

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



HELP!

We have learned that our food booth at the Farm Progress Show is still in need of help on Thursday,

September 3, from 10:00 a.m. to 5:00 p.m. If you can help, please call the Extension Office at 217.877.6042. Thank You!

Scholarship Recipients

The Scholarship Committee met after the July board meeting to decide on the 2015 recipients. We are pleased to announce that we awarded three of the four scholarships for the 2015-2016 school year.

Camden Cripe, grandson of Joan Grider (Hickory Point Unit), will be a senior at McKendree College this year. Camden's major is Athletic Training.

Megan Kershaw, granddaughter of Joan Grider (Hickory Point Unit), will be a senior at the University of Southern Indiana. Megan's major is Psychology.

Allie Watts, granddaughter of Carol Myers (Maple Grove Unit) will be a senior at Southern Illinois University - Carbondale. Allie's major is Biochemistry and Biology with plans to go on to Pharmacy school.

We congratulate these students for all of their hard work. I also want to thank the membership for awarding these scholarships. It is a great way to support our members' families.



Pillowcase Sewing Session

We will be having another pillowcase sewing session on August 21, 2015 from

9:00 a.m. to 4:00 p.m. at the Extension Office. We will be ordering in for lunch. Come and help us! We need cutters, ironers, pinners, sewers, and label markers during this session. We have a spot for you! Please let Karen or Carol know if you are planning to be there. Thank you in advance for your help!



Fall Meeting

Brandy Brown from Warrensburg, IL. will be our guest speaker during the Fall Meeting on October 28th. She is a wonderful quilter and will be talking about the history of quilting. You will really enjoy her presentation!

Tour Macon County Health Department



SEPTEMBER 30

9:30 A.M. TO 11:30 A.M.

Meet at the Macon County Health Department
1221 E. Condit St., Decatur
Learn how the Health Department affects your life
every day! Please enter by the East Entrance and
RSVP by Friday, September 25, 2015
to 217.877.6042.

Upcoming Events

<u>August</u>

Wednesday, August 19, 2015

Lesson - Sensational Summer Drinks 9:30 a.m.—11:00 a.m. Presented by Caitlin Huth Extension Office - Clover Room

September

Tuesday, September 1 thru Thursday, September 3, 2015 Farm Progress Show

Monday, September 7, 2015

Extension Office Closed for Labor Day

Friday, September 11, 2015

RSVP to Macon Extension Office for International Day

Monday, September 14, 2015

9:30 a.m. HCE Board Extension Office - Clover Room

Thursday, September 17, 2015

International Day Event 11:00 a.m. to 2:00 p.m. Macon County Extension Office Illini Room and Clover Room Event Contact—Emily Chamberlain

Friday, September 25, 2015

RSVP to Macon Co. Extension Office for the Sept. Lesson

Wednesday, September 30, 2015

Lesson—Macon County Health Department
Presented by Brandi Brinkley
9:30 a.m. to 11:30 a.m.
Meet at the Health Dept., 1221 E. Condit St., Decatur
Please enter the conference room using the East entrance.

October

Monday, October 5, 2015

Tri-County Meeting
DeWitt County Extension Office
9:30 a.m. to 1:00 p.m.

Friday, October 9, 2015

RSVP for All HCE Week Activities and Lunches

Monday, October 12, 2015

9:30 a.m. HCE Board Extension Office - Clover Room Newsletter information to Linda and Ann



Family Issues

Mark Kay Ennis

Under the IAHCE guidelines, the Family Issues director's goal is to "help individuals and families become aware of the many outside influences that affect families and to promote safety, health, fitness, and nutrition education by providing skills that will enable children and adults to develop to their fullest potential and increase the quality of life." When I took over this "job," I was told that the topic of concentration this year was "senior bullying," so I wrote my first three newsletter articles on that. The "well has run dry" as far as facts about this subject goes. I asked my co-presidents if I had to remain on this subject, and was given the go ahead to change the emphasis for the rest of this year!

With the above goals in mind, I have decided to address something that I believe in, the government program called Foster Grandparents. With school beginning this month, I'd like to tell you about the program. I realize that we have members who will not fit into this category, but enough of us do to make this a worthwhile consideration. The program is defined as ideal for individuals who are 55 or older who want to share their experience and compassion with children.

