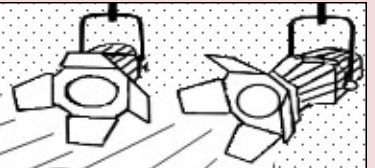


**Macon County**

# HCE HIGHLIGHTS



“Enhancing the lives of individuals and families through quality educational programs and experiences, encouraging responsible leadership and service to the community.”



### FALL MEETING

Wednesday, October 29, 2014

Our Fall Meeting will be here before we know it! You should have called your reservation in to Pam Walker by October 17<sup>th</sup> in order to have the meal. You are welcome to attend the meeting, even though you are not having the luncheon, if you forgot to call in your reservation. We will have our state president presenting our program to us, as well as installation of officers. Cultural Enrichment articles are also due that day by 9:00 a.m., if possible. We will be voting that morning. Also, please bring your completed survey that is in this newsletter concerning future newsletters. It will be a very informative, fun-filled day! We look forward to seeing you there!!!

### NONINATING COMMITTEE REPORT

We are in need of volunteers for the following offices:

- Family Issues**
- Cultural Enrichment**
- Secretary**

We all lead busy lives, but Macon County HCE **really needs your help.** A 3-4 hour commitment each month is the most that is usually required for any one position. Please search your soul, and let us know that you are willing to step up and fill an office for the following year. Contact me, Margaret Leonard, or President Sharon Middleton (620-0484) to say that you are willing. Thank you in advance for your help.

### FAB FRIDAY

FAB FRIDAY will be Friday, November 7, at the Macon County Extension Office. RSVP's are due by Monday, November 3, to the Macon County Extension Office, 877-6042. Our FABULOUS program will include a program presented by the Macon County Honor Guard about their involvement in our community, a “Man’s Best Friend” presentation by Jim Hoffert, pizza lunch, and a delicious program about “Honey, the Sticky Details” by Darryl Coates. You will not want to miss this FAB FRIDAY!



**Extension Office closed  
November 27 & 28, 2014  
and  
December 24, 2014 thru  
January 2, 2015**

## Upcoming Events

### October

#### **Tuesday, October 28, 2014**

HCE Fall Meeting set-up 3:00 p.m.  
Extension office, Illini Room

#### **Wednesday, October 29, 2014**

Fall Meeting  
9:00 a.m. Registration, 9:30 a.m. Meeting  
Bring Cultural Enrichment articles to display that day. Bring completed newsletter survey.

### November

#### **Saturday, November 1**

HCE dues to Sandi Severe

#### **Monday, November 3**

RSVP for FAB FRIDAY

#### **Friday, November 7**

FAB FRIDAY  
9:30 a.m. Macon County Honor Guard  
10:30 a.m. "Truly a Man's Best Friend", Jim Hoffert  
11:30 a.m. Pizza Lunch, \$5.00 per person  
12:30 p.m. "Honey, the Sticky Details" Darryl Coates

#### **Monday, November 10, 2014**

HCE Board  
Extension Office  
Newsletter items due to Linda Austin and Ann Adkesson

#### **Thursday and Friday, November 27 and 28, 2014**

Extension Office closed for Thanksgiving

### December

#### **Monday, December 8, 2014**

9:30 a.m. HCE Board, Extension Office  
HCE Board Luncheon for new and old officers following the Board Meeting

HCE Board assembling unit books, work on award books

#### **Wednesday, December 24-Friday, January 2, 2015**

Extension Office closed

#### **Wednesday, December 31, 2014**

Volunteer hours due to Karen Cahill. Karen will have forms at the Fall Meeting, or contact your unit president.

## Family Issues

Gini Smith

This recipe came from Caitlin Huth and the "Healthy Heart" series at Kirby Hospital. Here is a delicious, quick, and healthy dinner suggestion for you to try:

In a deep skillet sprayed with non-stick cooking spray, brown 1 pound boneless, skinless chicken breast halves, cut into 1 inch strips. Cook in hot skillet, stirring for 3-4 minutes until lightly browned.

