

**EDGAR COUNTY
HOME & COMMUNITY EDUCATION ASSOCIATION
August/September/October, 2020**

Meetings

Please notify the Extension Office of information for your meetings!!

August/September/October	Bell Ridge
August/September/October	Chrisman Nite
August/September/October	Redman Nite
August/September/October	Stratton

*****Edgar County H.C.E. Board Members*****

Co-Presidents	Pat Brazelton, 217-822-6183 Kate Morecraft, 217-822-4956	pbraz@nwcable.net kl.morecraft@frontier.com
First Vice	Paula Coombes, 217-465-4057	prcoombes@wildblue.net
Second Vice	Rebecca Step, 217-264-6855	rstep1954@gmail.com
Secretary/VCH	Cindy Bruce, 217-948-1021	cndlu347@gmail.com
Treasurer	Carole Halloran, 217-884-2374	jchalloran.hth@gmail.com
International/ Public Relations	Marge Houghland, 217-464-7610	mhear8@nwcable.net
Community Enrichment/ Community Issues	Dona Hoult, 217-822-2419	

Need a little help, please!

I need a list of your upcoming meeting dates, times and location to share in the newsletter. In addition, any unit news would be appreciated. Did you conduct a virtual meeting? Have a socially distant picnic? Schedule an outing? Your fellow members would like that information. Please send your unit's information and/or pictures to:



Rebecca Schiver, Illinois Extension, schiver@illinois.edu or 210 W. Washington St., Paris.

A Message from ECHCE Co-Presidents:

Welcome to the August/September/October Newsletter. Where has our summer gone? We didn't get to have the 4-H Fair, the food stand, or even the county fair. BUT, we have had rain and HOT weather!

Hope you are washing your hands, physical distancing, and wearing a mask at the opportune times.

We will be having our officer training night on September 15. We will be having a couple of other topics so the meeting will be more interesting. Maybe I can talk them into some of the 4-H BBQ recipe for something to eat. Sound good? But then I will get the argument that no one will come and we will have done the work for nothing. We are trying to make the meetings interesting. We are planning a Game Night. (October 15) The last one we had everyone had fun! BTW, if anyone needs a ride, call a member of your unit or if that fails, call me and we'll see if we can't work out a solution.

We had our annual meeting, which was very nice, and the food was spectacular! We have all our officers for the next year thanks to some very special volunteers. CLAP! CLAP! If you weren't there, you missed a good time.

Please examine the board minutes. HCE Week is planned and you will need to mark your calendar for the dates and times. Let's have a great turn out with guests that would like to possibly join our organization.

International Night will be October 13. Last year the food was delicious. This year we will be visiting Uruguay. Ruth Patchett will be speaking on Uruguay and other areas of a tour that she took.

We will be having a couple of fun times during international week. (look elsewhere in this newsletter).

The Board has also discussed ideas for making up for not having the food stand this year. More discussion to follow.

Remember, members are welcome to attend board meetings.

We have lost a member to Florida. Joan Brown and her husband David moved south. Joy and good times to them.

Your co-presidents: Pat Brazelton & Kate Morecraft

ECHCE Board Minutes

July 6, 2020

The ECHCE Board met on July 6, 2020, at the 4-H Building. Those present were Kate Morecraft, Pat Brazelton, Becky Step, Paula Coombes, Carole Halloran, Marge Houghland and Cindy Bruce.

Kate led the Pledge of Allegiance and the Homemakers Aim.

Cindy read the minutes from the last meeting and they were approved as read.

Carole gave us the copy of the treasurer's report and it was approved as read. The regular account has \$1,430.72 and the Premium account has \$5,924.45.

Cindy read the minutes from the Annual Meeting and they were approved.

Marge is to let Rebecca know about International Week to be in October.

2020 Annual Meeting-Evaluation:

Entertainment of Christian Landes and Aaron Rhoades were good, Front Street Marketing food was great, and the Memorial to Mary Kay Alexander, a poem written by Cindy Bruce, were all approved. Nancy Harper and Betty Lewis were given 50-year pins. Carole is to contact Dona to see if she would like to come back on board as The Cultural Enrichment/Community Outreach chair.

We are still looking for some kind of fundraiser since the Food Stand isn't going to be open. We are talking about a Basket Binga or Bar-B-Q drive thru at Shriners event. Carole is to contact them to see what can be done.