I am not aware of this program being used in our schools locally, but if you would like more information about it, please go to Foster Grandparents at nationalservice.gov to find out more.

International Day.....September 17

Health Dept. Tour....September 30

Fall Meeting....October 28

Co-President

Karen Cahill and Carol Ropp

Summer has finally arrived and fall will be here before you know it! We hope you are enjoying this time of year. The calendar is filling up with HCE activities that we hope you will be able to attend. Please make note of them in this newsletter.

We held bake sales at Central Park during two Decatur band concerts in July and August. Even though there was a scheduling conflict, you came through with a wonderful variety of goodies. Thank you to all who contributed to the sales and those who worked at the park. We use our profits to help pay for the scholarships we give each year. Next year we plan to have three bake sales.

Thirty-two pillowcases were made for the Ronald McDonald House during our July 23rd sewing session. Our next (and final) sewing session for the year will be Friday, August 21st from 9a.m. - 4p.m. Please join us all day or for a part of the day. Maybe you would consider donating fabric or money for fabric. We hope to see you at many of the upcoming HCE events. Try to bring a friend. They might even want to become a member.

Second Vice President's Report

Sandy Severe

Our District Meeting will be August 12th and hopefully, I will get some new and fresh ideas to bring in new members. If anyone has an idea that they would like to run by me, I would really appreciate your input. Don't forget International Day in September, and be sure to get your reservations in as soon possible.

Members are brought in by everyone and not just the Vice President! Here's to bringing in 10 new members by the end of the year! That might be a bit of a stretch, but let's give it a try anyway, ladies!

International

Emily Chamberlain

The Baltic States of Estonia, Latvia, and Lithuania will be our destination for International Day 2015! Piatt and Macon County will come together for our annual International Day event on Thursday, September 17th from 11:00 a.m. to 2:00 p.m. in the Illini Room of the Macon County Extension Office. Piatt County will be hosting this year's event.

We need several more units to respond with their choices of food and display topics. Please check with Emily Chamberlain at echamber1963@yahoo.com or call 217.433.4962 by August 15th so that we have a good and interesting variety of food and information to be presented. We also need time to prepare identifying display cards for your dishes. Please be generous with your recipes. We are expecting about 70 people for lunch. The recipe sampler handed out in the spring has a wide variety of foods for us to sample. The members who have tried the Latvian Apple Loaf have found the amount of flour to be too little. You might want to try your chosen recipe before you

bring it to be sure that it turns out alright. If you decide on other recipes, please have those available with your dishes.

Remember your Pennies for Friendship that you collected are instrumental in the work of ACWW (Associated Country Women of the World.) Through this organization, over 70 countries worldwide offer a variety of developmental programs and projects to help rural women raise the standard of living for their families and their communities.

Put this date on your calendar and plan on being with us for a fun and informative day. Please register for the luncheon by contacting the Macon County Extension Office at 217.877.6042 by Friday, September 11, 2015.

Community Outreach

Mary Ann Platt

We prepared lunch at the Ronald McDonald House on July 15, 2015. We served tater tot casserole, a green salad, and brownies. We turned in 2.4 pounds of pop tabs as well as 43 pillowcases. Thanks to everyone who helped make the pillowcases and fix the meals. We have another pillowcase sewing day on August 21 from 9:00 a.m. to 4:00. p.m.

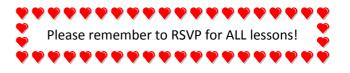
We plan to serve one more lunch at the House. The date has not been determined yet. We plan to discontinue these luncheons on a county level. If YOUR UNIT wants to provide a meal, please feel free to do so. I would like to continue saving pop tabs. I will deliver them.

At District meeting on August 12, 2015, I was notified of a change in the way we report our volunteer hours for the year. Please categorize your volunteering in to the major areas/agencies you volunteer for. Examples would include: Church, Red Cross, Hospital Auxiliary, HCE. Please tally each category separately at the end of the year and submit that to me.

Cultural Enrichment

Sally Dennis

I hope that you are continuing to work on your projects for the IAHCE Conference in Peoria next year. Please bring your entry to the Fall Meeting on October 28th. This is when we will vote on which entries will be sent to conference. A list of the categories was published in a past newsletter or you can call me at 864.2792 if you have comments or questions. I can hardly wait to see what everyone is creating!!!