Add:

1 14 oz. can diced, no-salt-added tomatoes and their juice  
1 8 oz. can no-salt-added tomato sauce  
1 ¼ c. chopped green peppers  
1 c. chopped celery  
1 c. chopped onion

Season with:

1 tsp. chili powder  
2 tsp. minced garlic  
1 Tbs. fresh basil or 1 tsp. dried basil  
½ tsp. crushed red pepper  
1 Tbs. fresh parsley or 1 tsp. dried parsley

Bring to a boil and add 1 tsp. Worcestershire sauce and 1 tsp. sugar. Reduce heat and simmer, covered, for 10 minutes. Taste and adjust seasoning, if needed. Serve over rice.

Nutritional information per serving: 210 calories, 2.5 grams total fat (0.5 gr. saturated fat), 65 mg. cholesterol, 130 mg. sodium, 18 g. carbohydrates, 4 grams dietary fiber, 29 g. protein

Recipe prepared by Caitlin Huth, courtesy of University of Illinois Extension, "Investing in You: Meals for a Healthy Heart".

## Fall Krinkles Sale

Thursday, November 6, 7:30 to 11:00 at the Decatur Club, 158 W. Prairie Ave.



Pre-order forms are available at Imboden Creek Gardens Assisted Living, 185 West Imboden Dr. or call Carol Ropp, 855-3339 for order forms. All proceeds go to the Macon County Honor Guard. Please help us support this great organization!!!

# OFFICERS' REPORTS

## President

Sharon Middleton

The weather is brisk and the leaves are falling! It is time to get ready for all of the holidays ahead of us. I am so excited about the upcoming HCE Week activities. By the time you receive this, that week will be a memory and off we go to another event. The Fall Meeting will be October 29<sup>th</sup>, and I hope that you will be there to see what's going on in our county. New officers will be elected and our guest speaker will give a brief talk about her trip to India last year at the ACWW conference for women all over the world. We will have a wonderful lunch and time to visit with other HCE members. Bring a guest with you to see what fun we have!

I just went to the DeWitt Game Night in Clinton, and visited with the ladies at the Piatt Fundraiser in Cisco on Saturday. It is so great that our three counties work together as one group to promote HCE. I hope both of the groups had wonderful fundraisers! More will be coming up in the next year about our shared tour or event.

In November, Fabulous Friday will be coming up with three lessons that you can use for the January and February unit meetings. Be aware that you must RSVP for all lessons and events. Check your program book for dates and times.

Your \$15.00 dues are due on November 1, 2014, and should be sent to our Second Vice-President, Sandi Severe. You may collect them from all of your members and send them as a unit to Sandi. Be sure to have your list of members, addresses, e-mail, if available, and phone numbers. She has a form for you to fill out. This form will be available at the Fall Meeting. If you need it before then, please call her. Collections of "Pennies for Friendship" are due to the treasurer, Pam Walker, by November 1<sup>st</sup> also.

Have a great Thanksgiving with your family and friends!

## Co- Vice President

Anna Belle Farrell and Janet Winter

October has been a busy month with HCE week and our Fall Meeting on October 29. Dues of \$15 for 2015 are due by November 1 to Sandi Severe. Her address is in the purple handbook on page 3. Please make out your checks to Macon County HCE.

Friday, November 7 is FAB Friday. We will have a presentation from the Macon County Honor Guard, followed by Jim Hoffert and "Truly, A Man's Best Friend".

This is followed by a pizza lunch and the afternoon lesson at 12:30, "Honey, The Sticky Details". All the information is in the purple handbook on page 24. Always read your handbook as it contains a lot of important information. Please RSVP to the office by Monday, November 3.

## Second Vice President's Report

Sandy Severe

I do believe that fall is here and winter is just around the corner! I am not so happy about the last part of that statement! Yes, we are growing slowly in numbers. Our membership is now 125. In November, we will be doing a "Make It and Take It" at the Mt. Zion library and, hopefully, we will find some ladies who are interested in our organization. But, ladies, it does take all of us to show other ladies what a wonderful organization we have. See you at the Fall Meeting. How about bringing a prospective member with you?

