin's statement, "That's so 2020!" Yes, lots of new ways to do things in the best interest of everyone. Following up on your amazing short season response, we will be sending the Illinois Food Bank \$1500.00 from our Zero Hunger /Dimes/ Water Bottle project. That is half of the collection and the other half will be distributed in October to the ACWW WE(Women Empowered) Nutrition Fund. You did a WONDERFUL JOB and please continue to save those dimes and/or money for the Zero Hunger Bottles.

They will next be collected at Conference in March. Our ladies have great hearts for helping! Hoping our board will be able to meet in person again in October(time will tell!). Please keep adding to your FPF "banks" containers etc. They will be due to our new treasurer same as always. Please help her by using the transmittal in the new IAHCE guidebook that you received at Conference. Depending on when your units hope or plan to start meeting again, you may want to pick a container for your house; a vase, basket, jar, or candy dish for your "Change the World" change until you do meet again. It will be a short year as far as meetings go. As we all know, lots of developing countries will have even more stresses in this COVID season than we are facing here. My County is continuing to review the resolutions made in Australia and they will be "new" till we meet in Malaysia. They fit nicely in our monthly email or newsletter. I'm enjoying the many newsletters I receive and the amazing number of things that have been chosen to learn more about Uruguay. Great Job International County Directors! Sadly, we need to repeat that All Lives In All Places Matter. So glad that we have focused on a country of study for so many years. We know that family and a better future for our children is a worldwide theme regardless of language or continent. As we continue, let us be diligent to remember our sisters here and around the world with ACWW and stand together for each other and each other's families. Our resolutions and ACWW WE(Women Empowered) fund projects will continue to help us make local, state, and international impacts.

Even sheltering in place, we can make a difference around the world! Yay HCE ladies! In conclusion, I want to challenge you to listen to our district meeting videos and the handouts that will come to you via your district directors. SO TO TEASE AND TEMPT YOU, I will have a "New Zero and A New Million" to tell you about for international focus and our new COS. Where will we go next? Lastly, let each of us help our family, friends, units and County to keep a wide open mind. It will be more challenging as we have limited travel opportunities including international students and chances to meet and learn 1 on 1 with people from other places. A quote I've recently discovered is "Proximity 8

builds compassion." So let us work to keep at least "virtual proximity" with our world. Try to think of several good ways and I know that many of you will come up with creative ones that are not listed here: • International News * Local International People • TV Documentaries * Virtual Trips on Your Computer • Travel Channels * Virtual Museums Around The World • Food Channels * Books Fiction and Nonfiction • Restaurants * Cookbooks • Your Trips * Past COS information recipes, etc. • Mementoes of Trips * Cultures and Customs at The Holidays Just to name a few.

I'm currently Groundhog challenged so I will close with "Be a Brave Groundhog and keep looking out, heads up, and see the beautiful world we live in." Just think of all the virtual travel we have already enjoyed with HCE!

CVH (CERTIFIED VOLUNTEER HOURS)/SALES- Ashley Davis

Hello Everyone!

What a **crazy world** we are living in these days? There is one word that comes to mind "CHANGE", with everything going in our world today. We have had to learn a new way to live and new ways of doing things. As, I have said time and time again all this changing has brought me way out of my **BUBBLE**! But all the change has inspired me to keep growing and helped me to keep moving forward to overcome the challenges that has been thrown my way. After all my life experiences I have learned that CHANGE IS GOOD and It' **OK** to step outside of my **BUBBLE**! So, let this **CRAZY WORLD** bring on the change!

As, you all know this is the time of the year that the IAHCE State Board is gearing up to travel the state for the annual District Workshops. There will be no travel required this year! You can view your workshop at the IAHCE Facebook page, IAHCE webpage (<u>www.iahce.org</u>) or go.illinois.edu/HCEdistrictworkshops. You can view the workshops presentation on August 10-12,2020. Each IAHCE officer will provide information for each of their position and the Education Director's focus for the programs this year. So, please tune in for your CVH Director information. Grab some snacks, your favorite drink and Invite all county members (not just county board members) to participate and watch the sessions.

Although we cannot be physically together there will be a CVH packet made for each county and the District Director's will see that the packets are distributed to each county. In your CVH Packet you will find the information from the IAHCE Guidebook. As, some you know the IAHCE Guidebook was revised and is a lot easier and nicer to go through. Please take the time to read over all the information that is in your CVH packet and share it with your members. Make sure you put the information in a safe place because you will need the CVH County Summary Form in December to turn in your county CVH Hours.

CVH PACKET INCLUDES:

- 1. A letter from CVH/Sales Director
- 2. CVH Guideline pages 50-56 from IAHCE Guidebook (Please be sure to read)
- 3. CVH County CVH Director Checklist
- 4. Sheet to record the number of hours and how many Covid-19 mask made
- 5. Deadlines and Due Dates
- 6. Suggestions
- 7. Brief Description of the IAHCE CVH/Sales Directors position

It has been awesome to hear how many of our HCE members are and have made mask during the Covid-19 pandemic. I want to personally say **THANK YOU** for all your hard work. My daughter works at a hospital is thankful for the homemade mask. Seeing the colorful and cheerful mask help make the ones on the front lines get through the shifts easier and help make them smile. Sure, hope you all kept track of the long hours and how many masks you made. I say that because am asking that when you turn in your CVH Hours, please let me know the number of hours and how many you made. There will be a sheet included in the CVH packet for the CVH Chairman to pass out to the members in the county. So, make sure you turn that sheet in with your CVH Hours. By you taking the time to make those mask, you blessed so many people.





Be sure to take the time to read and share all the information in the IAHCE Chronicle (formerly IAHCE News), there will be so much information in there.

As your 2021 IAHCE Annual Conference Chairman I almost left out some important information. Not yet I cannot ruin it make sure you tune into the virtual District Workshops on August 10-12,2020 for the introduction of the 2021 Annual Theme!! You will also find the information about the 2021 theme here in The IAHCE Chronicle.

Prayers for each of you to stay safe and well as we all adapt to our changing CRAZY WORLD!

Public Relations- Emily McDowell

Happy Summer!





I am thankful for this season right now because it allows me to get out of the house and away from other people, taking the worry about catching covid away! I've been boating and camping almost every weekend!

You may have noticed this newsletter is a little lighter than normal! We did not receive many submissions because many units and counties just aren't doing anything. We are not penalizing any counties that did not submit, so need to worry about your Blue Ribbon standings. I do apologize for not sending out reminders.. I will be honest I forgot about them and beings I am new, I didn't have all my ducks in a row. I promise that those will be sent out for the next edition of the newsletter.

By now you are hearing of the conference theme so going along with the theme of "change", your public relations packets will include lots of information and articles on changing up how you advertise and promote your organization, as well as plenty of tips and tricks for utilizing online services and publication methods. I think you will find this information very helpful in staying relevant and remaining in the forefront of the community.

I look forward to seeing you all soon (hopefully in March), but if not, feel free to reach out and stay in touch!



"Only the wisest and stupidest of men never change" – Confucius

"Progress is impossible without change, and those who cannot change their minds cannot change anything" – George Bernard Shaw



EXTENSION REPORT

Happy summer HCE members! I hope you all have had a chance to get out and about and enjoy the beautiful summer weather we have been having. As we all are aware, 2020 has been an interesting year in so many ways. On the Extension front, all offices closed and transitioned to remote working in mid-March. Each of Extension's 27 units has developed their own return to office plan with the goal of all personnel returning to the workplace on or before August 17th.

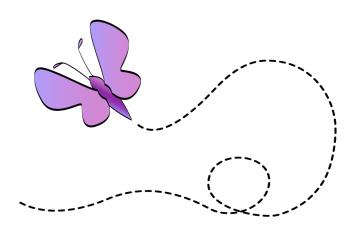
Each unit may also have additional guidelines regarding visitors and groups meeting in the offices as well as requests of visitors while at the offices (i.e. wearing masks, social distancing, etc.) Please

check with your individual unit office for opening dates and procedures. While Extension staff has been working remotely, we have been very busy creating numerous resources to help individuals and communities thrive during this difficult time. For general COVID-19 resources, visit go.illinois.edu/ExtensionCOVID19resources.

