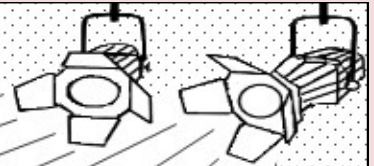


Macon County

**HCE
HIGHLIGHTS**



Off to Galesburg!!

On April 24th, Tri County members took a trip to Galesburg, Illinois. Some of us went to the Railroad Museum, which Janet told about in her report. I went to the Central Congregational Church. Today, the church is known by its "Building of Ages." In its beginning in 1894, it was the Galesburg Old First Church of Romanesque (Catholic). It was a very simple structure of wooden boxes inside and out designed to look like a meeting house for church. Congregationalists coming in from Massachusetts abhorred anything Catholic and the first building did not last 50 years, partly due to groups splitting off to become Presbyterian and the Second Congregational Church. In 1895, they reunited and went to work constructing the "Building of the Ages." This was not the traditional long, narrow rectangles with front to back seating that was common then. The new building was practically a square, with the highest point in the center being 46 feet up and with seating in semi-circle arc sections. The height allowed for a graceful dome of windows lighting the remarkable stained glass windows "umbrella." This building was of native stone designed to be beautiful and functional, within the array of towers constructed. In order to avoid the need for posts and columns that impeded the view, curving arches supported the weight. The long, long time music director was our guide and treated us to a short concert playing the 240 pipe organ. We all wish to re-visit Galesburg in the future and shop the three-block long mall and Uncle Billy's bakery again too!

Galesburg Railroad Museum

The tour of the Galesburg Railroad Museum on April 24th was very informative. The museum started with an Open House by the railroad. Railroaders came down to the depot and showed off their CB&Q memorabilia so that people would not forget them. The Chicago Burlington and Quincy railroad came to town on December 7, 1854. It was made up of the Aurora Branch, Central Military Tract, Peoria & Oquawka, and the Northern Cross. In 1970, the CB&Q Railroad was lost in mergers and became part of the Burlington Northern



Cross. It was made up of the Great Northern, the northern Pacific and the Spokane, Portland and Seattle besides the CB&Q. This formed the largest railroad in terms of mileage operated. The museum was incorporated in 1980 and opened in 1981. It holds an extensive collection of railroad memorabilia for public viewing. You can see a complete station agent's area, a central traffic control console, sit in the engineer's seat and be at the controls of a GP 30 locomotive. Galesburg is a delight for Rail Fans! Burlington Northern Santa Fe Railroad has the second largest Hump classification located in Galesburg. There are over 100 trains a day that pass through town. Our guide told us how they would put the trains together to go all over the United States. When they wanted to put together a crew, they would send somebody out on a bike to notify the people at home to be at the rail yards at a certain time. Later, they used walkie-talkies and beepers. Then, they used phones. One time, our guide said that he had taken his wife to Peoria to shop. He got a call on his cell saying that they needed him for a crew going out at 10 p.m. This was at 8:30 at night. His wife wasn't very happy that she had to cut her shopping trip short. If it had not been raining, we would have done the outside tour too. There is a 1930 steam engine, a Hudson #3006, which traveled over two million miles. Next, there was a former 1921 Pullman sleeper that had housed the museum for 22 years. Then, there was a 1924 combination car, a Railway Post Office/American Railway Express, showing how mail was handled by rail for over 100 years. There was also a 1930 caboose, CB&Q 13501, that was the second all-steel caboose built in Aurora, Illinois. Lastly, there were two 1950's inspection cars outfitted with track maintenance tools. Seeing all of this made us all a little sad that we couldn't go back in time and ride the rails across the country!

Important Scholarship Reminder

If you have been a member of MHCE for three years, you, your children and grandchildren are eligible for a scholarship. Four \$500 scholarships from MHCE are available each year. If you or your family members want to apply, go on-line to mchce.org to read the qualifications for receiving a scholarship. The instructions are available there. If you have any questions, please call Carol Ropp at 855-3339. The deadline for turning in scholarship forms is July 1, 2014.

Upcoming Events

July

Tuesday, July 1, 2014

Scholarship Forms due.