The District Meeting is in Effingham at St. John's Lutheran Church at 9 a.m. on August 13. International Culture Week is October 12-16. We hope to have a craft night or a game night as well as the regular night.

Tuesday, September 15 will be officer training night. We are going to try to get a professional to come talk about hand sanitizer and Covid-19. Registration will be at 5:30 p.m. with the program at 6 p.m.

Meeting adjourned. The next meeting will be August 3 at 1 p.m. at Pat Brazelton's home.
Cindy Bruce, Secretary

ECHCE Board Minutes

August 3, 2020

The ECHCE officers met for a board meeting on August 3 at the 4-H Fairgrounds so social distancing could be honored. Co-Presidents, Kate Morecraft and Pat Brazelton, called the meeting to order and led the Pledge of Allegiance and Homemakers Aim.

Roll call was answered by Kate Morecraft, Pat Brazelton, Marge Houghland and Carole Halloran. Officers unable to attend were Cindy Bruce, Paula Coombes, Dona Hault and Becky Step.

Minutes from the last meeting were read and approved.

Carole reported the June premiere balance was corrected and as of 7/30/2020, we have a balance of \$4,924.54. The checking account balance is \$1,530.24 after paying Extension trust and bonding insurance fee.

Marge made a motion to make a \$50 donation to 4-H Association as a memorial for Rebecca Schiver's mother's death. It was seconded by Pat and motion carried.

Several ideas were discussed to replace the 2020 4-H Fair Food Stand fundraiser but no decisions were made. Carole had checked with Shriners and Edgar County Fair to see if it would be possible to serve food at their events this fall, but was told they couldn't give an answer at this time.

Marge reported that Ruth Pachett would be the speaker for International Night on October 13. It would include Uruguay and other counties she visited on her cruise. Marge would have recipes ready for unit International Chairmen at the Officers Training session, Tuesday September 15. Edgar County HCE Week will be celebrated October 12-16.

Tues., Oct. 13 – International Night 5:30 pm registration and 6:00 pm program,

4-H Fairgrounds

Thurs., Oct. 15 – Women Walk the World 4:00-6:00pm

4-H Fairgrounds

Game Night 6:30-8:30pm

4-H Fairgrounds

Sat., Oct. 17 – Craft Day. 10:00-Noon 4-H Fairgrounds (Items can be viewed Sept. 15)

Cultural Arts Items will be on display and voted on all week.

Tuesday, September 15th will be a program on “Staying Safe During COVID 19”. Discussing various mask and ways to possibly avoid getting sick. An Officers Training session will be held after a light meal of BBQ, chips, slaw, cookies and drinks. 5:30 pm registration and 6:00 pm program at the 4-H Fairgrounds.

Articles for the August/September/October HCE Newsletter need to be submitted to Rebecca by August 20. The Extension Office may reopen August 17.

District #3 HCE meeting will be held on August 12 in Springfield but after discussion Edgar County decided to attend district meeting in Effingham on August 13.

Next ECHCE Board Meeting will be held on August 31 at 1:00 pm in the 4-H Fairground Building.

Respectfully Submitted,

Carole Halloran

Acting Secretary

A Few Things from Rebecca at the Extension Office:

*You should have received your HCE program books at the annual meeting. Check with your club president if you do not have your copy. A copy can be sent to you via email. Just drop Rebecca a note at schiver@illinois.edu.

*As the Extension Office is still closed to the public and you are not able to pick up lessons, I have included the major lesson for September in this newsletter.

Thank You

A Thank You from Christian Landes after Annual Meeting

“I would like to thank you and your organization for being such gracious hosts. Of course, we love nothing more than a chance to perform and we’ve been denied that lately. You made our summer so far. We really appreciate that and hope everyone enjoyed themselves.”

From the
International/Public
Relations Chairperson:



Our International Night will be Tuesday, October 13 and the speaker will be Ruth Patchett. She went on a cruise that stopped at Uruguay. She was only there for a short while and did not think it would be enough for a program. She will be talking about all the countries she visited, which are Morocco, Barcelona, Casablanca, Malaga Spain, Dakar in Senegal, Recife and Rio De Janiro in Brazil, Uruguay and Argentina.