HCE WEEK ACTIVITIES

Monday, October 12, 2015

HCE WEEK KICKOFF LUNCH

Sub Sandwich Lunch - \$6 11:30 a.m. to 12:30 p.m. Extension Office

HCE WEEK LESSON

Don't Use a Bag, Use Gift Wrap

12:30 p.m. to 2:00 p.m.

Presented by Gini Smith and Sandy Severe

Extension Office

Wednesday, October 14, 2015 NO EVENTS

Thursday, October 15, 2015

Trip to Bayern Stube Restaurant and Wendell Niepagen Greenhouse Cost to be determined

Tuesday, October 13, 2015

HCE WEEK LESSON

A Crafting Extravaganza

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

Extension Office

Fee - To Be Determined

Presented by Karen Cahill and Carol Ropp

BBQ LUNCH

11:30 a.m. to 12:30 p.m.

\$5.00 per person

Extension Office

HCE WEEK LESSON

Squash It!

12:30 p.m. to 2:30 p.m.

Presented by Jennifer Nelson, Karyn Traum and

Mindy Peterson

Extension Office

Friday, October 16, 2015

HCE Week Lesson

Someday is Today, Make Your Bucket List

10:00 a.m. to 11:30 a.m.

Presented by Mindy Peterson

Extension Office

Pizza Lunch

11:30 a.m. to 12:30 p.m.

\$5 per person

Extension Office

HCE WEEK Lesson

Discovering Pinterest

Presented by Sharon Middleton

Extension Office

12:30 p.m. to 2:00 p.m.

Don't Forget To RSVP For All
Lessons and Lunches That You Wish
to Attend! <u>Deadline to RSVP is</u>
<u>Friday, October 9, 2015</u>
Look for a flyer to be mailed

in late September!

MACON COUNTY UNIT NEWS

Oakley Unit

The July meeting was held at Patty's house with a lesson on "Tombstone Tales," given by Cheryl. We will be going out to lunch for the August meeting. We will then go to Arcola for the play "Half-Stitched." I am really looking forward to that day. The lesson for August, "Sensational Summer Drinks" sounds like a really fun lesson. As always, get your reservation in so you don't miss out on all of the fun!

On a much sadder note, we lost our oldest and dearest member, Lorraine Albert in July. She will be truly missed and our thoughts are with her family. She was a wonderful lady!

Sandy Severe, reporting

Mt. Zion Unit

June: Our June meeting was held at Antioch Christian Church. Vicky Wooten conducted the meeting in the absence of our President, and also presented the lesson on "Tombstone Tales." Vicky, Connie Nickey, and Nancy Napier attended the tour of Greenwood Cemetery. She related many interesting facts and stories that were shared by the cemetery caretaker, Mr. Lyn Dixon, on the tour. It is a fascinating part of Decatur's history. Ruth Gibson served delicious refreshments as we continued to ask questions and chat about all we had learned. Many of us left the meeting with a plan to visit Greenwood Cemetery ourselves, as well as thinking about our own ancestries.

July: On Wednesday, July 29, five members of the Mt. Zion Unit, escorted by Leon Flitz and Frank Wooten, went to see the stars at the Planetarium on the campus of Illinois State University. We were honored to have our own private presentation by one of the staff members at the site. We leaned our heads back on the seat, and the program began. Soft music filled the air and the sky above us was filled with what appeared to be millions of stars. We toured our own Milky Way Galaxy, and saw what scientists believe are many other galaxies in the solar system. Our presenter then updated us on what scientists are currently studying and patiently answered our questions.

Following our trip into the stars, we lunched at Avanti's restaurant near the campus, where the pizzas, salads, and bread were beyond delicious! After a quick trip to Eastland Mall, we were homeward bound. We recommend the planetarium experience and Avanti's! Just let us know when you are going so you can bring back a pizza for us!