Thursday, July 3, 2014

RSVP to Macon County Extension Office for July lesson and lunch

Friday, July 4, 2014

Extension Office Closed

Tuesday, July 8, 2014

Lesson-Home & Decorating Trends

Presented by Haines & Essicks

10:00 a.m. - 12:00 p.m.

Located at Haines & Essicks, 150 E. William

Decatur, IL. You must RSVP to this event.

Monday, July 14, 2014

9:30 a.m. HCE Board

Extension Office - Clover Room

Monday, July 14, 2014

Concert in the Park Bake Sale - 6:00 p.m.

Friday, August 1, 2014

RSVP for August Lesson

Wednesday, August 6, 2014

Lesson—Creating Recipes from Your Garden

Presented by Mindy Peterson and Jennifer Nelson

Extension Office—Clover Room

9:30 a.m. to 11:00 a.m.

Monday, August 11, 2014

9:30 a.m. HCE Board

Newsletter information due to Linda Austin

Monday, August 11, 2014

Annual Program Planning Meeting

12:30 p.m. Program Planning

Extension Office in the Clover Room

Potluck lunch at 11:30 a.m.

Monday, August 11, 2014

Concert in the Park Bake Sale 6:00 p.m.

Monday, September 1, 2014

Extension Office Closed

Friday, September 5, 2014

RSVP to Macon County Extension Office for the September Lesson

Unit News

Mt. Zion Unit

April: Eight members of the Mt. Zion Unit met with members of other units for a tour of the Culinary Department at Richland Community College on April 10, 2014. Chef Brian Tucker gave a most interesting tour of the department, showing us the two kitchens used by the students as well as a separate kitchen used only for baking. Chef Tucker explained the scope of the program, including the number of students accepted, the time frame of the program, and details of the requirements to receive certifications for specific careers in the field of culinary arts. We were excited to learn that in August, a restaurant operated by the culinary arts students will be open for lunch and dinner on Tuesdays and Thursdays. One other interesting note was that the height of a chef's hat denotes how much education and training that he or she has taken in their field of study. Following the tour, we had a brief business meeting in the foyer of the Richland building. Our thanks to Chef Tucker and his department for a most enjoyable morning!

May: President Carol Flitz called the May 28, 2014, meeting of the Mt. Zion Unit to order at 1:00 p.m. at the Antioch Christian Church. Carol led the group in the Pledge of Allegiance and the Homemaker's Aim. Our members came to the meeting dressed in their most comfortable outfits. There was quite a variety of outfits from one person in her nightgown (over her clothes), others in gardening clothing and all-around comfortable wear. Not one person came dressed up in a little black dress and three inch heels. Imagine that! Roll call was answered by 13 members and 1 guest describing our favorite spring outfit. Minutes from the March and April meetings were read and approved after corrections were made. Vicky Wooten reported information from the HCE Board Meeting. Von Gregory and Edna Dean will take the lesson about "Outdoor Grilling" on June 10th at the Extension Office. Members were reminded that the tour of the ADM Research Kitchen has been rescheduled for Thursday, May 29th at 9:00 a.m. Items are also needed for the bake sale at the Decatur Municipal Band Concert in Central Park on July 14th. Macon County HCE currently has 122 members. An example of a very novel invitation prepared by Anna Belle Farrell to be given to prospective members was passed around for everyone to see. Esther Smith presented a very interesting lesson on activities available for everyone this summer in the Decatur and Mt. Zion areas. Information about the Decatur Municipal Band concerts in Fairview Park on Sunday evening and on Monday evenings in Central Park, 3 Jazz/Blues concerts on Thursdays this summer in Central Park, Chill on the Hill Concerts in Fletcher Park in Mt. Zion on Thursday evenings, which provides a wide variety of music, concerts by the Decatur Chorale and the Eisenhower Gospel Group Choir, as well as ice cream socials, and other activities were presented. Carol Flitz closed the meeting with a lovely poem by Helen Steiner Rice entitled "Springtime Glory," after which delicious fruit and chocolate tarts were served by Vicky Wooten.



Officer's Reports

President

Sharon Middleton

Summer has arrived! With 85+ temperatures and the high humidity, are we ready? Not me, but life goes on. It was so great seeing so many of you at the Spring Meeting. We had a great meeting and Brian, our speaker from Ronald McDonald House in Springfield, was very informative. The lunch was great and friendships abound!