Be sure that your International Director attends the Officer Training on Tuesday, September 15 to receive the recipes for tasting on International Night.

Some facts of Uruguay--The Uruguayan government imposes taxes and duties on imported goods, including anything beyond staples.

Staple items like groceries are noticeably cheaper in Uruguay, at least 10 to 31% less than you would pay in North America, Europe or Australia. But if your mood is to go shopping for clothes, cars, electronics, or just about anything imported--then get ready for sticker shock. One will be set back about twice as much as one would pay in the US.

Marge Houghland, International Director

September 2020 Major Lesson

The Buzz About Coffee

Source: Hannah Helton – HHS Educator, Clay/Owen County (Area 5)

It's no surprise that the coffee beverage we know and love is produced from coffee beans. However, did you know that coffee beans are sourced from fruit? Coffee beans are located inside of a coffee cherry. There are two types of coffee plants that produce coffee cherries, *Coffea arabica* (Arabica) and *Coffea canephora* (Robusta).

From Bean to Beverage

Once the coffee beans have been hulled, polished, graded, and sorted, they are ready for roasting. Up until the point of roasting, coffee beans are not the deep brown color we typically see. Rather, the beans are actually green. During the roasting process, the coffee beans reach an internal temperature of 400 degrees Fahrenheit. It is at this point that the beans develop a rich brown color. Roasting also releases the flavor and smell that we are familiar with. Finally, the roasted beans are ground into the product that we use in our trusty home coffee pot.

What's In Your Cup?

Research has shown that coffee drinkers may have a lower risk for cancer, Parkinson's disease, Alzheimer's disease, and death from cardiovascular disease. While this is very exciting research, don't start brewing another pot of coffee just yet. Although possible health benefits have been found, it is not currently recommended to increase your coffee consumption for improved health status. Instead, focus on eating a balanced diet, stay physically active, and get plenty of sleep! For many people, the primary appeal of coffee is the caffeine content. The average 8 ounce cup of coffee contains about 95 mg of caffeine. For comparison, 8 ounces of Pepsi contains 25 mg of caffeine. Due to the caffeine content of coffee, you should limit yourself to 3-4 cups per day. For those that are pregnant, caffeine intake should be limited to less than 200 mg per day.

Did You Know?

Brazil is the world's largest producer of coffee, followed by Vietnam, Columbia, and Indonesia.



Did You Know?

Approximately 75% of U.S. adults drink coffee, with 49% of adults drinking coffee every day. Black coffee contains a mere 2 calories per cup. However, many of us fall prey to the aisle of coffee creamers, with flavors ranging from hazelnut to strawberry cheesecake. Everyone has their favorite method for making the perfect cup of coffee. Unfortunately, additives like creamer, half-and-half, and sugar can rack up the calories, saturated fat, and sugar content of your morning cup of Joe. This is especially true if you have multiple cups of coffee a day. In recent years, it was even trendy to make “bulletproof coffee”. Don’t let the name fool you, this beverage included a heavy dollop of butter (yes, you read that correctly) in your coffee. Butter is high in saturated fat, a nutrient that should be limited in the diet. In fact, 1 tablespoon of butter contains a whopping 7 grams of saturated fat. For a person on a 2000 calorie diet, saturated fat should be limited to 22 g or less per day. If you are going to use traditional coffee creamer, be sure to note the serving size. One tablespoon of creamer typically contains 30-40 calories. Compare this to 1 tablespoon of half-and-half, which has about 20 calories. Instead of creamer, try adding some low-fat milk to your mug. Coffee is a great method to help reach your recommended dairy intake. If you add sugar to your coffee, try slowly tapering down the amount you stir in. As your taste adjusts over time, you can drastically decrease how much sugar you add to your coffee.

Coffee Tasting Activity

Put your taste buds to the test! In this activity, you will taste test samples of varying types of coffee and try to match each sample with the corresponding coffee bag. One person will need to lead this activity to keep a record of which sample is which. For example, sample 1 is the decaf Folger’s...sample 2 is the Starbucks blonde roast...and so on. Prepare at least three different types of coffee. Do your best to have variety in your samples. Try to include decaf, different brands, and an assortment of roasts (light, medium, dark). As you brew each version, pour it into sample cups. Be sure to have one person keep a key to remember which sample is which. Once everyone has tasted all of the samples, use the included activity sheet to write down your guesses. After everyone has made their guesses, the leader can reveal the correct answers.

