

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

HCE Week Highlights

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Cancellation of Mindy's Program

Mindy Lindsey-Peterson's program about "Mock Cocktails" has been cancelled for November 1 and will hopefully be rescheduled for another time. There were so many interesting and educational programs during this HCE week. The week began on Monday, October 11th, with Don Chamberlain giving an interesting visual presentation of the travelers in the 1800's as they followed the various trails to the West. Tuesday, Karen Halicki presented an enlightening program about the many uses of feed sacks. The Home Decor lesson for Tuesday afternoon was canceled and rescheduled for November 9th. Thursday afternoon, our President, Bonnie Lanham, gave us the history of the apron. I can remember my mom and my grandma wearing a variety of aprons for different occasions. The one thing that I remember the most is that the aprons always had to have a pocket for their Kleenex! Bonnie wrote a cute ABC poem for her apron lesson and I will put that in this newsletter. Pam Walker ended our HCE week with a wonderfully delicious cinnamon roll program. People who attended the programs readily agreed that HCE Week was outstanding!

Important Reminder!!!

On November 9th, there will be a program in the morning at 9:30 a.m. about "Lincoln in Illinois". There will be a free salad luncheon if you bring an item such as olives, cheese, celery, green peppers, crackers, etc. to compliment the lettuce. The program in the afternoon will be "Home Decor" that was rescheduled from HCE week. Be sure to call and let Roxy know that you plan to attend. The Extension office number is 217-877-6042.

VOLUNTEER HOURS

Karen Cahill

Have you been keeping track of your volunteer hours? It will be time before you know it to turn in your hours to me. Remember, I need the number of HCE hours you have listed as well as any volunteer hours you have for other groups such as hospitals, schools, veterans, etc. If you have questions, PLEASE feel free to ask about them. You can count your HCE meetings as well as your travel time. Also, ROUND UP your time. I don't need quarter or half hours listed. Please mail them to me as close to the end of the year as possible. You can also call me at 217-428-0037.

Again, HCE hours + Other hours = Total Volunteer Hours. Thank you!

FALL MEETING REMINDER!!

DON'T FORGET TO BRING YOUR CULTURAL ENRICHMENT ENTRY IF YOU HAVE ONE READY, POP TABS, BRAIN PUZZLE INSERT FROM THE HERALD AND REVIEW, OLD OR NEW GREETING CARDS, AND PLASTIC PILL BOTTLES. MARY ANN PLATT HAS OTHER ITEMS TO BRING FOR OPERATION ENDURING SUPPORT IF YOU WOULD LIKE TO CONTRIBUTE TO THAT CAUSE TOO. YOUR HELP IS APPRECIATED SO MUCH!

Upcoming Events

Deadline for Dues! Monday, November 1 \$18 HCE Dues are to be mailed to: Sally Dennis 7562 Bonnie Rd. Dalton City, IL 61925 Please send checks made out to: Macon County HCE

Monday, November 1 RSVP for November Lesson Monday, November 8 HCE Board Meeting 1:00 p.m. Extension OfficeClover Room Tuesday, November 9 Lincoln in Illinois

9:30 a.m. - 11:00 a.m. Extension Office Clover Room

Tuesday, November 9 Lunch 11:30 a.m. - 12:30 p.m. Extension Office Clover Room

Tuesday, November 9 Home Decor 1:00 p.m. - 2:30 p.m. Extension Office Clover Room

Thursday and Friday November 25 and 26

Extension Office Closed for Thanksgiving

Monday, December 6 RSVP for December Lesson Monday, December 13 Medical Identity Theft 9:30 a.m. - 11:30 a.m. Extension Office Upstairs Monday, December 13 HCE Board Meeting 1:00 p.m. Extension Office Clover Room Newsletter items due to Linda Austin @ lindaaustin48@gmail.com

Friday, December 17

Volunteer Hours due to Karen Cahill

Friday, December 24 thru January 2, 2022 Extension Office Closed

Family Traditions for Thanksgiving and Christmas

I thought that this would be a good time to publish some traditions that some of our members have at the holidays. I hope you enjoy these articles!