We have had a couple of really great lessons/tours since the last newsletter. ADM Randall Research Center (the old Lakeview High School building) gave us a "three hour tour" of an incredible science adventure. We just don't know the amount of time and science goes into making food products for us to use.

The "Grilling Class" will be at the Extension on Tuesday and I know Catlin will be giving us many great ideas for this summer's grilling season.

Our Tri-County meeting with Piatt and DeWitt counties is always fun and full of information. We have their schedules of the fun activities and will share them with you so that you can attend to see what they do in their counties.

Don't forget that we will be having a bake sale during the July 14th and August 11th Concert in the Park. Please, if you are able, make up some scrumptious items for our bake sale. Remember, the money from these sales go's to our four scholarships that we give out each year to deserving students. It may be your grandson or granddaughter that receives one next year.

Take time and smell the roses that are blooming now. Have a great summer and enjoy it, fall is just around the corner!

First Vice-Presidents

Anna Belle Farrell and Janet Winter

The May 15th scheduled lesson, a tour of the Randall Research Lab, was postponed to May 29th. Caitlin Huth's program was the timely "Outdoor Grilling" topic. On July 8th, Haines and Essicks will give "Home and Decorating Trends." August 6th is "Creating Recipes from Your Garden." On September 9th, Carol Ropp will speak about "Trees, They are All Around Us." In the meantime, on July 14 and August 11, there are the bake sales at the Concerts in the Park. Plan to bake some cookies or snack mix to sell at the concerts, as well as bring your lawn chair to the park to enjoy these wonderful concerts. And then, all too quickly, it is time to think about program planning again on August 11th for 2015. Be sure to suggest to your unit president some lessons that you would like to have for 2015.

Piatt County hosted the 9:30 a.m. Tri-County HCE meeting in the Monticello office on June 2. The counties were well represented. Mindy suggested that each individual identify themselves, their county and name a favorite lesson that each one would or could present. She also surveyed the group on the

likes, dislikes, locations and number of HCE trips per year. The conclusion was one a year was a good number. Starved Rock was the favored fall spot for 2015.

July 8th, we move indoors to visit the Haines and Essicks store for our "Home and Decorating Trends" lesson. August 6th is our lesson on "Creating Recipes from your Garden." July 14th and August 11th popcorn and baked items are needed for the "Concerts in the Park" bake sales. On September 9th we look forward to touring Carol Ropp's Elwin Tree Farm. We never lack interesting and enjoyable trips and lessons. On August 11th, we will be planning for next year's programs. Germany is the chosen country of study to be celebrated on September 18th at International Day. Come with your recipes, dishes, and your taste buds!

International

Emily Chamberlain

Germany is our destination for International Day 2014. On Thursday, September 18th, from 11:00 to 2:00 p.m., Piatt and Macon County will be hosting our annual International Day event in the Illini and Clover Room of the Macon County Extension Office. Don't forget to discuss the food choices and display topics at your next unit meetings and send these to me at echamber1963@yahoo.com or call me at 217-433-4962 by AUGUST 15th. The German Recipe Sampler handed out at the Spring Meeting has a wide variety of foods for us to sample. If you decide on another recipe, please have that available with your dish.

At the event, we are looking forward to hearing from our own Else Farnham, who will have just returned from a trip back to her hometown and should have some interesting stories for us. Our guest speaker will be Kathy Sorensen, past chairman of the Decatur Sister Cities Committee, who continues to work through the student and adult exchanges to enhance relationships between Decatur's two Sister Cities, Tokorozawa, Japan, and Seevetal, Germany. Put this date on your calendar and plan on being with us for a fun and informative day!

Second Vice-President's Report

Sandy Severe

The Master Gardener's Plant Sale was a success, and I found some interest in some ladies who might possibly join. I talked to several women and passed out some literature.

The Spring Meeting proved to be a great day and we were pleased to have Linda Hooge become a member of the Rock Springs Unit. We would also like to welcome Nancy Napier to the Mt. Zion Unit. Mt. Zion has a total of seven new members. Maple Grove has three new members. Oakley has one new member and Rock Springs has one new member. This makes a total of twelve new members this year! Let's continue to work together to increase all women's awareness of Macon County HCE. Thanks for all you have done up to this point. Let's keep it going!

