

# ***THE IAHCE CHRONICLE***

## ***“MAKE TIME”***



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# ILLINOIS ASSOCIATION FOR HOME & COMMUNITY EDUCATION

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# NEWS FROM YOUR STATE OFFICERS

## Angela Hicks - IAHCE President



Dear Fellow HCE Members and Friends,

The theme for IAHCE is "Make Time". What have you made time for during the summer months? The IAHCE Board has had a very busy and productive summer. We spent June Board meeting working on the final touches of the NVON Conference we hosted in July and the August Workshops. We also hammered out the details for the 2026 IAHCE year.

One hundred twenty-three attended the conference in Springfield. All of the NVON Member States had representatives at the Conference with Illinois having 41 members attend! Thank you to Mary Johnson-NVON Conference Co-Chair, all of the Board, and the County members who attended the NVON Conference. We appreciate the support of our members whether it was making favors, teaching crafts, or attending the Conference, you helped make it a success! As one of IAHCE's members goes off the NVON Board, another goes on! Congratulations to Carol Harms, who will begin a 3 year term to be the NVON Secretary starting in January 2026!!! Jane Chapman retires from the NVON Presidency as of December 31, 2025. We are looking forward to seeing what new adventure may come Jane's way!



The August Workshops are usually well attended. We continued with last year's format of supplying each attendee with a packet containing all of the information. The exception is the International Director gives one copy per county the new Country of Study information in the International Workshop. We encourage each County Board to share the information with not only the rest of your Board but also with the members. We encourage you to set aside time at your next County Board meeting to share the information and plan for the upcoming year. Communication and sharing information in a timely manner is the key to participation in each of your counties.

In between the NVON Conference and August Workshops a few of us attended the ACWW USA Area Meeting in Erlanger, Kentucky. We heard from Bonnie Teeple, ACWW USA Area President, and Magdie de Kock, ACWW World President. IAHCE District 4 Director, Carol Harms, authored a resolution on Childcare Deserts which she submitted through NVON to be considered by ACWW. It has moved through the proper channels and more research and development has occurred. It looks like it will be voted on at the Triennial next year. Once it is accepted, we will then share more details about what our role will be to promote awareness. Stay tuned for more information in the coming year!

Continue to aspire to inspire each other and those around you!

*"What you do makes a difference and you have to decide what kind of difference you want to make."*





# EXECUTIVE BOARD

## 1st VICE PRESIDENT – Kathy Peterson

Hi Summer! WOW, is it hot and humid! Many plans had to be adjusted because of the weather. I am reading, crafting, doing some yardwork, and grilling. I am so looking forward to seeing all of you at the District Workshops. Please bring ideas and suggestions for the IAHCE education directors to consider. Lessons that you would like to do can be passed on to Cheri Burcham, the U of I coordinator, to consider for 2027. They will be forwarded to her until October 1st.

Stay cool,

Kathy



## 2nd VICE PRESIDENT – Alice Grooms

Hello all, I hope everyone is TAKING the TIME to UNLOCK the SECRET of HCE and is sharing it with your friends at your many activities this summer. INVITE!! INVITE!! INVITE!! That's the KEY to unlocking the secret. Inviting friends to experience an HCE activity is a way to grow members. Along the same line is keeping members. Every county is eligible to nominate a deserving member as a Member of the Year.

The forms are available on the IAHCE.org website. Those forms should be mailed to me by October 1, 2025. Nominees will be voted on during the IAHCE October meeting. Winners will be announced at Annual Conference in March. One winner from each district will be selected. Previously submitted non-winning members can be resubmitted. TAKE the TIME to nominate a member from your county! Remember to TAKE TIME for your self during these busy summer months, too. See you all at District Workshops.

Alice

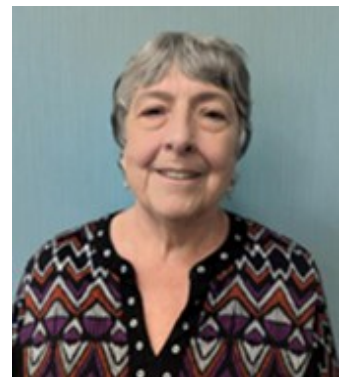


## SECRETARY– Carla Meyer

Good morning members. As I am writing this article, northern Illinois is having a heat wave with temperatures in the high 90's with heat indexes over 100 degrees. I enjoyed the June board meeting held in Petersburg and I learned a lot more about how our state committees work together to provide our members with great experiences. **Thank you** to the county secretaries for updating their county officer lists after having your annual meetings. If your county has had changes to either officers or contact information, please forward those changes to me and your district director.

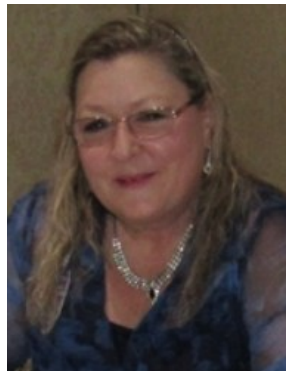
District workshops will be held August 5 in Districts 3 and 4, August 6 in District 2, and August 7 in District 1. There are four board positions open for election at our next conference. The nominating committee will be providing complete information about each office. Please consider serving in one of these positions. I look forward to seeing you at the District Workshops.

Carla





# TREASURER– Melissa Chitwood



I believe it was last year that the Chronicle subscription dates were changed to uniformly be from January 1 to December 31 for EVERYONE. Think of it as your membership dues. You have an annual payment for your dues and then dues are pro-rated for the remainder of the year for those who join later. IAHCE had done the same with the Chronicle subscription issues. The annual subscription rate of \$15 is for January 1-December 31 and any subscriptions during the year must be prorated to finish the year.

The payment structure is as follows:

\$15 due by March 31 for 3 issues

\$10 due by June 30 for 2 issues

\$5 due by September 30 for 1 issue

Subscription payments should be sent to me; questions should be directed to Emily McDowell. Any check not prorated will be returned to the issuer with a request for correct payment. Please know that IAHCE wants you to subscribe and be informed of news and events all across the state. The January-December subscription year helps to promote uniformity and efficiency within our organization.

Additional (postmarked) deadlines (Checks should be made payable to IAHCE. Forms are found on the [iahce.org](http://iahce.org) website under Guidebook, County Treasurer):

November 20– Friendship Projects Fund (send check and form to me)

January 5- \$8 Per person membership dues (send check and transmittal form to me and a copy of the report to Alice Grooms)

One more very important thing I want to talk about. March 2026 will be the close of a chapter for me as I will have completed 6 years serving as your IAHCE Treasurer. Please consider running for this or any state board position. Qualifications for treasurer– you do NOT have to have a college degree in accounting! I would suggest that you are comfortable using Excel.

You don't have to be an extravert; however, you will need to speak to provide reports at board meetings and conferences. Any position on the IAHCE must be willing to work well with others as you will serve on a variety of state board committees and you must agree to the required time commitment (board meetings, District Workshops and Conference require your physical attendance). Please contact me to discuss the treasurer position. I am more than happy to discuss duties with you. Remember, I fulfilled my duties my way, you can fulfill the duties your way.

Make this position your own! Applications are at [iahce.org](http://iahce.org) in the Guidebook and must be postmarked by October 1. You won't regret your decision to volunteer your time to IAHCE!

Melissa



# EDUCATION COMMITTEE

## Cultural Enrichment– Becky Belcher

If you ask me, summer is the best time of the year. It's a great time to get outdoors and it's a fact that time spent outdoors in nature is good for our mental health. **"Live in the sunshine, swim in the sea, drink the wild air"** is a fitting summertime quote from Ralph Waldo Emerson that evokes a sense of freedom and connection with nature. I encourage you to connect with nature by getting outdoors in the sunshine, take a drink of that wild air, and even if you don't get to visit the ocean, spend some time near a lake or stream of water. It's quite enjoyable and it's good for you!



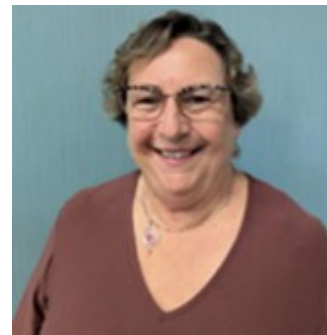
In between nature sessions I hope you will attend your IAHCE August District Workshop. The theme for 2026 will be revealed and lots of good information will be provided. I look forward to a time of sharing in our Cultural Enrichment breakout time and will have copies of the updated Cultural Arts Show Categories list. That list is also available on the IAHCE website.

**"Some of the best memories are made in flip flops."**—Kellie Elmore

Becky

## Family and Community Issues– Vivian Gerrietts

Greetings to our IAHCE Family and their Community!



My first state board meeting is now accomplished. It is in the form of a retreat which was held again in Petersburg at the Three Pines, which had plenty of space for us to work, play, sleep, and eat, all under one roof. Boy did this rookie get a wake up! We begin with committee meetings which we have several. Since there is overlap, two or three committees meet at a time so it take about three committee time slots to get them completed. Some have big agendas other have short ones. This is good as we can't all have big business every time every year! I was only on two but we can sit on any committee and stay informed.

One morning I did slip away for a walk to Petersburg Courthouse Square. It is very historical. On the way back up the hill I walked past the boyhood home of Edgar Lee Masters, author of Spoon River Anthology. It was closed but there was information signs along the sidewalk so I got my history lesson in. Among the fun activities of the work retreat was planning and serving our meals. Each of the three segments of the board, the Executive Branch, the Education Directors, and the Four District Directors, took on the planning and serving of our meals.

Sangamon County provided one of the lunches as well and breakfast was whatever we decided to bring for ourselves. HCE women, as your know, are experts at sharing and a breakfast casserole was brought for one morning and there was a great variety of teas and coffee for anyone to try. After the rounds of committee work were over, the full board came together for the business and reports to take place. One of the items covered is keeping the guidebook updated. It is a big task and President Angela Hicks is working so hard to keep this manual updated.

Each member of the state board, our county boards, and our unit officers and members can help with this effort. There has been a recent email outlining the changes. They can be found on our website at [iahce.org](http://iahce.org). The county first vice is usually the officer in charge of this book. Refresh your website, print the pages, and recycle the old pages. If we take care of this task each year, we can keep the element of small and doable in the job that must be done.

Now, as to my specific Family and Community education area, I have not honed in on a particular issue. Mental Health is still at the forefront for NVON and ACWW so it will probably be along those lines. Do not give up the good things you are doing for our pollinators and bees or for our wise use of human food and waste issues. Do not get tired of doing good in these areas as the world needs us to become better stewards.