Lois Miller sent this information to me about their family traditions at both Thanksgiving and Christmas. She said, "Our family tradition centers around Christmas and Thanksgiving in the dining room because we like to eat. And, of course, I love to see all of my family together. We all say a prayer and thank the Lord for a bountiful harvest. The turkey leg always goes to one or two of the kids. We always have ham for Christmas. The daughter-in-laws always give a lot of help in the kitchen, but this year will be extra special because my daughter will be here permanently. I am beyond excited to have her here with us. On Christmas, after church, Santa comes and starting with the youngest child, we open gifts one at a time. We all enjoy watching each other open their presents and of course, wait eagerly for our turn. Merry Christmas and remember to be thankful on Thanksgiving, and every day of the year!"

My daughter, Sherry White, had the tradition of doing Elf on the Shelf when her boys were small. She was so creative with her elf. They were so excited to find that elf! One year, she hid the elf on a shelf that was open-ended by the fireplace and the elf disappeared to who knows where. She frantically searched many stores to find a replacement. When she finally found one, the price was twice the amount that she had paid before. We still laugh about that catastrophe!

This is a tradition now for the Austin family. We started the tradition of having a themed Christmas each year. Over the years, we have done crazy t shirt/sweatshirt Christmas, crazy hats, movie themes, redneck Christmas and last year, we were to do a Hawaiian Christmas. Since Covid changed our plans last Christmas, we will do Hawaiian Christmas this year. That means that we will wear Hawaiian garb and eat Hawaiian food. I am really looking forward to that!

Another tradition that we have is just for the adult gift exchange after the kids have unwrapped their presents. We have an adult theme for gifts as well as a \$25 limit for each adult. One year we did homemade gifts (not a popular idea, so it won't be done again!! I loved it). The gifts all have numbers on them and each participating adult draws a number. If you are the last number, you get the best choice of the gifts. You can steal a gift that has not been stolen in that turn. It's a fun time for all of us and we look forward to it every year.

Of course, our family as well as your family, remember the true meaning of Thanksgiving and Christmas. We are so thankful for all that we have and give thanks to God for our many blessings.

Culinary Lesson--Apple Strudel

Presented by Vanessa VanZant

Vanessa, the daughter of Lois Miller, presented the lesson on classic apple strudel. She was raised in Decatur, and has lived in Vienna, Austria, for the last 15 years. She has been working in family restaurants and just started teaching cooking lessons. As she mixed the dough, she told us a little about Austria. It is a federal republic comprising nine independent federal states. Vienna has many wine areas. If you see a bundle of twigs or branches fastened to a door or wall, it shows that they sell early wine. She likes to add soda to her wine to make it last longer. The weather is similar to Illinois, only not as humid. Vienna has lots of swimming, public baths and walking trails. She doesn't need a car because of the good transportation system.

As she was mixing the dough, we noticed that she put salt in her hand to measure it out. She also said that the dough she was making does not rise. After mixing the dough, she oiled a bowl and set the dough inside the bowl. She let the dough rest for about 20 minutes but advised us that it is better to let it rise for about 30 minutes. She used the term "window test" to stretch out the dough to see how far it would thin out. One of the most interesting facts that she told us was to use browned breadcrumbs as a filler with the apples instead of flour. After the breadcrumbs are browned, add the sugar, cinnamon, and cloves to the apple mixture. Let the mixture cool before you put it in the rolled-out dough.

We all enjoyed the presentation and the samples that were served were delicious!

Laughter is Good for the Soul

As many of you know, I have grandchildren of all ages. This is so you will understand the kind of jokes and riddles that I found for this newsletter. I tried to get them to tell me some Thanksgiving and Christmas riddles, but they couldn't think of too many. Enjoy!!!

What holiday does Dracula celebrate in November? Fangsgiving

What dance did the Pilgrims do? The Plymouth Rock

There is a secret Christmas message in the following letters. Can you find it? A,B,C,D, E,F,G,H,I,J,K,M,N,O,P,Q,R,S,T,U,V,W,X,Y,Z No L (Noel)

What does Santa Claus do when it isn't Christmas? He is probably a farmer because he is always saying, "Hoe, hoe, hoe!"

What did the werewolf write on his Christmas cards before he mailed them? Best vicious (wishes) of the season!"