OFFICERS' REPORTS

Cultural Enrichment

Barb Reed

Hi Everybody! Hope you are enjoying the beautiful late spring days! So far, our Cultural "Arts Show" will be going with the same rules as last year. If anything changes at the District Workshop, we'll let you know. I hope you are enjoying working on your crafts. I am looking forward to seeing your works at our Fall Meeting. I will have more details in the next newsletter.

Community Outreach

Karen Cahill

Happy Summer!

We were able to serve three Ronald McDonald House lunches before the House closed for remodeling. MANY thanks to all of the ladies who took over for me while I was gone. Thanks also to those of you who helped cook. I understand that the lunches went well and the people were very appreciative. We used very little money so far because we were able to use many of the pantry items that they didn't want to move or store during the remodel. We plan to get back to cooking in October. If you weren't able to help earlier this year, we will try to get you on a list for our future sessions. It is a lot of fun and so rewarding!

With warm weather approaching, people will probably be drinking a lot more canned beverages. Remember to pop those tops for the Ronald McDonald House. Drink away and pop the top!!

We are also starting a new fundraising project to help the Ronald McDonald House. Start saving your **used ink cartridges** from your printer. There will be a labeled box at the Extension office where you can drop them off. It is a no cost program to us and yet helps send money to the House. WIN-WIN! If you know of an office or business that uses a lot of ink cartridges, maybe they will let you recycle them for the Ronald McDonald House.

NOTE: I ***know*** you have been keeping track of your volunteer hours on a regular basis this year. RIGHT?? The year is half over already, so if you haven't written anything down it might be a good idea to try to catch up now. We are looking forward to a record number of submitted volunteer hours this year. We need everyone's help. It is good for the community, the organization, and you!

Family Issues

Gini Smith

The Mediterranean Diet (or Med Diet) reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further

than to your local supermarket to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your kitchen cupboards, your refrigerator, your countertops, your stovetop, your oven, and your table every

day. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life.

8 Simple Steps for Good Health

1. Eat lots of vegetables. There are so many choices! From a simple plate of sliced fresh tomatoes drizzled with olive oil and topped with crumbled feta cheese to stunning salads, garlicky greens, fragrant soups and stews, healthy pizzas, or oven-roasted medleys, vegetables are vitally important to the fresh tastes and delicious flavors of the Mediterranean Diet. Can you fill half your plate with them at lunch and dinner?
2. Change the way you think about meat. If you eat meat, have smaller amounts. For example, add small strips of sirloin to a vegetable sauté, or garnish a dish of pasta with diced prosciutto. As a main course, have smaller portions (3 ounces or less) of chicken or lean meat.
3. Always eat breakfast. Start your day with fiber-rich foods such as fruit and whole grains that can keep you feeling pleasantly full for hours. Layer granola, yogurt, and fruit, or mash half an avocado with a fork and spread it on a slice of whole grain toast.
4. Eat seafood twice a week. Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.
5. Cook a vegetarian meal one night a week. Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights per week.
6. Use good fats. Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives and avocados.
7. Enjoy some dairy products. Eat Greek or plain yogurt, and try small amounts of a variety of cheeses.
8. For dessert, eat fresh fruit. Choose from a wide range of delicious fresh fruits – from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

* Information for this article provided by Oldways Group.

<http://oldwayspt.org/resources/heritage-pyramids/mediterranean-diet-pyramid>

UNIT NEWS

Ellaveech Unit

We continue to meet at Panera Bread Company each month. We enjoy each other's company and discuss some of the lessons that we have been to.

Barbara Abbott, reporting

Hickory Point Unit

The Hickory Point HCE Unit met in the home of Barb Reed, Unit President in May. We had 20 members present. We had a short meeting, then we all worked together on the lesson, "Cooking for One or Two." The handout that we received from the Extension office was reviewed and then we all discussed what we did at home since many were cooking for only one. Several members had only two to cook for. We had lots of good ideas. But, we all decided, if we had an invitation for lunch or dinner, we would take off the apron, powder our nose and eat out so we wouldn't have to eat alone. We had a very productive meeting and finished off with a wonderful strawberry dessert from our hostess, Barb.

