

# Macon County

## May-June 2023

# HCE HIGHLIGHTS

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

### IT'S TIME FOR THE SPRING MEETING!!!

The menu for the Spring Meeting is: Pasta Primavera, garlic breadsticks, green salad with Italian/Ranch dressing, choice of Lemon/Berry Mascarpone cake or Strawberry Shortcake. Richland Culinary School will be catering for us. The cost is \$15 if you make your reservation by April 26. It will be \$5.00 more after that time.

If the items do not appeal to you, please feel free to bring your own lunch. There will be no charge for the meeting.

When you make your reservation with Sally Dennis, please advise if you are eating or not. Sally's cell number is 217-433-0605. Her mailing address is 7562 Bonnie Rd., Dalton City, IL. Her email address is [sjdfelin@one-eleven.net](mailto:sjdfelin@one-eleven.net)

Lyn Stevens will be presenting a program about her recent Alaskan trip. It is a beautiful program that we are sure you will enjoy!!! We hope to see you there!!

We will be having a bake sale, craft sale, Chinese auction and a container for the Honor Guard donations. Bring extra money to purchase gifts for your family, friends or yourself. Donations for the Honor Guard are always appreciated.

**\*\*\*Ladies be sure to wear your pearls to the Spring meeting and please bring a pearl of wisdom such as one by Oscar Wilde "Be yourself everyone else is taken" \*\*\***

### UPCOMING EVENTS AT PIATT COUNTY

May 24-How Financially Prepared are You, Ginnie Reynolds, 10 a.m.

June 28-Superfoods, Fruits and Veggies, Kathleen Glenn, 10 a.m.

July 11-Financial Emergency Preparedness for Older Adults, 2 p.m.

These activities are held in the Piatt County Extension office at 210 S. Market, Monticello. The phone number is 217-762-2191.

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### STATE CONFERENCE WINNERS

**CATHY GIPSON—CULTURAL ENRICHMENT WON WITH HER NEEDLE FELTED ANIMAL**

**DONNA WASHBURN—CULTURAL ENRICHMENT-PHOTO OF A SQUIRREL**

**MCHCE VOLUNTEER HOURS—AWARD FOR THE HIGHEST TOTAL HOURS IN DISTRICT 3, 19, 142 hours**

## Upcoming Events

### Tuesday, May 2

Set up for Spring Meeting  
1:00 pm

Macon County Extension

### Wednesday, May 3

Spring Meeting

9:00 am—2:00 pm

Macon County Extension

### Monday, May 8

HCE Board Meeting

10:00 am

Macon County Extension

Office-Clover Room

### Friday, May 12

RSVP for May Lesson

### Wednesday, May 17

Stress Management

9:30 am - 11:00 am

Macon County Extension

Office-Clover Room

### Monday, May 29

**Extension Office Closed**

### **Memorial Day**

### Monday, June 5

Tri-County Meeting

9:30 am - 1:00 pm

Piatt County Extension

### Monday, June 12

HCE Board Meeting

10:00 am

Macon County Extension

Office-Clover Room

**Newsletter items due to**

**Linda Austin @**

***lindaaustin48@gmail.com***

### Friday, June 16

RSVP for June Lesson

### Monday, June 19

**Extension Office Closed**

**Juneteenth**

### Wednesday, June 21

Ameren Emergency

9:30 am—11:00 am

Macon County Extension

Office-Clover Room

### Monday, June 26

**Scholarship Postmarked**

Pillowcase Sewing Day

9:30 am—3:30 pm

Macon County Extension

Office-Clover Room

### Wednesday, June 28

Mini District Workshop

1:00 pm

Macon County Extension

Office-Clover Rooms



# Laughter is Good for the Soul

Thanks to Sally Dennis for the contributions to “What is Love?”