Cultural Arts Show Categories

Bonnie's ABC Poem about Aprons

Be sure to check these categories out if you plan to enter the Cultural Arts competition. 100 Artwork (charcoal, oil, acrylic or watercolor) 200 Counted cross stitch 300 Crafts (wood and rugs included) 400 Crochet Afghans 500 Crochet, other 600 Hand embroidery 700 Quilt, hand or machine pieced and hand guilted by HCE member 800 Heritage needlework (silk ribbon, hardanger, tatting) 900 Jewelry (handmade) 1000 Knit Afghans 1100 Knit (other) 1200 Machine embroidery 1300 Quilt machine pieced and machine quilted by HCE member 1400 Nature items (anything made of natural things, wheat, corn husk, etc.) 1500 Photography 1600 Quilt, hand or machine pieced by HCE member and guilted by a non HCE member 1700 Quilted. Other, anything guilted that isn't a guilt 1800 Recycled 1900 Scrapbooking. Up to 4 pages total, front and back, in 2 plastic sleeves, card making 2000 Table runners and covers 2100 Wearable art. (Any technique applied to purchased or self made item) 2200 Wall hangings 2300 Current annual conference theme or country of study 2400 Sewing NOTE. Above size maximums 24" including matting and frame or it can be folded to 24" except guilts

A stands for aprons, of course B bib apron C calico ones from yesteryear D decorative as well as useful E essential for grandma and mom F feed sack aprons G gingham ones H handkerchief at times I interesting use of leftover fabric J just wondering if we need to start using aprons again K keeping eggs safe to the house L lovingly made for special occasions M Mason's aprons N neatly stitched O outdoor apron left on the doorknob of the back door P protective covering for all clothing Q quirky ones R remembering grandma S Sunday one was very elegant T towel at various times U useful tool at times V vintage ones belonging to mom or grandma W waved at family doing chores to let them know supper was ready X xtras for visitors Y you need to start wearing one for nostalgic reasons Z zany ones

Community Outreach/ Family Issues

Mary Ann Platt

I hope that you are enjoying the fall weather. I welcomed it!

I am proud of you once again. On your behalf, Carol Ropp delivered 19 pillowcases to the Ronald McDonald house. I delivered 22 pounds of pop tabs to them too. I also delivered one bag of items to Operation Enduring Support. OES is collecting these items until November 28th: protein bars, cheese and cracker packs, beef jerky, individual instant coffee packs, powdered drink and hot chocolate packs, hard candies, gum, hand and foot warmers, and personal care items like deodorant, razors, eye drops, lip balm, toothbrushes and toothpaste. They would also like letters from school children, puzzle books, playing cards, Gorilla tape, cotton swabs, wet wipes, 2022 calendars and holiday greeting cards. We are also including the Brain Teasers from the Decatur paper. These will be mailed December 6th. Each package costs \$20.40 to send so cash is also appreciated.

I am at the Extension Office every Monday if you want to drop off items there. You can also deliver items to my home or take them directly to Grace United Methodist Church, 901 North Main in Decatur, during the hours of 8:30 a.m. to 4 p.m.

Delicious Recipes

This recipe was the chocolate dessert that was prepared for International Day. It is from the Food Network and was published in the Lake County newsletter.

Nanaimo Bars

Base layer

stick unsalted butter
 tbsp. Unsweetened cocoa powder
 c granulated sugar
 large egg, beaten
 k c graham cracker crumbs
 c sweetened shredded coconut
 c almonds

Middle layer

1 stick unsalted butter at room temperature 2 tbsp. Plus 2 tsp heavy cream 2 tbsp instant vanilla pudding mix 2 c confectioner sugar Topping 4 oz semisweet chocolate, chopped 2 tbsp unsalted butter

Topping

4 oz semisweet chocolate, chopped 2 tbsp unsalted butter

Instructions

Line an 8-inch baking dish with parchment paper.

Make the base. Combine butter, cocoa powder and granulated sugar in a heatproof bowl. Place in a pan with simmering water. Heat mixture while stirring until melted. Stir in beaten egg until thickened (1 or 2 minutes). Remove bowl from pan and stir in graham cracker crumbs, coconut and almonds. Press into prepared pan.

Make the middle layer. Beat butter, cream, and pudding mix with a mixer on medium speed until combined, about 3 minutes. Gradually beat in confectioner sugar until light and fluffy. Spread over the base.

