

**ILLINOIS ASSOCIATION
FOR HOME AND COMMUNITY EDUCATION**

VOLUME 71, ISSUE I

May 1, 2008



NEWSLETTER

"HAVE A CUP OF TEA WITH IANCE"

90th Anniversaries Celebrated Across the State!

Inside This Issue

Board Members	2
President's Letter	3
First and Second Vice President's Articles	4
Education Reports	5-8
Special Reports	9-11
News from 2008 Conference & Photos	12-18
Spotlight on Members	19-20
Other News	21
District News	21-38
Belgium Recipe	39



Counties across the State are having Tea Parties! Check the District News from each county to see what they are doing!

**ILLINOIS ASSOCIATION FOR
HOME AND COMMUNITY EDUCATION
OFFICERS**

Mrs. Ellie Maroon..... President
 7221 E. U. S. Highway 40.....618-483-5227
 Altamont, IL 62411.....ellie@altamont.net

Mrs. Nympha White.....1st Vice President
 660 Myrtle Ave.....815-249-6411
 Grand Ridge, IL 61325nym1019@yahoo.com

Mrs. Margaret Duncan.....2nd Vice President
 409 Lickliter Street.....618-439-4717
 Benton, IL 62812.....mad1236@hcis.net

Mrs. Nancy Remmers.....Secretary
 228 E. 1900 North Rd.....217-669-2178
 Weldon, IL 61882.....nancyremmers@netzero.com

Mrs. Melva Reid.....Treasurer
 214 N. Frey.....217-839-3132
 Gillespie, IL 62033

DIRECTORS

COMMUNITY OUTREACH

Mrs. Carolyn Fisher
 1919 Burlington Ave.630-964-6584
 Lisle, IL 60532.....cwfisher06@yahoo.com

FAMILY ISSUES

Ms. Lynn Kearney
 20720 Enslow Road.....217-854-6013
 Atwater, IL 62572.....lkearney@frontiernet.net

CULTURAL ENRICHMENT

Mrs. Barbara Spencer
 8031 Mulkeytown Rd.....618-724-4288
 Mulkeytown, IL 62865....barbgail@shawneelink.net
 OR.....barbgail@wildblue.net

INTERNATIONAL

Debbie Borries
 19797 N. 1150th St.....217-868-2825
 Effingham, IL 62401.....deb_storylady@yahoo.com

PUBLIC RELATIONS

Mrs. Sharon Middleton
 1190 Chelsea Way.....217-877-7229
 Decatur, IL 62526.....itole2@sbcglobal.net

CERTIFIED VOLUNTEERS / SALES

Ms. Alice Grooms
 412 W. Main St.....217-935-7617
 Clinton, IL 61727.....alys13@verizon.net

DISTRICT DIRECTORS

Bernice Livingston.....District 1
 753 Century Estates.....309-335-4560
 Galesburg, IL 61401

Mrs. Lorraine Wildman.....District 2/3
 381 E. Smith St.....815-932-8962
 Bonfield, IL 60913

Mrs. Mary Lea Prentice.....District 4
 654 S. Memorial St.....217-285-2308
 Pittsfield, IL 62363.....limb30@verizon.net

Mrs. Mary Jane Wood.....District 5
 4852 Skyline Dr.....309-473-2844
 Heyworth, IL 61745.....woody9435@msn.com

Mrs. Sandra Bechtold.....District 6
 15972 Stagecoach Rd.....618-466-3199
 Jerseyville, IL 62052.....sandsbech@piasanet.com

Mrs. Treasa Brookman.....District 7
 19247 E. 3rd St.....618-756-2271
 Opdyke, IL 62872.....tbrook@hamiltoncom.net

University of Illinois Extension Liaison

Susan E. Taylor.....Extension Educator
 5527 Miller Circle Drive, Suite C.....708-720-7520
 Matteson, IL 60433.....setaylor@uiuc.edu

From the Desk of the President

Dear Members:

Another year has come and gone, with the annual conference in March. The conference was very good and I am sorry so many of you had to miss it. This is the big event of our organizations year and many of you do not come for various reasons. This year the share shops were wonderful, the food was great, the accommodations were good and seeing old friends and meeting new ones set the pace. I hope more of you can come next year when it will be in Springfield.



At the business meeting this year, the members passed motions to change the wording of a bylaw to make the term limitations of board positions clearer and to raise the number and amount of the scholarships offered by the organization.

These scholarships are open to all students in any of the counties. Applications are in the Grey Guidebook and must be to the state secretary by May 1. Please see that students in your counties get these applications, fill them out completely and send them in.

I have been very busy making county visits. I love coming to your counties, meeting your members and seeing what you are doing for projects. I have quite a few more visits to make this year; I will try to get in as many as I possibly can. If I have not received a date when you would like me to come and pay your county a visit, please contact me as soon as possible so I can try to work it in.

This summer NVON (our national organization) will be holding their conference in Charleston, West Virginia in July. All members are welcome to attend this meeting. If you are interested in going, contact me for more information.

Remember.....Winston Churchill said, "We make a living by what we get, but we make a life by what we give".

Until next time, may an angel awaken you each morning and bless you with peace and rest each night.

Your President, *Ellie*



First Vice President

NYMPHA WHITE

Many of you may recognize and know our new First Vice President Nympha White. For those of us who don't know Nympha, here is some information.



A twenty-two year member of HCE, Nympha and her husband Don live in Grand Ridge near Ottawa and Streator in LaSalle County. They have two grown daughters who are both working and one is planning to continue her graduate studies in the fall.

Nympha's experiences in HCE includes: in her unit she has served as 2nd Vice, Treasurer, Community Outreach, Family Living and currently serving as President; in her county, she has served as Community Outreach, Family Living/Issues, 2nd Vice and President; on the IAHCE Board, she has served as Treasurer and International Director. She has also served with the LaSalle County Extension Council and 4-H program.

In her community, she has served with the local school board and room mothers for so many years. In the Diocese of Peoria, currently she is on the Board of the Bishop's Commission on Women in the Church and Society, Diocesan Council of Catholic Women and Catholic Charities. A member of the Diocesan Choir since 1997 and two other local church choirs. She also teaches CCD - Confraternity of Christian Doctrine which is a religion class for kids in public schools and in the two churches in her community. Other active involvements are with the Girl Scouts USA, American Association of University Women and the Filipino American Society of Central Illinois.

Nympha was born, raised and educated in the Philippines. She earned her BS degree in Business Administration with a major in Accounting. She has worked for the Immigration for seven years and some short part time jobs after her daughters were born.

In her leisure time if there's any, she enjoys flower and vegetable gardening, baking, crocheting, singing, collecting international dolls, angels, carolers and Santa Claus or just talking to her daughters and 7 siblings in Houston and in the Philippines.

Welcome, Nympha!

2nd Vice President

MARGARET DUNCAN

Hello Everyone,



The 84th Annual Illinois Association for Home and Community Education that was held at the Keller Convention Center in Effingham on March 11th - 13th is now history. While I did not know the exact registration figures, I do know that well over 450 members and guests attended this enjoyable conference. The conference was opened with a tea party and luncheon on Tuesday afternoon. It was well planned by the co-chairs, Marilyn Daughhetee and Sandy Bechtold.

The conference theme this year was "Have a Cup of Tea with IAHCE". This theme carried out in various ways. Centerpieces, as usual, were beautiful and copied the theme to a "tea" - pardon the pun - it was intended!

As many of you know, the County of the Year title went to Edgar County in District 5. Marilyn Daughhetee, then District 5 Director, did a beautiful job of decorating their special table. I don't feel they received the full amount of attention during the awards program. I want all of you to know that Edgar County amassed over 9,000 membership points to win this honor for 2007. Congratulations again Edgar County for a job well done!

The Illinois Family of the Year award went to Paul Schular family of McLean County. There was a wonderful display showing this proud family's accomplishments. Illinois families are

EDUCATION COMMITTEE REPORTS

wonderful.

Jane Molt from District 7 installed the officers. She did a great job and we really enjoyed her likening the board members to the many different kinds of tea we enjoy. New members who were installed this evening were: Nympha White - First Vice President, Alice Grooms - CVU and Jane Woods - District 5 Director.

The evening's entertainment was Ken Bradbury, a retired music teacher and a member of the Springfield area Theater and Arts. He held the audience in the palm of his hand.

The business meeting was held on Wednesday morning. I think the classes and Share Shops were well received. I know that I had 45 ladies in my 2nd Vice President's class. Some very interesting topics came up. I hope we solved all the problems presented - if not, there is always the August workshops.

Please note that the bylaws were changed (voted on) to increase the scholarships to ten (10) at \$500 each - if the funds are available. This is a good thing.....education is our name.

I wish each and everyone of you could attend an annual conference. It will help you understand the workings of our organization. We are indeed a very worthwhile organization.

Sincerely,

Margaret Duncan

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

Community Outreach

CAROLYN FISHER



This is not a political statement, but keep in mind while listening to the promises made by candidates that the President has to work with the political community, specifically Congress; similarly for any local candidate. Networking with your community does matter in everyday life and other people may not let those promises be kept.

Thank you for the work you have been doing in your communities. I received 32 President's Awards reports for 2007 projects! We located the missing Clark County Certificate after Annual Conference ended and it should be in their hands by this time. Continue your good works and surprise everyone with new ideas.

Odd bits to watch for and be on guard: old mailing lists are being sold. Automobile warranty lists are being sold - let them tell you which car - you may not even own that car anymore. "This is about your credit card" - notice that they don't say which card. Insurance companies telling you they can give you a better rate - in most cases this isn't true.

"MAD" (working with foster children) is the 2008-2009 Project in Common for NVON. Information was in the August 2007 IAHCE District Workshop Community Outreach Packet. If you need the information or the report form, use the NVON website (type in: www.nvon.org) and look under "projects". You will be offered a printable form to send to NVON. Foster Children fall under the umbrella of DCFS. Many of you have sought your local children's home (orphanage) and achievement centers.

Keep reaching out!

Carolyn Fisher

EDUCATION COMMITTEE REPORTS



Family Issues

LYNN KEARNEY

Did you know that heart disease kills one in three American women – but you have the power to prevent it? Complete the following questions when you go to your next doctor's appointment. What is your risk? Know your numbers:

Blood pressure

Recommended: <120/80 mmHg

My # _____

Cholesterol

Recommended Total: < 200 mg/dl

Recommended LDL: <100 mg/dl

Recommended HDL: >50 mg/dl

My # _____

Fasting Blood Glucose

Recommended: <100 mg/dl

My # _____

Triglycerides

Recommended: <150 mg/dl

My # _____

Body Mass Index

Recommended: <25 Kg/m²

My # _____

Waist Circumference

Recommended: <35 inches

My # _____

Minutes of Physical Activity Per Day

Recommended: 30 minimum

My # _____

Cigarettes Per Day

Recommended: 0

My # _____

Compare your numbers to the recommended then go to goredforwomen.org and take their

checkup to find out what is your risk for heart disease. For more information talk with your County Family Issues Director, she was given a packet on this subject. This year we will be studying problem of heart disease which women are facing. Your county Family Issues director was given the Framingham Point Scores in her packet at the Annual meeting which tells you how to rate as far as your risk of having coronary heart disease in the next 10 years. Ask her to share the information with you.

Lynn Kearney

Cultural Enrichment

BARB SPENCER



Once again the Annual Conference is over and I imagine most of you are "resting up". This was my first year as Cultural Enrichment Director and I want to thank all of you who helped register and display the items and to "show" the winners at the Banquet. There were over 180 items registered and our room got a bit cramped at times, but we should have more space next year. I want to thank the ladies who did the Make it and Take it projects - they seemed to be enjoyed.

I really appreciated the good marks on the evaluation sheets for both the "Best of Show" and the class. I felt we could relax a little as you'll get your lessons at the Workshop. Our poetry books were a hit as everyone one of them were sold at the sales table. If a county who submitted a poem didn't get their book, let me know. They could have fallen out of your folders - as I found 3 when I packed. I gave my book to someone and it had the "changes" in it. So if someone could email me the changes, I can get them put in the reprints. I would have put more poems in from each county if I'd known at the start that we would have so much space. My apologies. I am going to get them reprinted and if your county wants them, send me an email so I can get an

EDUCATION COMMITTEE REPORTS

idea of how many. The only ones on the board who got them were the ones with a poem. I'm trying to think of a project for next year. Workshops start in August and I hope all of you plan to attend. These sessions are important because that is where you get your lessons and learn other pertinent information. If you have a craft idea to share, bring it and plenty of copies of the instruction. See you in Rock Springs first.

