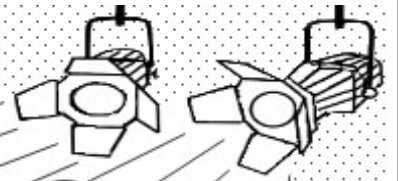


Macon County

May-June 2024

HCE HIGHLIGHTS



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

SPRING MEETING, WEDNESDAY, MAY 1

Send your reservation and \$15.00 check to Sally Dennis by Wednesday, April 24. A late reservation will be an extra \$5.00 charge.



Our theme will be Denim and Diamonds. We hope to see you dressed for the occasion. Not required, just suggested.

The menu will be roast beef, au gratin potatoes, country green beans with onion and bacon, rolls and butter, and a choice between a lemon dessert or a strawberry shortcake dessert. The meal will be provided by Chef Tucker and the Culinary Department at Richland, so you know it will be delicious!!

NEW MEMBER LIST FOR 2024

Thus far, we have several new members for 2024. They are:

Pat Ware, Mt. Zion

Peggy Fear, Maple Grove

Carolyn Randall, Center

Barb Stinson, Oakley -Pleasant Grove

Susie Brown, Center

Pam Jarboe, Hickory Point

Terese Chenoweth, Hickory Point

Welcome new members! We are so glad that you have joined us!

Inside This Issue

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WE ARE GOING ON A FIELD TRIP!

MCHCE members reservations are due by May 19. The cost is \$35.00. Make your check payable to MCHCE and send it to Sally Dennis. We are going to the Ronald Reagan Presidential Library in Eureka, Illinois. Lunch will be at the Cornerstone Family Restaurant in Eureka. The last stop will be Step Back in Time in Washington, Illinois.

It will be a fun trip and we are looking forward to seeing many of you!!

**Get Your
Tickets
Now!!**

Upcoming Events

Wednesday, May 1

Spring Meeting

9:00 am –2:00 pm

Macon County Extension Office

Friday, May 10

RSVP for May Lesson

Monday, May 13

HCE Board Meeting

10:00 am

Macon County Extension Office

-Clover Room

Tuesday, May 14

Therese Kincaid-Little Theater

1:30-3:00 pm

Macon County Extension Office

-Clover Room

Monday, May 20

Sewing Day

9:30 am-3:30 pm

Macon County Extension Office

-Clover Room

Monday, May 27

Extension Office Closed

Memorial Day

Saturday, June 1

Newsletter items due to Linda

Austin @

lindaaustin48@gmail.com

Monday, June 3

Tri-County Meeting

9:30 am-1:00 pm

Piatt County Extension

Monday, June 10

HCE Board Meeting

10:00 am

Macon County Extension Office

-Clover Room

Friday, June 14

RSVP for June Lesson

Wednesday, June 19

Extension Office Closed

Juneteenth

Thursday, June 20

Chef Tucker

9:30-11:00 am

Richland College

Monday, June 24

Sewing Day

9:30 am-3:30 pm

Macon County Extension Office

-Clover Room

Scholarship Postmarked Date

Wednesday, June 26

Mini District Workshop

1:00 pm

Macon County Extension Office



Laughter is Good for the Soul

I received this post for our newsletter from Carol Ropp. I can surely relate to this!!

My mind still thinks I'm 25. My body thinks my mind is an idiot!

Thank you again to Lyn Stevens for the following jokes:

You know, it was so cold in D.C. the other day, I saw a politician with his hands in his OWN pockets.

How many tickles does it take to get an octopus to laugh? Ten tickles

Why doesn't Dracula have any friends? Well, honestly, he's a real pain in the neck.

My teachers told me I'd never amount to much since I procrastinate so much. I told them, "Just you wait!"

Why were they called the "dark ages?" Because there were a lot of knights.

IAHCE CONFERENCE IN EFFINGHAM, ILLINOIS, CELEBRATING 100 YEARS

Karen Cahill:

Sixteen members from Macon County attended the 3 day conference in Effingham, Illinois. The theme was "DIAMONDS ARE FOREVER AND SO IS IAHCE." We thoroughly enjoyed meeting the ACWW President, Magdie de Kock, from South Africa.

