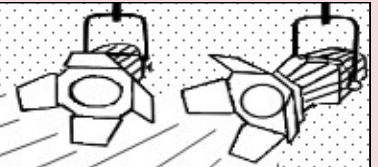


Macon County

**HCE
HIGHLIGHTS**



RCC Horticulture Tour

There was “tooking” and “sprouting” going on at the Horticulture Tour at Richland Community College on Thursday, March 20th. The “tooking” noise was what Gomez the rooster did after he found food and let the hens know that there was food. Then Thing 1 and Thing 2 (black hens) and Zsa Zsa (short, white, fluffy hen) came running. The other hens are Rhode Island Reds and the oldest is called Dinosaur. We then went inside and saw how they candled and graded the eggs they got from the hens at the farm. The eggs are from small to jumbo and are kept cold so that they don’t hatch. They wash the egg and shine a light on it to see the yolk movement. The smaller the air cell is at the top, the fresher the egg. Double A is the freshest. They sell the eggs for \$4.00 a dozen.

The “sprouting” was taking place in the greenhouses and being done by students planting clippings in the dirt. There is a germinator which is kept at 72 to 75 degrees so that the seeds can sprout in two days. They grow annuals, perennials, foliage, shrubs, hanging baskets, and have organic seed packets. They grow herbs from anise to thyme. They grow vegetables from bell peppers to heirloom tomatoes. They share these with the Culinary Department.

They will be having a plant sale on May 9th and 10th at RCC. They also have a Saturday Produce market from May 24-October 11 from 8:00 a.m. till 12:00 p.m. at RCC. Their motto is “From seed to market, you just can’t get anything fresher”.

The “Macon County Honor Guard” donation canister will be on the table again at the Spring Meeting. Please plan to donate to these great men who serve to honor so many veterans in our area. They make themselves available for any veteran’s service no matter what the weather. They use their own money for all of their expenses and many of their guns are in need of expensive repair. Please remember to support them.

Culinary Tour at Richland Community College

The Culinary Tour for the State Conference was at RCC on March 20, 2014. Ten people attended. Chef Tucker met us and told us that the Culinary Department started eight years ago. Each course is 8 weeks long. The students attend five hours at a time, either from 8 a.m. to 1 p.m. or 5 p.m. to 10 p.m. The students also have other classes to attend. He showed us the three kitchens. The original one has bleachers and TV screens that are used for food demos. The demos are taped and can be reviewed again and again. The next kitchen was the bakery where they were making cookies. The newest kitchen was built a year and a half ago, and has more islands to work around. Chef Rogers made some apple tarts to eat. He used an anti-griddle that was 34 degrees. He put apple puree on the top and froze this. He put salted caramel powder in a plastic cup, and then added dehydrated red delicious apples and the frozen apple puree. He put some vanilla-flavored bubbles in the cup and those melted with the other ingredients. It tasted just like apple tarts!

MCHCE Culinary Tour

The tour on April 10th was for the MCHCE ladies. There were 30 ladies that listened to Chef Tucker. He told us that William Eichenauer had the idea of a Culinary Program. The program started in the fall of 2008. This program offers a two year Associates Degree. The student needs 67 credit hours and each class costs around \$600. Each class is sequential to the next class. Some of the examples of the classes are: famous chefs, vegetables, culinary math, soups, sauces, stocks and how to braise. The last class is a butchery class. They butcher a pig and make bacon, ham, sausage, etc. There are two elective courses. One is offered every other year and costs \$4,000. The students are taken on a fourteen hour plane ride to China! They spend 12 days going to different college kitchens and learn how to use other methods to prepare food. The other elective is taking a class through the Horticulture Department at RCC. The Culinary program at RCC takes 16 students every spring and fall. So far, since the fall of 2008, 60 students have graduated.

Continued on page 4.

Upcoming Events



April

Tuesday, April 29, 2014

Set-up for Spring Meeting @ 3:00 p.m.

Wednesday, April 30, 2014

Spring Meeting

RSVP's go to Pam Walker by April 22, 2014

9:00 a.m. Registration

9:30 a.m. Meeting

Extension Office—Illini Room

May

Saturday, May 3, 2014

Master Gardener Plant Sale & HCE Luncheon & Bake Sale

8:00 a.m. to 1:00 p.m. HCE Hours

9:00 a.m. to 2:00 p.m. Plant Sale Hours.

Monday, May 12, 2014

9:30 a.m. HCE Board

Extension Office—Clover Room

Monday, May 12, 2014

RSVP to Macon County Extension Office for May Lesson

Thursday, May 15, 2014

Lesson - ADM Research Kitchen Tour

Presented by ADM

9:30 a.m. to 11:00 a.m.

Located at ADM Research Kitchen. Please meet at the ADM Research Kitchen main entrance which is the old Lakeview High School.

Monday, May 26, 2014

Extension Office Closed

June

Sunday, June 1, 2014

Scholarship Deadline

Monday, June 2, 2014

Tri-County Meeting

Piatt County Extension Office

9:30 a.m. to 1:00 p.m.

Friday, June 6, 2014

RSVP to Macon County Extension for June Lesson

Monday, June 9, 2014

9:30 a.m. HCE Board

Extension Office - Clover Room

Newsletter information to Linda Austin

Tuesday, June 10, 2014

Lesson - Outdoor Grilling

Presented by Caitlin Huth

9:30 a.m. to 11:00 a.m.

Extension Office - Clover Room

THANK YOU!