Sharon Middleton, reporting

Oakley Unit

Welcome to summer! I am not sure what happened to spring! Joyce Hunsley, Carol and Sandy helped with the Master Gardener's Plant Sale lunch on May 3. Unit members Carol, Joyce P., Lucille, Patty, Joyce H., Cheryl and Sandy attended the Spring Meeting. Delicious breakfast items were prepared and served by our group during registration. Joyce H. and Sandy attended the lesson at the James Randall Research Center. It was a very interesting, knowledgeable and rather long tour! All of our members will be attending the lesson on June 10th on "Outdoor Grilling." Lunch and a meeting will follow.

Sandy Severe, reporting

Patchwork Unit

The Maroa Patchwork Unit has been meeting at Crawford's in Maroa for dinner. They have great pizza and a variety of sandwiches. At the May meeting, Karen Halicki handed out information for International Day. We will be focusing on Germany. Our display will be on the different holidays and celebrations that they have. There will be a couple of different kinds of cookies for sampling. Our next meeting will be June 17th at 5:30 at Crawfords. New members are always welcome. Anyone with information on Germany's holidays can contact an HCE member and we will add it to our display.

Cindy Hoffman, reporting

Pleasant Grove Unit

The Pleasant Grove unit met June 3rd at the Mt. Zion Library. We had nine members that were present. Beverly Wall opened the meeting with all of us reciting the Homemaker's Aim. Officer reports were given. Anna Belle

Farrell and Janet Winter told us about the trip to Galesburg. Several of us also went to the ADM Research Kitchen Tour. Tot Schuman showed us Cultural Enrichment shawls that she had made for some of her family. Decatur Chorale and the Eisenhower Gospel Group Choir, as well as ice cream socials, and other activities were presented. Carol Flitz closed the meeting with a lovely poem by Helen Steiner Rice entitled "Springtime Glory," after which delicious fruit and chocolate tarts were served by Vicky Wooten.

Alice Bray, reporting

Rock Springs Unit

May: The May meeting of the Rock Springs Unit was held on May 29th when the major lesson was held at the James Randall Research Test Kitchens, in the old Lakeview High School. The tour lasted approximately three hours and was extremely informative. The gentlemen conducting the tour was very detailed and knowledgeable about every aspect of the building. We kept marveling at how much he could remember about every detail. We viewed many computer labs where testing and research pertaining to corn sweeteners and soy products were being done. One lab was even making soy chocolate milk! Lastly were the culinary kitchens where the gentlemen conducting the tour worked. The kitchens were very large and equipped to handle a lot of VIP dinners for ADM. He also told us how they make donuts and desserts. They did not have any samples that day! Our unit meeting concluded the tour with a nice lunch at Jan's East End Grill. The next meeting of the Rock Springs Unit will be held after the lesson on June 10th on outdoor grilling.

June: The June meeting of the Rock Springs Unit was held at the Extension Office. We had five members present and one guest, Sue Miller, who came with Rosemary. Caitlin Huth presented a lesson about outdoor grilling. The lesson was very informative, particularly to me because I do a lot of outdoor grilling. She told us what the temperatures of various meats should be as well as showing us several videos. Other HCE members also shared some grilling tips. Caitlin also served us some pineapple and grape tomatoes that she had just broiled prior to our meeting. They were very delicious. We were also told about grilling safety and food safety. The main rule is to remember, when in doubt, throw it out. Our unit then went to El Fornos for lunch. The next meeting will be July 10th at my house. We will be outside if the weather permits.

Lois Miller, reporting

Reminder!!

Please RSVP for all lessons and events. If a fee is being charged it is IMPERATIVE that you pay the day you register. Your seat will only be reserved if paid in advance. Thank You!