Von Gregory, reporting

Pleasant Grove Unit

July - The Pleasant Grove Unit met July 7th at the Royal International Buffet, with 9 members present. President Janet Winter opened the meeting with the Homemaker's Aim. The Secretary and Treasurer's reports were given and approved. Anna Belle Farrell reported on the pillowcases

made for the Ronald McDonald House. Upcoming HCE events for July and early August were reported on. Our next meeting will be August $4^{\rm th.}$

August - We met on August 4 at the Mt. Zion Library with 9 members present. Barb Hall was Hostess and fixed a wonderful lunch for us! Janet Winter opened the meeting, and the Secretary and Treasurer's reports were given. Anna Belle reported 74 pillowcases have been made for the Ronald McDonald House. More are needed and will be made August 21. Janet reminded us of the upcoming lessons and Program Planning meeting. Else Farnham spoke about International Day and reminded those who volunteered to make food. Janet reminded us of HCE Week activities. September 1st is our next meeting. Several of our members have health issues so all need our prayers. The meeting closed at 11:15.

Alice Bray, reporting

Maple Grove Unit

The Maple Grove Unit met at II Forno at 11:00 on July 23rd. The roll call was taken with the ladies naming their favorite picnic food item as a "here" response. The secretary's report was read and approved. The dues collection was passed as well as the Pennies for Friendship container. It was reported that HCE sponsored a bake sale for the Monday, July 21st band concert and earned our county group \$223.00. The next bake sale opportunity will be August 3rd.

It was announced that HCE awarded three of the four available scholarships to these individuals: Joan Grider's granddaughter and grandson, and Carol Myers granddaughter. We were pleased that they took the time to submit their applications.

Vi Lanum reported that the preparation of the Ronald McDonald lunch went very well. Our next meeting will be at Doherty's in downtown Decatur on August 27 at our usual time of 11:30. After leaving from our July lunch, several members went back to the Extension office to sew more pillowcases. Thank you, ladies, for your time.

Mary Kay Ennis, reporting

Rock Springs Unit

Six members of the Rock Springs unit attended the lesson, "Can I Really Eat Out of my Flower Garden?" It was a very informative lesson and we all enjoyed the samples. After the lesson, we ate lunch at The Garden Restaurant. We discussed upcoming events—August 10 for program planning, August 21, making pillowcases and International Day on September 17th. We should call Emily Chamberlain and tell her what we are preparing. Next month, we will attend the "Sensational Summer Drinks," and have lunch afterwards. The September meeting will be at Margaret Leonard's home.

Bonnie Lanham, reporting

JUNE MINUTES

Macon County Home & Community Education June 8, 2015

Co-President Karen Cahill called the meeting to order at 9:40 a.m. Co-President, Carol Ropp led the Pledge of Allegiance and the Homemaker's Aim. Seven units were represented with 14 present.

The minutes of the last meeting were read. Anna Belle Farrell moved and Linda Austin seconded that the minutes be approved as corrected. Motion passed.

Treasurer Pam Walker was absent, and Carol Ropp read her report which was filed for audit. Bills to be paid were submitted by Sally Dennis, Carol Ropp, Mary Ann Platt and Mindy Petersen-Lindsey. Mary Ann Platt moved and Sally Dennis seconded that we donate \$50 to Greenwood Cemetery to be used to buy solar grave lights. Motion passed.

Carol Ropp read a note from the 4-H Foundation thanking our group for our \$90 gift.

Officers' Reports:

Co-First Vice Presidents: Janet Winter reported that there were over 50 people attending the lesson on hummingbirds. Ninety volunteer are needed for the Farm Progress Show. The fall bus trip to Starved Rock is scheduled for the first or second of October and will cost \$75. Another Make-Explore-Share Day is scheduled for April 9, 2016. Anna Belle Farrell said a tour of the Macon County Health Department was set for September 30, 2015.

Second Vice-President: Sandy Severe was absent.

Community Outreach and Volunteer Hours:

Mary Ann Platt read a thank you note from Ronald McDonald House for pillowcases. She also got volunteer help for future meal-serving on June 17, July 15 and August 17.

Family Issues: Mary Kay Ennis was absent.

Cultural Enrichment: Sally Dennis urged members to bring craft items to the Fall Meeting. A category list will be published in the newsletter. She suggested that members make early reservations for the conference in Peoria next spring.

Historian: Carol Bork said she had many pictures from the cemetery tour, and many more could be found on the Herald and Review site. Clarence Middleton was absent.

International: Emily Chamberlain reminded us that International Day will be September 17, and Unit information should be turned in by August 28. Individual presentation should be limited to 3-4 minutes.