What You Will Need:

At least three different types of coffee and cups for sampling

Nutrition Note:

1 T creamer = 30-40 calories; 5g sugar

1 T half and half = 20 calories; 0.5g sugar

1 tsp sugar = 16 calories; 4g sugar

Coffee Tasting Activity Sheet

Sample Number	My Guess	Correct Answer
1		
2		
3		
4		
5		
6		
7		
8		

Coffee Cuties



*Do Lipton employees take coffee breaks? *Steven Wright*

*I never drink coffee for lunch. I find it keeps me awake for the afternoon.

Ronald Reagan

*If I asked for a cup of coffee, someone would search for a double meaning.

Mae West

*We want to do a lot of things, we're not in great shape. We didn't get a good night's sleep. We're a little depressed. Coffee solves all of these problems in one delightful cup.

Jerry Seinfeld

Minor Lesson – September 2020 – Coffee Recipes

Paula Deen's Mama's Iced Mocha

Source: <https://www.foodnetwork.com/recipes/paula-deen/mamas-iced-mocha-recipe-1949888>

Ingredients:

3 cups strong brewed coffee, chilled
1 tablespoon prepared chocolate sauce
1 tablespoon brown sugar
2 cups chocolate milk
Iced cubes

Directions:

Combine all ingredients, except the ice, in a blender and process until frothy. Pour over ice-filled glasses and serve.

Gingerbread Coffee

Source: <https://www.allrecipes.com/recipe/27027/gingerbread-coffee/?printview>

Allrecipes.com

Prep: 20 minutes

Cook: 10 minutes

Total: 30 minutes

Servings: 6 cups

Ingredients:

½ cup molasses
¼ cup brown sugar
½ teaspoon baking soda
1 teaspoon ginger
¾ teaspoon ground cinnamon
6 cups hot brewed coffee
1 cup Half & Half cream
1 teaspoon ground cloves
½ cup sweetened whipped cream



Directions:

1. In a small bowl, mix together the molasses, brown sugar, baking soda, ginger and cinnamon until well blended. Cover and refrigerate for at least 10 minutes.
2. Add about a 1/4 cup of coffee to each cup, then stir in about a tablespoon of the spice mixture until dissolved. Fill cup to within an inch of the top with coffee. Stir in half-and-half to taste, then garnish with whipped cream and a light dusting of cloves.

Chocolate Cappuccino Cheesecake

Source: <https://www.allrecipes.com/recipe/7384/chocolate-cappuccino-cheesecake/>
allrecipes.com

Prep: 30 minutes Cook: 1 hour, Additional: 2 hours, 30 minutes Total: 4 hours
Servings: 12 Yield: One 9 or 10" cake

Ingredients:

- 1 cup chocolate cookie crumbs
- ¼ cup butter, softened
- 2 tablespoons white sugar
- ¼ teaspoon ground cinnamon
- 3- 8 oz. packages cream cheese, softened
- 1 cup white sugar
- 3 eggs
- 8 – 1 oz. squares semi-sweet chocolate
- 2 tablespoons whipping cream
- 1 cup sour cream
- ¼ teaspoon salt
- 2 teaspoons instant coffee granules, dissolved in ¼ cup hot water
- ¼ cup coffee flavored liqueur
- 2 teaspoons vanilla
- 1 cup heavy whipping cream
- 2 tablespoons confectioner's sugar
- 1-1 oz. square semi-sweet chocolate



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Butter one 9 or 10 inch springform pan.

Make Flavored Whipped Cream: Beat whipping cream until soft peaks form, then beat in confectioner's sugar and 2 tablespoons coffee liqueur.