Mt. Zion Unit

April: Eight members of the Mt. Zion Unit met with members of other units for a tour of the Culinary Department at Richland Community College on April 10, 2014. Chef Jeff Tucker gave a most interesting tour of the department, showing us the two kitchens used by the students as well as a separate kitchen used only for baking. Chef Tucker explained the scope of the program, including the number of students accepted, the time frame of the program, and details of the requirements to receive certifications for specific careers in the field of culinary arts. We were excited to learn that in August, a restaurant operated by the culinary arts students will be open for lunch and dinner on Tuesdays and Thursdays. One other interesting note was that the height of a chef's hat denotes how much education and training that he or she has taken in their field of study. Following the tour, we had a brief business meeting in the foyer of the Richland building. Our thanks to Chef Tucker and his department for a most enjoyable morning!

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Maple Grove Unit

Maple Grove had their meeting after the tour of the ADM Research Lab on May 29th. We had a very pleasant lunch at the Decatur Club. We discussed the tour that we had just taken at the lab and locations for our next month's meeting. Our Unit will meet at the Raspberry Tea Room on June 26th at 11:30.

Linda Austin, reporting

Family Issues

Gini Smith

The Mediterranean Diet (or Med Diet) reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than to your local supermarket to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your kitchen cupboards, your refrigerator, your countertops, your stovetop, your oven, and your table every day. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life.

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8. For dessert, eat fresh fruit. Choose from a wide range of delicious fresh fruits – from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

APRIL MINUTES

President Sharon Middleton called the meeting to order at 9:40 a.m. She then led us in the pledge to the American Flag and the Homemaker's aim. Eight units were represented with a total attendance of 16.

The minutes of the March meeting were read. Corrections were made. Anna Belle Farrell moved and Barb Reed made a second to accept the changes to the minutes as corrected. The motion passed.

Dena Hyde, 4-H representative, presented a sewing program she is planning for the summer. It will be for 4-H members to teach them the basics of sewing. She would like to have some volunteers to help with the project. Several board members volunteered to help.

Sharon had correspondence from Karen Halicki to thank us for our volunteer work during the state conference.

The treasurer's report was submitted by Pam Walker. Bills were submitted. Carol Bork moved and LaNell Darst made a second to approve the expenses.

Officer's Reports:

President: Sharon told us about the awards we received at conference. We then discussed the Cultural Enrichment entries and understanding what each category contains.

1st Co-Vice Presidents: Anna Belle Farrell and Janet Winter gave reports about share shops at the conference, our Richland Community College lesson last week and the upcoming lesson at the ADM Research Kitchen.

2nd Vice President: Sandy Severe reported that we have 121 members.

Community Outreach: Karen Cahill was absent. There were 169 cleaning cloths sold at the conference. She asked if we wanted to sell them again next year at the conference. The first Ronald McDonald lunch is this Wednesday and Margaret Leonard is in charge with Maple Grove members helping her.

Cultural Enrichment: Barb Reed gave her report.

Family Issues: Gini Smith reported about the lesson with Dr. Karouz and lessons at Kirby Hospital in Champaign.

Historian: Carol Bork has her pictures from conference. Sharon gave her several newspaper clippings about HCE members and activities.

International: Emily Chamberlain told about going to share shops at the conference and announced that Germany is our country of study this year. Emily will have the recipes and information at the Spring Meeting. We have received the stipend for last year.

Public Relations: Linda Austin reminded us that newsletter items are due today.

Program Coordinator: Mindy Peterson-Lindsey told us that Diane is on vacation this week and will work on the newsletter when she returns next week. She reported that we collected \$685.50 for the Master Gardener lunches. Currently the bus trip does not have enough signed up to go. However, Mindy has found a way to help make the trip for us anyway. We always appreciate how hard Mindy works for us.

Old Business: Sharon reported on the spring meeting and went over the program for the day. She also asked that we wear our favorite apron and bring antique kitchen items for table decorations. The Master Gardeners' plant sale is Saturday, May 3rd at the 4-H building at the fairgrounds. We discussed the lunch and the bake sale. Barb Reed volunteered to take care of the bake sale. Sharon Middleton and Karen Halicki will be in charge of the lunch and Carol Bork will assist. We still need a speaker for the Fall Meeting. It should be something about cooking.

New Business: We discussed some projects for our Fall Make-It and Take-It.

Carol Bork moved and Emily Chamberlain made a second to adjourn at 11:20.