## International

Emily Chamberlain

Thank you to all who participated in our International Day program on Thursday, September 18. Sixty-five members from Piatt and Macon County, plus other guests, took part in our event celebrating the country of Germany. Our members did a spectacular job providing German recipes for the luncheon. I would especially like to thank Else Farnham and Kathy Sorenson for their informative presentations. I would also like to thank Mindy Peterson and Diane Dowd for their help behind the scenes.

Next year's International Day will be hosted by Piatt County and has tentatively been set for Thursday, September 17, 2015. We will be celebrating the customs, culture and cuisine of the Baltic States of Estonia, Latvia, and Lithuania.

## Cultural Enrichment

Barb Reed

Here we are into fall! I hope that you are planning to bring your items to the Fall Meeting to be voted on for the Best of Show for the 2015 State Conference. Carol Bork will be receiving your entrees. Look in the last newsletter for the information about the categories. If you have any questions, please call Carol Bork or me. Thank you again for all of your hard work and the beautiful items.



# OFFICERS' REPORTS

## Community Outreach

Karen Cahill

It is hard to believe we are in the final quarter of the year already! The Ronald McDonald House had a grand re-opening October 16. We will finally get to cook again November 5 and, hopefully, at least one more time before the end of the year. Remember, we are also supporting them again this year with our pop tabs, recycled printer cartridges, pillowcases, and financial support for new kitchen items. Please remember to bring your donations to the Fall Meeting.

Speaking of pillowcases..... We have decided to help make the children's lives a little brighter by making colorful pillowcases for them to use then take home when they leave the Ronald McDonald House. We will be having a "sewing bee" on Tuesday, October 28<sup>th</sup> at 10:00 a.m. at the Extension office. This will be a work session similar to the one last year when we made Kleenex holders. That means that you do NOT have to be able to sew to join in the fun. We will need people to help organize color combinations, iron, sew, etc. Please consider helping us that morning. We want to get several made to take with us when we go to the House in November. Give me a call if you have questions.

REMINDER: I will also need your volunteer hour reports at the end of the year. Please get a form at the Fall Meeting or from your unit president. Fill it out and get it to me **so I don't have to call you this year.** Even though I do enjoy visiting with each of you, it really takes a lot of my time and yours when I have to contact so many people individually to complete my report. I am hoping for the best year yet! If you need help I will be glad to be of assistance.

Karen Cahill  
2517 Burgener Drive  
Decatur, IL 62521  
428-0037 or 520-2683

## Public Relations

Ann Adkesson

Dear Macon County HCE Member,

Please take a few minutes to answer this survey about the "HCE Highlights" newsletter. We are considering a few changes to the newsletter, due to the rising costs of printing and mailing it. We would like to know IF you read it, WHY you read it, WHAT you read and WHAT you

think are the most important parts of the newsletter. We do not want your name, so PLEASE answer it honestly (if you don't read it, please say so – you won't hurt our feelings!) In each section, please check all that apply.

WHEN YOU RECEIVE YOUR MCHCE NEWSLETTER IN THE MAIL DO YOU

- read it immediately (within 24 hours or so), cover to cover
- read the 1<sup>st</sup> page or 2, maybe skim the rest
- look for your chapter's news and read only that
- read the board minutes
- read the officers' reports
- read and/or clip the Upcoming Events column
- toss it without reading
- other \_\_\_\_\_

WHAT PARTS OF THE NEWSLETTER DO YOU USUALLY READ? PLEASE CHECK ALL THAT APPLY

- board minutes
- officers' reports
- chapter reports
- reports of past events, trips, lessons
- descriptions of future events, trips, lessons
- events calendar
- other \_\_\_\_\_

Thank you for your input. We are trying to make sure the newsletter is a meaningful way for you to keep up to date with all that's going on with your Macon County HCE.

If you would be interested in having the newsletter emailed to your inbox, please check here

THANKS!