In a brainstorming session with a couple of board members we came up with several avenues to follow in the Mental Health category. Spend time and maybe even newsletter space in your counties and units talking about one or more of these issues. Tell your mental health story. Maybe you or your family are experiencing dementia or Alzheimer's, Bi-polar or Autism, Suicide or grief from the loss of a family member.

Does gun violence or substance abuse affect you? Maybe a fidget toy, sticker, or gadget helps you or your loved ones. If your unit has not had the lesson "Penning Your Past", this might be a good area to schedule it or reintroduce it. Write it down. Keep a journal or a blog. Share if you are inclined to as you never know who you might help by sharing. It might turn into a project or a report you can write up for an award and share it that way. I still have to grasp the award side of things so maybe more on that later.

One thing that came up that you might want to start thinking about is America's 250th birthday coming up in 2026—yes, that is next year already. The term for that is Semiquincentennial, which literally means half of five hundred. Looking forward to meeting so many of you over the course of this term in office.

Vivian Gerriets



## International- Janel Kassing

A new country has been decided for the 2026 Country of Study. What will it be? An announcement will be made at the August Workshop to be held in your district, August 5-7. We will be moving to a different area of the world after recently being in SE Asia and S. Africa. Hope you'll enjoy the new adventure! Grab your passports!

Our new guidelines will go into effect with the disbursement of the Friendship Projects Fund in October. Your Friendship Projects Fund at work. Be sure to have your county's contribution sent to Melissa Chitwood, our state treasurer, by the Nov. 20 deadline. Do you have suggestions for a global non profit charity? Please let me know what and why you chose it. I have several in mind but would like to hear from you! You can contact me by phone or email. Both are on the inside front cover of this newsletter. By the time you receive this newsletter, I will have attended the NVON and ACWW Area Conference in July. I will report on both at the August Workshop. Going to Ottawa next year for the Triennial? I certainly hope to.

Carol Ropp from Macon County prepared a snack mix for our board meeting in June. My mother often made a similar mix using Bugles. Carol had pecans and Chex cereal also in hers. Use any mixture—this coating mix recipe is in memory of my mom who passed away on May 14. Enjoy!

Use a seven oz bag of Bugles. Mom added pecans as desired. Place in a heavy pan: 1 stick butter, 1 cup light brown sugar and 1/4 cup of white corn syrup. Cook until it boils, take off heat and add 1 tablespoon of baking soda and 1 teaspoon of vanilla. Pour over the Bugles and stir until evenly coated. Put on a greased cookie sheet and bake at 275 for 25 minutes, stirring every 10 minutes. Spread on foil to cool. Break apart and enjoy!



## Public Relations– Emily McDowell

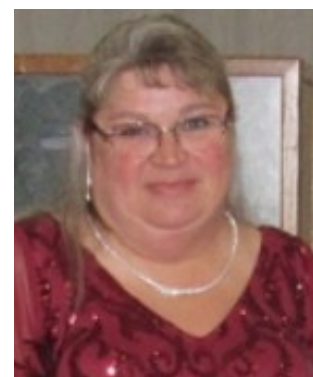


Oh summer, how I'm starting to dislike you! This heat has got me going a little crazy. As much as I like summertime activities, I am not a fan of the heat and more times than not it makes me sick if I'm out in it for too long. Still, I was able to enjoy some time at Lake Barkley in Kentucky; Grand Isle, Louisiana; and Springfield for the NVON conference. This June we had nine puppies go home to many homes in Illinois and one in Arkansas. We hand delivered the last of the nine to its new owners in Louisiana where we were able to reconnect and spend time with previous owners of one of our puppies from last year. It was a short but oh so sweet trip! While attending the NVON conference, another one of our females gave birth to eight puppies and we will have these until Labor Day Weekend.

It was so exciting seeing a huge representation at the NVON conference from our state. Mary Johnson and Angela Hicks did a wonderful job planning, organizing, coordinating, etc. this conference! My favorite memories include meeting the Oscar Meyer Wiener Queen, making a new friend from Kentucky after being introduced to the game "penny drop", and being a page. I especially enjoyed all of the table favors and yummy food, the speakers, and share shops! Next year it will be in Wisconsin Dells, so for those of you looking for a vacation, you might want to think about going!

Now on to current events– in just a few short weeks we will be attending District Workshops across the state and I will be announcing the 2026 conference theme! I am soooooo excited to be sharing with all of you my reasoning for choosing this specific theme and explaining how this ties into IAHCE. You'll want to stay tuned to the December issue of the Chronicle for further updates and all the conference information. I hope to see you there!

## Certified Volunteer Hours/Sales– Ashley Davis



Hello Everyone,

I hope you all are "Making Time" to enjoy the summer. For a bit the weather was rather nice, except for the rain that some of was getting and then came the HEAT! So for me, I am "Making Time" to stay cool. The IAHCE state board had our June board meeting to get things finalized for the August workshops. We worked hard! I hope to see you all there.

As you know, I am on my last year as your CVH Director. I leave in March of 2026. Please consider running for the CHV/Sales Director position. It is a lot of heavy lifting and you must be familiar with Microsoft Excel and Microsoft Word and have a computer with email capabilities. It's a lot of work, I will be honest with you, but very rewarding at the same time. You can find an application on the IAHCE State website.

We have made some changes to the CHV awards effective immediately. The following awards will be awarded for CVH at the IAHCE Annual Conference in 2026.

County with the Highest HCE, Other and Total Hours:

54 and under and 55 and up (one awarded for each group)

There will be a Grand, 2nd, and 3rd for each Highest HCE, Highest Other, and Highest Total



Member with the Highest HCE, Other, and Total Hours:

54 and under and 55 and up (one awarded for each group)

There will be a Grand, 2nd, and 3rd for each Highest HCE, Highest Other, and Highest Total

Keeping track of your HCE and Other volunteer hours is important for other reasons besides receiving awards from the state, although that is one of the best reasons to submit them!

1. The IAHCE President uses the number of hours that are reported when doing presentations to non-HCE groups to show how much of an impact we make all over the State of Illinois. Our president shares these numbers with ACWW, NVON, and CWC as well.
2. The reported hours are used by the IAHCE State Board to recognize those outstanding members who go above and beyond the call of duty when volunteering.
3. The U of I Extension uses the hours to help show how programs they support make an impact on their communities and the state when proving their worth to the state government.
4. Our hours of volunteering help to support the U of I Extension programming and financing.
5. If we were to remove the volunteer hours designated to the 4-H program, it's a guarantee that the program would suffer.

I shared this with you all again to remind you what all your volunteer hours are used for. You see it is very important to "Make Time" to keep track of your volunteer hours for many reasons. I will be going over this in the August Workshops, so if there are any questions, please feel free to contact me.

Ashley



## Extension Educator– Cheri Burcham

Greetings from Illinois Extension!

I'm hoping that you are all enjoying your summer – even with the really high heat indexes! Just remember to stay hydrated and check on your neighbors to make sure they are doing ok. I really enjoyed seeing some of you at NVON in Springfield and many of you at the District Meetings! You always make me feel welcome and you know how to have fun! Remember that the Lessons for Living for 2026 registration site is open at <https://go.illinois.edu/2026HCElessons> You can check out the upcoming lessons and register anytime. If you know that I raise Monarch butterflies, I have raised 13 so far – mostly from eggs. I have not seen many Monarchs at all this year, but sometimes that picks up in September. Hopefully you are remembering to "Make Time" for yourself and for things you want to do and people you want to be around.

Stay Cool and Take Care,  
Cheri Burcham



# DISTRICT 1 NEWS

## DISTRICT 1 DIRECTOR – Karen Davis

Happy Summer! The bees are buzzing, the flowers are blooming, and the fields have turned from brown to green. After 19 years of living in our own “this old house”, I still revel in the beauty of the seasons in northwest Illinois. It’s a delight to watch the sky too. The horizon is everywhere! I hope all you who are involved in your county fairs have a successful and safe time. Enjoy your family visits, travels, and whatever summer time hobbies you have. What’s your favorite summer beverage? My new favorite is a tall glass of cold brew coffee, black, on the rocks. Nom. Nom.



You are all invited to the District 1 Workshop! This year we will be centrally located in Sycamore at the Sycamore United Methodist Church, 160 Johnson Avenue, Sycamore. Attendees will learn the new country of study and the 2026 conference theme. It’s a great opportunity for exchanging ideas.



### *Carroll*

Freedom Unit HCE will be co-hosting an International Event with area 4-H clubs in October. The 4-H students will be showing displays from several different countries and providing hot food. Freedom Unit will be offering a simple craft project and simple snack. Students will make a South Africa “bread” necklace using a paper plate as its base. We will also have our County’s HCE information available for parents and older students to learn about our mission and what we do locally. This is the first time our county HCE has coordinated with the 4-H clubs. We are all looking forward to this event.

### *DuPage*

DuPage County is alive and well after various members suffered from the nasty 48 hour bug (including our Annual Conference delegates and our Christmas Tea HOSTESS) WHICH WAS PLAGUING Northern Illinois and Wisconsin in the winter months.

November 14th was our Community Service Day when we made cards for veterans and Christmas ornaments. All events for the remainder of the year were cancelled. Our lessons for living were “Inflation: How it Affects a Fixed Budget” on February 13th, “Honey” on May 15th and “Wellness in Nature” on June 10th.

We had three guests attend our Annual Meeting on April 24th at the Courtyard in Warrenville. They later joined and attended the Lunch Bunch in May. Terrie Carso was honored by IAHCE for her timeless contributions to 4-H.

The Lunch Bunch enjoyed meals at Rayme’s Steak and Seafood in Lisle on January 23rd, Stevent’s in Woodridge on February 27th, Quigley’s Irish Pub in Naperville on March 27th, Carol’s Garden in Carol Stream on May 22nd, and Tasty Biscuit in Naperville on June 26th.

The Ethel Marshall Unit always invites other county members to their festive meetings. Christmas is always a potluck and gift exchange. March fell on “Fat Tuesday” and Mardi Gras and St. Patrick’s Day were celebrated. June was the Installation of Officers at Rayme’s with the theme of “Bees: Bee Kind, Bee Considerate, Bee Thoughtful, Bee Happy, Bee Yourself”.

This year our June 18th “Morning in the Park” was not ruined by locusts or any other pests. We were able to expand on the “Wellness in Nature” lesson from earlier in the month. We are looking forward to participating in and helping 4-H at our DuPage County Fair during July 24th through July 27th.