Barbara Spencer

International

DEBBIE BORRIES

It was great to see so many familiar faces at Annual Conference in Effingham and such a big crowd in my International session. Thank you for the warm welcome and greetings I received. (I think the Belgian chocolates that I passed out to you may have helped! ha ha!) Have to love their chocolate!



For those of you who could not attend—and for those who did—I want to stress to you how important it is to look over the packet contents. Each county in the state chooses how they want their year to start and stop—some go Jan.-Dec.; some, April-March; some, June-May; some, July-June; and some, Sept-Aug. Thus it is important for the early ones to have materials about the chosen Country of Study earlier than August at District Trainings. So, the International Committee decided, upon my recommendation, to release the information (and recipes) about the Country of Study to the counties in March at the Annual Conference. The next Country of Study will be announced at the August District Meetings and again, the information about that country will be given at the Annual Conference next March.

There will always be some overlap of countries for a normal year due to county's fiscal years

being different. So, two countries will always be judged in President Awards as Countries of Study. A County may also decide to study a different country, if they are able to procure a speaker more easily. However, I urge you to use the information I have given you to make things easier. Put a notice in your county newsletter and/or in your local paper, or contact a local college to locate people who are from or have visited that country. You can also do a lesson by yourself! I know that you are interested in international information or you would not be doing this position in your county! I also am available, if at all possible, to act as a speaker to your county about the Country of Study, Belgium. I am not an expert but I am an educator and can talk easily about many things! Those of you who know me, know this is true! Please let me know when your International Day or Night will be—I would love to attend if possible.

I heard good comments about the Greek lesson. Thank you! I think you will like the Belgium lesson as well. The Belgian recipes have been tried and true ones from many friends, and the rest have been tried by my HCE unit, Stewardson Night, and by me at home. I gave you some country information and some websites to help you get more information. Use your local library for more sources of pictures and info. If you did not find country info, recipes, and a "Life in Belgium" sheet, let me know.

If you are leaving the International Position, be sure to pass this information packet on to your successor.

There was a bit of confusion at Annual Conference about ending Pennies for Friendship. This will NOT be ending! Keep those pennies coming!

I am adding a good recipe I tried recently. It is not in the cookbook. Look for more recipes in the future state newsletters.

Debbie Borries

Note: (You will find the recipe on page 40 of the newsletter.)

EDUCATION COMMITTEE

Public Relations

SHARON MIDDLETON



Well, it has been a long two weeks trying to get the newsletter typed and ready for the printers.

There is so much I wanted to be sure that was in this issue; the one right after our State Conference. Everyone had such a good time at the Conference and I wanted to be sure that those that weren't able to come saw a sampling of all of the events, classes, dinners and entertainment that was enjoyed by all of the attendees.

Just for your information, my "wet look purse" is still alive and doing well.

There were at least 450 members who attended this years event. I do hope that some of those that received the special edition of the newsletter were motivated to come and see what it was all about. The excitement that members take back to their counties is the best way to communicate what Annual Conference is all about. Even though I'm a relatively new member, I find many friends that I have met since I have been going to the Annual Conferences and I met many new friends this year. Although, as a Board member, we do not have much time for the Share Shops, as I went to each class to take photos, I could see that all attending were getting much out of each and every one of the Share Shops that were available.

If I have missed information from this Conference that should have been in this issue, I'm sorry. Please forward to me and I will have it in the August issue.

I would like to give a big THANK YOU to the members of the Effingham HEA who did a wonderful job volunteering in all ways at the Conference. Any time a volunteer was needed to help at the Registration table while we were in a meeting or lunch, there was someone there. They helped with the 50/50 drawing,

selling tickets, etc. Thank you Effingham County.

We will next meet at the Workshops in August! See you there.

Sharon Middleton

Certified Volunteer

Hours/Sales



ALICE GROOMS

I am Alice Grooms your new Certified Volunteer/Sales Director. I am from Clinton, ILL, in

DeWitt County. I was raised in Home Extension in the days when the meetings were held in your neighbors homes and all of us kids got off the school bus at that house to meet our Mom's when school was out. I was also a 10 year 4-H member and worked with Extension.

I went away to school, got married, and had 2 boys, but never was involved in Extension until I returned back to Clinton in 1999. I became a mailbox member since I could not make the meetings with my work schedule.

I attended a few County events with my Mom and Dad and heard all of the details of each one of their trips to IAHCE, NVON, CWC, and other state conferences. In 2004, my parents took me with them to the ACWW Triennial in Tasmania, Australia. Now that was a big eye opening event and I learned a lot about women around the world. It was at this event that decided I wanted to be more involved in these organizations. Serving in this position will be my first step to becoming more involved in an organization working for women around the world

Alice Grooms

SPECIAL REPORT

FROM OUR TREASURER.....

AN IMPORTANT REMINDER—A NEW FEDERAL LAW REQUIRES A FILING OF FORM 990-N.

In your Treasurer's packet given out at Annual Conference, you will find information about Tax Form 990-N, which must be filed electronically. It's new this year and all counties, who have annual receipts of \$25,000 or less, need to file this form by May 15, 2008 if your tax year ended on December 31, 2007. Filing of Form 990-N is mandatory, which means you are required to do it. Please call me if you have any questions in regards to this new requirement. My phone number is 217-839-3132. Please leave a message if I do not answer and I will return your call.

IAHCE Treasurer - Melva Reid

NOMINATING COMMITTEE

Postmark deadline is SEPTEMBER 15,2008 due to an earlier IAHCE Board Meeting.

Would you like to make a difference on the IAHCE State Board? Are you available to meet for less than a week in June and October? Would you be willing to travel the state for 5 days in August? Are you able to come to IAHCE Annual Conference 2 days early and leave 1 day later? Are you in good health and are you able to drive long distances? Have you served on your HCE County Board?

Those are a few of the questions asked of an applicant for IAHCE State Board. We will be electing and installing four 3-year (full term) positions (President, Secretary, Community Outreach Director, and International Director) and Treasurer in a partial 2-year term at our 2009 IAHCE Annual Conference in Springfield in March.

The President must have served on the IAHCE State Board before. This position arranges the committee

lists, chairs the Executive Committee, serves as ex-officio on other (not all) committees, presides over the Annual Meeting, as well as other duties pertaining to the leadership of IAHCE. Travels will include the IAHCE District Workshops (every year), the NVON Annual Conferences (every year), the CWC Annual Conferences (every year), the ACWW Triennial Conference, and a noble attempt to visit every member county of IAHCE once during the three years. Other states may invite our President to attend their conferences.

The Secretary is a member of the Executive Committee, as well as other committees. The major duties are keeping accurate minutes and arranging for accommodations for Board Meetings, maintaining the Past Board Members list, and revising the "Yellow" Activities list, and travels to the IAHCE District Workshops.

The Treasurer must have knowledge of accounting, budgets, tax requirements, and bookkeeping. She chairs the Budget Committee and serves on the Executive Committee, as well as other duties, and may be one who travels to the IAHCE District Workshops.

The Community Outreach Director and International Director both serve on the Education Committee, as well as other committees, and travel to the IAHCE District Workshops. The International Director administers the Pennies for Friendship and chairs the International Projects Committee and its budget.

Interviews will be held on Sunday, October 5, 2008 in Springfield. Please send the completed IAHCE State Board Application on pages 54 and 55 of the IAHCE (Gray) Guidebook by September 15,2008 to Mrs. Carolyn W. Fisher, IAHCE Nominating Committee Chairman, 1919 Burlington Avenue, Lisle, IL 60532.

NVON CONFERENCE DATE

2008 - Charleston, W. Virginia - July 11-13

SPECIAL REPORT

MEMBERS EXTENSION SERVICE NEEDS OUR HELP!

On April 1, nearly three-fourths of the way through Fiscal Year 2008, U of I Extension learned that funds allocated in the fiscal year 2008 Illinois budget will not be released. One of the line items in question is commonly known as County Board Match. These funds were expected to pass through the Illinois Department of Agriculture for the support of Extension programs during the current fiscal year. The amounts of County Board Match funds not being released is \$12.8 million.

Because this news came so late in the fiscal year, U of I Extension estimates that the full liability of this loss of funds is \$29 million, which also includes costs associated with termination and separation.

Extension is currently working with campus and University of Illinois leadership to assess programmatic and financial impact. Also, the U of I Board of Trustees and President continue to have sensitive budget-related discussions in Springfield.

Initial estimates are that 450 positions, perhaps more, may be lost. These positions include professional, civil service, temporary hourly staff. The full extent of these cuts won't be known until after May 1, 2008. That's the deadline Extension set for a statewide plan.

Programmatically, the county presence of Extension is supported by locally raised funds and the state CBM. The loss of these state matching funds represents half of all resources available at the local level. Clearly, the loss of these funds will cripple Extension programming efforts by reducing staff who conduct educational programming in counties.

Through 4-H and other Extension youth-development programs, more than 280,000 Illinois youth are developing life skills in leadership, citizenship, public speaking and project areas of their choice. These youth live in cities and suburbs, as well as in rural areas, where they participate in clubs, special

interest groups, camps and school-enrichment programs.

What can you do to see our Extension programs continue? Contact our local state representatives and the governor's office as quickly as possible and express your concern. Thank you for your support for Extension Programming and our local 4-H program. Without your help, these programs will suffer great losses.

Following is contact information for our state senator, state representative, and the governor's office.

54th District Senator

Senator John O. Jones	John O. Jones
2929 Broadway	or 103D Capital Bldg.
Suite 5	Springfield, IL
Mt. Vernon, IL 62864	62706
(618)242-9511	(217)782-0471
	Fax (217)782-4079

107th Representative District

Representative Kurt Granberg
300 Capital Building
Springfield, IL 62706
(217)782-0066
(217)557-7598

Or

Representative Kurt Granberg
333 Potomac Blvd.
Suite D
Mt. Vernon, IL 62864
(618)242-2976
(618)242-3536 Fax

Governor's Office

Megan Hunsley	
207 State House	
Springfield, IL 62706	
(217)782-6830 or (217)524-4049	Fax
(312)814-5512 or (312)814-6775	
governor@state.il.us	

Senate President - Emil Jones

jones@senatedem.state.il.us	
(312)814-2079 or (773)995-9061	Fax

SPECIAL REPORT

Minority Leader - Frank Watson
 watson51@mcleodusa.net
 frank_watson51@sbcglobal.net
 (217)782-7818
 (618)664-9112 Fax

Speaker of the House - Mike Madigan
 mmadigan@ilga.gov
 (773)581-9414 Fax
 (217)524-1794

Minority Leader - Tom Cross
 tom@tomcross.com
 (815)609-3994 Fax
 (217)782-7012

Please write your legislators and all of the above addresses and phone #'s and faxes!
Flood these offices with e-mails and faxes!

SUPPORT FUND DEADLINE IS JUNE 1, 2008

The IAHCE Support Fund has grant money available for University of Illinois Extension and/or IAHCE member county organizations to receive funding for the creation an original educational program or a promotional idea. You will find the Support Fund information in the IAHCE (Gray) Guidebook on pages 63, 63a, and 63b. The application form for a Support Fund Grant is on pages 64, and 65. Please send the completed form to Mrs. Carolyn W. Fisher, IAHCE Support Fund Chairman, 1919 Burlington Avenue, Lisle, IL 60532.

Pike County has completed their reading of "A Dive from Clausen's Pier", which was a Support Fund Book Club Project originating in DeKalb County. The books are available for the next county to use.



ACWW CONFERENCE DATES

2010 - Hot Springs, Arkansas - April 19-28
 2013 - Shenyang, China

SUSAN TAYLOR, EXTENSION EDUCATOR

With everyone's suitcase unpacked and back to their regular schedules - the IAHCE Annual Conference seems like weeks ago. I want to thank all the members that attended the meeting. The Leadership sharing and lessons can enhance your county program. The Cultural Enrichment showed off the membership's many talents.

I also want to thank the individuals that contributed Certified Volunteer Units - your reported numbers went up this year. Each hour that you contribute is valued at \$18.77/hour. That number can be used by the County Director in their annual report and with your local legislators. Collectively, the hours that were reported for IAHCE in 2007 were 211,676.25 hours. If you multiple that amount by \$18.77 = \$ 4,160,863.20 given by the members who reported to their communities in volunteer time. The time you contribute to your communities does not go unnoticed. If you are not filling out the CVU form - you may want to consider it. Your volunteer time is important to many groups in your community.