The Family and Consumer Sciences (FCS) team has been busy delivering webinars, creating tip sheets and blogs, and developing resources specific to health and wellness. To easily access FCS resources, visit go.illinois.edu/healthyfamilies. This content is great for use in HCE programming. The FCS team has been working hard to develop the 2021 Lessons for Living and delivering 2020 Lessons for Living webinars. We will plan to continue to offer the 2020 webinars as scheduled via Zoom. All webinars are recorded for later viewing if you are uncomfortable to use or not able to access the live webinar on Zoom. I'd also like to share, as noted in the 2021 Lessons for Living flyer, that many of the webinars delivered during the stay at home order would be excellent HCE lessons. To view the full listing or recorded webinars from the Discover Wellness, Discover Brain Health, and Nutrition, Wellness, and the Brain webinar series visit go.illinois.edu/healthyfamilies.

A final project I have been working on with the IAHCE Board is the program recordings for district workshops. As we are unable to host the district workshops in person this year, your IAHCE Board came up with an innovative idea to continue to provide you with content and programming. It was my pleasure to work with Board members in creating their video programs. To view the programs and related materials, visit go.illinois.edu/HCEdistrictworkshops. If you have suggestions or comments on FCS lessons through UI Extension, feel free to contact me at kbelzer@illinois.edu. If I can be of assistance in anyway, please reach out. I sincerely hope that each of you are remaining well and that you are continuing to shine your light in your community. In good health, Karla Belzer Family Life Educator University of Illinois Extension

Karla Belzer Family Life Educator University of Illinois Extension



NOMINATING COMMITTEE

Hello HCE Members

I want to bring you some news from the IAHCE State Board Nominating Committee.

We have some offices that is going to be available on the IAHCE State Board in 2021. The first one is President (you must have served on the IAHCE Board before), International Director, and District 1 and District 4 Directors. The directors will be voted on by their districts and will be decided by the virtual August Workshop. At next year's conference in March 2021 we will vote on the President and International Director.

If you are interested on being on the State Board please get the application on page 67-69 of the new Guide Book or on the website under State Board applications and

mail them to me at

Sharon Davis, 16015 E. 700th Ave Watson, IL 62473 by October 1st.

Thank you Nominating Committee Chairman Sharon Davis

Please find the State Guidelines and Forms Below





Ways you can embrace CHANGE!

- ~Be open to other people's opinions and thoughts
- ~Be willing to try something new or different
- ~Start a new project or revise how you do something you have always done

~Open up your mind to the possibilities instead of saying no or turning away right away

~Instead of deterring other's from doing something they feel is right, encourage them to try it, then use a similar method on yourself!

~Purposefully attempt to make a difference!

IAHCE STATE BOARD APPLICATION

District		
#Date		
Name County		
County	Address	
City	Zip	
City Phone_()	e-	
mail		_ HCE
mail Member	_ Years - Active Years	?
Applying for Office of Choice		_ Second
Choice	OFFICES HELD:	
Unit:		
County:		
State:		ry out responsibilities in the office or
Submit a brief paragraph sta	ating your ability to carr	ry out responsibilities in the office or
"area of work" for which you ar	e applying. (Please atta	ch) Application form may be retyped.
Special Skills or		
Talents:		
Personal		
History:		
(Circle the following quest	tions YES or NO) 1 W	ill your personal health allow you to
		ngs and travel? Yes or No 2. Are you
		3. Are you willing to drive a car for
		with e-mail and internet access? Yes or
No 5. Do you have the ability to		
Activities:		•
Non-HCE Offices		
held:		

_____ (Attach additional sheets or retype and add needed space.) SEND APPLICATION TO IAHCE NOMINATING COMMITTEE CHAIRMAN. (Contact the IAHCE Secretary for this information. Name and address on page 1 of this Guidebook.) POSTMARKED BY OCTOBER 1st . 2019 68 IAHCE STATE BOARD APPLICATION BLANK Page 2 PERSONAL REFERENCE FOR APPLICANT TO IAHCE BOARD This form should be filled out by any member of the applicant's County HCE Board. (This confidential information may be mailed separately to the Nominating Committee Chairman.) Name of 13

Candidate	County	
Poise and Speaking	-	
Ability		
-		

Character	
Leadership	
Ability to Work with	
Others	What other
qualities does she (he) have which you feel would qualify her/him f	for an IAHCE Board office?

For what office do you recommend her/him?	Other
Comments	
Signed	
Title	

TO BE COMPLETED BY THE IAHCE NOMINATING COMMITTEE Individual seems most qualified for the office of _______ Additional Comments _______ Send reference to Nominating Committee Chairman. (Contact IAHCE Secretary whose name and address are on page 1 of this Guidebook if you need to know the current Chairman.)

POSTMARK BY OCTOBER 1ST 2019

APPLICANT GUIDELINES

1. All areas of the application must be completed to be considered and must be sent to the Nominating Committee Chair by the postmarked deadline.

- 2. All interviews must be in person with the Nominating Committee.
- 3. NO campaigning, i.e., no printed material.
- 4. Wear business attire during interview and presentation at the Annual Business Meeting.
- 5. All candidates are to sit in a designated area at the Annual Business Meeting.
- 6. Candidate may make up to two (2) minutes presentation at the Annual Business Meeting

For questions about board positions or more information about job descriptions please visit the state website or contact one of your local state officers, county board members, or district directors.



DISTRICT 1 NEWS

DISTRICT 1 DIRECTOR - Becky Thomas

Hello members! The old adage of "time travels on" comes to mind strange year progresses. The summer activities are cancelled, but the still turning its golden yellow and the corn is as green and reaching for shared a lesson on Self Awareness at the District 1 meeting at Conference

know part of it could be appropriate for the shelter in place and social distancing orders. Maybe you have developed these "Soft skills" to help cope with life such as, seeing yourself as creative, developing relationships, being flexible, finding lessons in experiences and managing your emotions, feeling confidence. I believe that we all need to be a little more creative and flexible going through this. I learned that I can attend meetings on Zoom and to go to the store once a week instead of every night. I have missed seeing you at Annual meetings, but maybe this fall will bring on some activities.

Please let me know if your County has anything when opening starts, I can visit those too. The Virtual District Workshop will be new adventure for all of us. The District 1 will still be electing a District Director via the Nominating Committee. I hope we all find a way to view it. Remember to follow the Beacon of Light from the HCE Lighthouse for leadership, understanding, compassion, care, talent and skills for our families and communities. (2020 lighthouse installation) Until we meet again,

Becky Thomas, District 1 Director

Rock Island



as this

oats is

skyward. I

and little did I

I pray that you have personally not been affected by the dreaded coronavirus. We all know HCE has been affected. Rock Island County HCE cancelled all HCE programs and unit meetings once the "Stay in Place" order was enacted in Illinois. The board has held our meetings; but we were equipped with masks and maintaining our 6 foot distance. We are, as everyone, resilient and planning how to pull HCE out of our slump. The board has planned fall programs with the optimism we will be functioning again by September. If not, we will plan on what we can do that does not involve large social gatherings and still keep HCE functioning and people safe. To start... our lessons for the next several months will be package lessons delivered to the unit presidents.

Stay Safe!....Stay Well!

Sharon Hough

Stephenson



Greetings from Stephenson County! I am writing this article on July 1 and the forecast is for a very hot 4th of July weekend!