Make the topping. Melt the chocolate and butter in a clean heatproof bowl over the pan of simmering water, stirring to melt. Let cool about 2 minutes and pour over the middle layer.

Cover and refrigerate at least one hour. Cut into bars.

Chicken Stuffing Casserole

INGREDIENTS:

*2 cans cream of chicken soup

*2 cups milk

(Use another can of cream of chicken soup with a little milk to use as a gravy ladled on top of each piece when serving) - Optional

*2 pkgs Stove Top Stuffing (total 12 oz.)

*2-3 C. cooked chicken

*chopped onion, celery, carrots

*1 ½ C. shredded Cheddar cheese

DIRECTIONS:

Sauté desired amount of onion, celery, and carrots in butter until almost soft.

In a large pan, combine the soup and milk. Heat and stir until well blended and warm.

Add the stuffing mix, chicken, veggies, and 1 C. of the cheese.

Place in a well greased 9X13 pan.

Bake at 350 for about 45 minutes.

Put remaining cheese on top during the final 10 minutes of baking.

Ladle some soup "gravy" on each piece when serving.

NOTE: I used a rotisserie chicken which adds flavor.

Macon County Meeting

July 12, 2021

CALL TO ORDER: President—Bonnie Lanham at 1:00 pm PLEDGE OF ALLEGIANCE: Bonnie HOMEMAKERS AIM: Bonnie JOKE: Bonnie ROLL CALL: Carol

Secretary: Carol Flitz; Minutes of last meeting. Motion to approve as printed by Karen Cahill, 2nd by Cheryl Sample—Motion carried. Treasurer: Sally Dennis; Report filed for audit. The trays to be used are already here. We do not need to purchase more. Correspondence:

OFFICER REPORTS:

President: Bonnie Lanham; District meeting July 30. That is in HCE budget for board members.

1st Vice President: Karen Halicki; Gave us the proposed Lessons for 2022. Changes were discussed. The list for Members to vote on will be given to those attending the Sewing scraps on July 21.

2nd Vice President: Lois Miller; No report.

Community & Family Issues & CVH: Mary Ann Platt; No report.

Cultural Issues: Cheryl Sample; She attended the Dewitt County Fair and really enjoyed the day.

Historian: Carol Ropp; No report.

International: Vicky Wooten; Macon County will be doing the food for International Day. Vicky and Bonnie will meet with Chef Tucker to plan menu.

Public Relations: Linda Austin; No report.

Extension advisor: Beth Miglin; Reminded us about upcoming Farm Progress Show. Lots of helpers will be needed. She had a signup sheet for workers.

Unfinished Business: District meeting signup sheet was passed. Sally will send in reservations. Sewing scraps on the 21st. We will have a salad luncheon. The suggested lessons and trips were given by Karen Halicki. The final version will be given out at Sewing Scraps day.

A discussion was held on the new Membership day. Following discussion, Sally Dennis made the motion to skip it this year as no plans have been made. 2nd by Karen Cahill. Motion carried.

New Business: Christian County: Georgette; We will discuss having the Spring Meeting there.

Adjourned at 3 p.m.

Respectfully Submitted by; Carol Flitz

Tri County Board Meeting

Monday, October 4, 2021 at 9:30 a.m.

DeWitt County Extension Office

DeWitt Members: Linda Charlett, Betty Clark, Lucretia Crawford, Alice Grooms, Sonna Hoke, Judie Knoth, Linda Long

Macon Members: Sally Dennis, Karen Halicki, Bonnie Lanham, Lois Miller

Piatt Members: Carol Drayton, Frances Kurr, Martha Lynch

Extension office Program Coordinator: Beth Miglin

Introductions of members with an activity they enjoy.

Lucretia thanked Macon Co for the building and help for International Day.

Food was good from Richland's Chef Tucker. 49 attended.

Jean Grady did a great job about Canada with a lot of interaction with the group.

Thanks to Piatt Co for the decoration, Joyce donated them.

Alice talked about ACWW which she attended in Effingham. They are using two different funds for pennies. She gave out sheets for counties to look over. Friendship pennies due to the IAHCE by Nov 15.

Counties talked about events they will be having for HCE week.

