

# OCTOBER 2016



## VISTA

Volunteers In Service To America

"I think there's no higher calling in terms of a career than public service, which is a chance to make a difference in people's lives and improve the world."

-Jack Lew

## A Snapshot of October

Welcome to the new VISTA Insider Newsletter! This will be the format for the newsletter and the calendar below will always be included separately.

This October saw a lot of changes; it is now officially 'chilly' out there folks. That means it's time to switch out that summer wardrobe for your warm and toasty fall clothes.

Thank you to everyone who participated in the Sticks and Stones writing challenge last month; there is nothing better than a good spooky story. If you participated make sure to check out the HAI Facebook page as well as the VISTA Facebook page (links below).



## Announcements

Housing Action would like to welcome Sarah Wagner, the VISTA Leader who is taking over for Willie. Sarah will be moderating the VISTA Corner.

*HAPPY BIRTHDAY!*

*Please join us in wishing out VISTAs a happy birthday:*

September

*Adam Kirk*

*Ashlen Olmsted*

*Jaymee Robinson*

*Kevin Duffy*

*Nicole Maldonado*

October

*Alfreda Baran*

*Avery McGregor*

## Fall in Love with These Recipes

Featuring [HoneySuckle](#) Catering



**PUMPKIN SPICE MIX:**  
3 tablespoons ground cinnamon  
1 teaspoons ground ginger  
1 teaspoon allspice  
1 teaspoon ground cloves  
1 teaspoon ground nutmeg

Mix together and store in an air-tight container.

### HEALTHY PUMPKIN SPICE LATTE:

1 & 1/4 cup milk  
3 tablespoons pumpkin puree  
2 tsp sugar  
1 teaspoon homemade pumpkin pie spice  
1/2 teaspoon vanilla  
1-2 shots of espresso  
Sprinkle of cinnamon or nutmeg

In a medium saucepan, pour in milk and add 3 tbsp of pumpkin puree. Whisk until they combine. Put it on the stove on medium high heat until it steams, then add sugar, pumpkin pie spice, and vanilla.

In another cup, prepare the espresso. I'm using a Vietnamese coffee filter because it is easy to control the amount and it's easy clean up too! Add in 1 tbsps of ground coffee to the filter, then fill with boiling water and let it do its thing. In the meantime, with a



milk frother (whisk), just incorporate foam into the pumpkin and milk mixture.

Pour the milk into the mug with espresso, sprinkle a little bit of nutmeg or cinnamon on top, and enjoy!



### PUMPKIN PUREE RECIPE:

You'll need 1 Sugar Pumpkin

To start, I'll preheat my oven to 375° F then move on to my pumpkin puree.

I'm using this Sugar Pumpkin that is perfect for pureeing. You can find these smaller pumpkins at any grocery store. I'll cut off the stem then cut the pumpkin in half. Now I'll scrape out all of the seeds and the pulp inside. Don't throw away the seeds because they can be cleaned and roasted for roasted pumpkin seeds! Throw in a little spice and you have the perfect snack.

Now I'll place the pumpkin halves on a baking sheet and roast them for 45 minutes face-up.

I'll let it cool completely then scrape the meat off of the pumpkin skin into my food processor. If the puree is too thick just add a few tablespoons of water to help it move along.

And ta-da! It's ready for use.

### FRENCH PERSIMMON TART:

1 puff pastry sheet  
3 Fuyu persimmons,  
peeled and sliced  
1 egg yolk  
1 tbsp water  
2 tsps coarse sugar  
1 tsp unsalted butter,  
divided  
1 egg yolk  
1 tbsp water  
1 tbsp apricot jam  
1 tbsp brandy or water



Preheat the oven to 400° F.

Thaw the puff pastry until workable. Unroll it onto parchment paper on a baking sheet. Cut a slit half an inch from the edge all around the perimeter.

Peel and slice the persimmons, paper thin. Arrange in a scalloped pattern inside the sliced edge.

Sprinkle the sugar on top then evenly disperse the dots of butter.

Mix the egg yolk with water and brush it along all edges.

Bake for 25-30 minutes until golden brown. Then remove and let them cool completely.

Mix the apricot jam and Brandy together, then warm in the microwave. Brush over the baked tart for a glossy finish.

Slice and serve.



### APPLE GRILLED CHEESE:

1 Granny Smith Apple  
1 Cup Shredded Cheddar  
Cheese

Fresh Baked Bread  
Butter

Shred the Cheddar Cheese, Slice and Butter the Bread on both sides.

Butter a hot frying pan and cook the bread for a minute. Add a layer of cheese, apple slices, then another layer of cheese.  
Add the top slice of bread, press down, and cook for another minute until the cheese melts.

### APPLE CRISP:

1 Honeycrisp Apple  
Lemon Wedge  
1 Tbsp Brown Sugar  
1/4 tsp Cardamom  
1/4 tsp Cinnamon



#### Topping:

3 Tbsp Quick Oats  
3 Tbsp Flour  
1 Tbsp Brown Sugar  
1/4 tsp Cardamom  
1/4 tsp Cinnamon  
2 Tbsp Melted Butter

Chop up the apple and mix in the Lemon juice, Brown Sugar, Cardamom, and Cinnamon. Set aside.  
In a bowl mix the Quick Oats, Flour, Brown Sugar, Cardamom, and Cinnamon together. Then pour and mix in the Melted Butter.