Since we left the IAHCE Conference on March 12, I would imagine that most of you, like me, feel the world has turned upside down due to Covid 19. We have seen the shutdown of millions of businesses, factories, restaurants, movie theaters, concerts, theme parks, etc. and now the struggle as they try to reopen. Even now we have many areas, where the doctors and nurses are being overwhelmed with the sick. 15

Due to all the stay at home orders and unable to have meetings safely, our Stephenson County HCE board hasn't met since the first part of March. We may have a meeting in July, but possibly not until August, therefore, not much news from up north!

Hopefully, a vaccine will be discovered in the near future!

STAY SAFE AND HEALTHY!

Janice Fryer Public Relations, Stephenson County

DISTRICT 2 NEWS

DISTRICT 2 DIRECTOR - Kathy Peterson



Hi

Really missed getting to see a lot of you at annual meetings. Truly missed hearing and seeing all of your accomplishments. I pray that you have been able to stay safe during these exceptionally trying times.

I have had to be creative with my volunteering because of my essential worker position and caregiver. I am writing notes, surprise gifts on senior porch, extra meal, gift bags to nursing homes, and trying at least 3 new recipes a week.

My quote through this " Accept your light and let it shine to create your own lighthouse on a stormy night. " Pauline Duncan Thrashed

I want to get to each county, board meeting, unit, or just seeing a few members. I will need to pass on your educator and officer packages from our virtual district meeting. I want to thank you for your newsletters.



I am here for you.

Kane

When the Kane County HCE delegation left from Annual

Conference in March, we were looking forward to our annual March International Program featuring Uruguay, our fundraising event - a silent auction and a crafting afternoon. The pandemic put that on hold and unfortunately the items



and a crafting afternoon. The pandemic put that on hold and unfortunately the items collected for the fundraiser were not used as such. In June officers met at the Aurora Advent Christian Church to claim that which Units wanted retrieved. The remaining was boxed up as a donation to that church for a sale in August.

Kane County's 102nd Annual meeting, May 20 was cancelled. The tour,



demonstrations and luncheon excursion at the Little Traveler, Geneva, is on hold and will be rescheduled. The closure of Extension offices and announcement of Kane County Fair cancellation, caused more activities that were planned to be placed in the "future folder."

The Fun Day during HCE week that was in planning stages may turn into our Annual Meeting. Time will tell. The Board has been in constant communication from Elaine Bond, Chairman and she has kept us posted as time has passed.

Ann Rempfer, newsletter editor, has delayed publication of our "Raisin' Kane" until we can confidently announce our next program.

Members across Kane County have continued the recycling activities. Mary Ebert, Treasurer, has

continued the plastic grocery bag collection for the group crocheting pallets for the homeless. Forty seven pieces of luggage have been collected for the Kane County Court system and the CASA program to be given for children being placed in foster care. As soon as bans are lifted they will be delivered.

Sewing machines are still working overtime to make protective masks for prevention of the spread of the Corona Virus.

Cotton face masks have been sent by mailbox members, Patricia Haire/Greenfeld to facilities in Mississippi, Illinois, Georgia, New York, Texas, Southern Illinois; and Mary Anderson to many individuals and agencies locally. Between Mary Anderson and Patricia, approximately 900 masks have been made to this date.



The majority of Kane County members may be in the "at risk group", however we continue to do that which will not put us in harm's way.

Nancy Haire, Kane Co. Public Relations 847-742-3828 nancyhaire01@gmail.com

Kendall

Kendall County had their 21st, and last, Victorian Tea on Sunday,October 29, 2019, "An Afternoon With Coico Chanel". portrayed by Anette Baldwin. Over the 21 years Kendall County has had many wonderful programs at the Tea. Some special ones were "Brides from 1900 to 1980", and 4-H Style Show Through the Years, some clothing projects going back to the 1950s. HCE thanks the other counties that have supported us through the years.



LaSalle

Greetings from LaSalle Co. HCE!

VIRTUAL is the new phenomenon for communications during Covid-19.

The "Cup Half Full" experience for the Covid-19 pandemic is that it has forced us to learn a new way to use technology.

We have not had any in-person meetings or activities since the shelter at home has been in effect. The spring tea was canceled and as of the first of July the 4-H Show was canceled. Not sure where we are going to get a corndog or other fair food this year! Some LaSalle Co. HCE members will be participating in the 17 virtual 4-H project show by either helping the kids make their project video or being a virtual project judge.

We are still supporting the 4-H clubs monetarily, and will find other ways to fund the treasury to continue county HCE activities.

The highlight since the last newsletter was the awarding of three \$500 scholarships for students furthering postsecondary education or career training. The three recipients are Cheyenne Banister of Serena, IL; Kylee Zoran of Ottawa, IL; and Taylor Vroman of Seneca, IL. Cheyenne will attend Appalachian State University and major in middle school education with specialization in math and science. Kylee is enrolled in the agricultural career and technical education major beginning at Joliet Junior College. Taylor is a 2018 graduate of Seneca High School and has maintained an A grade point at Drake University. She is majoring in environmental sciences and leadership development and will be beginning her junior year this fall.

We have learned how to use Zoom for board meetings and have encouraged our members to take advantage of the many webinars offered by U of I Extension. Continue to practice the 3 W's and stay safe.

Carol Elmore Public Relations

McLean

Greetings from McLean County! We hope you are staying safe and healthy as we navigate these unprecedented times. Most activities have been cancelled or postponed but that doesn't keep McLean County HCE from planning ahead.

The McLean County HCE Annual Meeting is re-scheduled for Monday, August 10 at the Chateau in Bloomington. A Fine Arts Show will be conducted at the same time beginning at 8:30 AM.



The McLean County Fair and Young at Heart Day are cancelled. However 4-H project judging will occur virtually. 4-H members will share online pictures of projects. Judges will have access to pictures and in turn provide educational evaluation and comments to the 4-H members.

McLean County HCE Super Tuesday, August 25, 2020 is planned to kick off the next McLean County HCE year at the Farm Bureau Building. The day includes joint new/old executive and full board meetings; Local Leader Lesson on "Who Am I in Child Rank Order?" and Orientation for Unit Officers hosted by a committee of Eastsiders Unit and the County



Board.The minor lesson each month will begin the series on "Light Houses."

A few members plan to attend the CWC Conference September 14-16 in Indianapolis, IN and we hope to have a September 15 HCE Fall Trip to the Starved Rock Dinner Theater for the musical "Rosie and the Rivets". This is a high energy show with music from the 50's and 60's. September 21st is the 1st of five Read & Share sessions for 2020-2021 year, with a book discussion on *"Killers of the Flower Moon"* by David Grann. International Day is being planned to feature Poland on October 1, as we begin to celebrate "October is HCE month in McLean County" and hope to attract new members. Other October events include a bake sale booth at the Towanda, IL area Rugged Barn Birthday Event and a cultural enrichment class. Our popular HCE Attic Treasures & Bake Sale where HCE members clear their closets and basements and sell these items which become treasures to others is scheduled for October 24th.

Many HCE members have been busy making hundreds of masks for family, friends, neighbors and the community to help stay safe. Our pictures represent only two of many HCE members.

Visit our McLean County HCE website: www.mcleanhce.org. Check out events and pictures of events posted on our Facebook page at: http://www.facebook.com/McLean-County-Association-for-Home-and-Community-Education.

See you in McLeanCounty. Come visit (when you feel safe to do so!)!

Barb Jurgens, McLean County PR Committee

Pictures from McLean County HCE IAHCE Newsletter articlefor August 2020

- 1. Night Owls Unit: Shirley McElvain, Janet Jones and Karen Thompson creating decoupage art!
- 2. Towanda's Jeanie Wager and granddaughter Claire Malinowski making masks!
- 3. Eastsider's Barb Jurgens also making masks!

Will Organized in 1938



Normally, my introduction would begin on a noticeably light level, talking about the flowers in my garden, the birds and animals in my yard, and events and places visited. I do have flowers and birds, but not events or sites to brag about this year. But this year is a different time—a crazy time as most of us will say.