# Jo Daviess

Greeting from Jo Daviess County, the top of the state! Summer has arrived and along with the heat, some much needed rain. It is very green up here and the various hues of green make for a lovely patchwork of colors. Our units celebrated another year, through our Annual Meeting. We had speakers from Northwest Academy who shared with us the educational programs they offer for the students for whom a traditional school does not meet their needs. Presenters from Northwest Academy, Amy and Brian, located in Elizabeth; the Academy serves Jo Daviess County and several school districts in Stephenson and Carroll Counties.



HCE continues to collect pop tabs and the units continue to make book bags to be distributed to preschoolers. Thanks to all members who contributed to the bookbags and pop tops. We are distributing 114 book bags this spring!



A county project our units participated in prior to Memorial Day was assisting various Veteran groups (American Legion and VFW) in placing flags at a number of cemeteries in Jo Daviess County. The project was very rewarding for the participants and folks shared stories of the people for whom they are honoring. It was an hour to recognize the veterans.



One of the flags was placed at the grave of Sgt Andrew Lancaster, of Stockton, who  
  
Died in August 2007 in Iraq.



We wish to congratulate Betty Speaker on her 70 years of membership in HCE and a member of the Hills Unit. How wonderful to be with a group so long! Yes, time does fly! We wish you all a peaceful and pleasant summer.

# Kane

Starting in January, President, Naomi Redman has promoted the NVON Project in Common, “BEE-CAUSE POLLINATORS FEED THE WORLD.” Each Board meeting has a table display featuring books on bees and honey as well as mad and books on South Africa, the 2025 County of Study. Naomi brings a food product or recipe prepared with honey for Board members to enjoy and then take back to the Units. Three members attended the March State Conference, contributing silent auction items and participated in the many share sessions presented, Kane County sent eight creations for the fine arts and crafts competition. Two were awarded superior ratings,: Mari Curless - hand embroidered quilt and Dee Kellen’s - crocheted baby blanket. Both are from the Kennedy Unit. Mari reported that the conference was one of the best she has attended.

The March International Day featured Don Catchpole and his pictorial presentation of a trip to South Africa. An educational display with current information regarding political issues, highlighted area of Magdie de Kock’s home and farm, history, geography, national flags changes over the years and national products was prepared by the Plato Center Unit. The 4-H Foundation annual fundraiser, an April activity was supported with dinner purchases, silent auction contributions by the Board Units and individual members. Proceeds from this very successful program support all the work of the Extension in Kane County including the HCE. At the April Board meeting, Jeri Breuning, Plato Center

Unit described a project that will help USA veterans in need to settle in homes, named "Operation Sweet Life." Kane County HCE will participate by supplying household needs as an admission to our summer county picnic.

Further information would be available at the Annual Meeting. Kane County was pleased to welcome Karen Davis, District One District to the Annual Meeting, May 21st. Karen encouraged membership and updated state information. Following, she installed Officers and Directors for the 2025 year. "Don't Forget! The Science of Memory" by William Pack, nationally known speaker, challenged us to remain actively involved in self care, exercise, and organizations to stimulate and maintain memory as we age. Officers are planning a summer county wide picnic for August 20th. Hosting is the Plato Center Unit and all Units will have a part in a fun filled afternoon - after the pot luck luncheon! Kane County looks forward to District Meeting in Sycamore.

## *Lake*

Hello from Lake County HCE,

We hope your summer went well! Lake County is operating with a scaled back Board. We now have a President, Vice President of Programs, Secretary, and Treasurer. The Director positions are now appointed Committee Chairs. We are pleased to share that last year the Cultural Enrichment Day Committee was a very successful model! Fresh perspective and ideas from the committee! We welcomed Shirley Ann Russell from the American Unit to the Board as the LCAHCE Vice President. Jane Ellen Keroson was appointed as the LCAHCE Secretary. We are excited to announce that Noël Henke was appointed as the Lake County HCE "Close-up" Newsletter Editor. Noël Henke was nominated for the LCAHCE Member of the Year at the April Annual Meeting! Congratulations!



Lake County HCE Scholarship Chair, Sandy Henke, was proud to announce:

The 2025 Helen Johnson Volk Scholarship Recipient is Isabella Yarc, a senior at Libertyville High School, has showcased her dedication and passion for agriculture through her participation in the college credit writing course, which is open to seniors. Her accomplishments include serving as the president of 4-H County Bumpkins, being a member of the National Honor Society for four years, and being named captain and player of the year in flag football.



Additionally, Isabella has actively engaged in community service through volunteer work with Feed My Starving Children, PADS, and the Wish program. She has also participated in giving tours to the Lake County Farm Bureau. Throughout her 4-H career, Isabella has managed various animal species, including beef, swine, sheep, and poultry. Isabella wrote in her personal statement 4-H has been crucial in shaping who I am today. It taught me to be a confident leader and a responsible role model for others. Through my involvement in 4-H livestock projects in Lake County. I learned about real-world challenges, particularly in agriculture. Raising livestock is no easy task-it requires dedication and responsibility. There's no room for laziness when you're caring for a living, breathing animal, and 4-H taught me how to rise to that challenge and solve problems as they arise. Isabella will be attending the JJC( Joliet Junior College) Foundation in Joliet to pursue a degree in agriculture.

Congratulations, Isabella!

Interim Newsletter Editor, Angela Hicks



Mercer County has had a busy spring! We had our annual pork chop sales, a presentation by an Aledo police officer and had a USDA representative present. Hope to see you at District Workshops!



## Don't Waste Uneaten Food— Compost It!

*Food scraps have value.*

Food is the single largest category of material sent to municipal solid waste landfills. In 2018, 35 million tons of food scraps went into landfills. Food in landfills generates methane, a harmful greenhouse gas. You can help the environment by recycling your food waste into compost.



### 1 What is compost?

- Compost is decomposed organic material made from food, leaves, and other material.
- It is a living soil amendment.

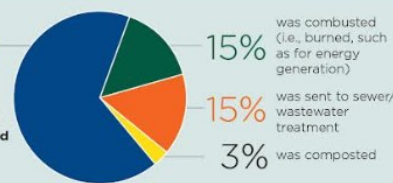
### 2 Why compost?

- Keep food out of landfills.
- Reduce greenhouse gas emissions.
- Use finished compost in a garden to recycle nutrients back into the soil.
- Improve soil health.
- Expand the soil's ability to store carbon.
- Reduce the need for fertilizers and pesticides.



The **residential sector**, which includes single- and multi-family dwellings, generated about **25 million tons** of wasted food in 2018.

**66%** of the residential sector's wasted food was landfilled



### 3 How can I compost?

- Start backyard composting.
- Begin an indoor worm (vermicomposting) bin.
- Drop off food scraps at a community compost location.
- Sign up for a food scrap curbside collection service, or participate in one your city or town might offer.

### 4 What can I compost?

- The basic ingredients for compost are greens (e.g., vegetable and fruit scraps, coffee grounds, grass), browns (leaves, twigs, straw, or other carbon-rich material), water, and air.
- Your community or compost service may accept additional items, so check with them.

According to the EPA, in **2018**, only 2.6 million tons of food scraps were composted, compared to 35 million tons that went into landfills.



### I am interested in composting; how do I learn more?

Visit EPA's composting webpage:

- <https://www.epa.gov/sustainable-management-food/reducing-impact-wasted-food-feeding-soil-and-composting>

SOURCE: <https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/food-material-specific-data>



## Rock Island

Rock Island County HCE held a lap quilt tying day. We had eight members in attendance completing twenty-seven quilts and another nine donated by a member. The thirty-six lap quilts were donated to four area nursing homes who were very excited to receive them. Later in the year we will have another lap quilt tying day. The first weekend in May we sorted and distributed the geraniums we had taken orders for in the previous three months. The geranium sale is our only fundraiser we have, but it is a good one. The 4-H clubs that wish to participate take orders to help us also. In return, they receive a percentage for each plant they sell. This helps both HCE and the 4-H clubs.

In June we held our 104th annual Rock Island County HCE annual meeting. In addition to our business meeting, we had a speaker and a delicious lunch. Our speaker this year was Cara Ausmus from Mercer County, talking about ACWW and her trip to Malaysia (even though it was our country of study last year we were excited to hear about the country). Cara brought souvenirs from her HCE travels throughout the country. It was a very informative presentation and we celebrated our long-time member, Mary Lou Ecker, for winning the District 1 Member of the Year Award. Mary Lou has been a long-time member with HCE, holding a variety of officers on the board and in her unit as well as her activity in her church. We are very proud of Mary Lou and know how deserving she is for being nominated in addition to winning the award.



Later in June we held our joint HCE board meeting with lunch and a business meeting. We wish our outgoing board members a thank you for their excellent service and welcome our incoming board members. Dates were set for our board meetings and upcoming lessons and events. We have an excellent board and are excited to start our 2025-2026 year.

I cannot forget to mention that our county has taken on helping to support our local animal shelters. We publicize in our newsletter and encourage members to donate items to help the shelters. We cannot forget our furry friends in need.

Sharon Hough



## Stephenson

**AUGUST!** It seems like I just wrote the article for the May Chronicle and now we are heading through the last half of summer. I guess time flies when you're having fun! Stephenson County HCE hosted the multi-county meeting at the Farm Bureau on Thursday, April 3. HCE members from Carroll, JoDaviess, Winnebago, and Stephenson counties attended the morning meeting. There was discussion on upcoming HCE meetings and events, as well as an exchange of ideas.

On Friday, April 18 and Saturday, April 19, Easter weekend, Stephenson County HCE manned the Cub Foods brat stand in Freeport. Cub Foods provides the stand for nonprofit organizations to earn money for their treasury. An assortment of sandwiches are offered including hamburgers, cheeseburgers, hot dogs, rib-eye steaks, brats, and pork chops. Potato chips and pop are also sold. Due to the help of all our volunteers and a lot of hungry shoppers pickup up their groceries for Easter, we earned a profit of \$3,380 over the two days!

On Friday, May 16, our organization was lucky enough to have a second opportunity to raise funds for our treasury. HCE volunteers ran A.J's Cookout Stand in Lena over lunchtime. Though on a much smaller scale than the Cub Foods stand, we still earned \$269 in profits.

The 171st Stephenson County Fair will be run from July 22-26 in Freeport. The theme for the fair is "Ham It Up at the Stephenson County Fair 2025". Starting this year, Stephenson County HCE will be located in the 4-H building. HCE members are busy planning crafts and short presentations that will be given from Tuesday thru Saturday between 1-3 p.m.

The IAHCE District 1 Meeting will be on Thursday, August 7 at Sycamore United Methodist Church in Sycamore. Several Stephenson County HCE members are planning to attend. WISHING YOU ALL A GREAT SUMMER!