Remember to invite potential members to your local group. Do you remember how you were asked to join HCE? As the baby-boomers retire, your organization of life-long learning offers many things to new members. Take time in your group to brainstorm ideas and benefits and potential new members. HCE has lots to offer.

Remember to sip your tea with your friends.

Susan

CWC CONFERENCE DATES

2008 - Hot Springs, Arkansas - Sept. 25-27
 2009 - West Des Moines, Iowa

CHECK OUT OUR WEB SITE!

www. IAHCE.org

NEWS FROM 2008 CONFERENCE



Thank you, thank you to all who attended the IAHCE Annual Conference. I really appreciated all who helped by being a volunteer, a facilitator and just for being there attending share shops, sharing your county's activities and making friends, old

and new. The attendance was up this year which was great. I loved the tea party and all your beautiful hats and Champaign County Board for singing on Tuesday evening. It was a lot of fun. I want to thank everyone who participated in the style show showing their creativity. The wonderful entertainment on Wednesday night with Ken Bradbury was so enjoyable. I had a great time and sure hope you loved your time at conference this year. Thank you again for helping make the IAHCE conference a GREAT experience!

Marilyn Daughhetee

Annual Conference Co-Chairman

THE GREAT AMERICAN FAMILY

Tuesday evening at the conference was awards night. Lynn Kearney, Family Issues Director introduced this years Family of the Year, Paul and Kelly Schuler along with their son, David. Following is information that Lynn had given "The Lexingtonian", newspaper from Lexington, Illinois.

If you wanted to name a Great American Family, one that lived and worked on a farm, folks who are just plain nice, who would come to mind? Two ladies from Lexington Home and Community Education (HCE) unit thought of Paul and Kelly Schuler. Dorothy Meyers and S'Monne Elder nominated the Schulers for the McLean County Great American Family contest. They won. HCE recognized the Schulers "for their service to McLean County and for promoting the importance of family values." That put them in the running for the Illinois State Great American Family contest, sponsored by the Illinois Association of Home and Community Education (IAHCE). Paul Schuler and his family accepted the award on Tuesday, March 11 surrounded by friends who had came down to witness this occasion to the surprise the family,

which was a total surprise for them!

The Schuler family includes Paul, who grew up in Lexington and Kelly, who grew up in Gridley. They have three children: Kelsey, age 22, who is a senior at Illinois State University, David, age 20, is a sophomore at Joliet Junior College and John, 16, is sophomore at Lexington High School.

Paul works on the family farm which he manages and raises hogs. Paul has been on the McLean County Farm Bureau Board for 15 years and is currently serving as President. He is also involved with the McLean County Pork Producers, Community Center Board, Citizen's Advisory Board, Booster Club and FFA. He and his sons have planted and harvested the FFA corn and soybean plots for several years.

Wife Kelly, works at OSF St. Joseph Medical Center as an Interventional Radiology nurse and is an active member of OSF Stroke team and environmental committee. She received the OSF "Nurse of the Year" in 2006 and currently is working on a Masters degree and plans to teach after she finishes.

Their children are just as active in the community and volunteering as their parents.

"This family, Paul and Kelly, Kelsey, David and John, exemplifies all that is good in America."

Congratulations to this years "Great American Family"!



Lynn Kearney, Family Issues with the Schuler family, David, Kelly and Paul.

NEWS FROM 2008 CONFERENCE

PRESIDENT AWARD WINNERS

The members of IAHCE found out who had won President Awards Tuesday evening. The following counties won awards in these categories:

Grand Award Winners

Community Outreach - Ford County (District 5)

Family Issues - Effingham County (District 6)

Cultural Enrichment - Adams County (District 4)

International - Champaign County (District 5)

Public Relations - Wabash/Edwards (District 7)



President's Awards

Community Outreach

Bureau, Lake, DuPage, Kane, Hancock, Adams, Champaign, Macon, Clark, Edgar, St. Clair, Effingham, Perry, Wayne, Union, Wabash/Edwards

Honorable Mention: Cumberland, Franklin, Jefferson, Randolph

Family Issues

Honorable Mention: Knox, DuPage, Kane, Adams, Hancock, Edgar, McLean, Madison, St. Clair, Perry, Washington

Cultural Enrichment

Rock Island, Kane, Prairie Assoc., Edgar, McLean, Jersey, Perry, Randolph, White

International

Lee, Warren, Will, Peoria, Hancock, Edgar, Macon, Monroe, Franklin, Perry

Public Relations

Stephenson, Kendall, Hancock, Adams, McLean, Shelby, Edgar, Monroe, Madison, Perry, Saline, Franklin

Honorable Mention: Jefferson, Massac, White, Washington

Certified Volunteer Hours

Marge Heindl - Boone - 3,487

Dianne Davis - Rock Island - 3,200

Cathy Jenkins - Kendall - 3,129

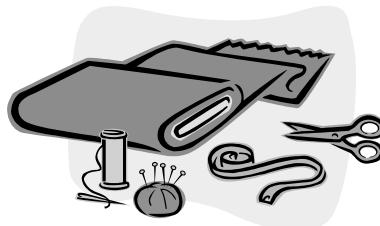
Mary Barrett - Washington - 3,025

CONGRATULATIONS to all of the counties who worked hard to achieve these awards. All counties can work on these same awards and submit them so that you too can win an award for all of the things that you do to keep your counties involved in all of the above categories. We'll be looking for all of your entries again next year and if your name isn't here this year, we will see it in the coming year!

BEST OF SHOW In Cultural Enrichment



This was entered by Marijo Fornof of Rantoul, Champaign County, District 5. She tells us that the pattern is called "Little Bits of Diamond Log Cabin". It was done using the paper pieced foundation method. Congratulations, Marijo!



HIGHLIGHTS OF 2008 CONFERENCE

Board Members stuffing the goodie bags.



Helping at the Registration Table
Bernice Livingston had everything organized.

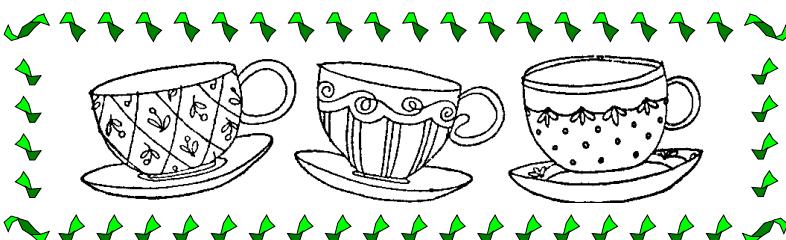


IAHCE Board was served dinner by the Effingham HCE County Board. Thank you ladies so much!



Nancy Remmers, Voting delegates and Carolyn Fisher, Facilitators among their other duties!

Volunteers ready for registration to begin!



Members, Freda Weddell & Vera Hetzger from Jasper County ready for the Tea Party!

HIGHLIGHTS OF 2008 CONFERENCE



Kim Mathias Welcomes IAHCE Members



Vi Huebner,
CVU at the
Sales table
with Karen
Halicki,
Macon County

Louise Nichols - ACWW



A beautiful table set for a Tea!



Lake County members, Angel Hicks and Mary Lester after our Tea Party.



Conference Chair, Marilyn Daughhetee with IAHCE member, Marianne Pilkington of Fulton County. I think they have matching hats!



What a wonderful dessert to go along with our tea during Dr. Siu's talk on tea.



Dr. Lily Siu, speaker on "All About Tea"



Debbie Borries, International Director greeted IAHCE members coming in from the hotel.

HIGHLIGHTS OF 2008 CONFERENCE



Back Row L-R: Lynn Kearney, Marilyn Daughhetee, Sandy Bechtold, Lorraine Wildman, Nancy Remmers, Barb Spencer, Mary Lea Prentice, Carol Whitcomb Melva Reid, Debbie Borries, Teresa Brookman
Sitting L-R: Sharon Middleton, Bernice Livingston, Vi Huebner, Ellie Maroon, Margaret Duncan, Carolyn Fisher



Conference Co-Chairs
Sandy Bechtold and
Marilyn Daughhetee
with Dr. Lily Siu,
Tuesday's speaker on
"All About Tea"

Debbie Borries, International and Lorraine Wildman, District 2/3 Director having tea.



Karen Halicki, Macon County selling 50/50 tickets. Pat Meyer was the lucky winner!



Above, Treasurer,
Melva Reid working
at the Silent
Auction. Margaret
Duncan, Second
Vice President to
the left.



Conference Chairs -
and it is only Tuesday afternoon!



MAKE-IT TAKE-IT CLASSES
TUESDAY EVENING

HIGHLIGHTS OF 2008 CONFERENCE



Many of our vendors with various types of merchandise... spa items, jewelry, quilting, cooking utensils.



Two classes, Tea Time in England and Needle felting



New District 5 Director, Jane Wood visiting with District 4 Director, Mary Lea Prentice.

Our special Style Show was a hit! Emcee, Mike Kirk introduced the ladies and what they were wearing. Below is Lucille Michels. She was wearing her scoop neck blouse and pin striped denim skirt.



LuAnna Olson with her puff sleeves and combed cotton skirt.

President Ellie Maroon with the Conference Chairs, Marilyn and Sandy.



A wonderful time was had by all!
Next year, we will meet you in Springfield!



Wednesday evening entertainment, Ken Bradbury!



2008 IAHCE Board

Back Row L-R: Lynn Kearney, Nymphe White, Sandy Bechtold, Lorraine Wildman, Nancy Remmers, Barb Spencer, Mary Lea Prentice, Melva Reid, Teresa Brookman, Debbie Borries

Sitting L-R: Sharon Middleton, Bernice Livingston, Alice Grooms, Ellie Maroon, Margaret Duncan, Carolyn Fisher (missing is Jane Wood)

Winnebago County after Elsie Mies Banquet

NEWS FROM 2008 CONFERENCE

COUNTY OF THE YEAR

The county of the year was recognized by Second Vice President, Margaret Duncan. The honor went to Edgar County. They had more than 9,000 points on the Contest Form (Grey guidebook page 11). All counties need to check out this page and see if they can be County of the Year next year. Congratulations to Edgar County for much hard work this past year.



Edgar County President, Vickie Hollingsworth accepted the award from President, Ellie Maroon.



Edgar County after our Tea Party!



Thanks goes to the Champaign County Board members for singing "The National Homemakers Song" on Tuesday evening.

Dr. Lily Siu



Dr. Lily Siu was our guest speaker during our Tea time after lunch. She had such good information about the history of tea and what makes a good tea, that we were all mesmerized. With different teas on the table, we were able to try different kinds and flavors. Dr. Siu had a handout for us so that we could go back to our counties and share the information. I know that everyone enjoyed her talk on the history of tea!

KEN BRADBURY



What a guy! He had the audience right where he wanted them! He had everyone's attention. With his story telling and his wonderful music, we all were laughing and having a great time! What better entertainment the Chairwomen of the Conference could have gotten, I don't know. He is from Pike County and those ladies, I think, are "groupies" - fans for sure. What a talented gentleman he was, even though he was "propositioned" by a young lady. All in fun. I hope I am able to hear from him again in the future.



SPOTLIGHT ON IAHCE MEMBERS

JANE KNOX WITTLER - ADAMS COUNTY



Adams County HCE is 90 years old this year. Gem unit has a member that has been a member for 70 years. Jane Wittler was honored March 17th at our regular unit meeting. In May, Jane will be 92. This was held at Good Samaritan Home. We will also honor her at our Annual/Dinner meeting in April of this year. We believe she is the oldest living member. She is an Honorary member of our unit. The following are excerpts from an article that she wrote when she was a 50 year member.

First known as Junior Home Bureau unit of Adams County.

Organized May 20, 1937 by Miss Mary E. Stansifer (now known as Mrs. Mary Ligon) the Adams County Home Advisor.

Miss Stansifer felt that the office working girls should have the opportunity of being a member of the extension service. There were twelve ladies at the first meeting, May 20, 1937. The meetings were on the evening of the third Monday of the month. We still meet on this date.

One specialist that I will always remember, was Miss Fannie Brooks, who gave lessons on health. One would think that health not a very interesting subject but Fannie with her beautiful white hair, erect in stature could speak in a way that she had your attention, and many times laughing at her interesting way of telling her subject. She came to Adams County many times to give local leaders training schools on health.