With the threat of the Co-vid 19 virus, the WCHCE kept a low profile and followed the guidelines set by the state. A goodwill postcard was sent in March, and a newsletter finally did make it to our members. We basically put all our activities post-Annual Conference on hold. We are pleased to report that all our members are safe and healthy.



As mandates have been lifted, Units are meeting again----outside, wearing masks, 6 feet apart, and most importantly, with smiles. It has been great seeing members of our friends again--It has been so long. The start of our meetings is usually delayed in part because there is so much to share regarding the past few months. Although the news does not paint a rosy picture of months to come, we are taking advantage of the time we can meet, right now.

In May, the Board, unfortunately, had to cancel our Annual Meeting.

We are hoping to hold it on September 1st in the backyard of our First V.P., Carolyn Yoemans. September 1st is the date the Board scheduled for our Annual Game Day back in January. Now, we hope to incorporate it with the Annual Meeting. There will be a brief business meeting, updating members on our plans for the coming year. Of course, our agenda will be condensed, highlighting only important events and information.

Hopefully, we can include a few games just for fun.

During the past hiatus, the Advisory Committee worked on amending our Bylaws. We discovered that many items were no longer relevant, and an updating was very much needed. We plan to vote on changes at the September meeting.

We here in Will County are hoping that all our IAHCE members and their families are healthy and kept safe. Those of us in the Collar Counties are probably more anxious over the threat because it surrounds us. But, as we know, the virus is not politically or geographically contained.

As it is said, "We are in this together." Wishing all of you good health, comfort, and safety. Mary Barrett, Will County Public Relations and Newsletter

DISTRICT 3 NEWS





As I sit and write this article in late March, I am amazed at how different our world is today from just a week ago when I left our Annual Conference in Effingham. It's hard to believe that our District 3 meeting would be the last time that any of us could be together in a large group. I pray that when you read this newsletter we are well on the road to recovering from this virus and it's effects on our world.

Even with the uncertainty of what tomorrow will bring, I am amazed at the outpouring of support for our medical community, first responders, grocery store employees, truckers, and for all those people who are simply not allowed to shelter in place. I have seen people, organizations and businesses going above and beyond in this difficult time to help their fellow man. The call went out in the Springfield area for homemade masks for medical personnel in our local hospitals, and overnight hundred of people were working on patterns, material lists and drop off locations. We've seen schools shut down with little or no notice and teachers and administrators put plans in place to help continue the education of our children. During probably one of the worst times in recent history we see the absolute best in so many.

I hope to see you all soon at your Annual Meetings. I know many will most likely be postponed and rescheduled. When I do see you, let's just cherish the joy of being together. You might not recognize me when you see me. One of the ways I am spending my time at home is baking new and different kinds of bread. For some reason I thought it was a good idea to buy a 50 pound bag of bread flour, I'm thinking I might be gaining a good deal of weight!!

Mary Johnson District 3 Director

Champaign



Due to the Covid-19 virus pandemic, Champaign County Home and Community Education had to cancel several of their annual events. Our 5th Annual Spring Plant and Craft Sale on April 24-25, 2020, 102nd Annual Meeting on May 13th and our 9th Annual Garage Sale on July 10-11th which is our main fundraiser for CCHCE all were cancelled. We hope to be able to re-schedule our annual meeting at a later date. With the Extension office closed because of the virus, members of the board wanted to meet together so we had our May board meeting in the back parking lot of the Extension Office. Practicing social distancing, members brought their lawn chairs for our meeting. Board members brought their packets received at State Conference and reported on material discussed in their share shop. It was discussed that CCHCE will continue to participate with the ongoing project Zero Hunger Challenge.

Three CCHCE Units continue to support a group home for Developmental Service Center in Champaign. During this time of the virus, units are not able to take items or food to the group homes but have sent cards and gifts cards to the residents that have had birthdays during this time.

Several members have been busy making masks for different local groups such as the Krannert Center, local post office, residents in local assisted living, Hospice Heart and for family and friends. Members have helped with local blood drives by calling to remind people about their appointment. Also, members have been baking for local shit-in during this time. A few local churches are planning to have vacation bible school and members have been busy cutting out crafts items for their church. Several members participated in a birthday card shower for residents at a local nursing home.

CCHCE was scheduled to host the IAHCE State board meeting set for June 15-17 in Champaign but had to cancel their meetings due to the COVID-19. CCHCE has several events scheduled for fall and hope we will be able to go forward with our planning of the events.

I hope you are staying safe and healthy through these unusual times!

Carol Froeschl HCE Public Relations Chair



Macon

As many of you are doing, we have not met as units or as a group for quite a while due to this awful virus. Many of our members continue to make crafts for our Fall Meeting, if we have one. Our members are also making masks and gowns for our county. Many of our units are still making the pillowcases for the Ronald McDonald House in Springfield and other organizations around our area.

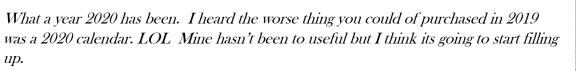
In our last MCHCE newsletter special edition, I published a Recipe for Our Time of COVID 19 that our faithful member, Sandy Severe, submitted to me. It goes like

this: Take a cup of Kindness, Mix it well with Love, Add a lot of Patience, And Faith in God above, Sprinkle very generously With Joy and Thanks and Cheer, And you'll have lots of Angel Food to feast on all the year. This poem really sums up my feelings as we still struggle through these times. Take care of yourselves and your family. We will get through this.

Linda Austin, Public Relations for MCHCE

DISTRICT 4 NEWS

Hello HCE members,



If you have been like our county we haven't been able to do anything since March so hopefully things will start opening up and we can plan some things.

Some things I've learned through this pandemic is.

- ✤ I'll never take for granted the privilege I have of getting to attend my church.
- Being able to eat at a restaurant.
- Being able to give hugs.



I now have had a taste of socialism and I don't much care for it.

I want to let all of you know that as soon as you are able to start scheduling your Annual Meetings please let me know and I will be more than glad to come.

If you aren't going to have one I would really like to come to a board meeting to visit and I can still go ahead and install your officers.

So PLEASE let me know when they are so I can come visit with you. Also don't forget to please send to State Board Secretary Cathy Eathington and myself a list of your new or same officers. There is a form on the website on page 19 to fill out. Please be sure to print or type the forms. It really helps with the addresses and the email addresses to get them correct.

Hope to see you soon.

District 4 Director Sharon Davis



Clinton

Clinton County Board had their first "zoom" board meeting. With the help for some, all of us were able to get on the computer and hold a virtual "zoom" meeting. See attached picture. Who says "you can't learn an old dog new tricks?"!!!

We did this zoom meeting the first part of May, we would never have thought this COVID stuff would have gone on this long. We postponed in April, our 75th annual meeting, we just felt it was too important of an event to cancel. Still don't know when we will be able to have it. Our members miss their unit meetings, the fun and the fellowship. Most members have been busy making mask, HCE members have "fabric stash" so we didn't run out of material, unlike local Wal-Marts.

With heavy hearts we really feel sorry for those that lost love ones during this COVID: unable to hold funerals, luncheons and especially miss the hugs from others. We will get through this - and become even stronger.

Submitted by Karen Voss - Clinton County HCE public relations person

Fayette Organized 1948

The 73rd Annual Meeting of the Fayette County Home and Community Education is set for Monday, July 13 at the Senior Center (Golden Circle) in Vandalia. It will be a potluck with registration at 4:30 p.m. and the meal at 5 p.m. Fayette County HCE's club year is June 1 through May 31 so the annual meeting has been held in June.

Plans were made at the June 22 meeting of the HCE Board that was held in the afternoon at the Senior Center with all board members present. This year President Ashley Davis is becoming a member-at-large so she can represent all the units (she previously was a member of the Sefton Unit).