In 2 small tart dishes add the apple filling and top with the oat crisp topping.

Bake 25-30 Minutes at 350° F. Serve with Vanilla Ice Cream.

Thank you to HoneySuckle Catering.

## VISTA Spotlight

AnaPatricia Marquez

AnaPatrica, VISTA at Mid Central Community Action has worked on an amazing website in support of domestic violence awareness. Please support this cause and check out the amazing work of one of your fellow VISTAs.

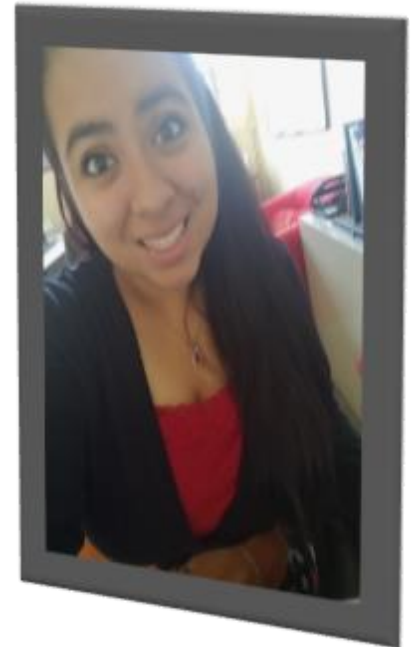
<http://purplepurse.com/>

### **Learn all about Purple Purse and the Allstate Foundation**

For more than 60 years, the Allstate Foundation has been bringing out the good in millions of lives. Established in 1952, The Allstate Foundation is an independent, charitable organization made possible by subsidiaries of The Allstate Corporation. Through partnerships with nonprofit organizations across the country, The Allstate Foundation brings the relationships, reputation and resources of Allstate to support innovative and lasting solutions that enhance people's well-being and prosperity. With a focus on building financial independence for domestic violence survivors, empowering youth and celebrating the charitable community involvement of Allstate agency owners and employees, The Allstate Foundation works to bring out the good in people's lives. We lead national programs, provide grants to nonprofits, create meaningful partnerships and rally teams to support safer lives and stronger communities.

The Allstate Foundation helps domestic violence survivors prepare for the future by helping them better understand and manage their personal finances. Working together with the National Network to End Domestic Violence, the Foundation offers tools and resources to achieve these goals.

The Allstate Foundation Purple Purse is aimed at creating long-term safety and security for survivors through financial empowerment. We are making the invisible visible. Since 2005, we have been working to bring financial abuse out of the shadows so victims can get the healing and support they deserve. The program ignites fundraising for hundreds of national, state and local domestic violence organizations. Funds raised will support life-changing financial empowerment services to help domestic violence survivors build safer lives for themselves and their families. Using our prolific knowledge of financial services and deep community reach, The Allstate Foundation has propelled more than 800,000 victims on the path to safety and security.



## November VISTA Calendar

Welcome to the monthly VISTA calendar; each month the newsletter is sent out, you will also receive a calendar of events, deadlines and reminders for the following month. Please keep in mind dates, events and timeframes can change; we will communicate these changes in a timely manner.

Calendar Key:

Observed HOLIDAY *Day Off	SPECIAL EVENT *Day of Service	DUE DATE *Paperwork	PEER SUPPORT *Deadline	Holiday EVENT *Work Day
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AMERICAN DIABETES MONTH</b>						
		1 October Newsletter VISTA PSO	2 October Timesheet Due VISTA PSO	3 VISTA PSO	4 October Monthly Report Due	5
6	7 First day in office for new VISTAs	8	9	10	Veterans Day 11	12
13	14 First day in office for new VISTAs	15	16	17 VISTA Fall Retreat	18 VISTA Fall Retreat	19
20	21	22	23	Thanksgiving 24	25	26
27	28	29	30			

\*Full versions of the calendar will be sent as an attachment with the newsletter.



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## The VISTA Corner

The VISTA Corner is a forum of communication for the Housing Action Illinois VISTAs. Write in suggestions, questions, comments, participate in challenges or simply use this as your personal VISTA forum to bring up discussions, solve problems or just chat.

Send us articles you've written, policies you've improved and any creative works. The VISTA Corner is a way to communicate among just one of many platforms, expand your knowledge or share your expertise.

### How to submit to The VISTA Corner:

Please email any questions, comments or fun facts in the body of your email. If you would like to send an article, or a creative work please make sure it is sent as an attachment and not written or copy and pasted to the body of the email. Send all works to [sarah@housingactionil.org](mailto:sarah@housingactionil.org) with the subject heading of VISTA Corner.



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## Autumn

2016

### Did You Know?

Deciduous Trees, better known as Evergreens will keep their leaves all year round, no matter what climate.

This is because Evergreen leaves are actually needles and are covered with a thick wax. This wax protects the inner components of the needles, preventing them from freezing. The Deciduous family is large, including trees like maple, oaks, elm, aspen, and birch.

Follow us on Social Media!

[www.housingactionil.org](http://www.housingactionil.org)