“God could have said magic words to make the nails fall off of the cross, but He didn’t. That’s what love is like! Max, age 5

“When my grandmother got arthritis and she couldn’t bend over and paint her toenails anymore, my grandpa does it for her all the time. His hands have arthritis too. That’s love.” Rebecca , age 8

“Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.” Karl, age 5

“Love is when you go out to eat and give somebody most of your fries without making them give you some of theirs.” Chrissy, age 6

“Love is what makes you smile when you’re tired.” Terri, age 4

“Love is when my mom makes coffee for my dad and she takes a sip before she gives it to him to make sure it tastes ok.” Danny, age 7

“Love is what’s in the room at Christmas if you stop opening presents and listen.” Bobby, age 5

## STATE CONFERENCE NOTES 2023

Karen Halicki

Karen Halicki went to the IAHCE conference that was recently held in Effingham. She took some notes from her “Share Classes”. Thank you, Karen, for sharing them with us.

Gluten Intolerance and other Food Allergies—Emily McDowell, our State Public Relations Director, presenter. She is not a doctor, but she was diagnosed with gluten intolerance in 2022. She gave some good ideas that she has learned along the way. It takes 3 to 5 months for your body to rid itself of gluten and for the body to start to heal itself.

Helpful websites are: [MY.CLEVELANDCLINIC.ORG](http://MY.CLEVELANDCLINIC.ORG), [BEYONDCELIAC.ORG](http://BEYONDCELIAC.ORG), AND [MAYOCLINIC.ORG](http://MAYOCLINIC.ORG).

Natural Solutions, Sharon Fitzgerald, presenter—She was not able to walk very well and felt that she was going downhill. A friend got her to try doTerra oils. Essential oils are natural compounds that are extracted and distilled from plants for their beneficial properties. We got to smell peppermint, On guard, lavender, Breathe, digestzen, and lemon. Karen uses several of these oils and they have helped her.

Ameren—program about safety as it is related to electricity and power lines. Here are some helpful tips: stay in the car if electric wires are all around; if one has to get out, example a fire, jump as far as possible from the car, and then hop or shuffle away; unplug things you are not using, clean refrigerator coils, unplug the phone chargers if you are not using them, try smart thermostats, heating and cooling equipment upgrade, advanced power strips, and insulating and air sealing improvements. Visit [AmerenIllinoisSavings.com/MyHome](http://AmerenIllinoisSavings.com/MyHome) or 1-866-838-6918.

## A GOOD IDEA!

Karen Cahill suggested that we each have a “piggy bank” to start saving for next years’ state conference, which is the 100th anniversary of our state organization! She said it will be spectacular and everyone will want to be there!!!



## Book Review

Karen Cahill

I just finished reading The Music of Bees by Eileen Garvin. The author is a real beekeeper in Oregon. She uses her bee knowledge/expertise to help the reader learn more about bees as she weaves a story about friendship, family and second chances. I really enjoyed it.

# Macon County Home & Community Education Board Meeting

Elaine Hamm  
February 13, 2023

**CALL TO ORDER:** Bonnie Lanham

**PLEDGE OF ALLEGIANCE:** Bonnie Lanham

**HOMEMAKERS' AIM:** Bonnie Lanham

**JOKE:** Bonnie Lanham

**ROLL CALL:** Elaine Hamm

**Units represented:** Hickory Point; Maple Grove; Patchwork; Oakley-Pleasant Grove; Mt. Zion; Rock Springs

**Total in attendance:** 12 (Linda Austin, Karen Cahill, Sally Dennis, Karen Halicki, Elaine Hamm, Linda Hooge, Bonnie Lanham, Lois Miller, Mary Ann Platt, Cheryl Sample, Sandy Severe, Vicky Wooten)

**SECRETARY:** Minutes of the January 9, 2023 Board meeting were reviewed by all present. Sandy Severe moved to approve said minutes as read. Lois Miller seconded. Motion carried.

**TREASURER:** Sally Dennis reported a bank balance of \$4,485.99. Each Board member received a copy of the up-to-date budget spreadsheet. Compliments were given to Sally on the new format. The treasurer's report was filed for audit. Sally has received 250 new blank checks from the bank, at a cost of \$130. After lunch today, Karen Halicki, Sandy Severe and Sally will audit the books. Sally later noted that \$40 in quarters will fill the honey bear for the bee pollinator project.