The previous meeting of the HCE Board was Feb. 24 and because of COVID-19 meetings were not held in March, April and May. The meetings are usually held in the Fayette County Extension office (at 10 a.m. on the 4th Mondays, except for May and December), but because of COVID-19 the office has been closed and is not to open until the end of July. The annual fundraiser auction at the Get-Acquainted Day has been held in April, but because of COVID-19 it is

scheduled for Tuesday, Sept. 15 at the Brownstown Golden Years building. Registration is 9:30 a.m. and the potluck brunch is served at 10 a.m. Members are to take a Bake It, Make It, Sew It or Grow It article(s) for the auction that will follow the brunch.

Macoupin

Hello from Macoupin County!!! Well, how is everyone holding out? We have just started in the state's Phase 4 with some restrictions eased. I know many of the county board members as well as the individual units are looking forward to the time when we will be able to hold a gathering. Many of us have been in H.C.E. for some time and have created strong bonds with each other. We just miss each other, no other way to put it!

The County Board and many units have been staying in touch via texting, email, and telephone calls. Recently the board discussed realigning some of the lessons if we are able to meet in the fall. It was agreed that it would be better not to bring in outside presenters for the lessons. Our cultural arts chair, also, is excited about being able to hold our barn quilt session which had to be put on hold. Many of us were able to get some pointers on making barn quilts at the conference in March and are anxious to get started painting. Also, there was a discussion on a Cultural Arts Day where various crafts would be made.

We are also hopeful that we will be able to hold our Founder's Day at the end of October. Our spring Annual Meeting had to be canceled and the IAHCE Great American Family, the Griffels, were going to be our guest speakers at the banquet. The Griffels are from Macoupin County. We hope to include them in our Founder's Day celebration which will showcase Macoupin County's 90th birthday in H.C.E.

Even though we are not meeting, many of the members are doing things to help!!! Many continue to make masks, some units have stepped up donations to the food pantry, and some members have been donating time to help out at these pantries which are busier than ever. Although we were not able to fill and present our "Pack the Bags" to our county head start children, we are continuing to gather needed items and are goal is to present them to the kiddos at the beginning of school.

Stay safe and continue to be cautious of where you go and what you do. Face masks and soap are a must!!! Enjoy your summer.

Madison

Like most counties, our county had to cancel all of our events due to COVID. I spent this time instead, helping our county get their name out there with providing online educational tutorials. In all, I think I did about 15 FACEBOOK live tutorials with topics including beginner yoga, no bake peanut butter balls, shower melts, face masks, stencils, and dog toys. It seems like these were well received and that a lot of new faces were able to view them as they were shared by members from our county and the state.

We have had two board meetings since the COVID lock down so we are at least trying to plan future events, it's just hard when you don't know what to plan because of who will attend and in recent news we are going through surge 2 which means things could easily lock down again here soon.

I personally wanted to share how I am handling this COVID by sharing some rather personal stories about my 2020 COVID year..

Let me give you a little back story first...

In January I started selling Pampered Chef, not hoping for it to turn into anything but a small side job where I might make \$100 a month if I was lucky. You see, I've been in Direct Sales since I was 18, and now at 35 still haven't found a company I can do well with. I also, like every year, had real ambitions to lose some weight and I was one month into my new routine of working out two-three days a week at a local fitness center.

Work was good and I had this new role in IAHCE as the Public Relations Director to look forward to. 3

Jumping forward- in late February and early March I started experiencing some rather uncomfortable health problems such as neck pain, blurred vision, and migraine headaches. Conference had just ended and I was in an imaging center the very next day trying to get an MRI done that I was struggling with.

At that time COVID was just being mentioned so I had no idea how it was going to affect the rest of my year. It was actually April before I was accidentally furloughed at work.. That in itself is a crazy story. At the time my manager as well as many senior leaders in our hospital were let go from the hospital I work at. I wasn't ready to stay home, but I decided to make the best of it. After all, I was going to be making almost TRIPLE my salary!

I spent two and a half weeks deep cleaning my house, creating, walking the dogs, and just finally for once BREATHING. I embraced the slowness, the quiet, and the ability to just do whatever my little hearts desires were for the day. I even made myself a list every day of things I wanted to get done to keep me motivated and not depressed or lazy!

Those two and a half weeks were nice! I hadn't even gotten my first unemployment check when I was called back to work. I was frustrated because I was just getting in the hang of not working and I had the potential to really financially make a difference in my family's life.

I reported back to work on a Monday, the week before we were going to take a last minute quick trip to Florida. Needless to say, that didn't happen.. I spent almost two full months working ER shifts M-F from either 7-3 or 7-12:30 at which point I would go to my sister's office and help her with scheduling duties, which is my real job at the hospital.

Even though it stunk being back to work and working in a department that wasn't where I worked on a usual basis, I relished in what God handed me. I was able to get off work early enough to get lots done at home in the afternoons and evenings. I had almost every weekend off so I could actually sit back and enjoy it. More importantly though, I was able to work my Pampered Chef business on top of my work schedule and COVID seemed to really elevate that! In the month of May, I sold almost \$9000 of Pampered Chef!

The past two months have slowed down.. I haven't sold as much, I have officially returned to my scheduling role, and I work later therefore having less time at home in the evenings, BUT I still can't complain!

God put this giant pause button on my life so that I can enjoy time with my husband and our dogs instead of being in and out of the house every day. He's allowed me to work so that I can still interact with people which is something I desperately need to stay sane. He has allowed me to camp and boat almost every weekend so that I'm actually relaxing and enjoying my time off of work too.

And even though I've gained lots of wait because I can't workout anymore and I still suffer neck problems and I'm not making the type of money that could really change our lives, I have taken this time to really bond with myself, my family, and God.

Whatever comes from the rest of the year, we can all at least say that something good has come out it! I wish you all peace, comfort, and even joy during this time of craziness, uncertainty, and perhaps scariness!

Emily McDowell, Public Relations - emhohl@gmail.com

"You're always one decision away from a totally different life" -Your Tango

"Be the change you wish to see in the world" – Mahatma Gandhi



DISTRICT 5 NEWS

What a crazy spring it has been, right? It's hard to believe all that has happened since we left the annual conference at Effingham a little over three months ago! I was so ready to dive into this job after the conference and was really looking forward to going to annual meetings and installing officers, but all things HCE became unimportant when we were sheltering at home, buying and/or making masks and hand sanitizer, missing our loved ones whom we could not see in person, and just trying to stay healthy – or alive! The two-week stay-at-home order turned into three months, and we cancelled annual meetings and other events. The IAHCE board met via Zoom last week, rather than our



driving somewhere and spending a few days away from home. We weren't sure how it would go, but we had very productive meetings.

I have heard from a few counties who have rescheduled their annual meetings, and that is really encouraging. It means that your county boards are meeting, either by phone or Zoom, or, as Randolph County did, in

someone's back yard. If you haven't been together, I hope you will soon. I can do your installation of officers at your county board meeting if you don't have an annual meeting. Even though we are still "looking over our shoulders" at Covid-19, I know most people are venturing out as churches and more businesses are opening. We should be moving into Phase 4 of Illinois' covid response before the end of the month, which will allow all businesses to open and groups up to 50 to meet. I hope that doesn't scare you; it excites me, but I still plan to keep my distance and carry my mask and hand sanitizer.

So PLEASE let me know when they are so I can come visit with you. Also don't forget to please send to State Board Secretary Cathy Eathington and myself a list of your new or same officers. There is a form on the website on page 19 to fill out. Please be sure to print or type the forms. It really helps with the addresses and the email addresses to get them correct.

Please let me know if you need anything. Hope to see you soon. Carol

Jefferson

JCHCE hopes all our IAHCE members and friends are healthy, and safe. We are looking forward to getting back to our meetings, lessons, and our service to the community.

We have been communicating with our members through our Facebook page (Like us at Jefferson County HCE) First Vice Karen Lamke has been posting lessons, and webinar events for our members to attend via their computers. Treasa Brookman has also been sharing information and ideas. Donna Vancil has been posting pictures of our country of study, Uruguay, and some beautiful pictures of lighthouses.