In July, 1937, I gave the topic on Hosiery. This was the beginning of the full fashion silk hose. Denier was a new term as was the seam up the back of the hose. Some were very sheer, watch for snags.

February, 1938 Miss Stansifer left Adams County going to the University of Illinois. Miss Margaret E. Walbridge became the new advisor. She came from South Africa where she was a missionary.

We started the birthday fund for our unit in 1938. Each member gave a penny for each year of age. This was used to pay expenses that occurred.

January 1951 the name of the unit was changed to "Gem" unit. It was felt that many members were not Juniors. At this time we had a membership of thirty-three. Some of the young mothers made up a new unit.

One of the outstanding lessons I remember, was the one Miss Walbridge gave on "Arranging of Furniture". She demonstrated with a doll house

and doll furniture. Miss Walbridge gave very interesting lessons with outstanding illustrations for the monthly meetings of the units.

Some of the lessons that were outstanding to me:

- Modern Methods of Sewing
- Parties and Teas
- Color for the Individual
- Desserts to Fit the Meal
- Personal Efficiency
- Etiquette at Public Functions
- Twelve Lessons on Charm
- Wardrobe
- Pressing Equipment in 1945 (different now)

The county had "Play Day" once a year, this was when all the county units came together. This way we got acquainted with other members.

The Adams County Home Extension annual meetings were always enjoyed meeting with others. There were interesting speakers and good entertainment.

I took part in the unit officers during my fifty years of membership and took local leader lessons to bring back to the unit.

The Gem ladies have always been a fun and interesting group to be with, this is why I have stayed with them for over fifty years."

Jane K. Wittler, March 1991

RUTH AND RICHARD CHAMBERLAIN KENDALL COUNTY

Except for one year during the 39 year history of the Kendall County Town and Country Art Show, and that was because of illness, Ruth and Richard Chamberlain have been involved with the show, with Ruth being Chairman for many of those years. Kendall County HCE has co-sponsored the show, first with the University of Illinois Extension, and for the last 18 years with the Oswegoland Park District.

Ruth has been the Cultural Arts Director on the county HCE Board for many years, and has also been county President. During the 1980s, she served as IHEF (IAHCE) Cultural Arts Director and then First Vice President. Perhaps some people will remember when she taught Theorem painting at the state conference. At the 38th Annual art show, Ruth demonstrated Theorem painting as a "look at the past," and Richard demonstrated card weaving. He has been involved with hanging and lighting at the show, and has helped with many other activities of Kendall County HCE. He has received the Kendall County "Friend of HCE" award. Ruth has been honored with the Kendall County HCE "Homemaker

SPOTLIGHT ON IAHE MEMBERS & OTHER NEWS

of the Year" award and in 2007 received the Distinguished Service Award."

Ruth Minor Chamberlain was born in Mason City, Iowa, and graduated from the University of Minnesota with a degree in Medical Technology and X-ray. Richard was born during a 17 degrees below zero snowstorm in Minnesota—his father bundled him in straw and took him and his mother by sled to the hospital. Ruth and Richard met at the Wesley Methodist Church in Minneapolis—introduced by the church secretary. He was the chief engineer for J.I. Case Tractors. They moved to Illinois over 40 years ago, with Richard working for Caterpillar in Montgomery while Ruth ran a lab for two doctors in Aurora.

Besides painting, Ruth has also made jewelry, including silver, and also has enjoyed sewing, knitting and crocheting. She is a member of the Aurora Art League, and has received many awards for her paintings. She has also been the "Featured Artist" of the Town and County Art Show. In retirement, Richard has become very involved with computers and Ruth's activities and they are both very active in their church, The Neighborhood Church of the Brethren in Boulder Hill/Montgomery.

Kendall County HCE is very proud to have Ruth Chamberlain as a member, and her husband, Richard, as an "honorary member".



ESTHER MEINDERS POPE-HARDIN HEA

Esther Meinders has been an active member of Pope-Hardin HEA, Brownfield Unit, for 75 years!!

Esther celebrated her 104th birthday in February, 2008. She became a Home Bureau member several years before Pope-Hardin was formed in 1946. Different members would drive to Harrisburg, Saline County and pick up the lessons.

Esther was a young homemaker when she joined in 1932. Esther and her husband John were cattle farmers. He always helped her in the home and she, being interested in

cattle, worked along side of him on the farm. They have a daughter, Virginia Meinders Buchanan. When her husband passed away in the middle 50's, she continued raising cattle. Esther says she never worked a public job. She was known for her fine needlework and made most of her and her daughter's clothing. A Paducah clothing manufacturer saw her handmade suits, and she was asked to make bound buttonholes for their suits. Esther still has cattle on her farm and she enjoys watching them.

On Sunday, April 13th she will be the honored guest at the Pope-Hardin HEA's Annual Meeting. We also have seven members receiving 50 year certificates this year. They are Margaret Adkerson, Amy Lou Bannon, Joan Davidson, Ruth Randolph, Mary Rhymer, Alene Stone and Kay Webb.



PAST DIRECTOR CELEBRATES HER 100TH BIRTHDAY

Mrs. Ernest (Bettie) Dierker of Havana, Mason County District 4 celebrated her 100th birthday, January 1, 2008.

She is a past District 5 Director for the years of 1965-1967.

Bettie still belongs to the HCE and has held several offices in her unit. She is also a past president of Mason County.

Bettie lives by herself but her eyesight is failing.

WOMEN AND POWER

by Bernice Livingston

WHAT IS POSSIBLE?

Within this organization are women with many talents, but are they using them to the fullest? Women control over 80% of the nations wealth, "tell you something" and how did this happen? Because they became powerful with who they are



OTHER NEWS & DISTRICT NEWS

and all of you can achieve that distinction. How do we go about it?

First - Harmony and Balance. A band without drums would be out of harmony and balance and you sure couldn't march to it and this is true in our lives. Think—Feel—Do. If you think this is a great organization and feel you get something out of it—THEN DO SOMETHING!

Second - Courage. Take action, don't turn your back on a challenge. You won't know what you can achieve until you try something new and there is always someone who will answer your question or lend a helping hand if needed. VOLUNTEER!

Third - Generosity and Charity starts at home and that's you. Give to your self as well as to others; if you don't take some time for yourself, who will? You are important!

Fourth - Cleanliness. Body and Soul, as well as your surrounding. Careful what you think because you usually act on those thoughts, sometimes with devastating results. Keeping home and community clean and artistically satisfying is peaceful and relaxing. This is the aim of our organization.

Fifth - Beautiful. A women with inner beauty knows her own worth and takes credit for what she does. The old saying "Beauty is as beauty does" is true. Outer beauty can be achieved in many ways but only you can create the inner beauty that will sustain you.

Sixth - Happiness. If you have Balance and Harmony because you are generous, have courage and are strong, happiness will flow through you. Now I'm not saying you won't feel anger, disappointment, sorrow and grief, you will. How you handle these feelings will be controlled by the Balance and Harmony in your life.

Seventh - Humor. Last but not least, LAUGH more and don't be afraid to laugh at yourself. Balance and Harmony in your life creates a woman happy with herself.

Combine these qualities in your life and look out! Possibilities are endless.

This is a brief version of the message that I wanted to share with those who attended the workshop last August in Rock Falls, but the weather was first concern at the time and I've been asked to share it again.

Bernice Livingston
District 1 Director

DISTRICT 1

Bernice Livingston
District Director

A big THANKS to Marilyn and Sandy for a great conference. Attendance was up this year with a total of 447 and I wish to Thank All of You for getting your registrations in early. Of course, there are always circumstances that delay some from making a commitment early and we're happy to have late arrivals swell the ranks.

I owe the members of Lake County and Stephenson County an apology for not recognizing them on Wednesday night. Both counties lay on the Wisconsin border and had a long drive to Effingham for the conference and each had 13 members in attendance and that shows dedication. Thanks for coming and we'll all look forward to seeing you again at conference in Springfield, IL in 2009.

My prayers are with all of you who were caught in the flooding this year.

Bernice

ROCK ISLAND.....

IS IT HERE YET? IS IT HERE YET? Spring that is. The best way to stay warm is to keep busy and Rock Island County surely has done that. Our Super Saturday Lessons for Living in November were a great success. It was a great time and wonderful learning experience. Units from the County were asked to teach sewing classes to our 4-Hers. Lucille Michels organized several volunteers who instructed a large group in the construction of tote bags, fleece hats, mittens, and scarves. Two more classes will be held in the spring.



DISTRICT NEWS

Our continuing project to sew and tie comforters for Homeless Veterans, Women's shelters, and children's hospitals was very successful this year. We contributed over 100 comforters to these organizations.

In December some of our members participated in the Christmas cards for the Armed Forces program sponsored by the QC FIST Group.

Every year, units from Rock Island County provide monthly craft projects for the Handy Buds 4-H members; a special needs group. We continue this very worthy activity.

In January, we began our Geranium Sale Fundraiser which benefits the Rock Island County 4-H groups. The response was again very positive. The flowers will be delivered in May.

Our Spring Fling in March combined our Lessons for Living with a "Souper" Day and Bake Sale.

Eight of our members attended the State Conference in March. Our Awareness Day last fall resulted in four articles being sent for display.

This year one of our goals was to increase membership. Our diligence and perseverance seem to be working as we have five new members! We're hoping to continue this upswing.

Brenda Wells
Rock Island County HCE
PR Director

STEPHENSON.....

Many Stephenson County members are involved in the planning and carrying out the work that is involved with our main fund-raiser which is the Dining Hall at our County fair in August. We have our own building with a kitchen and a sit-down dining room and are able to serve full meals as well as à la carte. We have other area organizations come each day to help with some of the work of preparing and serving the food and we then split the proceeds with them.

With Greece as our country to learn about, we had an International meeting for all Stephenson County members October 17th. Our International Chairman of the units made several Greek recipes for everyone to taste. Our speaker for the evening was a local lady who was born in Greece and had many things to show and tell about the country.

Our county board has started new units in several of our retirement homes in the area. So far, our board members have been presenting the lessons. Hopefully, these satellite units will organize as regular units and be on their own.

On October 17th, Stephenson County HCE hosted a Craft Show. Both units and individuals had booths of craft and bake sale items.

Most of our County board members are planning to attend the Annual Conference in Effingham and plans are in the making for our Annual County meeting in May. We are planning our Tri-County Heritage Workshop for March 29 with Jo Davies and Carroll counties.

Audrey Musser, Public Relations

DISTRICT 2/3

Loorraine Wildman, District Director



Du PAGE.....

The Conference of HCE is over. Soon our calendar for us will be over. There were 13 of us that went to conference this year.

We are planning for our annual meeting. It is the highlight of our year. A nice time to celebrate and meet the ladies of the county.

Our county has been busy this year. We had two craft days plus one more to come. Items are sent to our local Veterans Hospital. We are also collecting things for our soldiers, lap robes for nursing homes and visiting with and planning crafts for them. Some of us take in treats for them.

Our county unit had a combined International Luncheon and our tea at the same time. We gave out our awards

DISTRICT NEWS

and then had a talk about the history of Greece. We put an article about Greece in our county newsletter each month.

Miriam Ferguson, Public Information

KANE.....

Our six members who attended the 84th Annual Conference of IAHCE were very pleased with the conference and most classes. Our incoming Family Issues Director, Jackie Anderson, says that through HCE/HEA, we always "learn a little something and get out and socialize." We enjoyed seeing familiar faces among our dedicated state board members who work so hard to generate those opportunities for members throughout our great state.

On March 3, our package lesson on *Diabetes Preventive Diet* was supplemented by Jeane Schoen, Delnor Center for Diabetes Management. March 31 was the final lesson of six taught by Extension educators, who offer members a wide range of study topics. (Lesson copies and treats were graciously provided by member Nancy Haire.) Greek recipes by IAHCE International Director, Debbie Borries have been well received.

Kane County's Annual Meeting at Lincoln Inn in Batavia May 21 ends our 90th fiscal year, with "flower fairy" Carolyn Finzer offering entertainment to delight our inner child. Candidates have been found for all board positions for the first time in several years. Though our diminished board pitched in this past HEA year to create four traditional member events (including Open House), we have canceled next year's International Luncheon to provide opportunity for novel events which may attract and retain membership. (Edgar County is an inspiration!)