- 2. Combine the chocolate wafer crumbs, softened butter, 2 tablespoons white sugar and the cinnamon. Mix well and press mixture into the buttered springform pan, set aside. □
- 3. In a medium sized bowl beat the softened cream cheese until smooth. Gradually add 1 cup white sugar mixing until well blended. Add eggs, one at a time. Beat at low speed until very smooth.
- 4. Melt the 8 ounces semisweet chocolate with 2 tablespoons whipping cream in a pan or bowl set over boiling water, stir until smooth.
- 5. Add chocolate mixture to cream cheese mixture and blend well. Stir in sour cream, salt, coffee, ¼ cup coffee liqueur and vanilla; beat until smooth. Pour mixture into prepared pan.
- 6. Bake in the center of oven at 350 degrees F for 45 minutes. Center will be soft but will firm up when chilled. Do not over bake. Leave cake in oven with the heat turned off and the door ajar for 45 minutes. Remove cake from oven and chill for 12 hours. Just before serving top cake with mounds of *flavored whipped cream and garnish with chocolate slivers. Yields 16 servings.

*Make Flavored Whipped Cream: Beat whipping cream until soft peaks form, then beat in confectioner's sugar and 2 tablespoons coffee liqueur.

UPCOMING EVENTS – MARK YOUR CALENDAR

Friday, August 21 Budgeting and Farm Income for 2020 and 2021 Webinars:
<https://extension.illinois.edu/events/2020-08-21-budgeting-and-farm-income-2020-and-2021-webinar>

Tuesday, August 25 Natives versus Navitars webinar 7 p.m. Registration is free at:
<https://web.extension.illinois.edu/registration/?RegistrationID=22473>

Monday, August 31 HCE Board Meeting 1 p.m. Edgar County 4-H Fairgrounds

Tuesday, September 15 Light meal, Officer Training **AND**
 Staying Safe During COVID-19 program
 Edgar County 4-H Fairgrounds Registration – 5:30 p.m.
 Program – 6 p.m.

Items to be made at the October 17 Craft Day will be on display!

Tuesday, October 13 International Night Edgar County 4-H Fairgrounds
 5:30 p.m. registration, 6 p.m. program

Program: Ruth Patchett speaking on Uruguay and other exciting places

Thursday, October 15 Women Walk the World Edgar County Fairgrounds
 4-6 p.m

Game Night! Edgar County 4-H Fairgrounds 6:30 – 8:30 p.m.

October 12 -16 Edgar County HCE Week and International Culture Week

Saturday, October 17 Craft Day 10 a.m. – noon Edgar County 4-H Fairgrounds

See the complete list of events and webinars at
<https://extension.illinois.edu/cce/events>

COVID-19 resources:
<https://extension.illinois.edu/global/resources-responding-covid-19>

Minor Lesson – October, 2020

A Few Halloween Legends (IF YOU DARE!!)

Source: <https://www.history.com/topics/halloween>

Halloween evolved from the ancient Celtic holiday of Samhain. Over the centuries, Halloween transitioned from a pagan ritual to a day of parties, costumes, jack-o-lanterns and trick-or-treating for kids and adults.

A Fear of Vampires Spawned by Consumption

During the 19th century, the spread of [tuberculosis](#), or consumption, claimed the lives of entire families in Rhode Island, Connecticut, Vermont and other parts of New England.

Before physicians were able to explain how infectious diseases were spread, hopeless villagers believed that some of those who perished from consumption preyed upon their living family members. This spurred a grim practice of digging up the dead and burning their internal organs.

Why Haunted Houses Opened During the Great Depression

Halloween night mischief inspired communities to open haunted houses during the Great Depression.

In the period leading up to the Great Depression, Halloween had become a time when young men could blow off steam—and cause mischief. Sometimes they went too far. In 1933, [parents were outraged](#) when hundreds of teenage boys flipped over cars, sawed off telephone poles and engaged in other acts of vandalism across the country. People began to refer to that year's holiday as "Black Halloween," similarly to the way they referred to the stock market crash four years earlier as "[Black Tuesday](#)."

Rather than banning the holiday, as some demanded, many communities began organizing Halloween activities—and haunted houses—to keep restless would-be pranksters occupied.



Jack-o-Lanterns and the Legend of 'Stingy Jack'

The original Jack-o-lanterns were carved out of turnips. An Irish myth about a man nicknamed “Stingy Jack” is believed to have led to the tradition of carving scary faces into gourds. According to the legend, Jack tricks the Devil into paying for his drink and then traps him in the form of a coin. The Devil eventually takes revenge and Stingy Jack ends up roaming Earth for eternity without a place in heaven or hell. Jack does, however, have a lighted coal, which he places inside a carved turnip, creating the original Jack-o-lantern.