We delivered to The Amy Schulz Child Advocacy Center, 8 quilts, 55 coloring books, 11 storybooks, 49 boxes of crayons, 22 backpacks & totes, 10 coloring packages, 1 DVD. During the pandemic, JCHCE members continued to make the children's quilts, and last month we delivered 25 more quilts. Our members also sewed together facemasks and delivered them to the Good Samaritan Hospital and the Skin Care Center of Southern Illinois. Before the pandemic, we collected 44 non-perishable food and paper products to donate to a local food pantry. Since the pandemic has started we have donated \$300.00 to our food pantry. This will be a project that we will continue as the pandemic has caused the need for food to dramatically soar. We want to continue to be the beacon of light in our community.



We continue to be committed to Bees and other pollinators. We held a successful flower sale, our members drove in to pick up their orders and we delivered the orders to their cars, keeping with the social distancing rules. At the 32nd Annual Midwestern Herb and Garden Show, we set up a table dedicated to bees. We had information about bees and why they are so important. We had many bee-related items along with a bee coloring page for the children. Sarah Mae Waite donated Marigold seeds from her

garden and members filled packets with the seeds. Those interested took home some Marigold seeds to plant. We also set up a membership table with picture boards of our events with the community. Several people spoke to us about our organization and some showed an interest in joining.

The conference, in March, was attended by eight board members and one JCHCE member. We were honored to have our

lighthouse themed Christmas tree, displayed on the stage, for everyone to see. Our biggest honor was when Jefferson County was awarded First Runner Up for County of the Year. Additional honors went to Sarah Mae Waite, Best of Show in Cultural Arts. Sidney Laird was recognized for 50 years of membership. Karen Lamke was recognized for her first year attending a conference.

The winner of our college scholarship was Lawson Grey, a Weber High School graduate. Lawson plans on studying for an engineering degree. He was a very qualified candidate.

We are in the planning stages for International Night and our Annual Meeting. It will be different this year with the social distancing, but we are looking forward to these events.

JCHCE reminds everyone, as reopening begins, to follow the recommendations to help stop the spread! Wash your hands for 20 seconds and wash them often, avoid touching your face, keep a safe distance of six feet, and if that isn't possible, wear a cloth mask. Benjamin Franklin said, "An ounce of prevention is worth a pound of cure."

Stay positive - Stay safe - Stay well

Barb Shurtz PR Silvana Morss Journal editor



Johnson

JOHNSON COUNTY HCE HOLDS WORKSHOP By Dixie Terry



On Tuesday, March 3, members of the three Johnson Co. Home and Community Education units gathered at 11 a.m. at the Fellowship Baptist Church in Vienna, for a combined workshop of cooking chicken and dumplings. Attending were members and guests of Longview, Ozark and Tunnel Hill units.

Georgia George of the Tunnel Hill unit was the coordinator of the event, assisted by Rosemary Rouse, also of the Tunnel Hill unit.

Georgia, who assists in the popular Vienna Masonic Lodge and Eastern Star chicken and dumplings dinners, provided hand-outs of her recipe, with a supply list and handy hints.

All those attending had been advised to bring an apron, a rolling pin and a friend. Betty Pritchett, Tunnel Hill unit, volunteered to demonstrate the mixing of the dough. Those who chose to, used their own rolling pins in preparing small amounts of the mixture, rolling it very very thin, as they were instructed, before cutting it into strips.

Georgia also demonstrated how to prepare the uncooked dumplings for freezing and how to prepare them at a later date. She and volunteers had arrived earlier to cook and shred the chicken and remove and discard the skin and bones. The supply list for the recipe included: cooked and shredded chicken; chicken base with parsley; Pillsbury all-purpose flour; Crisco; large eggs; and salt.

While pots of chicken and dumplings bubbled on the range, the demonstration continued, with an enthusiastic group involved in learning the fine art of rolling and cutting the dumplings. Several volunteers had provided whipped potatoes, green beans, cole slaw and desserts galore, for the chicken 'n dumpling lunch that followed.

There was also an ample supply of the dishes for taking samples home, with a number of members' husbands enjoying the results of the ladies' efforts at suppertime. Following the lunch, two of the staff of the Illinois Drivers License facility of Vienna, Ann Ashby and Jay Morgan, provided information on the "Real ID" drivers license, and the necessary documents needed. They also provided a bag for each person with additional information on services provided by their office. This was the second year the HCE units had combined an informational workshop and members are anticipating another in 2021.

Photo ID: Betty Pritchett demonstrates the proper method of mixing the dumpling dough. Photo ID: Georgia George shows how to roll the dumplings thin, thin, thin.





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Massac

SCHOLARSHIPS

The Massac County Home and Community Education Association and Massac County Extension Facilities, Inc. are pleased to award 5 scholarships to the following students:

- **Kasi Oliver** is the daughter of Jeff and Karen Oliver. Kasi plans to attend Lee University in Cleveland, IN, to pursue a degree in Psychology.
- Owen Westbrooks is the son of Chad and Stacey Westbrooks. Owen plans to attend Union University in Jackson, TN, to pursue a degree in Worship Leadership.
- Kalissa Cox is the daughter of Reggie & Karen Cox. Kalissa plans to continue at Shawnee College to complete her general studies before furthering her education.
- Lillian Garner is the daughter of Eric McClellan. Lillian plans to attend Shawnee College to complete her general studies and transfer to Murray State University to pursue a degree in Interior Design.
- Jillian Vizard is the daughter of Jennifer Caulfield. Jillian plans to attend Shawnee Community College to pursue a degree in Education.

Community Projects:

Masks

Millie Wilson reported that she assisted in making 75 mask for Metropolis Rehab, Rozann Wilkins made 6 dozen, and Norma made 2 dozen. The masks were distributed at hospitals and nursing homes in the area.

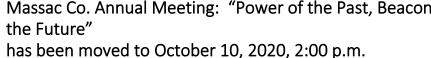
Food for Guardian House families and supplies for Hope Unlimited (Pet Shelter)

Massac Co. Annual Meeting: "Power of the Past, Beacon to the Future"

St. John's Church on Waldo Church Road

The guest speaker this year will be Don Helm. He will be sharing information on Self Defense. Specifically, he will discuss situations to be aware of in our surroundings so

we can be safer as we go about our day.











Monroe

Sixteen HCE members have been busy making protective masks. As of June 15, 2020, the count is 1,729. The following three members have been remarkably busy and can be credited with making over 50% of the masks for a total of 962. Sandy Patrick – 422 – member of Evening Homemakers Unit, Mary Leingang – 320 – member of New Hanover Unit, and Laurene Cobb – 220 - member of Columbia Mid-Day Unit. Masks have been sent to locations ranging from Southern Illinois to Wisconsin, to St Louis, to the Pentagon in Washington, DC., and where a need was found in the immediate area.

Two HCE scholarships were awarded this year. **Nicole Joergens**, from Columbia, received the Membership Scholarship. She is the granddaughter of Dorothy Kohler, a member of Evening Homemakers Unit. Nicole is attending St. Louis University majoring in Radiation Therapy and plans to later enroll in a Physician Assistant Master's Program. **Megan Jones**, from Columbia, received the Memorial Scholarship. She is the granddaughter of Arlene Stumpf of New Hanover Unit. She will be attending Missouri Baptist University in the fall, majoring in Accounting.

New Hanover HCE Community Outreach chairman Kathi Emery coordinated the collection of food items for the Monroe County House of Neighborly Service "Free Summer Lunch Program". Units across the county were also invited to make donations for this project.

Pictured: Members Louetta Wilson, Arlene Stumpf, and Rose Anne Bense are making a delivery at the Columbia Police Department.