Kay Muehling, Cultural Enrichment Director, is serving up a super bus tour to Starved Rock State Park June 3, departing from Kane County's Extension Office. Bus, lunch and rides on a trolley and canal boat offer up terrific value for \$60. Guests are welcome.

Beth Engbrecht, Public Relations

LAKE.....

CABIN FEVER RELIEVER SUPPORTS OUR SOLDIERS

On a chilly Saturday in February, the Lake County Association for Home and Community Education (LCAHCE) gathered with sewing machines in tow to make 100+ neck coolers for the soldiers. This is part of an ongoing project to support U. S. soldiers in Iraq and Afghanistan through the organization Operation to Support our Troops in Naperville, Illinois.

In the coming months, our soldiers will face extreme temperatures during the fight to protect our country. So LCAHCE members decided to make neck coolers to help keep the soldiers cool. This is a handkerchief of sorts filled with absorbent crystals. It holds water for a few hours and when placed around the neck, keeps one cool!

Two Grayslake VFW representatives, Linda Toledo and Tom Hilliard, stopped by to thank us for the work we are doing for the soldiers. They presented us with a generous donation of \$500 to help with this worthwhile project. This will enable the Lake County HCE to give even more to our soldiers.

This project is one of many the group supports. On the list is the Lake County Literacy program (books collected, handmade hats and scarves), Linus Blankets made especially for children in the hospital and others in need, cancer pillows sewn for breast cancer patients, Winchester House in Libertyville with various donations, just to name a few.

Angela Hicks, LCAHCE President

On February 27, 2008 over 50 members came together at the Extension center to celebrate our study of Greece. We were honored to have Koula and Ed Kanne speak to us. Koula grew up on the island of Cyprus. She received her teaching certificate from the University of Athens. Koula and Ed received advanced degrees from Indiana University. Koula is a dynamic speaker, and she talked about her early life in Cyprus. She explained how the Greeks fought against the Nazis in World War II. She, herself, joined the fight for independence for Cyprus. In

DISTRICT NEWS

1969, Koula became an American citizen after arriving in America in 1962. She is so proud of her native country and proud of America. In many ways, Koula and Ed have given back to America through their church, community and friends. Koula became a dietician for our veterans, and she stressed that we must support our troops especially when they return home from Iraq and Afghanistan. Ed talked about their experiences during the Turkish invasion of Cyprus in 1974. Koula's final words were, "America must be strong, do the right thing and use common sense".

Following the program, we had a fine lunch of ethnic Greek foods: Gyros, fruit salad, Greek meat balls, baklava, bread, moussaka, olives, desserts and sweets. Thanks to all units for contributing to this fine celebration!

Ella Kawolski and Doris Aimers-Voss
International Chairmen



Receiving a donation from VFW is L-R: Angela Hicks, Lake County President, VFW members Tom Hilliard and Linda Toledo and Barbara Rowland, Family & Community Outreach, Lake County

Mc HENRY.....

Happy New Year from McHenry County HCE. It has really been a fun year. Vice President Nancy Moore really did an outstanding job of lining up special lessons for learning this year. These lessons included a tour of the historic Woodstock Opera House, followed by a lesson on "Buying Books for Yourself" and another outstanding

lesson on "Houseplants" which was given at the McHenry Community College, greenhouse. We had full participation by all units which was really wonderful.

4-H Director, Dolores Hermansen attended the McHenry County Fair last year. She stated that the Fair was great with there being a lot of new attractions. Katie Wagner-Roberts, 4-H youth development educator, reported that the youngsters have a wide variety of projects to focus on and that the number of members doing traditional livestock projects were not declining as much as the new projects were gaining participants. In October, Dolores Hermansen and Geri Pondel traveled all over McHenry County judging 4-H window displays. They stated that all the 4-H windows were great, making it hard to pick a winner. The "Clover Rockets" received a Blue Ribbon.

All units involved in the various activities last year, which included the making of Linus Blankets for hospitalized children, baby hats for the McHenry County's Nurse program, walker bags/lap robes for nursing home patients and all of the units continued to collect can pull tabs for the Ronald McDonald House. We all give Leona Rinn a great big "Thank You" for insuring all items collected were distributed. She really does a beautiful job.

McHenry County Annual HCE Day was held on October 24, 2007 at D'Andreas, located in Crystal Lake. This event gives unit members an opportunity to showcase their arts and craft projects. This years judges were Betty Wertke and Dorothy Rodewald of Lake County HCE and Leona Rinn of McHenry County HCE. Award winners were announced and a beautiful Christmas sweater made by Pat Sorenson, West Dunham HCE unit was voted "The Best of Show". Thank you, Jeanette Broughton, for all the hard work that resulted in McHenry County having a wonderful day.



Pat Sorenson, with her "Best of Show" Christmas sweater

We were saddened by the loss of a past HCE member and county president, Elizabeth Berryman. Her daughter,

DISTRICT NEWS

Mary Macheroux, is a current HCE member and 4-H leader. McHenry HCE membership enrollment increased by seven new members. Some units experienced extra monies this year and donations were made to charities like: Home of the Sparrow, Turning Point for Battered Women and the various food pantries. Unit members continue to volunteer their time at locally sponsored "PADS".

McHenry HCE was tasked with constructing of a display for the McHenry County 4-H groups for their International Night on March 7, 2008.

Let me tell you, President Jean Pieroni and

International Director, Geri Pondel did an outstanding job putting together the McHenry County HCE display. Items donated for display included homemade spinach pies and the most beautiful handmade native Greek costumes. Of course, our International Day, will be held on May 21, 2008. Greece will also be the country that will be studied to include its history, culture and food. We continue to work on collecting materials for the International Disaster Areas Sewing Kits.



Geri Pondel, International Director and Jean Pieroni, McHenry HCE President

Our President, Jean Pieroni and others, will be attending the State Annual Conference in Effingham March 11-13th. We would like to take this time to say "Thank You" to our President for her help, support and motivation in the efforts of the McHenry County HCE. She is truly an "McHenry County Angel". Again, it's been a great year and we hope next year is even better.

Yvonne D. Kemp, Public Relations

DISTRICT 4

Mary Lea Prentice, District Director



I believe it was Mark Twain who said, "If you don't read a newspaper, you are uninformed. If you do read a newspaper, you are misinformed." The IAHCE board wants you to be informed by urging you to read the packets that were prepared for county board members that most of you received when you attended the state convention in Effingham. If you were not at the Annual Conference, those packets were mailed to you. These packets contain helpful suggestions that you can use as you prepare for your meetings and projects. By now you should have also received my April Newsletter. Be especially cognizant of due dates and upcoming events.

Place these dates on your calendar as a reminder that it is time to respond. Always refer to your Guidebook when in doubt about anything, or call me and we will try to come up with a solution together.

I have been amazed at the creativity District 4 Counties have used in keeping with this year's theme, "Have A Cup of Tea With IAHCE." Share those ideas with others, either by submitting your news through this Newsletter or by e-mailing your friends in other counties. For example, in their installation ceremony, Hancock County used different tea bag flavors in referring to the person being installed as "spicy", "fruity", "green" -- I think you get the idea! It was all in good fun and received applause from the members and guests. Hancock County is observing its 90th year.

I do want you to place Wednesday, August 20, on your calendar. This is the date of the IAHCE District 4 and 5 Workshop at the Decatur Hotel and Conference Center in Decatur. There will be registration information mailed to your president around July 8.

Please - please - please - mail both Secretary, Nancy Remmers and myself, names, addresses and e-mails of your new officers as soon as you have installation. We want to make sure the right person receives the information that is specific to that office. And as always, we don't want you to be uninformed or misinformed -- we will always endeavor to keep you informed.

Mary Lea

DISTRICT NEWS

ADAMS.....

1918-2008

Adams County HCE is 90 years young this year, and is one of the oldest women's organizations in Quincy. When it was first organized in 1918 it was known as Home Bureau. We were the first organization to unite the town ladies and the rural ladies. The ladies could exchange ideas about their communities, homes, lifestyles and ultimately build friendships.

Our name was then changed to Home Extension and we are now called Adams County Home Community Education (HCE). No matter our name, we still strive to enhance home and family life, educate, exchange ideas, work in our communities, and build friendships.

The Gem Unit has a member, Jane Wittler, who has been a member for 70 years, and she will be 92 in May.

On December 1, HCE had its annual Kiddie Bazaar where our members made items for children to purchase for Christmas gifts for their family members. Despite the terrible weather, we had a good turnout.

HCE book club and Quilt Guild are going strong and are continuing to grow.

Adams County HCE had six members attend the IAHCE annual conference. Our banner was on display and a cornhusk doll made by Carlene Rouse, of the Gem Unit, was entered in best of show.

Joyce Hoskins made a spring wreath for a silent auction item and Sally Dederet made a centerpiece.

We sent in six projects and received the following honors: Membership-honorable mention, Community Outreach (Kiddie Bazaar) - President's Award, Family Issues (Family of the Year annual meeting)-honorable mention, Cultural Enrichment-Grand Award, International (Greece)-honorable mention, Public Relations (HCE month) - President's Award. All our ladies from Adams County

agreed that this was one of the better conferences they have attended.

Adams County HCE plans to have a float in the Dogwood Parade which takes place in Quincy, IL to celebrate our 90 years of community service and education.

Bonnie Smith, Public Relations

CASS.....

In September 2006 our HCE sponsored a Candidate's Night at the City Hall in Virginia, Illinois. It was a very informative evening for all in attendance.

On a beautiful fall day, a busload of ladies enjoyed an interesting tour of Carthage and Nauvoo. Then, in the summer, we had a tour to Springfield. In addition to visiting the new Lincoln Museum, the group visited Lincoln's Tomb, the Vietnam/Korean War Monument, the Executive Mansion and the Dana Thomas House. The day ended with a wonderful buffet meal.

International Night was March 19, 2007 with Germany as the featured country. The event was held at the Depot Restaurant in Virginia, Illinois. Kellie Cagle, proprietor of the restaurant, prepared an authentic German buffet. The delightful speaker was Esther Henning, a Foreign Exchange Student from Germany. Sweden will be the featured country at our 2008 International Night.

Cass County HCE hosted a Cooking School on April 12, 2007. A large crowd enjoyed the program and the goodies prepared by Judene Stock. Several lucky people had their names drawn and each of them went home with a sack full of special items. Because the Cooking School was such a great success, we plan to have another one this year.

Our HCE Annual Meeting was on June 18, 2007. Speaker for the evening was Harold Tyson. The theme of his presentation was "When the Past Comes Alive" and he told about some of the early Cass County settlers. A Memorial Service was held in honor of our deceased

DISTRICT NEWS

members, officers were installed and 50-year members and those with perfect attendance were acknowledged.

Our ladies give generously to two special causes and they bring these donations to our countywide gatherings. Many bars of soap have been donated to the Cass County Food Pantry and a generous amount of cash has been sent to the Waverly/Franklin military support group. These funds help pay postage expenses on the goodie boxes sent to military troops.

Hilma Stover, Public Relations

HANCOCK.....

Hancock County HCE celebrated 90 years at our March 25th Annual Meeting where we were honored to have both State President, Ellie Maroon and District 4 Director, Mary Lea Prentice present. Seven past Hancock County HCE presidents in attendance at the meeting were recognized including Joy Swearingen, Carthage; Jane Roskamp, Sutter; Carol Whitcomb, Burnside; Mary Grauf, Elvaston; Sharon Nuebel, Nauvoo; Mary Harnetiaux, Hamilton; and Moira Rothert, Carthage. Three fifty-year members were in attendance including Carol Whitcomb, Mary Grauf, and Harriet Bright, Carthage.

During the meeting, the Jim and Sandy Little family of rural Carthage were honored as our 2008 Great American Family.



Shirlene Sparrow, a member of the Mississippi Mudders unit was recognized as the 2008 HCE Volunteer of the Year.

Since January, 2004 Hancock County HCE has

participated in a "Walk Around Hancock County" incentive.

Two members were recognized for their continuing efforts in tracking their mileage. They were Joyce Wollbrink with 730 miles and June Beeler with 516 miles for the past year. Their total numbers since the beginning of the program are 2767 miles for Joyce and 2520 for June.



Summer plans are underway with the group hosting a bus trip to the Barns of Van Buren County, IA on June 20th. Three new units have started within the county during the past year including a Reading Unit, a Quilting Unit and a Lunch & Learn Unit.