DeWitt: Oct 19 Vespasian Warner Library with Samantha Rush

Piatt: Oct 8-11 – Homemakers Camp at Allerton

- Oct 12 7 pm Pie evening
 - Oct 13 Annual Meeting with speaker, Liz King from Mari-Mann Herbs
 - Oct 14 Skype lesson : 10-11 am on How to Save on Travel

Macon: Oct 11 Tales from the Trails

- Oct 12 History of Feed Sacks and The Latest Trends in Home Décor
- Oct 14 Evolution of Aprons and Cinnamon Rolls

DeWitt is sending out postcards with events instead of a newsletter.

CVH hours: Lucretia: Don't forget to use travel time, prep time, hemming up clothing for others, wheelchair bags for Nursing homes. Bonnie reported that Macon Co will be making Chemo ports and hearts for preemies later next year.

International day will be September 21, 2022 at Macon Co Extension Office.

Beth reported that they are looking for 4H educators.

Tri-County Board Meetings dates: Macon – Monday, February 7 @ 9:30 a.m., Piatt – Monday, June 6 @ 9:30 a.m. at Cisco UMC, DeWitt – Monday, October 3 @ 9:30 a.m. Karen reported that she is on the Extension Council. At the meeting Caitlin Mellendorf, Nutrition and Wellness Educator, has received a Grant through the Health Equity Achieved Together (HEAT) Project to pilot a deer donation program in 12 counties, including DeWitt, Macon, and Piatt.

Looking for donations to help pay the processers to process the donated deers from the hunters. Meat will be donated to food banks.

Upcoming Dates – IAHCE State Conference in Effingham at Keller Convention Center, March 15-17, 2022 Theme: Aspire to Inspire DeWitt provided lunch: Taco Salad, fruit and cake. Recorded by; Karen Halicki – Macon Co

Unit News

Center Unit

Mary Lou Poor

We met on September 13th with 8 members present and one new member who is joining. We voted on our top 20 choices for lessons 2022.

Our craft lesson was presented by member Joelynda Conrad. She demonstrated how to make greeting cards. All of our members made a card.

We met on October 4th. There were nine members present with one new member. We discussed the upcoming HCE week activities. Fall leaves and Halloween ghosts decorated the tables. Member Sharon Turner made each member a ghost to take home.

Each member was given a sealed envelope and was asked to name a word that rhymed with the word that was given by a member and then was asked to pass the envelope to the next person. At the end of the round, members were to open the envelope and inside was a card. There were three prizes given and the members that had a 1,2, or 3 on the card was given a prize.

<u>Pana Unit</u>

Carolyn Barnett

We met on Monday, September 13, in the Christian Church in order to use their kitchen. Nine members were in attendance. Jan Curtis and Georgette presented a lesson on "Biscuits, Then and Now." Two ingredient biscuits were made and sampled by all of those who attended. The toppings for the biscuits were real butter, homemade strawberry jam, blueberry, blackberry, and strawberry preserves.

Forms for the 2022 lessons and events were passed out and choices were made. Georgette will take those to the International Event and turn them in. HCE Week invitations were discussed and several members plan to attend some of the events.

We met on October 4th in the United in Faith Church. The program was making hygiene bags for the Loaves and Fishes Food Pantry of Pana. Fourteen bags were assembled. Some members have signed up for a few of the HCE Week activities. We also discussed future activities for our group.

Rock Springs

Lois Miller

We had a very short meeting at the Extension Office after the Culinary Lesson on September 8th. For our next meeting, we will meet at Cathy Gipson's house on October 13th and carpool to Okaw Valley Apple Orchard. It will be a fun time!

The October meeting of our unit met on October 12th with ten members present. We met for lunch at the Red Apple in Sullivan. It was a delicious lunch. Several of our members met earlier in the morning at the Okaw Valley Apple Orchard. Lyn Stevens gave an informative report on activities happening in Decatur. We then discussed when we could get together to plan out the books and lessons for next year. Next month, Bonnie Lanham will be our host at a place to be determined.

Mt. Zion

Sharon Kelley

Our meeting was held on August 25 at the Village Tearoom in Springfield. There were seven women present. We discussed the need to send reservations in for International Day on September 15. The Fall meeting on October 27 was also discussed. We encouraged attendance and talked about all upcoming events. We will visit Okaw Apple Orchard on September 22 for our next meeting. We had a great lunch in a very pleasant location.