Caroline Keefe, 15, of Columbia, Illinois, has used the downtime due to the coronavirus to start a sewing business called "Seamless Love." She began sewing dresses to donate to Little Dresses for Africa. But she then got requests to sell them. To remain charitable in her endeavor, for each dress she sells, she sews one to donate. The demand has increased, so she will be donating some of her dresses to other charities as well. To date, she's made 15 dresses to donate. Caroline is the granddaughter of HCE member, Sharon Scherer. Sharon taught Caroline to make the dresses as she herself made several for the county HCE project.





From: Rose Anne Bense, Monroe County, President and Public Information



White

What a difference a year makes, The covid-19 pandemic didn't just create problems, it also

created opportunities for our H.C.E. Members to step-up to help our communities through troubled times.

I have to send out a KUDO to White County H.C.E. Members who has made mask for our nursing

homes, clinic and hospital nurses, local residents. Joy Hoffman made over 100 mask and delivered them, Ruth Norris and Shirley Smith made and delivered to local nursing homes, and white county

residents. Connie Bingman and her church members made 500 plastic protectors for the caregiver nurses and hospital nurses.

We had opportunities to donate blood, and food to food pantries, we took a case of hand sanitizer's to our Senior Citizens. One member has worked 540 hours at Red Cross blood drives.

Lets smile, be positive and remember we all have opportunities to help make H.C.E. an even greater organization. We all have gifts and talents to great things and if you can't then do small things.

Grandma Moses stated "Life is what we make it Always has been Always will be."

So lets think ahead to our 100th anniversary "Road to 2024" If anyone has item of interest from years past, bring them for a display.

Hoping to see everyone's smiling faces soon, in the meantime try to put a rainbow in someone's cloud.

Fran Matheny White County H.C.E. Public Relations



Eleven Williamson County Home and Community Education members attended the IAHCE Conference held in Effingham

from March 10th-12th at the Thelma Keller Convention Center. The three day conference wrapped up with district meetings in which members were able to connect with members in their local area and offer suggestions for future projects and opportunities.

Shown here at the Awards Night Dinner with CVH Certificates are 3 HCE board members. Left is Public Relations Chair; Marie Samuel, center is President Judy Cox, and right is Oleta Massie who was honored for most volunteer hours in our district.

Hours were collected by Billie Mathis. She was to recognize members with CVH at the annual salad luncheon meeting on April 23rd in Crab Orchard, which was postponed due to the pandemic. Meanwhile, although we have been unable to meet since early March, Cultural Enrichment Director, Barbara Eastwood has made 50 masks for her daughter and others who needed them from Champaign to Paducah (15 to 50 were for a beauty shop and she will be making more masks later).







Several HCE members are helping Ann Collins, president of the Lake of Egypt chapter with Quilts of Valor. Ann is shown here on the right with the QOV book. Judy Cox is center and Marie Samuel is left. Barbara Eastwood, Charlene Morris, Renee Horn, and Charlene Cool are also helping make these special quilts to honor area veterans.



The Williamson County HCE has also helped support Quilts of Valor through donations. The Crab Orchard unit has been very busy this past year. They have made and delivered over 300 lap quilts already

this year. We were also able to give two \$500 scholarships to the Crab Orchard High School. Crab Orchard Unit members have made and given personal care bags to the Veterans home which contained shaving cream, razors, tooth paste, water bottles, tissues, nail care items, and other things. Williamson Co. HCE collected back packs for kids with school supplies and this fall school supplies will again be collected and distributed by Ann Collins.



Crab Orchard Unit is now starting a new project, chemo caps. We look forward to serving our community in the future. Although our June 6th yard sale had to be postponed due to Covid, Williamson Co. President, Judy Cox, reports that no date is set for the delayed yard sale. "Perhaps it can happen this fall instead of the annual HCE Bazaar. We are just social distancing until we can safely plan some events." Judy says.

Williamson Co. welcomes new members. Anyone can reach out to the county's membership officer Connie Beasley at 618-993-3304. Our county Home Extension office in Marion is scheduled to reopen on August 15th. With HCE Week, October 12-16th, we will try to have two board meetings before that week. Crab Orchard unit has made a new informational brochure in hopes of reaching more members, which can be picked up at Nana's Sew n Such, or contact Ann Collins at ancollins85@ymail.com

Our county assists 4-H with judging and craft workshops ranging from weaving to painting and sewing projects. Most are led by Marie Samuel with help from member volunteers such as Oleta Massie. Ann Collins has involved 4-H members in creating a Quilt of Valor.

Marie Samuel, Public Relations Chair, Williamson County HCE



" Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." -Rumi

"Stop looking for happiness in the same place you lost it".

"Be like a flower, survive the rain but use it to grow".

"Always go with the choice that scares you the most, because that's the one that is going to help you grow." – Caroline Myes

INTERNATIONAL NEWS



Associated Country Women of the World www.acww.org.uk

Dear Members,

Three month's ago, my ACWW-life was rudely interrupted when I unexpectedly had to cancel ACWW's Committee meetings in London as a result of the uncontrolled spreading of the Coronavirus. I hastily made my way back home to be put into quarantine for a prescribed period of time and since then, in lockdown.With the interruption came a feeling of disappointment. My official visits to other parts of the world to represent ACWW on various global platforms were cancelled or postponed. Opportunities to meet and connect with the membership in a number of foreign countries to be introduced to their cultures, to learn of their needs regarding ACWW and to receive their valuable input, were taken away from me.

This global pandemic has also disrupted many facets of your lives on many levels encompassing work, social life and entertainment. While it is too early to determine the long-term impact, I am afraid that this crisis will trigger drastic changes in our lifestyles going forward. Some industries will prosper during the crisis, while others will suffer significant losses. Some workers might benefit from working from home and digital meetings, while others might lose their jobs due to declining business in their sector.

Even though there is a degree of impact on ACWW's work, it is very well directed by the Board and managed by the CEO and the Staff who are all working from home since early March. Area Presidents have been encouraged to stay in contact with their member societies and the Chairmen of the Specified Committees are diligently following their strategic plans to proceed with ACWW's work. Our meetings are conducted electronically and we are finding new ways not to disrupt the services rendered by ACWW. You recently received the online version of *The Countrywoman* as well as various surveys and statements. (If not, please contact Central Office to give your consent – in compliance with modern data protection regulations - to receive the magazine as well as other relevant documents via email). Dates have been rescheduled for Area Conferences which had to be postponed and the Board is successfully mitigating the onslaught of the pandemic on our beloved organisation.

In dealing with the feeling of disappointment, I find strength in practising Mindfulness, which I would like to share:

Mindfulness is about knowing were you are (being in the moment) but also having an awareness – but not getting stuck in – where you have been (reflection) and where you are going (anticipation). Mindfulness reminds us to focus on the journey, not the destination. Try to become aware of all that is in the present, and enjoy it. Mindfulness is finding the incredible in the commonplace. Mindfulness means really being present with many simple daily activities. It's an openness to the experience of taking a walk, listening to the birds, feeling the gravel underfoot, hearing the wind through the trees.

My message is therefore: Be mindful – choose where you focus, and focus on thoughts that nurture. Please take very good care of yourself and others. By doing that we remain to be "rural women in action" even during these challenging times as we face the realities of the impact of the pandemic.

Kindest regards,

Magdie ACWW World President

OFFICER INFORMATION

Please read the below articles about what will be in everyone's officer packet, being mailed next month!

CHANGE! By President, Jane Chapman

Change – you can change at any age. As Bob the Builder says, "Yes, you can!"

H abit – make it a habit to look outside the box and trying new things!

A ccepting – we never ask for the changes we have needed to make recently but we are learning to adapt and accept these new changes.

New Normal – things are changing and the New Normal may be more exciting so let's work together and build a better HCE organization.

G ravitate- to positive thinking and talking people!

E nthusiasm – is contagious, so show some enthusiasm to the changes that will need to be made for the New Normal in life and the HCE organization.