Susan Sewell, Public Relations

PIKE.....

Pike County Home and Community Education is on the move. We have two new quilting clubs, two new crocheting clubs and two new book clubs. Membership has increased from 201 to 222 since the new year.

A new member, Liz Aton, has skills in herb and aromatherapy and gave a fine presentation for our minor lesson in November.

Our units have made woven baskets for Christmas in October, 2008. Each unit will fill the basket with \$30.00 of items and a raffle for the baskets will help support the local organization. Our Christmas in October is our biannual fundraiser.

We give a scholarship to a local student headed to college each year.

At Christmas time, we supported our "Unmet Needs of Pike County" with our Pennies for Friendship. Each unit supported the local food pantry, Christmas tree gifts, or Two Rivers, our local outreach program. We have an ongoing School Supplies program that supplies school items for the needy.

DISTRICT NEWS

Everyone gets involved in our States program. This year our States were Florida, Virgin Islands, and Puerto Rico. Many different types of food were prepared by the Board and enjoyed by the program presenters. Most units then have a dinner as their lesson.

On March 9th, members traveled to Effingham for the State IAHCE Conference. Mary Lea Prentice, District 4 Director, was very involved with the programs and presentations at the three-day convention. We were pleased to have two winners in the cultural arts display. Nancy Wessel had designed and sewn a rainbow dress for her granddaughter. She had a picture of her in the rainbow dress that showed the beauty of the granddaughter and the dress. Jackie Williams had Best of Show for her machine quilted appliquéd quilt. Other participants were Stacia Paxton with a quilted runner, Myrtle Tharp with a woven basket and Cheryl Zimmerman with quilted note cards.

The programs at conference were exceptional. We had wonderful speakers and the fun of Ken Bradbury for our final evening entertainment.

We came away with ideas for new programs, new friends and a knowing that IAHCE is on the move too.

TAZEWELL.....

As of April 1, the Tazewell County Association for Home and Community Education is sponsoring an Antique Fair on April 15 at the Extension office. Mr. Jim Bartell, a local antique dealer, will be appraising and presenting a program. From 4:00 to 6:00 PM, each attendee may have one or two items appraised. Following this appraisal period, Mr. Bartell will present a program. This is a new event for HCE so there is hope of success.

On Monday, May 5, at the Ashland House in Morton, Tazewell HCE will be celebrating its 90th anniversary with the annual meeting and a luncheon following. Entertainment will be provided after lunch. State President, Ellie Maroon and District 4 Director, Mary Lea Prentice will be honored guests.

Shirley Kelly, Public Relations

WOODFORD.....

Greetings from Woodford County where signs of Spring are beginning to appear. My tulips have started to poke their heads up so I know winter is almost over.

We have two new faces in the Woodford County Extension office. Cynthia Baer is the new County Director and has returned to her home town, Eureka, from Southern Illinois. She grew up being involved in 4-H and her mother was active in HEA for many years. Her knowledge of the County and the people is a big plus for us. We are looking forward to her leadership as changes occur.

Gwen Buchanan is the new Woodford County Family Nutrition Program/ Youth and Family Program Coordinator. As she becomes familiar with the ins and outs of her new job, I am sure we will see some new program ideas. One of Gwen and Cynthia's goals are to visit all HEA units so they will meet the members firsthand and receive input on educational programs that the members are looking for.

The coupons in past issues of our newsletter were used to sponsor several new members and along with a small group forming at a senior living community. We have had some success in increased membership.

February was the date for the Silk Scarf Workshop presented by artist Peg Toliver. Those in attendance were thrilled with the results and plans are being made to repeat this workshop. Those of you who attended the Annual Conference had a chance to see these scarves.

Plans for our Annual Meeting in April are underway and the nominating committee is busy preparing the new slate of officers. After the luncheon, Ruthie Sons of "Sonflowers" will be demonstrating spring floral decorations.

I have enjoyed sharing the happenings in Woodford County with you but am saying farewell and will be passing the pen on to Julie Zoss who will continue to keep you informed.

Gerry Meares, Public Information

DISTRICT NEWS

DISTRICT 5

Jane Wood, District Director

I was born in Ohio and lived in Maryland previously to moving to Illinois. I first learned of extension as a child when my mother and aunt

attended extension meetings in Ohio. HCE became a part of my activities in 1991 when I became a member. I have held several unit and county offices (unit: President, 2nd Vice, Cultural Enrichment, Family Issues; county: Cultural Enrichment, Membership and Family Issues). Two special reports I have been involved with are County and State Great American Family and working to publish "Memories of the Great Depression" booklet.

Four children and 10 grandchildren allow for a lot of "on the road" time and large holiday gatherings. Rockford, Lisle, Itasca, Muskegon, MI. and Newark, OH are our frequent destinations.

I am looking forward to serving as District 5 Director and meeting and learning from all members. Please let me know how I might be of help to you.

Jane

CHRISTIAN.....

At the annual membership meeting of the Christian County HCEA, the program was "Progressing Through the Century with Women" and the speaker was Nancy Briggs, U of I Extension Family Nutrition Coordinator. She told of life and circumstances of women starting in 1900 and continuing through the years of change. Briggs spoke about how women started getting out in the community, voting, and how modern technology was freeing women of household drudgery, like electricity, mass production of sewing machines, cream separators, washing machines and clothes wringers. She displayed clothing, outer and under wear, aprons, articles used in the kitchen, gadgets to make life so called easier, Christmas cards, and banking



items. Briggs stated that these were family treasures kept over the years. Members present were asked to place these things by the years used and some clothing was modeled.

Recognition was given for new members and 10 thru 60 year memberships. Unit awards were given for most new members, highest percentage of members present; anyone who had worked at the Illiopolis Munitions Plant during the war; oldest person to participate in the Miss Christian County contest; oldest member who belonged to the American Girl Scouts; woman who has been in business for herself the longest; and any woman who has her own website.

Each HCEA unit responded with many items for a silent auction and door prizes were given. The dinner meeting was catered by the County 4-H Federation.

Treva Weiser, Public Information

CLARK.....

The Clark County HCE ladies have been busy with their Spring County Wide meeting. We chose the theme of "An Afternoon Tea" on Tuesday, April 8 at the Extension building.

Norma Murphy gave the history of tea which included the tradition of Tea and Tea Rooms. Norma did an excellent job informing the ladies of this information.

Each lady took their favorite tea cup to use for the tea. Also, a tea pot, tea set or cup with special memories were used as the table decorations. For refreshments, we had tea sandwiches, tea cookies and many flavors of tea to sample.

This was also the day for the Cultural Arts display. Many of the ladies brought their winters work and the display was very interesting. Each lady voted for her favorite one in each category. A winner was chosen in each group.

We had four ladies to attend the State IAHCE Conference held in Effingham in March. Inez O'Rourke, Sharon Davison, Kay Williams and Deloris Maurer attended. Most of the four were able to attend the officer class that they represented plus one class of her choice.

DISTRICT NEWS

CLARK, Con't

We have aims of attaining more members this year and hope to grow in knowledge for the year.

Deloris Maurer, Public Relations

CHAMPAIGN.....

We celebrated our 90th anniversary with an open house on February 4, 2008. Even with such a bad weather day (visibility almost zero), 38 guests joined us. Carol Rebbe and Mary Ann Fugate, former Home Advisors, entertained us reminiscing about happenings during their terms of office. Recognition was given to the oldest (age) person in attendance, the longest membership, oldest unit, past presidents and past state board members. Savoy was the first unit organized in 1918 with four men as members. In two years their membership was 85. To finish the meeting, our board members led the National Homemaker's song.



Thanks to our generous members, another \$1,182.38 has been collected for wells. In addition, Joyce Hilgert, a friend of one of our members, sent \$1,000 directly to the Old World for wells.

Forty-one members and guests had a good time taking a trip to Branson over Thanksgiving weekend. We left at 7:00AM on Friday and returned to Champaign at 10:30PM Sunday. Thanks to Dorothy Rogers, Special Activities Director; we enjoyed our great trip.

February 8 was the day of our International Luncheon at the Farm Bureau Auditorium with Marge Probasco, Chairman. Nympha White, former State International Director, told us many interesting things about the

Philippines. She also had several tables with items from the Philippines displayed including some gorgeous dresses.

Fourteen members attended the State Conference in Effingham March 11-13. Marge Probasco received the Grand Award for International.

Our annual meeting will be April 17th at the Park Inn, Urbana.

Millie Hoch, Public Relations

MACON.....

Macon County began the year with our Cultural Enrichment display. Voting was done and the top projects were the ones that were sent to the State Annual Conference in Effingham, March 11-13th.

Eight members of Macon County attended the Conference. Much was learned in the Share Shops they attended. We may not have been selected the County of the Year but with the points earned, we were in the top category. Maybe next year. Close to 13,000 volunteer hours were turned in. We received President's Awards in Membership, International, Community Outreach and an honorable mention in Cultural Enrichment.

Kankakee County was the first County in the beginning of our organization, July, 1915. Second was Mercer County who organized in 1917. There were thirteen counties that were organized in 1918-19. These are the ones celebrating their 90th anniversaries this year.

We are one of those thirteen counties preparing for our 90th Anniversary in HCE. April 20th, we will be hosting a 90th Anniversary Tea for Macon County members, past members and the citizens of Macon County. Planned are exhibits from each of the units showing their history as a unit in HCE and a Power Point display of the history of Macon County will be presented.

We have many things coming up in the following months. First will be our Spring Meeting in May, bake sales and plans for our International Day at the fairgrounds during our Macon County Fair. With these events, we hope to gain in membership and more awareness of our organization in our community.

DISTRICT NEWS

McLEAN.....

Eleven members of the County attended the IAHCE Annual Meeting in Effingham, March 11-13. Leatha Poshard proudly carried our banner in the Parade of Banners at the Awards Banquet.



The Paul & Kelly Schuler family of Lexington, the McLean County Great American Family, was honored and introduced as the Illinois Great American Family. Also at the banquet, the County received 3 President Awards in the areas of Cultural Enrichment, Membership and Public Relations. Four members received the CVU award for their five hundred plus hours of volunteer work they contributed. At the Elsie Mies Banquet, Jane Wood, member of the County from Heyworth, was installed as District 5 Director for 3 years. We also enjoyed the many interesting workshops and the great entertainment and meeting with friends from other counties.

The Cultural Enrichment Committee has been busy offering workshops and opportunities for members and non-members of the County. Since the 1st of the year, there has been a workshop on "Tenerife Embroidery", one on "Flower Arranging", and then "Appliqué on a sweatshirt" to turn it into a nice jacket for spring. All these workshops are led by our own HCE members. We are experimenting with a "Read & Share" evening that is meeting every other month, offering the opportunity to discuss a particular book or to discuss books of interest to the group.

The County Spring Trip is April 23rd. Leaving at 7:00AM, we will travel by bus to Shellsburg, Iowa to the Villa Comagena, Home of Austrian born Inge Schminke. We will have an Austrian flavor lunch and hear about Inge's life living under Russian rule as a little girl. It will be a long day, but a trip that is highly recommended by those who have made the trip.

We are busy planning a big celebration of our County HCE's 90th year. We will gather for our Annual Meeting on July 8th at the Interstate Center from 8:30 – 3:30 for a full day of remembering the past years and to continue working toward the Homemakers Aim as written by Juliet Lita Bane. There will be booths by organizations and businesses in the area that work with HCE in educating and helping meet needs of the community. There will be displays showing the many changes in every area of life over 90 years. The Style Show will remind us of the many changes in clothing styles of almost one hundred years. There will be a full dinner meal at noon. It will be a day to reminisce, enjoy, have good food and visit with friends – all for only \$20.00. Tickets need to be purchased by June 20. Contact Leatha at (309) 452-9154 or Becky at (309) 962-2121.

We invite you from other counties to come and enjoy the day and celebrate this milestone for McLean County HCE.

Check out McLean County HCE on our website
<http://www.mcleanhce.org/>

SHELBY.....

Shelby County HCE recently sponsored pizza and drinks for the 4-H members, leaders, and their parents after their Amazing Race which started their county 4-H week.