International

Vicki Wooten

Our recent International Day was big success with all three counties doing their part. Jean Brady from Dewitt County was from Canada and talked about Ontario. They had information cards around the tables, and they asked the ones close to the cards to read them to the group. We also sang the Canadian National anthem. The food that Chef Tucker made was great. The ingredients for Shepherd's pie were in separate dishes and members were able to make their own Shepherd's pie. The dessert was delicious with a combination of coconut and chocolate.

The country of study for next year is Italy. I am gathering ideas for the International Day next year. We are in charge of the program. I am hoping, among other things, to get an accordion player. I think that would be fun.

Officer's Reports

President

Bonnie Lanham

Well, weather is starting to feel like fall, and I love it. I was so very pleased to see so many members at HCE week. I heard from a lot of you who really enjoyed the programs!

Please consider attending our Fall Meeting. You can meet our State President and our District 3 Director. Lunch will be furnished by Chef Tucker and his Culinary School. The food is always delicious!

Thanks to all who helped with HCE week. Some of you cleaned up, moved tables, made food, and all those other jobs that made HCE week so successful. We have such a wonderful group of ladies who jump right in to help. Kudos to you all!

The new program books are being compiled. We will try to get done and distribute them as soon as possible.

First Vice President

Karen Halicki

What a fun HCE week we had! On October 11, Don Chamberlain did a lesson about "Tales from the Trails." He was a former biology teacher at Eisenhower and when he retired, he started taking pictures and traveling. Did you know that between 1841 and 1849, an estimated 350,000 folks traveled the Oregon Trail? Everything was carried in a small wagon, food for your family and your horse or ox, and any other belongings that would fit in. The Indians would take the horses, so many pioneers chose the ox to pull the wagon. This program was Don's 466th program. He will be doing our November 9th program about Abraham Lincoln.

Karen Halicki did the program about feed sacks on Tuesday. Feed sacks have been around since the 1840's. Farmers used them to get their animal feed in, plus flour, sugar, salt, etc. The women used them to make clothing, curtains, and other items. When the manufacturers discovered what the women were doing, they started to make the feed sacks with flowers printed on them. A bag that contained five pounds of sugar provided ¹/₃ yard of cloth, while a 100 pound bag provided slightly more than 1 yard of fabric.

On October 14th, Bonnie Lanham told us about the evolution of aprons. There were many kinds of aprons—cooking, cleaning and guest aprons. Many of the members brought their favorite aprons. It was so much fun seeing different aprons.

Pam Walker demonstrated how to make cinnamon rolls. You can mix them by hand or use a bread mixer. They were delicious! We will publish the recipe at a later time.

Second Vice President

Lois Miller

Hello from the Second Vice President! Summer is coming to a close, but it seems like it's taking its time with temperatures still in the 80's. September is soon going to be October and I haven't even changed my summer clothes to fall clothes.

I trust everyone had a good time at International Day and got some interesting information about Ontario, Canada. The Fall Meeting is coming up on October 27th and I always look forward to that. I hope that those members who attended the Culinary lesson on September 8th got a few pointers about cooking apple strudel. That's about all for now--see you at the Fall Meeting!

Cultural Enrichment

Cheryl Sample

Fall is here! I don't know about you, but I am ready for some color again. With a green wall of corn that turned beige around me this summer, fall is welcome in my corner of the county.

As we look forward to the fall HCE meeting, I would still hope people will contact me with the projects they have completed during "time at home" because of the Covid restrictions. The more selection we have at the county level, the better show we will have at the state level. (I am using my cheerleader voice!)

The selection of opportunities is so varied in the Applied Arts categories. I know that I am not the only quilter in the area. Cross stitch, crochet and knitting are just a few possibilities. Perhaps you have taken some recent pictures of those grandchildren you hadn't seen in a while. On a walk outside, you may have discovered unusual rock, colorful leaves or small pieces of wood with unusual twists that became an artful display in your home. I am always amazed at scrapbook pages that I see people create.

I hope that I have gotten you to think of more creative possibilities. If you have any questions, please feel free to call me at 765-426-1420 or email me at erskc@aol.com. I am looking forward to hearing from you.



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