**CORRESPONDENCE:** Thank you notes were passed around from the Good Samaritan Inn and Dove. Bonnie has received correspondence on sponsoring 4-H awards. Cheryl Sample moved that we support 4-H by contributing \$50 for two 4-H scholarships; Vicky Wooten seconded; motion passed.

## **OFFICERS' REPORTS:**

**President:** Bonnie Lanham deferred to later.

**1st Vice President:** Sandy Severe reminded everyone of annual conference and the March lesson.

**2nd Vice President:** Lyn Stevens is on a trip but left a report. She has ordered new member pins and year charms. Lyn has designed a bookmark that she hopes women could receive when checking out a library book at the local public libraries. This will hopefully generate interest in HCE. She will contact libraries for permission. Mary Ann Platt moved that if we can provide bookmarks to the county libraries and Lyn Stevens has to purchase the paper to make them, Lyn will be reimbursed for any cost incurred. Linda Hooge seconded said motion, which passed. Service certificates that Lyn has created were passed around, as seals will no longer be added to current certificates. Lois Miller moved that the service certificates be for increments of 5 years; Sally Dennis seconded. Motion carried.

**Community & Family Issues & CVH:** Mary Ann Platt and Linda Hooge – Linda and her husband have distributed pillowcases. Mary Ann will be delivering pop tabs and pillowcases to Ronald McDonald House.

**Cultural Enrichment:** Cheryl Sample is collecting the eight items for the Cultural Arts Show at the annual conference.

**Historian:** Carol Ropp – absent, but always accepting articles for the scrapbook.

**Co-International:** Vicky Wooten and Lois Miller – Vicky has mailed Linda Austin items for the newsletter.

**Public Relations:** Linda Austin will get the newsletter out this week, including the Melissa Gouty flyer.

**Extension Program Coordinator:** Beth Miglin – absent

**District 3 Director:** Karen Cahill advised what the annual conference dress is to be. Pearls are to be worn the entire event. All day Tuesday, suggested attire is pearls and little black dresses, with lunch being "Breakfast at Tiffany's." Wednesday dinner is the Roaring 20's theme. So far, 224 registrations have been received. Sally has made four strands of pearls and plans to make more, which she is sharing.

**Unfinished Business:** For the JCEP lunch on March 1, 50-75 people are expected at \$10 each. For the potato bar, several ladies will bake potatoes at home and then keep them warm in a roaster at the Extension office. For dessert, Linda Hooge will provide chocolate chip cookies; Karen Cahill will bring brownies; and Bonnie Lanham will make lemon brownies. Bonnie, Lois Miller and Vicky Wooten will help serve.

**New Business:** We plan to have bake sales at the spring and fall meetings. Karen Halicki will be in charge of the sales at the May 3 spring meeting. It was decided to charge fifty cents for two cookies, seventy-five cents for three cookies and one dollar for four cookies.

Alice Grooms will be our fall meeting speaker and will share about her trip to Malaysia.

The March 22nd county lesson will be on First Ladies of the U.S. The following ladies will take the roles: Sally Dennis as Martha Washington; Elaine Hamm as Harriet Lane, who was a niece of James Buchanan and not a First Lady; Carol Ropp as Julia Boggs Dent Grant; Cheryl Sample as Anna Eleanor Roosevelt; and Lois Miller as Lou Henry Hoover.

On February 27, annual conference favors will be made at Sewing Day. Cheryl Sample will provide potato soup. Everyone else is to bring cheese and crackers to combine and share. Dessert will be cookies and ice cream from the freezer.

A membership drive will be dropped from the Melissa Gouty event.

Karen Halicki will take the banner to annual conference.

Karen Cahill reported 19,142 volunteer hours for 2022, with only 63% reporting. The breakdown of hours was 4,958 HCE and 14,184 Other.

The meeting was adjourned at 12:20 p.m.

# Macon County Home & Community Education Board Meeting

Carol Ropp (for Elaine Hamm)

March 13, 2023

The meeting was called to order by President Bonnie Lanham at 10:30.