Janice Fryer

*Will*



I know this is a worn out saying, but "I can't believe July is here!" I Just wish the temps were in the low 80's, not in the 90's. My daily routine always begins with watering my plants because it has been a few weeks since it rained. Such is life! Andrea Zoelle attended the IAHCE Conference in Effingham in March. Upon her return, she had many stories and experiences to share. Andrea has been going to the spring conference for many years. We were thrilled that she was able to display our new flag, among all the other counties', this year.

Our Will County HCE held its Annual Meeting, May 13th, at the Will County Farm Bureau. The meeting was a wonderful event arranged by Carolyn Yoemans, First V.P. At the end of the business meeting, our guest, Angela Hicks, IAHCE President, installed the 2025-2026 Board Members. Our 2025-26 Board consists of Gail Shaw, President, Carolyn Yoemans, First V.P., LouAnn Kinsella, 2nd VP, Sharon Gill, Treasurer, Andrea Zoelle, International Director, Elaine Czajkoski, Community and Health Issues, and Mary Barrett, Newsletter and Public Relations. We hope that two members step up to become the new CVH Director or the Cultural Arts Director.

We have seen a decline in our membership this year due to members aging and our not being able to attract new members. We know this is not unique to just our membership, so we will be brainstorming in the months to come in hopes we can find an answer. After a delicious luncheon, Angela Hicks presented a remarkably interesting program about her trip to the 2023 ACWCW Triennial Conference in Malaysia. As Malaysia was our previous focus country, it gave us some insight about its people and culture. However, our Board decided, earlier this year, to focus on Australia in 2025, since few know much about this land. Andrea Zoelle, our International Director, will keep us informed in our county newsletters throughout the year, and she is arranging to have a program, in October, at the Cultural Arts Meeting, on Australia, also.

On July 8th, we are holding our second Bunco game for the year. We have three throughout the year. The event is free to our members and guests who would like to come. It is a way for us to entice our guests to become members. Everyone brings their own lunch. Our WCHCE provides drinks and desserts and cash prizes for four categories. We also hold a 50/50 drawing. It's a wonderful time. Everyone enjoys the camaraderie and meeting new friends. And, besides, it's too hot to do anything outside anyway. Our next bunco party is in September. Mary Barrett, Newsletter/PR Director

# DISTRICT 2 NEWS

## DISTRICT 2 DIRECTOR – Karen Cahill



It's hard to believe that the year is half over already! I hope your summer is going well and you are finding time to visit with friends and family and maybe even share some ice cream. We recently had our summer mini district meeting in Decatur. It was a fun time and I hope you got some ideas to take back to share with your counties. I appreciated how many of you "took time" to join in the day. It was nice to see so many new faces as well. Be sure to mark your calendars for the November 5th mini meeting.

I hope to see many of you at the August 6 District Meeting in Springfield. The state board has LOTS of essential information to share. You will want to be there! As I've visited many of your counties this year, it has been fun to see you celebrating the "Making Time for IAHC" theme. I have noticed so much creativity!

"There is not "right time", there is just time and what you choose to do with it" - Mel Robbins, speaker and author

### *DeWitt*

April 3rd we had a special program at our Library on "The Illinois Central Railroad and the Civil War" given by Don Chamberlain. Clinton used to be a big railroad town and some of the people still remembered the depot and the round house! We had a good attendance and everyone seemed to enjoy the speaker and the discussion. We advertised this on Facebook and on the local newspaper site. We served refreshments of cookies and water.



Our lesson for April was "Declutter your Home and your Finances". This was an online lesson and they gave some good tips, now we have to do them. One thing she said was to remember OHIO, "only handle it once" meaning then get rid of it! After our meeting some of us went to the Dairy Queen for refreshments and to visit more!

In May we had a lesson on "Cooking with Spice" taught by Caitlin Mellendorf. Caitlin made some snacks using tortilla rounds that she added spices to, she cut them in pieces and cooked them in her air fryer, they were very good. She brought several different spices for us to see and gave us an idea how to use them. It was a very useful program since a lot of us don't use very many spices.

May 30th and 31st we had our annual Kirby Cookout! Several of our members put in a lot of hours, we sell Friday 10-6 and Saturday 10-2. We have two gentlemen that do our cooking for us, we really appreciate them! We make a nice profit doing this, we will be using these funds to donate to different things throughout the year.

June 2nd Piatt County held our Tri-Board Meeting in Cisco at the Methodist Church. Six of us went to the meeting. Karen reminded us of the Mini District meeting at Macon County Extension building on the 25th of June. She also reminded us of the District Meeting on August 6th. Each county tells what is happening in their county, you can pick up some good ideas to take back to your county. Piatt County served us a very nice lunch that we all enjoyed!

On June 17th our lesson was on "Types of Flour", the lesson was given by Nancy Sprague. Nancy had several different kinds of flour for us to look at, she made some crackers using Almond flour that were good, she also made a brownie using the Almond flour that was really good! As hostess I made some cookies using the Almond flour and also the Oat flour, if you haven't tried the different flours I would strongly recommend you do so! I made Chocolate Chip with the almond and Oatmeal Raisin with the oat flour, both were really good!





June 25th six of us went to the Mini District meeting Karen Cahill had in Macon County. Macon County served a wonderful salad and dessert buffet, we have been eating some good food! After lunch we broke up into different groups and discussed what our unit had been doing. Some interesting ideas were shared. Mary Johnson was there with a friend and told us some very interesting facts about the Red Cross which she volunteers with.

We are looking forward to some upcoming activities we have planned!

Have a wonderful summer and stay cool!

Linda Riva

## *Macon*

HAPPY SUMMERTIME!! Our mini-district meeting was a huge success! Karen Cahill led a very interesting and educational program on Wednesday, June 25, at our Macon County Extension. We are initiating a new fundraiser this year. Each small unit provides a dessert that we sell at the DAV on Friday nights. The best sellers are pie and anything chocolate. We hope to keep doing this for quite a while. We are still doing our Sewing Days. There were 16 members at the Extension Office today. They were assembling the materials, sewing, ironing, and folding the finished products. Most of the pillowcases will be taken to the Ronald McDonald House in Springfield. Our trip this May was to the Kickapoo Tea Room in Downs, Illinois. Many of our members were able to carpool to this lovely event. The pictures I have submitted demonstrate how beautiful this venue is.

Upcoming programs are Economic Development in Decatur, a history of the Bacharach Mansion presented by one of our very active members, Carol Ropp, and International Day. Many of our board members will be attending the District Meeting in August. We are looking forward to this summer and all of the activities that come with this time of the year.

Linda Austin



# McLean

Greetings from McLean County! We have rounded out the program year learning “Flour Power – Types of Flour” in May. June found unit choice – Downs toured the Train Museum in Monticello with lunch at the Brown Bag; Eastsiders had a park potluck picnic with games; Towanda toured in Peoria - Trefzghers Bakery plus Leaves N Beans Roastery with lunch at Hearth Restaurant; Night Owls Unit carpooled to Mona’s Italian Food in Toluca.

Cultural Enrichment programs in mid-May were thoroughly enlightening at the Funk Family Home and Museum at Shirley. Lunch followed at the Country -Aire Restaurant in Atlanta. Members drove around the streets of Atlanta to see Giants (statues that is) around the Giant Museum. In June, lunch at Busy Corner Restaurant in Goodfield was followed by the Ronald Reagan’s Peace Garden at Eureka College and shopping in the area. We celebrated our 107 th McLean County HCE Annual Meeting with the theme “Make Time for HCE” on July 17. Storyteller/author Dr. Michael Lockett entertained us with great storytelling. The Cultural Enrichment & Fine Arts Show items were exhibited and judged. Check our website for details: [mcleanhce.org](http://mcleanhce.org).

At the McLean County Fair in July, McLean HCE sponsored “Young at Heart Day” on Thursday morning, July 24. The audience enjoyed the door prizes, vendors, and food while two different musicians entertained us. David Berchtold played his acoustic guitar tunes. Terry Lee Ridley was back this year to play his high energy rock ‘n roll music. Both were enjoyed by the great crowd in attendance. HCE continues to raise money for the HCE scholarship fund and several community service projects. The Fannie May in-store twice a year fundraiser is highly successful, and we get to talk to the “chocolate” public about HCE. Our bake sales are scheduled at the Downs, IL Farmers Market (rain or shine as was put to the test at June bake sale); and the Downtown Bloomington Farmers Market on August 9. The HCE Attic Treasures and Bake Sale event will be held at the Interstate Center in Bloomington in the Mini-Expo Building on Thursday, September 25 (3-7 p.m.) and Friday, September 26 (8 a.m. – 1 p.m.). We invite you to come and shop ‘til you drop, for wonderful bargains!

The Humane Society of Central Illinois benefits from the contributions each month from members – recently paper towels or bleach. The Read and Share group met to discuss the book *The Extraordinary Life of Sam Hell* by Robert Dugoni. The Community Service Days group met in May and June making walker bags and patriotic clothing protectors for Sugar Creek Alzheimer’s Center.

We want to recognize one of our members who has been a wonderful asset to HCE ever since she joined in 2021. Night Owls Unit member, Betty Jensen shows gusto and enthusiasm in her active life which was channeled into our Community Service Day activities which she became chairman of in 2022. Betty always wears a smile, exhibits a cheerful outlook, and looks and acts much younger than an 87-year-old. Her volunteer hours earned her 3rd place in IAHCe “55 members & above” counties for her individual CVH hours of 1,265 for 2024.

For updated information and more details, visit our media sites- Website: [www.mcleanhce.org](http://www.mcleanhce.org) and LIKE our Facebook page at: McLean-County-Association-for-Home-and-Community-Education.

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





# Piatt

Our Piatt County AHCE organization began 2025 by attending the 101st Annual IAHCE Conference. Five local members of the Piatt County AHCE attended this Conference which was held at the Thelma Keller Convention Center located in Effingham, Illinois on March 11- 13, 2024. These members were kept busy by participating in a variety of board member-business meetings along with attending a variety of informational share shops. Nora Hanaver and Martha Lynch attended the voting-delegates meeting on Wednesday morning.



During this meeting and the other official board-member meetings, our attending membership picked up ideas, learned about next year's possible planning opportunities, and helped establish IAHCE's future plans. Another attraction was the Cultural Enrichment Display. Carol Drayton won Best of Show for her Turtle Quilt and Kathy Harris won Best of Show for her Quilted Table Runner.