Public Relation: Linda Austin and Ann Adkesson stated that all newsletter information must be turned in today.

Program Coordinator: Mindy Peterson Lindsey reported on the Tri County meeting that had 27 present. She said that DeWitt County will no longer have individual units but will have just one county group. A committee will be planning a Tri-County special event for next October. The Master Naturalist Pollination Celebration group served 38 lunches at Rock Springs.

Unfinished Old Business: Carol Ropp has been looking for name, tags, but no decision has been made. The ordered polo shirts have arrived. A list of appropriate times to wear them will be decided upon.

New Business: Sewing dates for pillowcases were set: June 22: 9 a.m. to 4 p.m., July 23: 1 p.m. to 4 p.m., August 21: 9 a.m.to 4 p.m. in the Illini Room. State newsletters for those not receiving them will be ordered. Bake sales for the band concerts will be July 13 and August 10. Mt. Zion unit will organize them. Finger foods should be donated at the office by noon the day of the sale or brought to the park by 6:00 p.m. Volunteers are needed for the Farm Progress Show. Meals will be served for the workers on August 31: 9 a.m. to 12:00 p.m. When the show is open September 1 thru 3, volunteers are needed all day starting with an early shift 7 a.m. to 1 p.m., later 10 a.m. to 5 p.m., or all day. Volunteers will be sent a form describing their duties.

The meeting was adjourned at 11:35 a.m.

Respectfully submitted, Louise Wickline, Secretary

JULY MINUTES

Macon County Home & Community Education July 13, 2015

Co-President Karen Cahill called the meeting to order at 9:30 a.m. in the Decatur Club Library. Fourteen members were present with 7 units represented.

The minutes of the last meeting were read. Mary Kay Ennis moved and Emily Chamberlain seconded the motion to accept the minutes. The motion passed.

The treasurer's report was read. Mary Ann Platt moved and Carol Bork seconded the motion to accept the report. The motion passed.

Karen Cahill read a thank you note from the Ronald McDonald house.

Officers' Reports:

First Vice President: Janet Winter and Anna Belle Farrell were absent.

Second Vice President: Sandy Severe reported we have 115 members.

Community Outreach: Mary Ann Platt asked for a volunteer for Wednesday for the Ronald McDonald House. Carol Bork volunteered.

Public Relations: Linda Austin and Ann Adkesson reminded us that articles for the newsletter are due on August 10th.

Program Coordinator: Mindy Peterson-Lindsey was absent.

New Business: Money must be sent in for those members attending the district meeting. The dinner for the state board will be served on August 11. Mary Ann Platt moved and Ann Adkesson seconded that the cost of the meal will be \$10 each. Motion passed. The Decatur Club will supply fresh fruit, tea, coffee, and water for \$3 per person. We may bring in breakfast baked goods. Mary Kay moved and Carol Bork seconded that we hire Basket Case Catering to provide lunch for the Fall Meeting on October 28. Motion passed. The Municipal Band bake sale dates have been changed to July 20 and August 3 because of a scheduling mix ups.

The meeting was adjourned at 11:30 a.m.

Respectfully submitted, Louise Wickline

CAN I REALLY EAT OUT OF MY FLOWER BED?

Yes, you can! Jennifer Schultz-Nelson and our own Mindy Peterson-Lindsey showed us how to do that July 9th. Mindy demonstrated two recipes for dressings to use for salads. She made a pasta salad and had greens to try the

dressings on as well. Jennifer gave us a recipe for Daylily Fritters. She mixed the batter using la lemon-lime soda. Before serving it to us, she sprinkled some with powdered sugar and some with season salt. Both ways were very good. We discussed different ways to use the batter and dressings.

Jennifer showed us some pictures of various ways she grows fruits and vegetables outside the Piatt County Extension Office. She is very creative in the different containers she uses.

Jennifer also gave us an extensive list of edible flowers and a short list of ones which are poisonous to humans. She also cautioned us about what lilies to eat. Daylilies are not to be confused with tiger lilies or commercial lily varieties, some of which can be toxic. Make sure you've properly identified them before eating them. It's always a good idea to start with a small amount to make sure you don't have an adverse reaction such as an allergy or upset stomach.