Members present were Bonnie Lanham, Vickie Wooten, Cathy Gipson, Lyn Stevens, Karen Halicki, Beth Miglin, Mary Ann Platt, Sandy Severe, Carol Ropp, Carolyn Barnett and Sally Dennis.

The minutes were read and approved. Motion by Lyn Stevens with second by Mary Ann Platt.

The Operation Enduring Support list of possible donations was read. March 17<sup>th</sup> is the final day to take donations.

We will provide lunch for the extension staff lunch Wednesday March 22, 2023. The menu is soup, sandwich, chips and dessert for \$12.00.

The Master Naturalists breakfast bags will be provided for their Saturday, April 15<sup>th</sup> workshop. The price will be \$7.00. (The date we had originally was April 1<sup>st</sup>. Doug Guker suggested we charge \$7.00 instead of \$6.00 so this is a correction from the original meeting minutes.)

**1<sup>st</sup> Vice President report:** The First Ladies program will be Thursday, March 23<sup>rd</sup>. Sandy Severe reported that she will make Honey Drops and Lemon Drop cookies from recipes provided by 1<sup>st</sup> ladies. We will serve the ice cream left from the ice cream social last summer.

Pillowcase Day is Monday March 27<sup>th</sup>. We will bring our own lunches.

**2<sup>nd</sup> Vice President report:** Lyn Stevens reported that we have a new member. Cheryl Tedrick joined in Christian County. She reminded us to wear pearls to the Spring Meeting and write "Pearls of Wisdom" for Linda Austin to publish in the newsletters. She passed out bookmarks for us to take to the area libraries to try to gain some new members.

**Community and Family Affairs:** Mary Ann Platt reported that she had delivered three bags of donations for Operation Enduring Support to Grace United Methodist Church.

**International:** Vicky Wooten told us to watch each issue of the newsletter for articles about Egypt.

Beth Miglin reported that she will no longer be our program coordinator. Tammy Buse will start March 20<sup>th</sup>.

Cathy Gipson reported that the staff lunch will consist of minestrone soup, ham or turkey and cheese sandwiches, chips and cookies baked by members. There will be four workers.

Cheryl Sample is unable to attend the conference, so Sandy Severe will be a voting delegate in her place.

## **Officer's Reports**

### **President**

Bonnie Lanham

Well, hello from your jet-setting President! Just got back from Scotland!! If you get a chance to visit Scotland, do so!

Don't forget to get your tickets for our special program on Saturday, April 29 with Melissa Gouty. There are still plenty of tickets available.

You can get them from the office, Sally Dennis, or at the door on that day.

Next year the IAHCe will be 100 years old. We would like to have a lot more members attend the conference. It will be held March 12-14, 2024 in Effingham. It is open to ALL of our members and is always a good time.

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### **First Vice President**

Sandy Severe

Happy Spring, everyone! If you were unable to attend the State Conference this year, you missed a good time. The banquets were very nice with great speakers. I attended the air fryer 101, easy chair yoga, and the Ameren representative share shops. They were very interesting.

The First Ladies program was attended by 15 members. Many thanks to Elaine Hamm, Sally Dennis, Cheryl Sample, and Carol Ropp for portraying the First Ladies so well. Refreshments were Martha Washington's candy, Eleanor Roosevelt's honey drop cookies, cupcakes and ice cream.

Our upcoming programs are: The Spring Meeting on May 3, Reservations are due by April 26. Cost is \$15.00.

April 29, "How the West was won with Needle and Thread" by Melissa Gouty. Tickets are \$10 and can be purchased at the door, the extension office or Sally Dennis.

May 17 lesson on "Stress Management", presented by Cheri Burcham. RSVP by May 12 to the office.

Enjoy the spring weather! Till next time!!

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### **Second Vice President**

Lyn Stevens

I hope everyone had a blessed Easter. We have had some strange spring weather. We lost a big pine tree at our house. We are thankful that it didn't fall on the neighbor's house, just on their driveway. I hope all of you have had no damage from the bad weather.. I don't know about you, but I am ready for NICE spring weather to get here and stay awhile.