This year we decided to use a lot of newly offered Educator Taught Lessons. So far we have used the following lessons: "Inflation: How it Affects a Fixed Income Budget", "Where to Start: De-clutter Your Home and Finances", "Honey", and "Wellness in Nature". All of these internet lessons were presented at the Piatt County Extension Office. Our two package lessons "Types of Flour" and "Communicating with Individuals with Dementia" became two of our favorites. The "Types of Flour" became a tasting party as it was presented with homemade almond flour crackers, 4 Ingredient Almond Flour Cake, protein energy bites made with oat flour, strawberry bread created with all-purpose flour, and gluten-free chocolate cake made with rice flour. The "Communicating with Individuals with Dementia" lesson was unable to be located on the internet. In spite of this, we discovered that several of our membership had experience with and a well developed knowledge of the topic. This led to a well received informative discussion of communicating with the dementia patient.



In addition to the regular meetings and lessons, our Piatt County AHCE organization has hosted the 2025 June Tri-County AHCE meeting at the Cisco United Methodist Church. This meeting enabled the counties of Piatt, DeWitt, and Macon to share what was going on in each county and to work together to improve the programing offered in all three counties. Piatt County AHCE is also working on several community action projects. Our long-term 2025 project is adopting the Villas of Hollybrook assisted-living senior center located in Monticello, Illinois. Our members have worked with Amber, their activities director, to donate supplies for their different sponsored social activities (ex. Acrylic paints, bingo prizes, paper towels, Kleenex, snacks, and knickknacks).



A short-term project we helped with was supporting the 5k/10k Kirby Derby. Carol Drayton, Kathleen Glenn, and Elaine Ginalick were seen manning the intersection at Buchanan and Center Street. They checked in around 7:00 am in the north parking lot of the Monticello Christian Academy, picked up the required safety vests, and quickly left for their assigned intersection. The race began at 8:00 am. Our 3 members' job was to encourage the runners, and to guide the incoming traffic safely through the intersection. Our volunteer received several thank-you messages from the derby participants. It was a beautiful day for being outside and our 3 ladies were closing up shop by 9:00 am. This was a great volunteering experience!



An individual project was suggested by Carolyn Kleven, a long-time volunteer who has worked with Midwest Mission. Carolyn invited our membership to make simple quilted blankets with their left-over sewing supplies (No BATTING OR TIES) for use as donations to Midwest Mission for use in Africa. Contact information: Phone #: 217-483-7991 e-mail: [office@midwestmission.org](mailto:office@midwestmission.org)





Recent Community Action Project: Arbor Rose Quiet Quilt Work Days at Miriam Seevers' home. On June 26, 2025, we began working to make quiet quilts for some of the Alzheimer's senior citizens who are living at Arbor Rose located in Monticello, Illinois.

In preparation for the South Africa International Day Event at Macon County Extension Office on September 17, 2025, our organization has been reading about and viewing pictures of South Africa in our monthly newsletter as well as tasting South African recipes at some of our meetings. We have enjoyed eating imported Macadamia nuts, Bobotie ( a rich, savory meat pie), and Malva Pudding (a sticky toffee pudding infused into a delicious sponge cake).

Remember to Save these Dates:

1. Take a field trip with our members to see what our younger generation is EXPLORING AND DOING in 4-H at the Tri-County 4-H Fairgrounds on July 13, 2025.
2. Take a field triip with our members to visit the 2025 Annual Quilt Festival: August 9, 2025 at Deland Weldon High School (304 Illinois Route 10, Deland, Illinois 61839) from 9:00am-4:00pm. (A great field trip to view a great collection of local talent!)

We are just getting ready to start the second half of 2025 and we are definitely not done yet!

## *Sangamon*

Well, here we are in the middle of the hottest weeks of summer and the first day of summer was just last week. Guess we should all hope for some rain and at least a little cooler temps! Our group was able to give three \$1,000 college scholarships this year. Homemaker of the Year award for 2025 is Mary Jo Anderson. She is our 1st Vice President and head of Lessons for Living. Two of the recent lessons were a tour of Ace Sign Company here in Springfield on March 18th. It was amazing to see so many old signs and also how they make new ones. Then, on April 16 Attorney David Edwards gave a talk at the extension, "Getting started with Wills and Trusts.", Josie's daughter wrote a wonderful letter read at the presentation about what her mom means to their family and community. Congratulations to our newest gold butterfly pin winner. Much deserved.

During monthly meetings, we have had Sue Garrett, international chairman, give us some very interesting facts about South Africa, this year's country of study. She talked about some of the native birds and animals. Did you know that there are actually white whales in their waters? Debbie Yeaman, chairman of Family and Community, gave a very informative talk with a take home handout about things we never knew our cell phones can do.

The fourth Wednesday of each month is Project/Sewing day where we work on many things to donate to needy organizations. A potluck lunch that day is always a hit. Recently it was decided that we would start a notebook if someone wanted to submit a copy of the recipe. One of our newer projects is cutting strips of material that are designed and sewn together then turned over to a lady that uses a loom to make the rag rugs. They have been selling like hot cakes. A recently completed project was making baby onesies, blankets, and burp cloths donated to Pregnancy Care Center.

Debbie and Jim Yeaman along with Nancy Barstead delivered these items along with \$250 worth of diapers and other needed items bought from money acquired through a Thrivent grant. Judy Bartels and committee did a fabulous job at the April 25th annual meeting. The theme was "Making Time for HCE". Lunch was lasagna and salad made by Kathy Olesen and Lois Adams with dessert made by Ruth Ann Theis. Entertainment was provided by the musical group "Heavenly Harmony". Coming up on September 6 and 7 is a fun weekend at the historic Marbold Farmstead Days. Sangamon HCE will be selling rag rugs and other homemade items such as table runners, wall hangings, place mats. There will also be bake sale items and some other delicious food at our booth. Ours will be only one of other booths selling food and other interesting items. Just touring the house and property with all the improvements that have been made is well worth the drive.

# Tazewell

It has been an eventful year so far in Tazewell County, both personally and from an HCE perspective. I fought severe bronchitis for 3 weeks after returning from the state conference in March and was unable to provide an update for the May newsletter, so I'm going to catch everyone up on our activities so far this year. The first half of 2025 has included many of our usual annual activities. Even though the activities are familiar, our county board spends many hours planning and executing each of these activities as well as taking care of HCE business. In February, we held our annual Cabin Fever Day which we kicked off with a short lesson on First Lady, Rosalynn Carter, marking our 3rd year honoring First Ladies at this event. It seems fitting since we meet on President's Day! Our ladies who weathered the cold enjoyed the agenda for the day, which also included building a Charcuterie Table, lunch, a craft lesson on folded boxes, games, and puzzles.

Next on our yearly agenda was the IAHCE annual conference in Effingham, where four of our county board members as well as a member at large spent 3 days partaking in the activities. We enjoyed 'Making Time' for the speakers, share sessions, and celebration with our HCE friends throughout the state. As we have in years past, we try to attend as many share sessions as possible throughout the conference among our ladies who attend.

We brought back ideas for many of the lessons we will have starting in the fall. Our county board started planning our Tazewell County annual meeting as soon as we returned from the state conference. Our annual meeting was held on Monday, May 12th, 2025, and we were honored to have District 2 Director Karen Cahill, Bonnie Lantham from Macon County, and Mary Eustace from Pike County join us this year. Mary is the member of the year from our IAHCE district, formerly from Tazewell County, and a dear friend to us. Vivian Gerriets, our newly elected IAHCE Family and Community Issues Director and TCHCE board member, entertained us with commentary on watches, clocks, and time in reference to our 'Make Time for HCE' theme.

We held our annual business meeting, celebrated our accomplishments for the previous year, and honored our Tazewell County HCE Member of the Year, Kate Schmitgall. Karen Cahill installed our 2025 Tazewell County HCE officers and directors. Following the meeting, we enjoyed lunch and fellowship at La Fiesta restaurant in Pekin. We are finalizing our program for 2025-26 and planning our kickoff for the new year. This year we are taking a different approach to our kickoff lesson. Instead of 2 local lessons on the last Tuesday evening (Terrific Tuesday) in August, we are planning a lesson on Pumpkins based on the share session by Jane Chapman at the annual conference along with a potluck dinner highlighting pumpkin dishes, inviting all HCE members in our county and guests to be held on the last Wednesday evening in August and tentatively called Wacky Wednesday.

As we are planning our program for 2025-26, we are also preparing for this year's 4-H Fair and the HCE food stand from July 28th through July 30th. We are planning our menu and gearing up to feed our hungry 4-H exhibitors, their families, and fair guests. This food stand is our only fund-raising activity, with the goal to support 4-H in our county and to provide affordable, delicious fair food for fair-goers. Well, I think I have covered the high points of the last six months. Here's wishing everyone a safe, relaxing, and joyful summer. Remember to make time to make some memories this summer.



# Vermilion

It was a sunny warm day, Tuesday, April 1 st , Vermilion County HCE group met at Danville Gardens, Danville, Illinois, for our “Spring Event!” After a welcome speech explaining the functions and growing schedule of the gardens, a guided walking tour was a true highlight of the gardens. Karen Cahill, District 2 Director of IAHCE and her three guests traveled from Decatur, Illinois, to join in the meeting. There was a total of 16 in attendance for the “Spring Event!” A few in the group purchased beautiful flowers and garden metal decorations to enjoy! After the meeting, some of the ladies gathered at Main Street McDonald’s for food and enjoyable conversation. A good day was had by all!

On Tuesday, May 6 th , was our Eighth Annual Women Walk the World event held at East Park Church Danville, Illinois. The theme for 2025 was, “Tail Gate Party!” Meet & Greet was at 11am in the fellowship room. Vermilion County International Chairperson, Mary Stampini, decorated the tables with footballs, football helmets and other memorabilia. A Tail Gate Lunch was provided for the fifteen HCE members in attendance. Walking for the Women Walk the World, took place in the church building and pennies were donated by members for the walk. Mary gave a talk on the functions of the ACWW organization around the world. Rosella Ray, presented the lesson on Where to Start, Declutter Your Home and Finance.

June 25 th was the IAHCE Mini Meeting for District 2, held in Decatur, Illinois, Extension Office on the Richland College campus. Karen Cahill, District 2 Director, hosted the event. A salad and dessert lunch was prepared and served to all IAHCE members in attendance. Mary Stampini, Jo Anne Gerard, and Diane Reddy from Vermilion County attended the Mini District Meeting in Decatur, Illinois.