Be on the look out for my "virtual" presentation on "**Change**" and the soon to come president's package with further suggestions, ideas, and much more!



2020 IAHCE CVH District Workshop

Hello Everyone!

I would like to introduce myself, Am Ashley Davis your IAHCE CVH/Sales Director. I am responsible for recording Volunteer Hours for the HCE Members in the 70 Counties that make up IAHCE. Once I receive the Volunteer hours from the County CVH Director, I then record the hours to each member file. I am also the IAHCE Sales Director that brings the IAHCE merchandise to the District Workshops and Annual Conference or you can email or call in your order to me. To the ones that are new to the CVH Director position at first it seems like a lot to learn, but please know that you do not have to learn it all at one time. I am on my 1st year of my second term as the IAHCE CVH/Sales Director and I am still making mistakes and learning. I know that 2020 has brought changes for us all, but I know you all have still been working hard for your communities. I am excited to see the volunteer hours for 2020. This Year CVH will have a focus kind of like Cultural Enrichment and Family Issues. Our focus will be on the Covid-19 mask. There have been several members that have made these mask. We will be focusing on the number of hours and the amount of mask that have been made.

When turning in your volunteer hours for 2020, please fill out the sheet for the Covid-19 Mask. There have been several members that have made these mask. In the CVH Packet there is a sheet for the information. On the sheet you will see a line for the total hours and a line for the total amount of mask you made. Please turn this information in with the County Volunteer Summary.

You will be receiving a CVH packet with all the CVH Information that you will need for recording and turning in the Volunteer hours.

Remember to encourage your members to turn in their volunteer hours, each one of you deserve a pat on the back, an Atta girl or Atta boy and/or a high five for all you do in your community.

I want to encourage you all that are on Facebook to keep watch on the IAHCE- Illinois Association for Home and Community Education page and the website www.iahce.org

If you have any questions or concerns, please feel free to call or text me at 618-704-9062 or email: dadavis8755@gmail.com. May God Bless you all and keep you safe.

Ashley Davis- CVH Director



District 3 Packets

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." — Albus Dumbledore.

Hello everyone! I hope this newsletter finds you happy and healthy and adjusting to this crazy world. I've had to remind myself many times to "turn on my light" to keep from stumbling in the dark and it is certainly easier some days than others. How appropriate that our theme this year has been a lighthouse!

Change has been the key word during this pandemic and again, how appropriate that change is to be our theme for next year. We have had to make big changes to our lives these past few months. I had the opportunity to visit an aunt in an assisted living facility yesterday. Mind you our "visit" was through a screen window and we each had to wear masks, but we were able to sit and talk for almost an hour. Change, but it worked.

I know many of you are still working to improve the lives of those around you. Mask making, taking care of neighbors, food for first responders, and checking on fellow members are only a few of the things our members are doing.

Your state IAHCE board made a change last month and met via Zoom meetings. I truly love working with these amazing group of women and it was disappointing not to be together, but we still enjoyed each other's company and got our business accomplished. Another huge change is the way we are presenting our district workshops. Make sure to check out our broadcast for many important updates.

In my last article I mentioned that I had 50 pounds of bread flour and had been making bread a lot! I am happy to report that my 50 pounds is gone! I also need to report that when I was down to about

10 pounds my sister (a Sangamon County HCE member) dropped of another 50-pound bag! So, I am still baking though not quite as much now that it is warmer. I'm hearing rumors that there might be a bread share shop at annual conference. Hmmmm, wonder who they will get to teach that one?

Enjoy the rest of summer! Make sure to watch our District Workshop broadcasts. Your board is working hard through these difficult times to keep connected to our members. I will even have a short lesson to present, what do you think it will be on? I hope to deliver district workshop packets in person either by attending a county board meeting or your annual meeting. Hope to see you soon! Mary Johnson, District 3 Director

Please note that all of the other state board member's have details about their packets in their articles in the first few pages of the newsletter.

SCHOLARSHIP AWARDS



Congratulations to the 2020 Scholarship winners.

This year all the applicants were excellent which made it extremely difficult to choose winners. We wish to congratulate and recognize the following students! Good luck as you begin the 2020-2021 school year.

Jennifer Alexis Bingham is from Griggsville in Pike County, (District #3). She plans to attend the University of Illinois in Urbana and major in Human Development and Family Studies to become an occupational therapist or a clinical psychologist. Jennifer, an honor student, has been president of the

student council, cheerleader captain, played volleyball, and worked with Team IMPAT (school organization that focuses on community service). Jennifer, as a Pike CEO member, met with business owners to gain insight. She is starting a Swedish Bakery business this spring. She has been an active 4-H member and worked with the 4-H Federation. She has participated in numerous church activities such as missions, Bible school, and camps along with multiple community activities. Jennifer's grandmother,

Carolyn Myers, has been an HCE member for 57 hears!

Austin Jay McCann is from Columbia in Randolph County, (District #6). He plans to attend the University of Missouri at Columbia to major in Business Administration, Finance and Banking to become an entrepreneur in real estate/land developer. Austin, an honor student, and Illinois State Scholar, has played baseball, participated in cross country, and was a member of the marching band. Church activities include youth group, and Vacation Bible



School as a crew leader. He has participated in numerous community activities as well as worked as a cook/server, lifeguard, and umpire! His most outstanding accomplishment is his scouting career. He earned his Eagle Scout rank after he held a fundraiser, coordinated with the City of Columbia, and then completed the painting of the band stand in Metter Park. Austin's grandmother, Dorothy Papenberg, has been an HCE member for 58 years!



Mallory Quinn Mick is from Gillespie in Macoupin County, (District #4). She plans to attend Southern Illinois University at Edwardsville to major in Biology/Pre-Optometry to become an optometrist. Mallory, a Silver Medallion winner, Illinois State Scholar, and Phi Theta Kapa Honor Society Member, has earned many other academic honors and awards. School activities include Cheerleading Captain, Student Council, Miners Preparing and Caring for Teen Driving Club, homecoming court, choir, Big Brothers-Big Sisters, and numerous other activities. Mallory's community activities include blood drives, church activities, and multiple other events. Her work experience includes being a dance coach, pet sitting, babysitting, a photography model, and campaigning for Andy Manar. Mallory is a niece of

Cindy DeBoard who has been an HCE member for 20 years.

Emily Jane Pursley is from Pittsfield in Pike County. (District #3). She plans to attend Illinois College in Jacksonville to study history, music, and education. Her plans are to become a high school history teacher or a band teacher. Emily, an Illinois State Scholar, member of the National Honor Society, was given an invitation to National Society of High School Scholars. She is a member of the All District Band and the Pike County Conference Honor Band. Emily is the Founder and President of the History Club, for which she organized trivia nights, raffles, led meetings, contacted presenters and organized presentations Her passion for history led her to be on the Pike County Historical Society Board of Directors. She is currently organizing the celebration of Pike County's



bicentennial in 2021. She created websites for the Historical Society and the Bicentennial Celebration. She is involved with Picture Pittsfield, Zoe Theatre Preservation Society, the All Wars Museum, and the New Philadelphia Association. Emily's grandmother, Elizabeth (Beth) Orr has been an HCE member for 37 years!

IMPORTANT DATES TO REMEMBER

IAHCE-DISTRICT WORKSHOPS - ONLINE AUGUST 10TH

IAHCE WEEK - October 12th-16th, 2020

IAHCE ANNUAL CONFERENCE - March 9-11th, Thelma Keller Convention Center, Effingham

NVON (NATIONAL VOLUNTEER OUTREACH NETWORK INC)- July 2021- Kentucky

CWC USA/ACWW USA AREA MEETING

September 12-16, 2020- Crown Plaza Hotel, Indianapolis, Indiana

ILLINOIS ASSOCIATION FOR **HOME & COMMUNITY EDUCATION** 1430 Laurel Street Highland IL 62449



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