The Shelby County HCE and the Shelby County Senior Citizens Center are teaming up for a special event on Thursday, May 1st. Shelby County HCE has received a grant from the IAHCE to do a program entitled, "FIVE WISHES: LIVING WILLS AND ADVANCE DIRECTIVES FOR ALL AGES," and the Senior Center will provide what the grant doesn't cover. The guest speaker will be Kelly Armstrong, a clinical ethicist from the Clinical Ethics Center for Memorial Health System in Springfield, IL. She will explain and discuss the five wishes (directives) all adults should have in place to guide loved ones to handle possible medical emergencies and future treatments. This program will be FREE to all adults in Shelby County. It will start with a potluck dinner at 5 PM (meat, drink, and table service provided) and the speaker will begin at 6 PM. Debbie Borries and Mary Beth Massey are coordinators for this event.

DISTRICT NEWS

The Shelby County HCE received 2 awards at Annual Conference in Effingham: President's Award for Public Relations; Special Events for their event honoring Shelby County's 70 year birthday with charter member, Lola Bottrell, speaking; and an Honorable Mention Award for their International: Special Event (International Night.) Shelby County also received a \$50 stipend for International. Hooray for us!

We all enjoyed the share shops we attended and the food and entertainment was great! Shelby County had eight in attendance. We displayed our banner, and President Kim Mathias was the life of the party! Debbie Borries came home with no



Debbie Borries, Lee Beals, Kay Adams and Kim Mathias



Erma Nardhi, Bonnie Potter and Maxine Ruff

voice for 5 days—what a switch for her!

VERMILION.....

In December, 2007, the Vermilion County HEA had a fashion show at the Community Church of God in Danville. The weather was bad but since all the plans were made, we decided to go ahead with it. We had sold tickets in advance and made \$500.

Models were Diane Stewart for Chic's Boutique, Bettie Haussy and Meni McNeese (County Board Chairman) of



Bree Ann Kelley, Bettie Haussy and Kenzie Smith

Georgetown Unit, and Pat Kentner and Elizabeth DeNeal of Bismarck Unit and Sue Colwell of Catlin Unit. Those ladies modeled clothes from Elder Beerman and also two young women, Bree Ann Kelley and Kenzie Smith, Georgetown High School, modeled the teen sizes.

Refreshments were provided and served by ladies of the Association.

A contest was planned during the fall to gain new members for our County. We have six units in the County and three of the units got a new member, so the other three units had to have a luncheon and entertain the winners. Sue Colwell was Chairman and she and her helpers planned a fun day for us. They had a soup and sandwich luncheon and then we had a mixer to get acquainted. In the afternoon, we divided up into groups and played dominoes. Everyone had a great day.

Betty Lane, 2nd Vice President



DISTRICT 6

Sandra Bechtold
District Director

I hope all of you enjoyed the conference that attended. It was so nice to see all the pretty hats and I loved all the different tea cups. You all outdid yourselves on the centerpieces--they were beautiful. I want to thank all the volunteers. The Board worked hard and it was nice to hear all the good comments about the conference.

I'm looking forward to attending your annual meetings. Be sure and get on my calendar as soon as you can if you want me to come to your county.

Don't forget that I'm looking for my replacement. Anyone interested, please call me and I will answer any questions you might have. I hope all of you are planning on attending the Workshop in Mt. Vernon on August 21, 2008. That's when we vote on the person for the new District Director. Until then, have a great summer.

Sandy

DISTRICT NEWS

CRAWFORD.....

Crawford County HEA members have completed several projects for themselves and others. Leah Buser, a HEA member from our county, visited Holland during peak tulip blooming time. She brought back slides and presented a lesson on their country and the beautiful flowers.

Needing new members, our county board sponsored a "Picnic in the Park", with a sack lunch. After lunch, one of the Master Gardener's in our county presented a lesson on forcing bulbs and other gardening hints. We got three new members at the picnic.



Barbara Miller took the lesson at the annual meeting on Alzheimer's and how it affects families. The facts she presented were helpful for us to understand the disease.

We have a county project to gather things that veterans can use at the Hutsonville Heritage Home. We take them on Veteran's Day. This year we also made Valentines for them and took a big cupcake for each one. We received a very nice thank you from them.



Each year, we sponsor a \$300 scholarship for an older female student who is continuing her education at Lincoln Trail Junior College.

Seven members from our county attended the Annual Conference in Effingham: Barbara Miller, Lucy Dennis, Shirley Thacker, La Donna Harris and Anna Faye Bush attended the three-day conference. Debbie Tedford and Rhea Hayden came Wednesday for the Elsie Mies banquet. We learned many things about our organization and interesting workshops.

EFFINGHAM.....

I hope everyone had a good time and safe trip home after

attending the State IAHCE Conference here in Effingham. A "pat on the back" to the state board members for all their hard work in putting this event together.

Effingham County HEA had nine board members attending the conference. All reported attending interesting share shops and have many ideas to share at our next board meeting.

Our county won "Best of Show" in the jewelry and art categories. Nancy Sporleder of Effingham made a very detailed beaded bracelet and earring set. Rosie Kremer of Teutopolis won with her papeir' tote project of a winter barn scene.

Our county board also won some awards. Ruth Drees, Family Issues director won "Grand Award" with her Christmas stockings for FISH and workshop projects as well as school supplies for area schools project. I don't think Effingham has ever won a "Grand Award" before so "Congratulations, Ruth!" Rosie Kremer, Community Outreach director won a "President's" award for the book and bookmarks to area libraries and walker caddies to veterans in area nursing homes projects. Karen Drees, 2nd Vice President, won a "President's" award for the "ABC's for the Holidays" project in which she promoted memberships. Bev Elving, International director won honorable mention for having Kathy Smith speak at our annual meeting about her trip to Nicaragua.

Some of our upcoming events include a Quilt Show on April 5th at the Effingham County Extension Center from 10:00AM - 3:00PM. Lunch will be served from 11:00AM to 1:00PM. On April 15, we will be hosting "A Show of Styles by HEA". Our board members will be modeling styles from Christopher and Banks. Pat Hildebrand will be giving a presentation on the history of undergarments. Pie and drinks will be served afterwards. Our annual meeting will be May 29th with the theme "Come Have Tea with HEA and Me". We are asking our ladies to wear hats and will work with the tea party theme. Should be fun!

We hope everyone has an enjoyable and safe Spring.

Mary Beth Hoene, President

DISTRICT NEWS

GREENE.....

The Greene County HCE had a sew day to make hats for cancer patients. I am sorry to say, only five devoted people showed up to help. They were Kate Taylor, Marlene Gillespie, Donna Mikoff, Carolyn Moran and Doris Shaw. But I am happy to say, we were able to make 35 beautiful stylish hats. Just think what we could have accomplished if more had come to help.

We were going to donate them to Jerseyville Community Hospital, as they only had one cancer patient and that was a man, they had no need for them. So, we donated them to St. Anthony Hospital Oncology Center in Alton, IL. They were happy to get them as they only had hats that look like dust bonnets, and it seemed that no one wanted them. They do need some for men; they can't wear ball hats because their heads are tender. We have decided to make some for men.

They said something they also need were lap quilts for the patients to cover their legs as some times they are there for a couple of hours taking chemo and they get cold. That will be our project on January 28th. I hope we are able to make as many blankets as we did hats.

Doris Shaw, Newsletter Editor



L to R: Carolyn Moran, Donna Mikoff, Doris Shaw and Marlene Gillespie

JERSEY.....

Jersey County Homemakers Education Association is working with local organizations to promote programs. They sponsored a program on Women's Safety, Thursday, March 20 at 6:30 p.m. at the Jerseyville Public Library meeting room. The public was invited to learn more about their own safety, especially in their home, surroundings, etc. and also about self-defense.

Officer Scott Woelfel of the Jerseyville Police Department was the main presenter of this very informative program. He was assisted by the newest addition to the Police Department, Officer Amanda McKee. She is Jerseyville's 1st female police officer and was very knowledgeable in this field.

Ladies of the county came to meet Officer McKee and some of the other young officers in the Jerseyville Police Department, who looked forward to working with the ladies and answering their questions. We felt this was a very timely program and was something that was needed in the community.

On May 7, we will be working with the Jersey County Health Department in sponsoring a program on Building Better Bones. It is an Osteoporosis Education program, which includes a bone density heel scan. This program will be held at the Jersey County Health Department beginning at 10 a.m.

Our 77th Annual Meeting will be held on Wednesday, May 14 at the Peace United Church of Christ in Jerseyville. Treasa Brookman, District 7 Director of IAHC will be the guest speaker on "Tussie Mussels and the Language of Flowers". In the Victorian era, circa 1600-1800, ladies carried small nosegays of fragrant flowers that they could crush to overcome the smells of travel and etc. They also sent messages by couriers with flowers as each flower had a meaning. They did not want the servants to know the message they sent. We are looking forward to having Treasa as our guest and learning more about this fascinating subject.

Elizabeth Schwab, Publicity

DISTRICT NEWS

MADISON.....

Through all the rain that came down this Spring, our unit stayed busy inside making bears, Linus blankets, bed pads, wheel chair arm covers, cancer turbans and more. It makes us feel so good helping others.

Our annual meeting was April 21st in Edwardsville with the theme "Have a Cup of Tea with HCE". Since last year, our county helped H.I.S. K.I.D.S. go to camp by presenting them with a check for \$2,800; HCE raised \$1,800 and Thrivent Financial for Lutherans matched \$1,000. We provided a large supply of items from art supplies to bug spray and suntan lotion, etc. to be used for campers. Blue ribbon awards were given to four units; Edwardsville A & B, Prairie and Rox-ann. A 50 year membership award was given to Shirley Stalhurt.

Our County Fun Day will be May 15th. We are going to the Holiday Inn in Alton for a four course meal and a show. "Die Laughing Dinner" Theatre presents "Lucy Goes Cruisin". If anyone remembers "I Love Lucy", we should all have a great afternoon.

A report for those attending the State Conference:

"Some local HCE members attended the State Conference, March 11-13th. One of the highlights of the event being a Tea Luncheon. Proper attire including a hat was required dress. Madison County was represented by some interesting creations of couture and millinery. Such as: two sweet young looking ladies each wearing an off-face, rolled brim hat in pastel colors; an elegant matron in a classic black wide brim piece, very chic; a vintage antique "special member of the wedding party" type of headpiece with rice still entangled in the veiling was quite nostalgic. Then there was the cardboard lady, ugh! A bridesmaid type wide brim pastel confection was most flattering to its wearer. Everyone was very concerned when the venerable President appeared sans chapeau. When quizzed, she admitted that she somehow misplaced her headpiece. A member volunteered to search for it, and DID find it; on a vendor's table, placed upside down on its crown. In the crown, were three one dollar bills. Gossip is now circling

the community. Everyone is wondering just WHAT was being sold and if the PRICE WAS RIGHT?????

Your Roving Reporter, Bizzee Bodee

ST. CLAIR.....

Recently, St. Clair County had an International Day honoring the country of the year, Greece. It was hosted by the Fairview Heights unit, and attended by about eighty women.

The Greek flag is blue and white. We used the blue as the color scheme of the day. Have you heard the meaning of the flag? In the upper left corner is a white cross (equal projections) on a blue background representing the Greek Orthodox Church. By the way, Orthodox in Greek means "right believing". The rest of the flag is made up of alternating blue and white stripes, the blue representing the sky and sea and the white can mean either of two things, in memory of the country's freedom won in the 1820's, or as representing the snow on the many Greek mountains. June Donze, one of our members, was in Greece in February of this year. She brought back flags for the tables. We used blue Easter grass in glass vases to hold them in place. We also found some lovely artificial geraniums to set on the tables, and later gave away as door prizes.

We had plain blue paper mats that we decorated with computer pictures of "Ancient Greece". Each place had a copy of the Greek area so the audience could follow along with our presentation of "Ancient and Modern Greece". The maps were folded over the menu recipes of: Moussaka, Spinach Pie, salad, Baklava, Greek Sesame Seed Cookies and Greek Romance Bars.

After eating, cleanup and goodbyes, we left still chuckling over the funny story June had told of buying the flags in an out-of-the way shop where no one understood English.

Peg Buchert, Public Relations

DISTRICT NEWS



DISTRICT 7

Treasa Brookman, District Director

I will be visiting ten of the 18 counties in April. I really enjoy my visits and bringing greetings from the IAHCE Board. We are geographically a large group, 2087 strong.

Remember our District Seven meeting will be held Monday, May 19th at 9:30 AM at the Franklin County Extension Office, Benton, IL.