## DISTRICT 3 NEWS

### DISTRICT 3 DIRECTOR – Donna Richards



Happy Summer District 3,

I hope you are staying cool and have had a safe summer so far. After the District 3 & 4 Workshops, please make plans to attend our next District 3 Mini Meeting which is scheduled for Tuesday, November 4th. Registration will start at 11:30 a.m. and meeting will start at 12:30 p.m. at the Unity Baptist Church in Vandalia. In late September I will email invitations to the District 3 County Presidents.

Mark your calendars: Come, celebrate the 102nd Annual Conference, March 17 – 19, 2026 at the Thelma Keller Convention Center in Effingham. Emily McDowell, Conference Chair and Becky Belcher, Conference Co-Chair are working diligently on the Conference preparations.

County Presidents, shortly after December 1st , be on the lookout for the President’s Packet that will have the March 2026 102nd Annual Conference information in it. Please share this information with your Board and membership. Or watch for the pullout in the December 2025 Newsletter or online at the [iahce.org](http://iahce.org) website after December.

See you at the August 2025 District 3 & 4 Workshops,

Donna Richards





# Crawford

International Program on Africa was a huge hit. A missionary couple spoke to the group regarding Africa's education, culture, religion, and agricultural customs. A free lunch (similar to Africa's food staples) was provided.

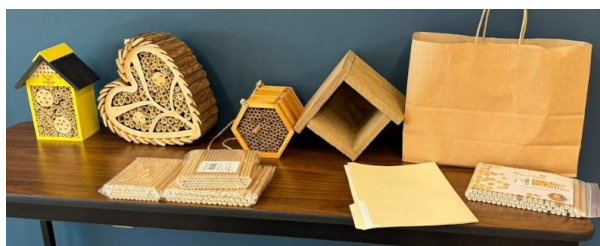
# Fayette

Hello from Fayette County.

I hope this finds you well and enjoying life plus the nice weather. It feels like it has been a long winter with all the gloominess. But I think that we have finally broken through that and found some sunshine. We have started this quarter with some exciting things. We started with a webinar about decluttering and how we need to look at all things around us and decide what we should do with that. Then we had a Mason Bee class that was taught by Becky Belcher. Learning about this wonderful little creature that God created and how he does what he does. How to make a house for this little guy. With this being Easter Month celebrating our Lord and Savior! What a blessing.

We started May off with a class on freezer meals. What a great class we had learning some new meals to put together. Then on to a webinar on honey with some great information on honey. Graduation of our seniors came this month as well. Congratulations to all the Seniors. We ended the month with a ceramic class painting tic tac toe boards. So many different creative ideas of how to paint them.

Then on to June!!! Getting to jump right into Summer! We had a webinar on Wellness in Nature and got some really good information. Then ended the month with Get Acquainted and Hanging with my Gnomies new and old. Started off with a fantastic brunch ☺ then moved onto an auction where some great items were bought including a few quilts that were hand made by some of the members. Looking forward to having a great summer and all the activities that will bring. Many Blessings!







## *Macoupin*

Happy summertime to all! It's finally here and came in with a vengeance. The spring was cold, gloomy, and wet. Then...when it got hot, it got hot..really hot. Many things are happening in Macoupin County. Vickie Laughlin has been busy with cultural arts activities. The ladies were excited about making clay pot bird baths on their May cultural arts day. Vickie has two other ideas for future days... yard dragonflies, and mushrooms made of stone.

May 22nd , we held our Annual Meeting complete with a catered meal, entertainment, and a silent auction. The entertainment for the meeting was provided by Jane Chapman, our past state president and current NVON president. Jane presented her program on Bees complete with her bee costume. She stressed the importance of protecting bees and other pollinators in our environment since they perform the pollination necessary to sustain much of our food supply. NVON currently has a project which is extended until the end of the year called BEE-cause pollinators feed the world. Her program was very informative.

Macoupin County is engaged in several projects this year. The countywide project is collecting items for the Macoupin County Animal Shelter and the Benld Adopt-a-Pet. We have collected not only food items but litter, and cleaning supplies. One of the most welcomed items are cardboard box lids which can be used as litter boxes. Another countywide project is the awarding of two scholarships. This is our second year, and we are so happy that we have such great participation, so we are able to accomplish this. One unit every year puts together bags for the graduating preschoolers to take home. These bags consist of books, crayons, coloring books, watercolors, and personal care items.

In April, the county board honored the Past Macoupin County Presidents with a delicious luncheon. There are currently 6 past presidents living. It was a good time for those who were in attendance.



# Madison

Madison County ladies took a bus trip to The Little Alton Theater to see a performance of “Women of a Certain Age”. We stopped for dinner beforehand at Castelli’s. This was the day of a major tornado touching down in St. Louis so our restaurant was without air conditioning for the duration of our meal. It was still a delicious meal and the play was unexpectedly interesting.

We have had numerous crafting events throughout the spring and summer. Our summer workshop was held in early June and those in attendance made summer signs featuring popsicle sticks, watermelon door hangers, and lighthouses utilizing flower pots. Our fall workshop will be held in a few short weeks with our October workshop to follow in late September and our Christmas workshop to be held in November. Anyone is welcome to attend.

Our cork club remains strong, although attendance remains around five or six ladies every month. We had a pool party in July and our working on a trip to the Southern, IL wineries.

We are trying something new this year for membership, with Puzzlemania— teams of four will compete against other teams to see who can get their puzzle completed the fastest. This will be in September. We had to cancel our membership tea back in May and our annual trivia in July due to the passing of long-time membership officer, Joyce Cornwell.

Our annual Children’s Tea will be early August. Our cultural enrichment director always enjoys putting this together. We have both adults and children ages 5 and up attend. Our Christmas in November will be here before we know it as well as our International Night program. Fall always seems fairly busy!

See you at District Workshops!





## *Richland*

Richland County Homemakers Education Association annually awards a scholarship to a Richland County High School graduate who is interested in a Family Consumer Science or related college degree. HEA board member Debbie Geier presented this year's scholarship to Kallie Kerr. Kallie plans to attend Eastern Illinois University in the fall with a focus on Early Childhood Education. Child development and introduction to teaching classes helped Kallie choose this major. She feels that it is important that this grade level, pre-K through 2nd, of students must feel successful and know that they can get through challenges. Future grade levels will be easier for students who have a solid foundation.

Challenges are not new to Kallie. It was not until the eighth grade that she was diagnosed with dyslexia. Early grades were a struggle, but she managed to compensate. Once her learning problem was identified and she was able to manage the condition, Kallie was even more successful in the classroom, staying on the honor roll or high honor roll consistently. She was rewarded for her efforts by receiving both the HEA and the Racklin Realty scholarships.

Kallie has been an active student throughout her high school career. FFA and FBLA helped her "grow as a person and allowed her to do things today that I never thought I would do prior to them." She developed a strong work ethic and a higher level of confidence. She also did a lot of community service through FBLA and her church.

With only a few weeks left before heading to college, Kallie plans to do a bit of traveling, work at the Bronze Boutique, and play with her "babies," that is her dogs, Khloe and Nala. She will miss them the most as they are a source of unconditional love, and they make every day better. As she begins her college career, HEA wishes the best of luck to Kallie in all her future endeavors.



## DISTRICT 4 NEWS



### DISTRICT 4 DIRECTOR – Carol Harms

It is crazy to think another summer is flying by, and we will be looking forward to fall soon. As I type this, I am ready to pack my bags for the NVON Conference in Springfield, July 8-10. It will be a great three days of crafts, workshops, meetings, fun, and food. I'm still on a high from our District 4 mini-meeting in Franklin County on June 26. 65 ladies from 14 of our 15 counties were there to get updated information from Jane Chapman on NVON and ACWW, Becky Belcher on cultural enrichment, and from me on a variety of items. We had great food and fellowship, and I think everyone went home with helpful information and ideas. I really appreciate everyone's participation, and I try to make it worth your time and mileage. We learn a lot from each other, and I always leave those meetings inspired to Make more Time for HCE!



Our District 3/4 Workshop will be held on Tuesday, August 5, in Mt. Vernon. The event may already be over by the time you read this, and hopefully it will have been another successful workshop.

Reminders:

1. Keep track of those volunteer hours, both for HCE and other volunteer opportunities. Start writing down those hours now if you are not already in the habit of doing so.
2. Think about a deserving member in your county to nominate for Member of the Year. 2nd vice-presidents should have the nomination form (or get it from the website), and the deadline is October 1. District 4 had some great nominees last year, and I know there are still more great members that should be recognized.
3. The deadline for state board applications is October 1 as well, and we need people to step up! District 4 is represented on the board by Becky Belcher (cultural enrichment), Janel Kassing (international), and the District 4 Director (whoever my replacement is). We can use more people from the south; we need nominees for 1st vice, treasurer, CVH/Sales, and public relations/newsletter.

I hope you enjoy what's left of the summer and continue to Make Time for HCE! You have been blessed to be part of a great organization of caring women and men who do great things for their communities. Share your smile and your talents!

Carol Harms, District 4 Director

## *Clinton*

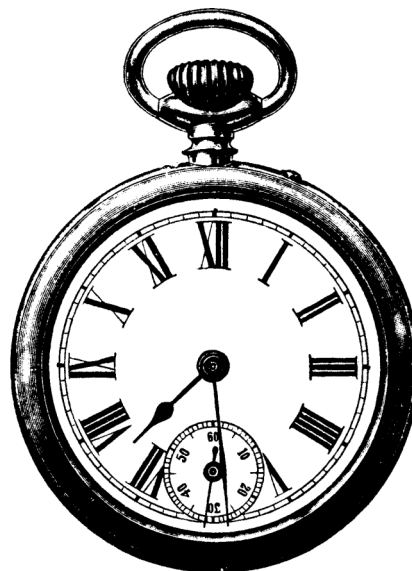
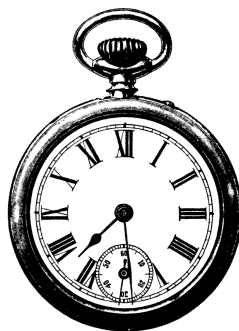
Clinton County has been busy. We had our May "More flowers – less work with perennials" program given by a master gardener/master naturalist. We also help sponsor the 4-H easter egg hunt with a donation. And we help judge at the county fair and help man the exhibit building. We also gave out a scholarship this year.

Upcoming programs include: Fr. Dominic will present "Basic Bread and Beyond" on Saturday morning, August 23. Tickets are \$20 and pre-registration is requested. Would love to have other counties attend, if interested call Diane Sinclair at 618-594-3669. The "bread monk" always puts on a wonderful program, and we are excited about it.