WE WON SEVERAL AWARDS

Karen Halicki was the member of the year from our District 3.

Macon County won the Grand Award for a special membership activity for the park district trash can project.

We also won the Certified Volunteer Hours award for the highest total hours reported in our District 3. We had 18, 705 volunteer hours.

Donna Washburn won the People's Choice Award for her winter tree photography.

The CVH awards will be handed out at the Spring Meeting on May 1.

Elaine Hamm:

As this was my first IAHCE annual conference, I have been asked to share some thoughts. The entire conference was very well organized and ran smoothly. Every detail had been thoughtfully planned. Special kudos to Melissa Chitwood for an amazing 100th anniversary conference!

The Style Show from 1920-2020 at Tuesday's "Through the Decades Luncheon" was great, and most conference attendees were adorned in appropriate attire. Wednesday's luncheon speaker, Sue Busler, a certified lay person for the United Methodist, was HILARIOUS! We certainly received the good medicine of laughter, and I would love to hear a repeat performance. My choice for the first Wednesday Share Shop was "Looking for the Sunny Side of Life" by Cheri Burcham. "Identity Theft and Other Financial Security Issues" was another Share Shop that I attended. There were many other great Share Shops available. For Wednesday's luncheon, each lady sat at the table number noted on her lunch ticket in order to allow for interaction with others outside her own county to network and share ideas, which was a good experience. The Cultural Enrichment displays were outstanding, with so many wonderful entries. At the conclusion of Wednesday's Elsie Mies dinner—"Puttin on the Ritz"—we all were entertained by Terry Lee Ridley and his Million Dollar band. A highlight of the conference was Thursday's closing ceremony speech by Magdie de Kock, ACWW World President, South Africa. She is a very elegant and personable lady, who won our hearts with a glimpse into her life and work.

This is just a short overview of a few parts of the conference. There was so much more for everyone to take in and experience. I also enjoyed the beautiful tablecloths and centerpieces which were different at each meal. The food was delicious and bountiful. It was a joy to sit together and enjoy the three days with my Macon County friends. If you have not yet participated in an annual conference, consider making the 101st your first experience!

Macon County Home & Community Education Board Meeting

Carol Ropp
February 12, 2024

CALL TO ORDER: Sandy Severe

PLEDGE OF ALLEGIANCE:

HOMEMAKERS' AIM:

JOKE:

ROLL CALL: Elaine Hamm

Units represented: Patchwork, Oakley/Pleasant Grove, Rock Springs, Maple Grove, Pana and Mt. Zion

Total in attendance:

SECRETARY: The minutes were read. Motion to approve was by Lois Miller and seconded by Cheryl Sample.

TREASURER: The treasurer's report was filed for audit.

CORRESPONDENCE: We discussed the silent auction items to be donated from Mari Mann and Murphy & Co. There will be two items valued at \$25.00 each. Officers were assigned to go to officer workshops at state conference. Upcoming activities were discussed.

OFFICERS' REPORTS:

President:

1st Vice President:

2nd Vice President: Lyn Stevens was absent.

Community & Family Issues & CVH: Co-Chairs Mary Ann Platt and Linda Hooge reported that 67 pillowcases were made. Mary Ann took 20 to Ronald McDonald House and Linda took 23 to the Salvation Army and 24 to DCFS.

Cultural Enrichment: Cheryl reminded us to make sure she has all of the cultural enrichment items for voting at the conference. She is planning to attend 4-H fairs again this summer. Tammy Buse told us when the different counties' 4-H fairs were scheduled.

Historian: Carol Ropp reminded us to look at the IAHCE website.

International:

Public Relations: Linda Austin was absent.

District 3 Director: Karen C. suggested we increase the reimbursement for board members who go to the conference. Mary Ann Platt made a motion to increase the conference expense for 2024. Linda Hooge made a second. The motion was approved.

NEW BUSINESS:

Karen C. suggested we make our August trip to the Ronald Reagan Museum and Back in Time shop bus trip. The bus is only available August 14th and 28th. August 28th was chosen due to the state fair being on the 14th. We voted whether to make this event a bus trip or car pool. It was approved to hire the bus. We need at least 42 to make the trip work at \$35.00 per person. Macon County reservations need to be made by May 19th. If there are slots available, we will offer this to Tri County with reservations due by June 19th. Non-members wanting to go reservations are due by July 19th. All deposits must be made by July 19th and any cancellations after that date will be non-refundable. It was decided to send out a special mailing notice. Karen Cahill made a motion for making this a bus trip at a cost of \$35.00 per person for Aug. 28th. We would need 42 people with a maximum of 56 to use a bus. Seconded by Mary Ann Platt.