District 6/7 IAHCE Workshop will be Thursday, August 21, 2008 at Mt. Vernon, IL.

Southern Illinois Craft Camp is still looking for a craft shop to teach at camp Sept. 9-11th at Dubois. Please have them contact me.

Tbrook@hamiltoncom.net or cell 618-315-1295.

Treasa

HAMILTON.....

The Hamilton Co. HEA is excited about our 2008 programs. We have been reaching out to the community and encouraging others to share in the great wealth of knowledge and support that HEA can provide. The attendance at our local leader training is really growing. We kicked the year off with a Veteran's Valentine Project. We asked the local 4-H to created valentine cards and our membership collected useful items for veterans at the VA Hospital in Marion Illinois. It is so gratifying to pay tribute to those who have served our county by giving of a valentine and gift. The members also gathered in McLeansbor at the courthouse to sew pastel colored towels into bibs for local nursing home patients. Our members attending conference enjoyed the great sessions and we are looking forward to having Treasa Brookman as we "Enjoy a Cup of Friendship" during our Annual day on April 22.

Hamilton County, Publicity

JACKSON.....

To "Kick-Off" the new HEA program year, a "Rise and

Shine" county brunch was planned for all county members and friends. Our District 7 Director joined us and addressed the group, outlining the goals of HEA. Also, an American Cancer Society representative, together with one of our board members, shared their work with cancer survivors in the "Look Good, Feel Better" program.

We had an excellent opportunity to publicize HEA by manning a booth and distributing information one day at the local Apple Festival in September. The local newspaper has also been very willing to feature a story and photos of our activities. Our food lesson in August, featuring family reunion recipes, was well received.

Two county-wide meetings were planned during HEA week in October. At the first meeting, a breast cancer awareness program reminded members to remain alert and to check regularly. The second program, "Grandma's Apron", allowed members to showcase a treasured family apron and tell a story about it. After a potluck luncheon, county officers met with local unit officers for a training session.

During Safety Week, members volunteered to help our Extension office with the Youth Day activities. Other Community Outreach interests were collecting soda can tabs for Ronald McDonald House at St. Jude Children's Research Hospital, donating lap robes and shoulder wraps to local nursing homes, collecting items to be sent to U.S. troops stationed abroad and encouraging local units to contribute books and book bags to local schools. In December, board members donated money to a local boot camp to allow the residents to enjoy a pizza party during the holidays. We are participating in the select a "Volunteer of the Year" program.

Lois Brumitt, Secretary

JEFFERSON.....

December for the JCHCE was not too busy if you don't count: a new look to our newsletter - Unit and Board Christmas parties - filling in the New Program Books - collecting 2008 membership dues - offering Crochet classes and "Oh Yes", enjoying a memory filled Christmas with our families and friends.

In January, we gathered our volunteer hours and prepared

DISTRICT NEWS

our reports to be sent to State - we set up a nominating committee for new County officers and we still had time to enjoy a night of Bunco.

February started and we finalized our plans for attending the State Conference in March. We also had more ice and snow than we'd had all winter.

March! - State Conference & Easter!! What a busy month. I personally was only able to attend one day in Effingham at State Conference but it was my first time to attend and it was GREAT! I'm already looking forward to next year. Ten members from Jefferson County were able to attend Conference this year.

I hope everyone enjoyed a blessed Easter. To end March in Southern Illinois we had RAIN! In most areas 10 to 12 inches in 30 hours which in turn brought flooding. Where March ended April has taken over with yet more rain and flooding. But on a bright note, the friendly reminders of Spring: Robins - budding trees - daffodils and most importantly dandelions are here. We in Jefferson County are preparing for our Annual meeting in May where we intend to "Have a Cup of Tea with HCE"

Marge Wilcox, Public Relations

PERRY.....New President, Jane Chapman, has taken some action to see that HEA is alive and well in Perry County. Her first order of business was to attend each unit meeting in September. Her goal was to see what was of interest in each unit. We celebrated our 60th year in 2007.

Southern Illinois Craft Camp was attended by several members, two of which, presented their crafts to others at Holiday Ideas Day. September 24-30th was HEA Week. Displays were set up with information about our group. Balloons and materials were handed out at local grocery stores. Two local mayors signed our proclamations. A lesson on "Finding Your Get Up and Go" was presented at an assisted living facility by Millie Kaiser, Extension Educator, and the residents decided to form a unit. Pennies for Friendship amounted to \$114.00 this fall.

Veterans Day and Christmas cards were sent to the Anna Veterans Home.

Holiday Ideas Day theme was "The True Meaning of Christmas". A showing of special quilts and nativity scenes came first followed by a meal and presentation by 4-H Federation on candy making. The Southern Illinois Madrigals were our musical entertainment. A local florist demonstrated how to make inexpensive centerpieces. The quilt raffle concluded the evening. The money will



Southern Illinois Madrigals

fund quilt raffle concluded the evening. The money will fund two more \$500 scholarships in 2008.

Over \$100 worth of fabric was sent to Louisiana for the Stitches for Survival project. Jane is also sponsoring a Sunday/Sundae party for the unit that collects the most food in December for a local food pantry. Currently, we have submitted poems for consideration in the state project and are gathering paperwork for the Family of the Year application. CVU sheets are due in January. As usual, we are always on the look out for new members to join this "Action Team".

President, Jane Chapman donned her toga to give the Greek lesson to our newest unit in Perry County. The Silver Spoons are residents of Mason Manor, an assisted living facility. The new unit thoroughly enjoyed the International Country of Study presentation given by Jane.



Carolyn Bathon, Public Information

DISTRICT NEWS

SALINE.....

Saline County Homemakers are busy digging out from under snow, ice, trees and limbs.

One forecaster said it was the worst in sixty years. This area was without electricity from one to six days and some areas south, were worse.

The Annual Meeting was canceled and the Ham and Bean dinner for the following day was postponed a couple of times and after rescheduling, another ice storm was forecasted. So we had the Ham and Bean dinner on the spur of the moment. It was successful and the ice storm did come again. The Red Cross called Wanda Raley, the Saline County chairman and Elizabeth Woodworth, Membership chairman to cook some of our ham and beans for the people who were staying at the Pruett Building. This was used as a warming center for the county for the ones who didn't have electricity. The City knew Wanda

had made ham and beans preparing for our meeting. The streets were so bad, the ladies couldn't drive so the City and Police came and got them and furnished transportation to and from. We never know what a Homemakers job might be next.

AT SOUTHERN ILLINOIS, WE WELCOME SPRING!

At Christmas, Saline County craft people made and took lap throws to several nursing homes. An annual cupcake birthday party was given in January at the Carrier Mills nursing home. Marjorie Dotson, past County Chairman sponsors this and members help serve.

We have a new County Chairman, Barbara Lambert. I am sure she will do an excellent job. The outgoing chairman, Wanda Raley, did a GREAT JOB and she is willing to help in any way. THANK YOU, WANDA, FOR ALL YOUR TIME AND WORK YOU PUT INTO HEA!



New Chairman,
Barbara Lambert

We are making plans for the "Past to Present" in September. You will hear more about that later but do plan to attend.

Georgia Murphy, Public Relations

UNION.....

The Union County HCE has been busy with their quilting 4-H project which is an annual event. The project provides funds for the 4-H scholarship that is given each year to a 4-H high school graduate. Tickets for the quilt are offered during the year for a drawing in November. It all starts with the pattern selection for the quilt top. This year, the embroidered, cross stitched wreath design quilt blocks were donated by Susie Kessler. Then, a committee of three: Lois Clutts, Debbie Heinrichs and Susie Kessler shopped for a selection of fabrics to set the quilt top together. The 4-H quilt is a beautiful quilt thanks to the combined efforts of everyone who worked on it.

Everyone in our local units gets involved; some quilt, some cook and other come to learn how to quilt. We have as many as 15 to 20 ladies involved in quilting. This year, at one of our quilting sessions, the room was a buzz of activity with one quilt in a frame being quilted, one quilt being bound and another was being put into a quilt frame.

This year Union County HCE members quilted four consignment quilts plus the 4-H quilt. Each quilt is unique and uses a different quilting pattern.

We have enjoyed fellowship and fun while quilting together and enjoyed the delicious meals provided by our three county units. Meals were furnished three times during the first four months of 2008. The other times, potluck was the meal of choice. Recipes were exchanged and great discussions were held on local happenings. The weather was a challenge at times due to ice storms and flooding rains.

Community Outreach and Cultural Events chairperson, Debbie Heinrichs, also collected and delivered varied, small quilts to Children's Medical Resource Network. These quilts were stitched by members at home and brought into the office during quilting time. Thirty-four quilts were completed for the children.

Linda Poston, Office Support Assistant, U of I

Hashed Brussels Sprouts With Lemon Zest Recipe #197589

Something aromatic, bright and snappy for your Thanksgiving table, or anytime! Or so says Julia Moskin as per New York Times article, 11/15/2006. This particular recipe comes from The Union Square Cafe Cookbook. We tried this with yellow mustard seeds. It was different and delicious cold the next day. I am a fan of hashed brussels sprouts, which I learned courtesy of Sugarpea's husband, who created Brussels Sprouts Mojo #80110. Made for Thanksgiving 2006.

by [Kumquat the Cat's friend](#)

25 min | 20 min prep | SERVES 10

2	Tablespoons Fresh Lemon Juice, plus
1	Lemon, Zest of, grated
2	Lbs. Brussels Sprouts
1	Tablespoon Olive Oil
1	Tablespoon Butter
3	Garlic Cloves, minced
2	Tablespoons Black Mustard Seeds or Poppy Seeds
1/4	Cup Dry White Wine or Vermouth
Salt and Pepper, to taste	

1. Place lemon juice in large bowl.
2. Cut bottoms off sprouts and discard.
3. Halve sprouts lengthwise and thinly slice crosswise.
4. The slices toward the stem end should be thinner, to help pieces cook evenly. (Or you could process in food processor to facilitate, but this might result in uneven cooking.)
5. As you work, transfer slices into bowl with lemon juice.
6. When all sprouts are sliced, toss them in juice and separate leaves. (Recipe can be prepared up to this point and refrigerated, covered, for up to 3 hours.).
7. Heat oil and butter over high heat in skillet large enough to hold all sprouts.
8. When very hot add sprouts, garlic and seeds and cook, stirring often, until sprouts are wilted and lightly cooked, about 4 minutes. Some leaves might brown slightly. (I think we browned a bit more as per picture.).
9. Add wine and sprinkle with salt and pepper.
10. Cook, stirring, 1 minute more.
11. Turn off heat, add more salt and pepper to taste and stir in lemon zest, reserving a little for top of dish.
12. Transfer to serving bowl; sprinkle with remaining zest and serve.

Nutrition Facts

Serving Size 1 (106g)

Recipe makes 10 servings

The following items or measurements are not included below:

1 lemons, zest of	
Calories 72	
Calories from Fat 32	(44%)
Amount Per Serving	%DV
Total Fat 3.6g	5%
Saturated Fat 1.0g	5%
Monounsaturated Fat 1.8g	
Polyunsaturated Fat 0.5g	
Trans Fat 0.0g	
Cholesterol 3mg	1%
Sodium 27mg	1%
Potassium 314mg	8%
Total Carbohydrate 7.9g	2%
Dietary Fiber 2.7g	10%
Sugars 1.9g	
Protein 3.0g	5%
Vitamin A 741mcg	14%
Vitamin B6 0.2mg	9%
Vitamin B12 0.0mcg	0%
Vitamin C 58mg	96%
Vitamin E 1mcg	3%
Calcium 47mg	4%
Iron 1mg	7%

→ **Subscription to IAHCE Newsletter** ←

1 Year Subscription - \$6.00 - Three Issues

Mailed in May - August - December

Deadlines - April 1, July 1, November 1

Mail to:

Sharon Middleton
1190 Chelsea Way
Decatur, IL 62526

Telephone:

217-877-7229

E-mail:
itole2@sbcglobal.net

Checks to: IAHCE

Name_____

Address_____

City_____ Zip_____

Telephone w/Area Code_____

County_____ District_____

New_____ Renewal_____ Address Change_____

E-mail_____



ILLINOIS ASSOCIATION FOR HOME & COMMUNITY EDUCATION

Sharon Middleton
Public Relations Director
1190 Chelsea Way
Decatur, IL 62526

NONPROFIT ORG
US POSTAGE PAID
DECATUR, IL
PERMIT NO. 93