Another upcoming program is on Air Fryers presented by Kris Juelfs, Nutrition and Wellness Educator from Extension, also in September. Our annual meeting is also in September. We are planning a bus trip to Grafton in October. We love trips, offering a discount to members, but they are open to the public also.

HCE is alive and well in Clinton County.

Submitted by Karen Voss, PR for Clinton County



# Jefferson

In March, seven attended the 101st Annual IAHCE Conference in Effingham. We attended many classes and won the Grand Membership Award. Then we went to Effingham Performance Center to see the Platter, Drifters and Coasters, several non-members joined us. On April 15th, we celebrated South Africa at the Baptist Temple. Theo Miller employee with Continental Tire formerly of South Africa presented a program and cooked for us sausages, beef stew and custard pie. Very first hand from South Africa.



Culver's offered a Scoopie night to earn some \$. Members came out to help and eat ice cream. It was fun for all! In May we gave two \$500 scholarships to Jazzmine Lewis and Laney Hales. Ironically the girls are from different high schools but went to grade school together.

WE also had VERY SUCCESSFUL flower sale in May. June found us visiting the Fifth District Appellate Court in Mt. Vernon. Built in 1857, The courtroom was where Abraham Lincoln conducted his trial before the Illinois Supreme Court and it is now the courtroom for 5th District Appellate Court. Clara Barton had a temporary hospital after the 1888 Tornado.



Jefferson County members and non-members were kept busy painting gourds, sewing blankets & caps for Holy Sews, donating money and paper goods to the Homeless shelter, sewing quilts for the Amy Center, collecting quarters for Soap & Home, snacks for Youth Build, delivering meals on wheels, and other projects.





The Johnson HCE Board has spent several busy weeks in 2025 and are anticipating several events in the upcoming months. The annual meeting was held on Tuesday, April 22nd at 6:30 p.m. in the University of Illinois Extension Building in Vienna with the theme “Make Time”. The call to order and greetings to HCE members and guests was given by HCE board president Natalie Dougherty.

The dinner blessing was given by Linda Kuykendall prior to the potluck meal provided by members. The Pledge of Allegiance was led by Lisa King. “Aim of the Homemaker” was presented by Arlene Dueker. A business meeting and program followed the delightful dinner. The guest speaker was Jane Chapman, NVON President.

Natalie Dougherty presented the celebration of our 75th year of the HCE in our county. The minutes of the 2024 annual meeting were read by Rosemary Rouse. The treasurer’s report was given by Betty Yandell. The membership report and awards were presented by Kim Collins. The volunteer awards were given by Natalie Dougherty.

“Remembering Maxien Ellet” in memory of a very involved HCE member, was presented by Kim Collins. The installation of HCE board members was presided over by Carol Harms, IAHCE District IV Director.

The Johnson County Home Bureau was organized on March 17, 1950, after a total Of 372 potential members had signed up by February 17, with over 400 members at the first annual meeting on June 1, 1951.

There are two 50-plus year members; sustaining member, Mary Yandell of 54 years and Phyllis Webb of 53 years. There are presently 44 members with three units including Longview, Ozark, and Tunnel Hill.

HCE board members include: President-Natalie Dougherty, 1st Vice President-Linda Kuykendall, 2nd Vice President– Kim Collins, Secretary– Rosemary Rouse, Treasurer-Betty Yandell, Community Outreach-Bonnie Hogue, Family Living-Phyllis Webb, International-Lisa King, Cultural Enrichment-Alrene Dueker, Publicity-Dixie Terry, and Scholarship and Travel-Faye Mize.

Door prizes were presented to several prior to the end of the meeting.



## JOHNSON COUNTY HCE HOSTS MOTHER’S DAY LUNCHEON

The Johnson County HCE held their annual Mother’s Day luncheon on Saturday, May 3rd from 11-1:30p.m. at the fellowship hall of the Community of Christ Church of Tunnel Hill. The nine tablescapes featured china, silver, and crystal place settings provided by the HCE members. The centerpieces were pink Spring bouquets which were given as door prizes. Each place setting had flower seeds and candy as a favor. A silent auction was ongoing with items provided by the generous businesses and individuals of the county who also provided door prizes.

HCE board president, Natalie Dougherty, welcomed the guests and provided a prayer prior to the luncheon. The menu included summertime salad, glazed carrots, poppy seed chicken casserole, rolls, and layered desserts of blueberry, pistachio, chocolate, strawberry, and lemon. Iced tea, water, lemonade, and coffee was available.

The drawing for door prizes was held following the luncheon. A poem for Mother’s ay was read by Natalie Dougherty.

The guest speaker was Lori Kerans of Millikin University, who gave an inspirational presentation on Mothers and all that they do. A special thanks goes out to all those who provided silent auction items and door prizes. The proceeds from the annual event will provide for the scholarship program in which a senior from both Vienna High School and Goreville High School are presented a \$500 scholarship check. The scholarship recipients for 2025 were Paige Groner of VHS and Riley Reid of GHS. These students were guests of honor at a special luncheon in April. Proceeds will also be used for additional community projects.

The Johnson County HCE also provides volunteers for the American Red Cross Blood Drive held on alternate months at the Fellowship Baptist Church in Vienna. Members also provided desserts for the fundraiser for the victims of the tornado in May 2025. The HCE members also provide donations to several other community projects. With more to come as members anticipate the fall wreath-making class to be held on Thursday, September 25th from 9-1 along with a lunch included.

International Night will be observed on Tuesday, October 14th at 6:30 p.m. at the extension building with the country of South Africa to be highlighted. A potluck dinner will feature both African and American dishes provided by members and though our numbers are smaller, 75 years after organizing, our units continue to be enthusiastic and energetic as we celebrate our 75th anniversary of organization.

## *Massac*

Judy Ferguson reported that we had 236 gift bags and Valentine's cards delivered to the care facilities. Thank you to everyone who donated cards and items to put in the bags. The 2025 IAHCCE Conference, "Make Time" on March 11-13, 2025, in Effingham, IL, was quite the experience this year! Massac County won FOUR Grand Awards in Membership Activity, Family & Community Issues, International, Public Relations, in addition to winning the County of the Year Award (for membership of 54 and under). To top off the exciting evening, Massac County HCE member Dorothy Holt was named the Homemaker of the Year for District 5! Along with Dorothy, Massac County was represented by Mitzi Borum, Judy Parr, Norma Korte, and one of our mailbox members, Debra Korte, who was the business meeting Parliamentarian.



The AJMPU Unit meeting was March 6, 2025, at Shawnee Community College. Thank you to the U. of I. Extension Staff and Snap Ed for providing this meeting and giving members in all the units an opportunity to learn more and stay informed. Massac County had 8 members to attend, Judy Parr, Kathy Hutcherson, Susie Henley, Norma Korte, Millie Wilson, Mary Schneider, not pictured Dorothy Holt & Judy Ferguson.



The 2025 Annual Meeting, "Make Time," was held on April 12 at the Lutheran Church of the Cross. We had 28 members and guests attend. Each member received a packet of Thyme spice and a yoyo with a clock button as commemorative items of the day. The workshop, "Make Time for Emergency Preparedness," was presented by Jody Johnson, U of I Extension District Director. Several members were recognized for their years in HCE, including first year members Onita Noffke, Mary Schneider, & Reese Lampley, and Dorothy Holt (30 years), Mini Haverkamp, Paula McIntosh, Rozann Wilkins (each 45 years), and special recognition to our 75-year members Mary Lou Stratmeyer & Betty Travis.

We have several members who have been in HCE for more than 40 years. A memorial was provided by Joyce Taylor and Dorothy Holt in remembrance of Janet Maggio and Jeannie Forthman who passed away in 2024. Massac County was given a 2nd place certificate for CVH hours reported by counties with 54 members and below. Individual certificates and seals were also passed out to Rozann Wilkins, Mary Wessel, Joyce Taylor, Brenda Langford, Diana Kruger, and Amber Hunt.

Judy Ferguson, delivered 212 School supplies to Metropolis Elementary. The donation was much appreciated. New Frontiers made 35 Easter Baskets during April to be given to Hope Unlimited. Donations for Ronald McDonald House will be delivered in June.

HCE & Extension Facilities SCHOLARSHIP winners are: Ethan Goins, son of Jason and Lynn Goins, grandson of Ann Schneider, HCE member of Town & Country Unit. He plans to attend the UK-Paducah Campus, Pigman College of Engineering. Wilson Hawes, son of Doug and Becky Hawes, grandson of Millie Wilson, HCE member of Volleville Unit. He plans to attend the University of Alabama to pursue a career in the medical field. Macey Swinford, daughter of Brandie and Jeff Stafford, granddaughter of Mary Stafford, HCE-member of George's Creek Unit. She plans to attend Shawnee Community College and pursue a career in nursing. Our best to each of these students as they move forward with their career goals.

Thought for the Month :

"Success is not final; failure is not fatal; it is the courage to continue that counts."

Winston Churchill

## Monroe

Monroe County continues to find ways to promote HCE in order to attract new members. County Treasurer, Lucille Ohms, shared flyers at the Monroe County Farmers Market. The public was invited to learn more about the educational programs and community opportunities HCE has to offer. Sharing contact information and meeting dates along with past programming and community outreach projects.

### FREE SUMMER LUNCH PROJECT

Monroe County HCE shared food and cash donations for the Monroe County House of Neighborly Service Free Summer Lunch Project". Children who qualify for free school breakfast/lunch don't have access to their free meals while on summer break. Recipients are student in need from Waterloo, Hecker, Columbia, Valmeyer, and Prairie Du Rocher. Picture are board members Ericha Johanning, Lucille Ohms, Dorothy Kohler, Kathi Emery, Sandy Patrick, and Janese Sondag. THANKS HCE!





# Randolph

For the first time in many years (more than 20, I'm sure), someone other than Jane Lucht is submitting news from our county. Jane was a faithful reporter and writer for several groups besides Randolph Co. HCE: she wrote her way up to becoming editor of The North County News, the weekly paper for Red Bud; she was her church's newsletter editor for 11 years, and Jane was the newsletter editor for the Southern Illinois District Lutheran Women's Missionary League for 30 years. We realized at our July board meeting just how much Jane did for us, and we are dividing her work among several of us on the board. Her publishing skills made putting our county newsletter together an easy task for her, but now we are starting from scratch. Every county loses valuable members on their boards and units, but Jane's sudden passing hit us hard. Just like family, the Randolph County Board is grieving and missing Jane Lucht and figuring out how we will get along without her.