# MACON COUNTY UNIT NEWS

## Hickory Point Unit

**September:** Our unit met on September 9 at Crestview Christian Church. Sybil Foster gave a book review of "One More Day", by Mitch Albom. Barb Reed reported on upcoming events, especially HCE week. Sharon and Louise went to the Elwin Tree Farm lesson, along with their husbands, and were impressed with the big equipment that was used to transplant trees, and the information that was shared. We are proud of the grandchildren of Joan, Virginia, and Sharon who received scholarships from HCE.

**October:** Our unit met at the Extension Office on October 14 to attend the HCE lesson on Agri-Tourism in Central Illinois presented by Doug Gucker. It was very interesting to learn of the various program that are available on the area farms—everything from cows, goats, and bison herds, pumpkin patches, maple syrup, herbs to wineries. Tours and visits can be arranged, and they are all fairly close to Decatur. We enjoyed our visiting as we ate a delicious piece of cake baked by Sharon Middleton. We were very happy to have her grandson, Crosby, with us and celebrate his return to good health.

Louise Wickline, reporting

## Oakley Unit

Our group met at Lucille's for a cook-out this month, but it turned out to be a "cook-in". We had two ladies who attended that may become new members. Hopefully, we will have good news to report for the next time. Our group will be attending the Fall Meeting as well as Fabulous Friday. December will be our Christmas party.

Sandy Severe, reporting

## Maroa Patchwork Unit

The Maroa Patchwork Unit met September 9<sup>th</sup> at Crawford's Pizza in Maroa. We finalized plans for our International Day exhibit. Karen Halicki hosted our display. After our dinner, Karen Halicki handed out pamphlets on "Learn, Grow, Share". It gave instructions on growing fall plants and vegetables in buckets. Some of us will attend HCE week. Our unit will have its monthly meeting on October 21<sup>st</sup> at Crawford's in Maroa. New members are always welcome.

Cindy Hoffman, reporting



## Pleasant Grove Unit

Pleasant Grove Unit held their October meeting at the Extension Office. We collected small toiletries for Oasis Center. We elected new officers for the 2015 year, and then enjoyed a delicious lunch at the new RCC Culinary Bistro 537. The menu is a la carte, with prices from \$4-\$11. The menu includes appetizers, salads, entrees, and desserts. They serve lunch and dinner on Tuesdays and Thursdays between 11-1 and 6-8. Menus and reservations are available by phone (875-7211, ext 537) or email [cswigert@richland.edu](mailto:cswigert@richland.edu).

Alice Bray, reporting

## Maple Grove Unit

Our unit met at our president's house after the lesson on trees. We had 14 members and 4 guests that were present. We discussed our participation in the International Day event. Thanks to all who helped with that. We discussed HCE week activities and were reminded that all of the events need an RSVP. Several members paid their 2015 dues, as well as for the Fall Meeting. We will not meet in October due to all of the HCE week activities. Our November meeting will be on Thursday, November 13<sup>th</sup>, at 11:30 at the Decatur Club. The December meeting will be Wednesday, December 10<sup>th</sup>, at 11:30 at Carol Ropp's house for a potluck lunch and a \$5.00 gift exchange. Karen Cahill passed around a flier about Father Garramone, also known as the "Bread Monk". She went to his very entertaining presentation and recommends him to HCE as a potential program or fund-raising event.

Mary Kay Ennis, reporting

## Rock Springs Unit

The September meeting of our unit met in the home of Linda Hooge. We had five members and one guest, Bonnie Lanham, present. Upcoming events that we were reminded of are: HCE week activities, making pillowcases on October 28 at the Extension Office, Fall Meeting on October 29; and membership dues (\$15.00) are due by December 1. Master Gardener's will have training sessions in January and February.

Lois Miller, reporting

# AUGUST MINUTES

August 11, 2014

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 eleven.

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

Sharon Middleton read an appreciation letter from the U of I Foundation and Carol Ropp had a thank you note from Daniel Kershaw for being chosen for a scholarship. Sharon also had our award from the Macon County 4-H and Extension Foundation which was presented to us in recognition of all of our hard work.