We are always striving to gain new members. I hope every member has been talking about how much fun they have at HCE meetings and events to friends and family. I made up flyers and bookmarks to have at every Macon County public library. Our wonderful board members helped me to get them delivered. I used purple paper to make them eye-catching. This cute poem and contact information were included:

HCE is not your Grandmother's Home Bureau!  
HCE is not your Mother's Home Extension!  
HCE is Home & Community Education!

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### **International**

Vicky Wooten

Have you ever wondered why Southern Illinois is called Little Egypt? The most popular theory and one that makes sense is that the title began in the 1830's when there was a cold winter, a late spring and an early frost. It was a hard year for Northern Illinois. Many people headed south to buy corn, grain and other farming products. Northerners likened themselves to the children of Jacob, who in famine times headed south to Egypt during biblical times. The southern region became known as "Little Egypt", as documented in a Judge Andrew Duff story.

Another theory is that the land between the Mississippi and Ohio river valleys were similar to Egypt's Nile Delta. When two developers bought land in this valley in 1818, they called it Cairo. Goshen, Karnak, Carmi, Thebes, and Dongola are also Egyptian names.

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### **COMMUNITY OUTREACH/FAMILY ISSUES**

Mary Ann Platt and Linda Hooge

On March 29th, ten ladies made 24 pillowcases. We had 5 ladies sewing and 5 ladies sorting, cutting, and pressing. We had a delicious pot-luck lunch and lots of fellowship. I will deliver these to the Ronald McDonald house soon. Come and join us on June 26th.



## **Unit News**

### **Center**

Mary Lou Poor

We met on March 6th at the Christian County Extension Office. There were 12 members who attended. The tables were decorated with St. Patrick decorations. The hostesses wore blinking hats. They served delicious cake and ice cream. Each member took home a shamrock shaped cookie.

Mary Jane McVey just returned from a vacation tour of Puerto Rico. She gave an interesting report of her trip. She said the tour guide was excellent in pointing out items that were of interest to her. She showed pictures that she took with her phone while she explained what she saw. We all enjoyed her report.

We met on April 3rd with 12 members and 3 guests. The tables were decorated with beautiful Easter bunnies and colorful decorated eggs. Three varieties of delicious cakes were served as well as candy from the recipes of Martha Washington. Four ladies wore their Easter bonnets that they designed. Everyone enjoying seeing their creative bonnets.

Jessica Oiler, owner of "Down to Earth", a store in Taylorville, gave an interesting story about her store. There are no plastic items or recyclable items in her store. She passed around body creams and soaps for members to test. We were very impressed by the items she carried in her store.

The lesson for the month was the "First Ladies of the U.S." Several members read articles about the ladies. Recently the Taylorville Book Club discussed the life of Jacqueline Kennedy. Sharon Turner gave that report.

Each member took home an Easter bunny cloth sack filled with candy and an Easter basket filled with goodies.

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### **Hickory Point**

Louise Wickline

We met March 8th at the Glenwood Supportive Living Home in Mt. Zion as a guest of Louise Wickline. She and her husband, Jack, are at home there now. We met in the comfortable living room where Nan Mains, a retired Mt. Zion teacher, told us about her recent trip to Egypt. Her talk was very interesting and informative. We had refreshments afterwards in the dining room, followed by a short tour of the apartment. We always enjoy our visits together and were happy to have Merrill Dees back with us.

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### **Maple Grove**

Mary Kay Ennis

Our unit met on March 23 at the Sharon United Methodist church hall. Our hostesses were Karen Cahill and Gini Smith. Karen Seefeldt presented the report about the First Ladies lesson.

Karen Cahill reported on the N.V.O.N. Effort to collect money for beehives. She emphasized how important bees are to any country's economy.

Carol asked if we wanted to continue our support for Operation Enduring Freedom. Assembly of the Care Boxes was to take place on March 27. Karen Cahill made a motion to give \$25 to that cause. Karen Seefeldt seconded. It was a unanimous vote to help this cause.

The sale of tickets for the program, "How the West was Won with Needle and Thread" by Melissa Gouty is ongoing. Carol also mentioned the date for the Farm Progress show is August 29-31. We would be in charge of sandwich making. We also lined up meeting places and the presenters for April, May, and June.