Tammy Buse would like to do "Cooking With Grandma" on June 6th or June 13th. She asked for volunteers to come to help. Several members said they could help. June 6th was chosen. She asked if we needed any accommodations. She has some suggestions.

The meeting was adjourned at 12:00 p.m.

Macon County Home & Community Education Board Meeting

Elaine Hamm
March 11, 2024

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; Rock Springs

Total in attendance: 8 (Sally Dennis, Cathy Gipson, Elaine Hamm, Bonnie Lanham, Carol Ropp, Cheryl Sample, Sandy Severe, Lyn Stevens)

SECRETARY: Minutes of the February 12, 2024 Board meeting were reviewed by all present. Sandy Severe moved to approve said minutes as read. Cheryl Sample seconded. Motion carried.

TREASURER: Sally Dennis reported a bank balance of \$4,324.87. Each Board member received a copy of the up-to-date budget spreadsheet. The budget was discussed. The treasurer's report was filed for audit.

CORRESPONDENCE: A card from Karen Cahill, thanking the Board for the \$100 to help defray her Mini District 3 Workshop expenses, was shared. A letter was received from 4-H, requesting a donation towards the 4-H Foundation awards program. Lyn Stevens moved that we send \$50 for such purpose; Cheryl Sample seconded; and the motion passed.

OFFICERS' REPORTS:

President: During her vacation in Tennessee, Bonnie Lanham was able to obtain a copy of a county program book for the Tennessee Association for Family & Community Education.

Bonnie thanked Sandy Severe for filling in as President in her absence. Sandy was complimented for her excellent job.

1st Vice President: Sandy Severe – Annual conference will be held the next three days. On March 19, Cheri Burcham will present the county lesson on "Looking for the Funny Side of Life." It was decided to cancel sewing day on March 25. All who have signed up will be notified.

2nd Vice President: Lyn Stevens informed the Board of two new members, bringing our total county membership to 107: Barb Stinson, OPG unit, and Susie Brown, Center unit.

Community & Family Issues & CVH: Mary Ann Platt and Linda Hooge – absent.

Cultural Enrichment: Cheryl Sample has collected all the Cultural Enrichment items to take to annual conference.

Historian: Carol Ropp keeps collecting items for the history book.

International: Lois Miller and Cathy Gipson are in the planning stage for International Day.

Public Relations: Cathy Gipson has been doing some research into fabric used in clothing in Malaysia (this year's country of study).

District 3 Director: Karen Cahill – absent.

UNFINISHED BUSINESS:

Bonnie has learned that Walmart has an electric stapler for \$35, which we could purchase and store in our supply closet at the Extension office.

NEW BUSINESS:

Bonnie mentioned some details that are being planned for the bus trip on August 28. Doug Gucker, Extension Educator, has again asked us to furnish breakfast for the Master Naturalists on April 13. Thirty-five attendees are expected. We will provide muffins, boiled eggs and fruit cups. Macon County HCE will receive \$10 per person.

The meeting was adjourned at 11:10 a.m.

Officer's Reports

President

Bonnie Lanham

I hope everyone had a Blessed Easter. Remember to sign up and get your money to Sally Dennis for the bus trip in August. If your husbands would like to go, sign them up now and pay. Payment holds your place.

Conference was really nice. This was my first three day trip and I really enjoyed it.

Our Spring Meeting is coming up, so be sure you send in your reservation to Sally Dennis right away.

I NEED EVERYONE TO CONSIDER SERVING AS PRESIDENT OF MACON COUNTY OR NOMINATING SOMEONE TO SERVE. I know there is someone out there who can do it. Maybe you can consider being co-president with someone else.

Have a safe month. Remember, April showers bring May flowers!!!