The treasurer's report was submitted by Pam Walker. Karen Cahill moved and Gini Smith made a second to approve payment of the submitted bills. The report was filed for audit.

## Officers' Reports:

**President:** Sharon Middleton reported about helping with the Ronald McDonald House Charities event at the Decatur Celebration.

**1<sup>st</sup> Co-Vice President:** Janet Winter reported about a Master Gardeners' event she attended in Bloomington. She also told us about the Recipes from the Garden lesson presented by Mindy Peterson-Lindsey and Jennifer Schultz-Nelson.

**1<sup>st</sup> Co-Vice President:** Anna Belle Farrell reminded us about the upcoming events in our schedule through October.

**2<sup>nd</sup> Vice President:** Sandy Severe reported that we currently have 124 members. There was a mistake last month when she reported 125.

**Community Outreach:** Karen Cahill reminded us to be keeping track of our volunteer hours. Brian Replogle confirmed October 8<sup>th</sup> and November 5<sup>th</sup> for dates to prepare lunch at the Ronald McDonald House. Karen reminded us that we had talked about having another drive this fall to donate kitchen items to the new kitchen Karen Cahill moved that we have a drive, and Carol Bork made a second. Karen reminded us again to donate our empty ink cartridges for the Ronald McDonald House Charities. There will also be a donation box at the fall meeting.

**Cultural Enrichment:** Barb Reed will find out what the new changes will be and let us know after the district meeting. She reminded us about the bake sale in Central Park tonight.

**Family Issues:** Gini Smith reminded us about the events coming up in Macon, DeWitt and Piatt Counties' extension offices. Gini reported that we will be having a fall Kringle sale November 6<sup>th</sup>. The proceeds will go to the Macon County Honor Guard this time. Land of Lincoln Honor Flight has absorbed Central Illinois Honor Flight. They are working hard to take all of our area veterans, and our spring Kringle sale proceeds will go to the Land of Lincoln Honor Flight. Gini also reported about the Ageless Aviation Dreams organization which is coming to Decatur August 30th.

**Historian:** Carol Bork has been taking pictures and asked for anyone who takes pictures of our events to please submit them to her.

**International:** Emily Chamberlain reminded us that International Day is September 18<sup>th</sup>. She told us about the recipes she has had submitted so far. We still need more food! Registrations for the event need to be made by Friday, September 12<sup>th</sup>.

**Public Relations:** Linda Austin reminded us that newsletter items are due today. We discussed what upcoming events we want to have published in the news.

**Program Coordinator:** Mindy Peterson-Lindsey told us that we still are having trouble with R.S.V.P. for our events. There were 49 reservations and only 37 attendees came to her lesson. Not only do reservations need to be made, cancellations need to be made as well. Mindy reminded us to mention upcoming events in the newsletter rather than reporting on past events. Dina Hyde asked us to plan another event during our planning meeting today. Mindy reported on other activities she is planning for us.

**Old Business:** Sharon reminded us to always R.S.V.P. for events.

**Unfinished Business:** The District Meeting is August 20<sup>th</sup> in Washington, IL. We planned how we would car pool. We will meet at 7:45 in the Sam's parking lot. Sharon had the cookbooks to sell. The nominating committee still needs to fill the offices of Community Outreach, Family Issues, Cultural Enrichment and Secretary.

We discussed HCE Week activities. We will have a cookie exchange and play games in the Illini Room October 15<sup>th</sup>. We need to try a new recipe to bring and bring 3 dozen to the event. Recipes need to be submitted by October 1<sup>st</sup> so that they can be copied for everyone. We need to buy white cookie boxes for the cookies to be taken home. Karen Cahill moved and Linda Austin made a second to buy these.

We then discussed the Make It and Take It items we may do. Karen Cahill showed us coasters, 3-D pumpkins and boxes she has made. Sharon had some other ideas she is interested in doing. We selected seven different items from which to choose four for that day.

We discussed registration and hospitality for the fall meeting October 29<sup>th</sup>. The Oakley Unit will take care of registration. Mt. Zion will be asked to take care of the hospitality items.