We had five members attend the mini-district meeting in Benton on June 26, and we learned a lot and had good "car time" talking about HCE and what we can be doing in the county. Four of us will attend the district workshop in August. We are also making plans for our annual meeting in October.

## White

Now Is The Time Our Time! As I have been sitting here thinking about what I could say or do that would make a difference, in today's world of civil unrest for so many not knowing where or when they will have a place to go. With the disasters and community homeless and the elderly who are wondering if there is someone who care enough to check on them during these trying times.

I have been trying for 2 weeks to get my State Newsletter sent in by July first. I don't just write I have to have an inspiration, so I have a few days left to get it done. Our District Mini Meeting is tomorrow, so I decided to wait until I went there and maybe I will find that inspiration I needed to get this done. WOW, BEYOND INSPIRED 58 H.C.E. Women signed in and they had full tables and had to set up more chairs. Then I thought what an awesome opportunity we H.C.E. Women who belong to a great organization of women, who have been teaching, learning, and using old and new ways of reaching out to our communities for over 100 years. We can do this too. Its Our Time.

Our inspiring leader Carol Harms and Our most upbeat inspiring speaker Jane topped it off. Carol had us to stand for the Pledge and Jane led us with a recording of children saying the pledge with us, and Lee Greenwood recording of I am Proud To Be An American. Then Carol had us to stay standing and give a hug to the person next to us and say you are beautiful. Prayer AMEN. How could anything be more inspiring? Thank You Carol and Jane for the most inspiration I have felt in a long time!

Fran Matheny



Engraved items were the gift-of-choice this Annual Meeting for Williamson County HCE! As we had the privilege of our District leader, Carol Harms and State President Angela Hicks speak, inspiring us, we honored them with engraved boxes each, in thanks. Then, ladies who'd suffered loss of husband, chemo and a broken shoulder & arm recovered were given engraved HCE strong spoons and our Williamson County Member of the year, Marie Samuels was given an engraved jar. Awards for volunteer hours and reports were given of the Luau fundraiser success and other income through the year.



## *Support Fund*

The Randolph County HCE held a 5 County Event on September 28, 2023 at Pour Vineyard outside of Red Bud. Participating Counties were Jefferson, Franklin, Perry, Williamson, Monroe and Randolph. The public was also invited to attend with invitations appearing in the local North County News and the County Journal, as well as flyers throughout the communities. The room was crowded with eager participants.

After a light breakfast, on the program for the morning were Judy Pour, owner of the winery, explaining about the vineyard, the making of their wines and the value of pollinators. Kris Juelfs, and Extension Educator, gave a lesson on air fryers. Lunch was catered by Tina Heinemann, an HCE member.

After lunch we enjoyed a speaker from Leedle Houme Bees about their bee colony and their bee business. Jane Chapman also spoke about bees from her NVON experience and the promotion of pollinators and bees. Several vendors were present as well as Cora Worthington who provided lunch entertainment, singing, and playing her guitar.

About 80 people were in attendance for this "Pearls of Wisdom" event in which we also shared pearls— little tips of wisdom shared by attendees and read periodically throughout the day.



**WE NEED YOU!! WE NEED YOU!! WE NEED YOU!!**

**We need you to submit an application for one of our open state board positions! Check out the next article for more information! Applications are due October 1 and voting and installation will be in March 2026 at our annual conference.**

**Consider being on the board! You'll make lots of friends and have lots of fun and laughter!**





# Nominating Committee Report

We are looking for YOU to join our team!

The nominating committee met at Three Pines in Petersburg recently. We are looking for some energetic members for several open offices beginning in March, 2026. Nominations will be open for:

1st Vice President (Kathy Peterson is eligible for a second term)

Treasurer

PR/Newsletter Editor

CVH/Sales

District 4 Director (must be from District 4, done within district)

Applications are available on the website and in the Guidebook. We will have applications at August Workshop and must be postmarked by October 1. Applicants will be asked to come to Effingham on Sunday, October 19 for an interview process. We will contact you with the time.

Looking forward to having you join our state board! We work hard but giggle a lot along the way!

Please feel free to call Karen Davis or Janel Kassing, co chairs for the Nominations Committee, with questions. Completed applications should be sent to Karen or Janel. Our addresses and phone numbers are on the inside front cover of this newsletter.

Now's the time to apply



LEARNING



Connection



IDEAS



Food



Laughter

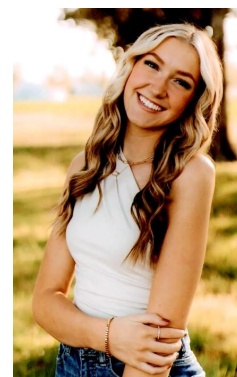
TRAVEL



# Scholarships

IAHCE received eight applications for the IAHCE Scholarship. Selecting a worthy recipient is no easy task and is based on many factors. After much deliberation, we congratulate the following four students as the 2025-2026 winners.

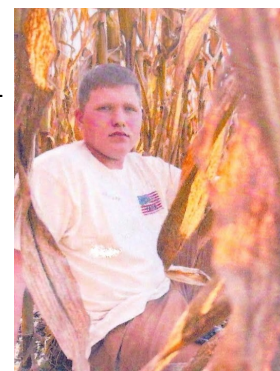
Abigail Rose Voss is from Carlyle in Clinton County (District 4). She is granddaughter of Karen Voss, a 42-year HCE member. She is a 2025 graduate of Central Community High School, Breese, where she has earned dual credits through Kaskaskia College, earning college credit while still in high school. Her immediate plan is to study at SIU Edwardsville with the goal of earning a Bachelor of Arts in Elementary Education. She hopes to graduate ahead of schedule to be sooner enrolled in a Masters program. Her plan is, “to become the best educator I can be.” To educate young people in academics she also wants to build good character into her future students.



Cassandra Sexton of Roodhouse in Macoupin County (District 3), is the daughter of Jane Sexton, a three year member of HCE. Cassandra anticipates completing her high school education at the end of 2025. She is attending Athansville Baptist Homeshool Academy. Her future goals include becoming a rural Veterinarian. To this end, she will be attending Lincoln Land Community College earning an Associates Degree in Arts-Agriculture in the fall. An accomplished equestrian, Cassandra is also extremely active in FFA holding various leadership roles. All this, while volunteering in her community and in her church.



Henry Ruppert is grandson of Melinda Ruppert, a 40+ year HCE member. He is from Coulterville in Perry County (District 4). Henry is a recent graduate of Pinckneyville High School and has earned dual credits with Rend Lake College. In the fall he will be attending full-time Rend Lake College in Ina, IL, earning an Associates Degree in Ag Business. His vision is to continue being active on the family farm where he has learned his profession and will someday, become the owner/manager. While preparing for life on the farm, Henry has been active in FFA, FCA (Fellowship of Christian Athletes) and plays baseball. Volunteering at school, his church, and his community. As with all our winners, his days are full of too many activities to list them all here. Interestingly, Henry's classmates named him, Sr. Class Friendliest.



Braley Wiser hales from Carlinville, in Macoupin County (District 3). She is the granddaughter of Patty Burk, a 30+ HCE member. She is a graduate of Carlinville High School and plans to attend Western Kentucky University, Bowling Green, KY. Braley is looking to a future in nursing with the ultimate goal of earning her masters in cardiovascular perfusion (a critical part of any heart surgery). She was involved in multiple sports in school and has also helped in her community and her church. As a child, she enjoyed treating her “sick” dolls, bandaging their pretend wounds. She even practiced using crutches with her friends. Recently, she earned her CNA. We are confident that Braley will become a gifted healthcare professional.



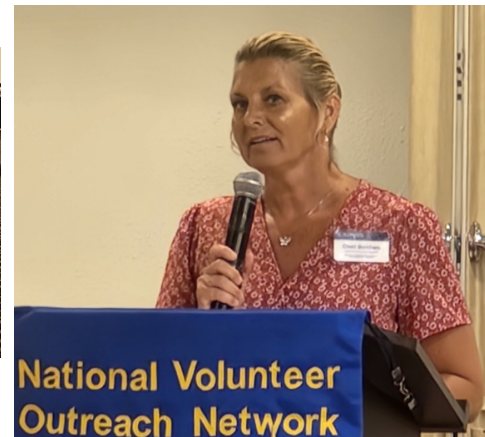
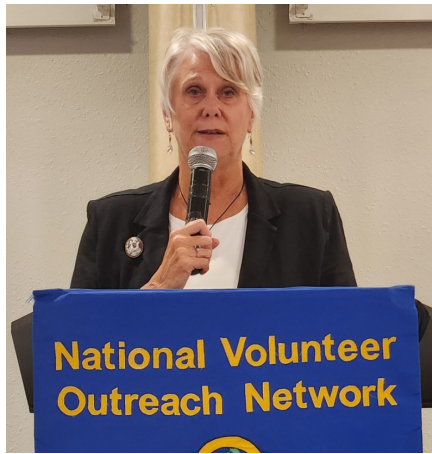
Congratulations again to these fine young people as they pursue their collegiate dreams!

Karen Davis, Scholarship Committee Chairman

Committee Members: Donna Richards, Kathy Peterson, Melissa Chitwood, Janel Kassing, Karen Cahill



# NVON CONFERENCE





# IAHCE BULLSEYE



## Important Dates to Remember

### HCE WEEK/MONTH

October 11th-17th, 2025, October

### IAHCE CONFERENCE

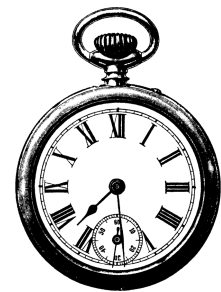
March 17-19, 2026– Effingham, Illinois

### ACWW Triennial

April 26-May 1, 2026– Ottawa, Canada

### NVON Conference

July 14-16, 2026– Wisconsin Dells, Wisconsin



# ***MENTAL HEALTH AWARENESS AND WELLBEING***



**POSITIVE PENNY**

***GIVE A HUG!  
SAY  
"YOU'RE BEAUTIFUL"***

*Break the Stigma, Ignite Hope.  
Mental Health Matters*

## **Get Help**

**988** | SUICIDE & CRISIS  
LIFELINE



Using the 988 Lifeline is free. When you call, text or chat the 988 Lifeline, your conversation is confidential.  
The 988 Lifeline provides you judgment-free care. Talking with someone can help save your life.

**[www.988lifeline.org](http://www.988lifeline.org)**

# **NVON PROJECT IN COMMON**

**ILLINOIS ASSOCIATION FOR  
HOME & COMMUNITY EDUCATION**

**Emily McDowell,  
P.O. Box 522  
Pierron, IL 62273**



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

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