Karen Cahill also reported about the State Conference. The theme for this year's meeting is "Pearls of Wisdom Strung Together." Macon County members are encouraged to wear pearls to meetings and events this year.

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### **Mt. Zion**

Barb Brandt

Our meeting was held at Crawford's in Mt. Zion on March 29. Eight members were present. The treasurer's report and the minutes were read and approved. We summarized things that were on the schedule for April. Everyone is looking forward to spring. We were sorry to hear that Nancy Ryherd had passed away. She will be missed.

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### **Pana**

Carolyn Barnett

Our March lesson was a tour of the state of Nebraska. We also put together over 20 hygiene bags containing soap, toothpaste, toothbrushes, deodorant, etc. that we donate to our local food pantry.

In April, we learned about five of our First Ladies of the nation. Each of us discovered new and inspiring elements of these pioneering women.

## Oakley Pleasant Grove

Patty Lovekamp

We met on March 7th at Coz's and we had six members who attended. Patty Lovekamp was the hostess. We filled out more pages in our program books with dates and hostesses. We were reminded of the upcoming lesson about "The First Ladies" as well as the state conference to be held on March 14th -16th.

Our April 4th meeting was also held at Coz's. Seven members were present. Mary Ann Platt was the hostess. We answered the roll call by telling of special Easter traditions or plans for Easter. Sandy Severe and Sally Dennis reported about their experiences at the State Conference. Sally also told us about playing the part of Martha Washington at the March lesson. Sandy had made candy from a recipe of Eleanor Roosevelt.

We voted to give a donation to Operation Enduring Support to help with shipping costs. We were reminded that our reservations to the Spring Meeting are due by April 26th. We also discussed the fundraiser, "How the West was Won with a Needle and Thread." We were encouraged to purchase our tickets as soon as possible. We voted and passed to keep the same officers as last year. We all left with a chocolate Easter bunny compliments of Mary Ann.

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## Rock Springs

Lois Miller

We met at the home of Lyn Stevens. There were 12 members present. We had the Pledge of Allegiance, the Homemaker's Aim, the treasure's report, and the last meeting minutes.

We discussed the upcoming fundraiser, "How the West was Won with Needle and Thread" with Melissa Gouty. Cathy Gipson so graciously volunteered to serve for the staff luncheon on March 23. Everyone who attended the state conference had a wonderful time and I am hoping that Macon County will be well represented at the Conference next year!

At our meeting, Lyn Stevens showed a video of their beautiful trip to Alaska. She also served us a delicious dessert of ice cream and cake.

At the Spring Meeting, Lyn will be presenting their Alaskan trip to us.

Our next meeting will be at the Windsor Pub.

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## Recipe

Many people have requested Cathy Gipson's minestrone soup recipe!


So here it is! Happy eating!!!

### QUICK MINESTRONE SOUP

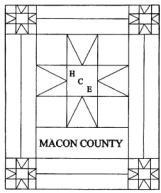
- 1 c. Carrots, thinly sliced
- 1 small zucchini, sliced
- 1/2 c. Onion, chopped
- 1/2 c. Sliced celery
- 2 cans (14 1/2 oz each) chicken broth
- 2 c. Water
- 1 can (15 1/2 oz) dark red kidney beans, rinsed and drained
- 1 cup medium shell pasta, uncooked
- 1 c. Frozen Italian style green beans
- 1 tsp. Each dried oregano leaves and dried basil leaves
- 2 oz.(1/2 c.) Parmesan cheese, grated

Thinly slice carrots and zucchini. Cut each zucchini slice in half. Cathy sautés the vegetables in olive oil first. Put all the ingredients, except the cheese, into a Dutch oven pan. Bring to a boil, then reduce the heat. Cover and simmer for 20 to 25 minutes or until the vegetables are crisp tender. Grate the cheese and sprinkle over each serving.

Yield is 6 servings.



Please  
Remember to  
RSVP for All  
Events



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Home & Community Education  
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#### **Check out our Websites!**

Macon County HCE at

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

IAHCE at

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