First Vice President

Sandy Severe

Belated Happy Easter! Hopefully, spring is just around the corner. If you were unable to attend the conference, you missed a great time. There were Share Shops, vendors, a silent auction, terrific Cultural Enrichment items, great food, and last, but not least, fellowship with wonderful ladies! What else do you need?

Upcoming events:

- APRIL 17. Charcuterie Board program
- APRIL 24. RSVP for the Spring Meeting—\$15.00 for lunch
- APRIL 29. Sewing Day
- MAY 1. Spring Meeting

Hope you have received your information on the Road Trip August 28. If you have not received the information yet, please let your unit President know. Mark your calendar for a fun day!! Happy spring and sunny days ahead!

Second Vice President

Lyn Stevens

I hope everyone had a blessed Easter and that you are enjoying springtime in central Illinois. It is my favorite time of the year. I think that there is so much beauty as everything begins to get greener and starts to bud.

I am pleased to announce that Macon County won the 2023 Grand Award in Membership for Outstanding Program in the category of Membership. It was the Special Activity for the Park District's "Transform a Trash Can". You may remember that Macon County HCE did a trash can for the Centennial Lake Fest last July celebrating 100 years of Lake Decatur. If you would like to see the trash can in person, it is located at Sportsman Park, 3415 East Lost Bridge Road, Decatur. You have to drive all the way through the park to the boat launch area to see it.

Latest membership report—We have had five more paid memberships since the last newsletter. Welcome to our new members! Among the new members are two ladies that came to our craft sessions at the public libraries last fall. It is nice to know our efforts paid off. I hope every one of you is working to spread the word about how much fun MCHCE has.

COMMUNITY OUTREACH/FAMILY ISSUES

Linda Hooge and Mary Ann Platt

Mary Ann and I would like to thank everyone for donating items and money to pay for postage for Operation Enduring Support. It costs \$23.00 to mail one package. The ladies of Grace Methodist Church were very appreciative. At the Pillowcase Sewing Day on February 26th, the ladies made 15 pillowcases and 93 hearts. Fifteen more pillowcases were donated to us. Mary Ann took the 15 pillowcases with children's prints to the Ronald McDonald House in Springfield.

I took the remaining pillowcases to Webster Cantrell Youth Advocacy. They were so appreciative. I received a nice letter from them. The woman I spoke to said that we could bring our group for a tour of their facility if we wanted to.

Our sewing day in March was cancelled. Please mark your calendars for April 29 from 9:30 to 3:30 for our sewing day.

We would like to start collecting items for God's Shelter of Love. There will be a box available at the Spring Meeting. We will see you at that meeting.

Officer's Reports (cont.)

Cultural Enrichment

Cheryl Sample

Greetings Home Extension Friends! I can't say enough about my three days at the IAHCCE conference. The first thing I realized when I returned home was that I had been gone for 3 days and I really felt like I had attended a conference! In past years, I had gone to conference for only one day. Attending three days was much more relaxing. I was able to take my time enjoying the vendors, the Cultural Events displays and time to meet other attendees.

Wednesday is my favorite day to attend. This is an amazing organization and the opening ceremonies are done so beautifully with business and ceremony deserving of the organization. The Elsie Mies luncheon proved to be especially enjoyable to me because we were seated with people we didn't know. In previous years, seating was usually by area of interest/i.e Cultural Events, Board position, etc. While that can be a great opportunity to share ideas, this was a good chance to meet others as well.

The conference had wonderful speakers. The Road to 100 Museum had so much history and should be a traveling exhibit to share with women throughout the state. IAHCCE truly is a wonderful organization with so many phenomenal women. Plan to attend next year. You will be glad you did.

Unit News

Center

Mary Lou Poor

We met on March 4th at the Christian County Extension Office. Ten members attended. Our speaker was Police Chief Duane Wheeler. Each member received an informative booklet on "Safe and Secure: Your Identity, Your Money, Your Personal Safety." He explained some of today's crimes and gave us information about what to do if it should happen to you. Members found the information to be very helpful.

Our members brought cake and cookie mixes to be given to the Taylorville Food Pantry. Sandy Sample showed the hearts that she is making for mothers. We were very interested in this project and volunteered to help by cutting material, sewing, or pressing. We are planning to meet on March 25th to help with this project.

Thank you to Macon County for providing us with the membership 2023 booklets.