Karen Cahill has been asked to do her cleaning lesson again for the conference next spring. She asked if we want to sell cleaning cloths there again. LaNell Darst moved and Sandy Severe made a second to purchase more to sell.

Linda Austin moved and Anna Belle Farrell made a second to adjourn at 11:40.

Respectfully Submitted,  
Carol Ropp



# SEPTEMBER 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 Homemakers' Aim. Eight units were represented.

The minutes of the August meeting were read and corrected. Sharon Middleton moved and LaNell Darst made a second to approve the minutes as read. The motion passed.

Sharon read correspondence from Dena Hyde for 4-H.

**Treasurer's report:** Pam Walker reported our balance and expenses. Report was submitted for audit.

## **Officers' Reports:**

**President:** Sharon Middleton reported on the July bake sale. She reported that we had taken in \$483.70 and paid the municipal band our percentage.

**1<sup>st</sup> Vice President:** Anna Belle Farrell and Janet Winter spoke on the upcoming lessons. They also gave directions on how to get to the tree farm on Sept. 9<sup>th</sup>. Chairs will be available.

**2<sup>nd</sup> Vice President:** Sandy Severe stated that membership stayed at 124 members. Mt. Zion Library wants HCE to do some lessons for them. Discussion of some projects was held.

**Community Outreach:** Karen Cahill discussed making plastic mats for the homeless. We can pursue this on our own. People have been chosen for cooking at the Ronald McDonald House for Nov. 5<sup>th</sup>. Pillowcases will be made for the children at the Ronald McDonald House. Motion was made and approved. October 28<sup>th</sup> will be used to make cases at 10 a.m. before the set up for the Fall Meeting. Karen Cahill will furnish a lot of the material. Other donations are welcome. Approval was made at the August meeting to purchase more cleaning cloths. 210 cloths will be purchased for \$363.60. Karen reminded us to keep track of our volunteer hours.

**Family Issues:** Gini Smith spoke on the Family Meal Challenge. She also told us about Meals for a Happy Heart Sept. 15<sup>th</sup> and 22<sup>nd</sup> at 5 – 7 p.m. in Monticello at Kirby Hospital. Gini also told about the 28 veterans who participated in the Ageless Aviation Dreams Foundation visit to Decatur and Shelbyville.

**Cultural Enrichment:** Barb Reed discussed the Fall Meeting. The Cultural Enrichment categories will stay the same. Discussion of new projects was held.

**Historian:** Carol Bork spoke about the bullying discussion at the Washington, Illinois meeting

**International:** Emily Chamberlain told about International Day. Kathy Sorensen will speak first, then we will eat. Else Farnham will speak first after lunch. Then, all others will follow about their project. Food is still needed for the lunch.

**Public Relations:** Linda Austin spoke on the Washington meeting. She also talked about shortening the newsletter and making it speak of future events rather than past events. We may have a vote at the Fall Meeting or in the October board meeting.

**Program Coordinator:** Mindy Peterson-Lindsey told us that the spatulas for the cookie walk will be \$2.00 each if we order 150. Some of the members will check for better prices at surrounding stores. Master Gardeners' training lunches will continue. If cancelled at the last minute, Master Gardeners' will cover the cost of the food. More information will be forthcoming about the Tanner's Orchard trip. Tri-County Board meeting will be Oct. 6<sup>th</sup> in DeWitt County.

**Old Business:** Margaret Leonard reported on the nominating committee. We still need nominations for Cultural Enrichment, Secretary, Family Issues and Community Outreach. Sharon spoke about projects for HCE week on Oct. 16<sup>th</sup>. Concert in the park bake sales will be done again next year. The dates are July 13<sup>th</sup> and Aug. 10<sup>th</sup>, 2015.

**New Business:** The spatulas will be \$209.00 + \$50.00 set up fee for 250 spatulas if they are ordered. No approval was done. More discussion was held. Please bring any ideas to the next meeting.

The meeting was adjourned at 11:30.

Respectfully submitted,  
LaNell Darst



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