Respectfully submitted,
Carol Ropp



Ronald McDonald

Lunch Report

Dodie Luker, Nancy Ryherd, Pat Molloy and I went to the Ronald McDonald House on May 7th to prepare the last lunch until the house reopens after remodeling. As I mentioned at the Spring Meeting, Brian Replogle had asked us to prepare something with lamb. I found a lamb stew recipe online which sounded tasty. The stew was very well received by the staff, and I am sure the guests enjoyed it too. Nancy prepared her "Hamburger Cookies" again and we also made a fruit pudding salad. The house is scheduled to be finished in September. We look forward to serving lunches again after that.

Carol Ropp

MAY MINUTES

President Sharon Middleton called the meeting to order at 9:35 a.m. She then led us in the pledge to the American flag and homemaker's aim. Seven units were represented with a total attendance of 13.

The minutes of the April meeting were read. Barb Reed moved and Carol Bork made a second to accept the changes to the minutes as corrected. The motion passed.

The treasurer's report was submitted by Pam Walker. Bills were submitted. Barb Reed and Sharon purchased supplies for the Master Gardener's lunch and bake sale. We made over \$300.00 in profits that day. Pam Walker purchased newsletter and post card postage from the extension office. The report was filed for audit.

Officers' Reports:

President: Sharon had nothing to report.

1st Co-Vice President: Janet Winter reported about visiting the railroad museum. She also reported about the Richland culinary department.

1st Co-Vice President: Anna Belle Farrell gave a report about our trip to Galesburg and told about the church tour. The ADM Research Kitchen tour has been postponed to May 29th. There is a Tri-County Board meeting June 2nd.

2nd Vice President: Sandy Severe was absent. Our recent membership count is 123.

Community Outreach: Karen Cahill thanked our members who did the Ronald McDonald lunches while she was out of town. We talked about the menu we prepared.

Cultural Enrichment: Barb Reed reported that we will do Halos of Hope again this year. She also will promote letters to soldiers.

Family Issues: Gini Smith was absent.

Historian: Carol Bork reported about getting the scrapbooks organized.

International: Emily asked us to let her know if any units didn't get their recipes. She needs to know our choices by August 15th.

Public Relations: Linda Austin reminded us that June 9th is the next newsletter deadline.

Program Coordinator: Mindy Peterson-Lindsey asked for any ideas for the 2015 spring trip. Mindy reminded us that we have our planning meeting August 11th. She explained what the U of I Extension "My Word" is about. She gave us some ideas of what we might say.

Old Business: Sharon asked for ideas for a speaker for our fall meeting. It needs to be about cooking. Mindy says she thinks we have enough members to work with 4-H for the sewing classes.

New Business: It was suggested to have a cookbook potluck before the planning meeting in August. The recipes we bring should come from the IAHCe cookbook. Anna Belle had some seed packets with notes attached about Macon County HCE which were made by Sally Dennis. Sharon is having a rummage sale May 23rd and 24th at her home to raise funds for COTA (Children's Organ Transplant Association).

Karen Cahill moved and Janet Winter made a second to adjourn at 10:40.

Respectfully submitted,
Carol Ropp

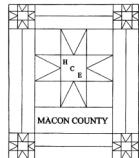
Tri-County Trip to Galesburg, Illinois

On April 24th, thirty-nine Tri-County HCE members boarded the bus at the DeWitt County Fairgrounds in Clinton, Illinois. Mindy had arranged the trip for us to discover Galesburg, Illinois. The first stop was the Orpheum Theatre built in 1916. It was constructed at a cost of \$135,000 and was first used as a vaudeville house. It hosted many early starts of stage and screen, including Jack Benny, George Burns, Harry Houdini, Al Jolson, Edgar Bergen, Fanny Brice and Blackstone the Magician. It is still being used today. Then, we were taken to the Packing House for lunch. We had a delicious lunch of chicken or meatloaf with dinner rolls and fresh-made cinnamon rolls. After lunch, some of us went to the Railroad Museum and others went to the Congregational Church. We also had time to go shopping at the many shops on Seminary Street. In spite of the raindrops that rained on our heads, every site was interesting and enjoyable.

Honor Guard Donation

We are pleased to announce that we collected \$130.00 to donate to the Macon County Honor Guard at the Spring Meeting. We hope that this helps defray many of their personal expenses.

We all appreciate what they do!



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