Abraham Lincoln's 'Ghost' in the White House

For years, presidents, first ladies, guests, and members of the White House staff have claimed to have either seen [Abraham Lincoln](#) or felt his presence. [Grace Coolidge](#), wife of [Calvin Coolidge](#), the 30th president, was the first person to report having seen the ghost of Abraham Lincoln. She said he stood at a window of the Oval Office, hands clasped behind his back, gazing out over the Potomac, perhaps still seeing the bloody battlefields beyond.

Spirit Photography Claims to Capture Ghosts on Film

In the post-Civil War era, when many Americans were reeling from loss, a photographer named William Mumler claimed to capture ghosts on film. While taking self-portraits for practice, one of Mumler's prints came back with an unexplainable aberration. Although he was “quite alone in the room” when the shot was taken, there appeared to be a figure at his side, a girl who was “made of light.”

Mumler showed the photo to a spiritualist friend who told him the girl in the image was almost certainly a ghost. Mumler then began a swift business in so-called spirit photography.

Irving Writes 'The Legend of Sleepy Hollow' After Fleeing Yellow Fever

Washington Irving's 1820 tale of a headless horseman who terrorizes the real-life village of Sleepy Hollow is considered one of America's first ghost stories—and one of its scariest. Irving may have drawn inspiration for his story while a teenager in Tarrytown, New York. He moved to the area in 1798 to flee a yellow fever outbreak in New York City.

Irving's story takes place in the New York village of Sleepy Hollow. A lanky newcomer and schoolmaster, Ichabod Crane, is chased by a headless horseman. In the tale, Irving weaves together actual locations and family names, and a little bit of [Revolutionary War](#) history with pure imagination and fantasy.

Horror Movies Inspired by 'Real' Stories

On November 13, 1974, 23-year-old Ronald "Butch" DeFeo Jr. [murdered his entire family](#) in their sleep. One year later, the Lutz family purchased the house in Amityville, New York where the horror took place. George and Kathy Lutz then claimed they experienced shocking paranormal phenomena in the house: green slime oozing from the walls, a creature with red eyes and multiple family members levitating in their beds.

The claims appeared in Jay Anson's 1977 book, *The Amityville Horror*, which inspired the 1979 movie of the same title, which inspired [many more movies](#).

Why Mary Shelley Carried Her Dead Husband's Heart

Frankenstein author, Mary Shelley, is world renowned for her terrifying fiction, but few know that she had a dark secret of her own. Shelley's husband, Percy, drowned at the young age of 29 when his boat was caught in a storm in July 1822.

Percy's body and those of his fellow sailors were found 10 days later. Percy Shelley and the others were cremated, but Shelley's heart did not burn (perhaps due to a bout of tuberculosis earlier in this life). Mary Shelley eventually took ownership of her late husband's heart and is said to have carried it around in a silk bag.

Read the complete accounts of these stories at: <https://www.history.com/news/halloween-facts-traditions-legends>

Something to make you smile

An elderly man calls his son in Phoenix calls his son in New York and says, "I hate to ruin your day but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Pop! What are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the old man says. "We're sick of each other and I'm sick of talking about this, so you call your sister in Chicago and tell her," and he hangs up.

Frantic, the son calls his sister who explodes on the phone.

"They're not getting divorced if I have anything to do about it," she shouts, "I'll take care of this." She calls Phoenix immediately and screams at the old man, "You are NOT getting a divorce. Don't do a single thing until I get there. I'm calling my brother back and we'll both be there tomorrow. Until then don't do a single thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up the phone and turns to his wife and says, "Okay, they're coming for Thanksgiving...now what do we tell them for Christmas?"



Don't forget to record your volunteer hours!

Individual Volunteer Hours (CVH) Summary

Unit Name _____ Member _____ Year of Hours _____			
Monthly Hours	HCE Hours +	Other Hours =	Total Hours
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			
Total Hours			
Signature of Unit CVH Chair			
Address			
Phone & e-Mail			
List Locations Volunteered:			

Illinois Extension, Edgar County (HCE)
210 West Washington
Paris, IL 61944

U.S. Paris, IL 61944
Permit 308
Non-Profit Organization

RETURN SERVICE REQUESTED
AUGUST/SEPTEMBER/OCTOBER, 2020 NEWSLETTER