Daylily Fritters

- 1 c. unbleached white flour
- 1 T. baking powder
- ½ t. sea salt
- 1 c. ice cold hard apple cider (or bubbly drink of your choice such as beer or soda i.e. 7-Up or Sprite)
- 2 3 c. oil for frying
- 1 2 # of fresh daylily buds

Directions:

- In a small to medium-sized bowl, whisk the flour, baking powder and salt together until fully mixed. Add 1 cup of liquid. (Be sure it is ice cold as this will help your batter crisp up nicely.) Gently whisk, being careful not to over-mix. A few lumps in the batter are ok and preferable to an over-mixed batter as you don't want t the gluten to develop.
- 2. In a small heavy skillet or saucepan, heat the oil over medium heat. The oil should be just a little more than an inch deep and should reach a temperature of about 350° F to 375° F.
- 3. Once your oil has reached temperature, grab your daylily buds by the stem and dip each one into the batter. It's ok for the green stem to stick out of the batter. It will fry up and be delicious as well. Drop each battered bud into the oil carefully to avoid splashing, and allow it to fry for about 1 minute or until crisp and golden, then flip it on the other side using tongs and fry it for about another minute. Remove the fritter from the oil and place it on a sheet of paper towel to absorb any excess oil.
- 4. Eat warm, with a sprinkle of good salt or your favorite dipping sauce.

**Note: I have used this batter recipe for fish, onion rings and chicken strips. It makes such a great crust for the food. My husband said it was the best fish I had ever fried!

Submitted by Carol Ropp



Macon County Association for Home & Community Education 3351 N. Pres. Howard Brown Blvd. Decatur, Illinois 62521

Co-President

Karen Cahill
Maple Grove Unit
2517 Burgener Dr.
Decatur, IL. 62521
217-520-2683 (Cell)
217-428-0037 (Home)
karencahill@outlook.com

Co-President

Carol Ropp
Maple Grove Unit
3620 S. Taylor Rd.
Decatur, IL. 62521
217-855-3339 (cell)
one4thetrees@comcast.net

Co-1st Vice President

Anna Belle Farrell Pleasant Grove Unit 565 Benton Dr. Mt. Zion, IL. 62549 217-864-2906 Home

Co-1st Vice President

Janet Winter
Pleasant Grove Unit
P O Box 3456
Decatur, IL. 62524
217-423-8321 Home
jcwinter1@comcast.net

2nd Vice President

Sandy Severe Oakley Unit 3147 Maryland St. Decatur, IL. 62521 217-422-9889 Home

Secretary

Louise Wickline
Hickory Point Unit
11 Eastmoreland Place
Decatur, TL. 62521
217-429-1093 (Home)
jackwickline@aol.com

Treasurer

Pam Walker
Maple Grove Unit
3048 Olympia Dr.
Decatur, IL. 62521
217-767-2788 Home
217-972-2524 Cell
walker.pam@comcast.net

Co-Historian

Carol Bork
Oakley Unit
9483 Ridge Rd
Oakley, IL. 62501
217-521-2081 (Cell)
217-429-1573 Home
Carol,june.bork@gmail.com

Co-Historian

Clarence Middleton Hickory Point Unit 1190 Chelsea Way Decatur, IL. 62526 217-877-7229 Home clma3h1@sbcglobal.net

Community Outreach

Mary Ann Platt 3614 Harryland Rd. Decatur, IL. 62521 217-864-2716 Home maryanniea@aol.com

International

Emily Chamberlain Maple Grove Unit 4769 Arbor Court Decatur, IL. 62526 217-433-4962 Cell echamber1963@yahoo.com

Cultural Enrichment

Sally Dennis
Pleasant Grove Unit
7562 Bonnie Rd.
Dalton City, IL 61925
217-864-2792

Co-Public Relations

Linda Austin Maple Grove Unit 50 Hickory Point Ct Forsyth, IL. 62535 521-0401 Cell lindaaustin48@gmail.com

Co-Public Relations

Ann Adkesson Maple Grove Unit 1152 Wedgewood Court Decatur, IL. 62526 217-855-4914 Cell libriann@yahoo.com

Family Issues

Mary Kay Ennis 4161 N. Taylor Rd. Decatur, IL. 62526 217-875-0144 Home marykayennis@comcast.net

Check out our Websites!

Macon County HCE at www.mchce.org IAHCE at www.iahce.org