Center

Mary Lou Poor

We met on April 1, 2024, at the Christian County Extension Office. There were 10 members present. Roll call was answered with, "Did you or did someone ever play an April 1st joke on you?" There was a lot of laughter in their responses. Delicious homemade pizza was served as well as a scrumptious chocolate cake. Members sewed 90 hearts for mothers and babies to be given to the NICU Unit at St. John's Hospital. Personal items were donated this month for the Taylorville Food Pantry. It was decided that members again bring personal items to the May meeting.

Hickory Point

Louise Wickline

We met on Valentine's Day morning at Marge Kauffman's home. Her table was decorated with red hearts on napkins and plates. It was very festive!!! We answered roll call with varied Valentine memories which ranged from early love, grandchildren, and a gall bladder attack! We do cover the business topics but also enjoy much visiting.

Marge gave an appropriate lesson for Valentine's Day—"Do Good!" We gave ourselves points for good turns for others in our everyday lives. We sang some tunes rewritten as Valentine carols but we didn't win many points for our singing!

Mt. Zion

Barb Brandt

Our meeting for February was held at Our Lady of the Holy Spirit Church. There were 8 members that were present. Barbara Martin was our guest.

Brenda Noland talked about pain management. Pain is the most common reason a patient seeks medical attention. She told us about the different kinds of pain. She also talked about the different kinds of medicine to receive. Arthritis is one of the most prevalent chronic health problems and a major cause of disability in the United States. Brenda's presentation was very educational.

Barb Brandt was the hostess. She made pineapple upside-down cake.

Unit News (cont.)

Maple Grove

Mary Kay Ennis

We met at Sharon Methodist Church on February 22 at 1 p.m. We had 11 members present. The treasurer's report was read and she reminded us about our dues. Toni Strait made a motion to increase our dues to ten dollars. Mary Jo Riley seconded and the motion passed unanimously. We decided to have Operation Enduring Support be our focus this year. Carol reminded us about sewing day; Tammy Buse, the new coordinator of the HCE office; hostesses for the next three months and assigned members to teach the lessons and our meeting place will still be Sharon Methodist Church. Karen Cahill also announced: "Diamonds are Forever and so is HCE."; and the bus trip to Eureka, Illinois. Announcements were also made about the Veteran's luncheon on March 30; the Warrensburg Lions Club breakfast on March 16 and the acapella musical at the Methodist church on March 3.

On March 28, we met at the Sharon Methodist Church. Eleven members and two guests, Joyce Palace and Hazel Nottleman, attended. The guests were invited by Kris Batchelder. The minutes were read and approved.

Our lesson was presented by Mary Kay Ennis. She did a recap of Cheri Burcham's presentation, "Looking for the Sunny Side of Life". Several members also spoke about their experience at the State Conference. We were encouraged to attend next year.

There were several announcements: Pancake breakfast on April 6th at the Long Creek Methodist Church; the bus trip to Eureka; the retirement of Clarence Middleton as our HCE photographer and our refreshments provided by



BOOK SUGGESTIONS—NONFICTION

Karen Cahill sent me a list of mental health books that she came across. She thought that many of them sounded very interesting.

1. *Maybe You Should Talk to Someone* by Lori Gottlieb (2019)

A therapist writes a memoir about challenging times personally (when SHE needs a therapist). Rated a top-notch book.

2. *Hidden Valley Road* by Robert Kolker (2020).

This is a true story about a family from Colorado Springs who had six of their 12 children diagnosed with schizophrenia.

3. *Why Has Nobody Told Me This Before* by Julie Smith (2022)

A clinical psychologist gives practical solutions for coping with everyday challenges such as anxiety, depression, grief, stress, etc. Each chapter covers a different issue.

4. *From Strength to Strength* by Arthur Brooks (2022)

This is considered a great mental health book for learning how to refocus priorities to feel useful and satisfied in the later stages of life.

This is for people of our age. 📖

5. *Broken (in the Best Possible Way)* by Jenny Lawson (2021)

This is a candid look at anxiety and depression told with wit and humorous anecdotes to remind us that we are not alone with those struggles.

In the next newsletter, I will give you the list of fiction books dealing with our mental health.

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IAHCE at

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