Congratulations to each of the board members on doing such a terrific job during 2013! Each of them received an Education Award. Community Outreach and Family Issues Director for 2013, Karen Cahill reported on each of her positions. She received an award in each, Citizenship category in Community Outreach, and in Family Issues, she received the award for Health and Nutrition. Cultural Enrichment Director, Barb Reed, reported on our trip to Paxton to the Millinery Shop, and won the category in Textiles and Clothing. Margaret Leonard's award was the Special International Event. She reported on our International Day with Piatt County. Linda Austin explained how we gave a lesson at the Mt. Zion Library to encourage membership in HCE for her Special Event award.

The purpose of these reports is to show what we do in Macon County to encourage membership and education in our county. Maybe we do something different to attain new members, as well as the kind of lessons we schedule. We get ideas from other counties too!

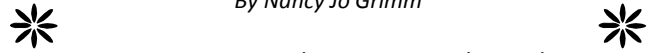
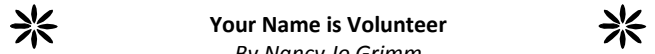
Each of our board members work very hard to have programs, tours, and many other activities for you as members. Without the leadership they each have in their positions, we could not move ahead with all of the projects that we have lined up each year for you.

Congratulations again to the great Board we have here in Macon County!



Your Name is Volunteer

By Nancy Jo Grimm



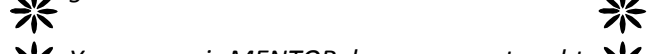
Your name is LOVE because you showed me love and compassion when I needed it most.



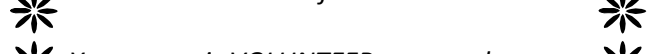
Your name is PATIENCE, because you took the time to listen to me when my stories were long and my heart was heavy.



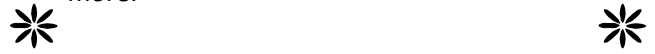
Your name is KINDNESS, because you used your healing hands to touch my pain and guided me when I was lost.



Your name is MENTOR, because you taught me the lessons that life cannot teach.



Your name is VOLUNTEER, you are love, patience, kindness, a mentor and so much more.



OFFICERS' REPORTS

President

Sharon Middleton

With the whirlwind of getting ready for the State Conference held here in Decatur and the aftermath, I finally have been able to catch up on sleep and get ready for the next events here in Macon County! We just visited the Richland Community College Culinary area with Brian Tucker, Chef and Director of the Culinary Arts Institute. He spoke to us in the class "kitchen" which the students used before the "state of the art" new culinary kitchen was built. We were able to go through the new kitchen while a class was cooking and creating items using various kinds of cheese. Brian explained how the students learned everything from cooking, management, and math to figure the costs of creating meals. When the students are finished with their courses, they are ready for the real world of culinary cooking in all positions. Very interesting!

As you will find out at the Spring Meeting, we received a 2nd Place in the County of the Year this year. I'm very proud of each and every one of our members for supporting HCE throughout the 2013 year, whether you volunteered and turned in hours, took lessons and went on tours, taught a lesson, or brought in a new member or two. Whatever you did in your units....you all helped to win this honor. Thank you and now onto the next year! We want to be on top again and I know we can do it. We've done it before and we can do it again. Having great lessons, turning in your volunteer hours, and getting new members is on our agenda this year. Thank you all again for all the work you have done to create a wonderful HCE group here in Macon County!!

Many of our board members also won awards in their categories. Along with those members, we will be honoring those receiving seals for their volunteer hours our 50 year and over members during the Spring Meeting, April 30th. Wear your favorite apron as you attend our Spring Meeting, and let's celebrate the IAHCE's 90th birthday with the theme of "Been Cookin' 90 Years." Copies of the IAHCE's new cookbook will be available to browse through. They can be ordered from the new IAHCE CVH/Sales Director, Joan Stanley from Champaign County.

I'm looking forward to a beautiful spring and medium temperatures. Check out all of the lessons and programs coming up. See you at the Spring Meeting!

Co-First Vice-President

Janet Winter and Anna Belle Farrell

The March 12, 2014 lesson was on **Women and Coronary Heart Disease (CHD) by Dr. Kairouz**. There were 26 people in attendance. One in 3 women die of heart attaches, stroke or cardiovascular disease. Women ages 30-62 years old, according to a 50 year old Framington Heart Study, have a higher risk of death from CHD. Women are more likely to be misdiagnosed with their symptoms. They experience symptoms differently such as back discomfort, jaw and abdominal pain, shortness of breath, nausea, and psychological stress. The risk factors are: family history, obesity, postmenopausal, deep vein disease, smoking, kidney disease, high blood pressure (HBP), abnormal

cholesterol, diabetes mellitus and metabolic syndrome (smoke, HBP, and a big waist.) Lifestyle changes would be a healthy diet (1600 to 2000 calories a day), weight management, physical exercise (30 minutes for 5 to 7 days a week), and HDL more than 50, and triglycerides less than 150. Keep your ticker in tiptop shape!!!

The State HCE Convention remains the highlight of each years' meetings and activities. Nearly 400 RSVP's were made for the March 18-20 conference that was held at the Decatur Conference Center. Many hands and hours made goodies for stuffing the goodie bag hand-outs to welcome the guests. Following the morning program speakers, the cast of the Macon County HCE actors presented the skit "Been Cookin' 90 Years". A 90th birthday celebration is planned for 2014. The forty-four workshops that were offered during the Conference were a good source of new ideas an lessons, programs and officer training. The Conference adjourned with three days of good visiting with old and new members, swapping tales, learning, teaching, and enjoying food and fun. April 30th is the Spring Meeting. The May 15 lesson is at the ADM Research Kitchen at the Randall Research Center. Mark Plaerke does not know, at this time, which product will be in research then.

Second Vice President

Sandy Severe

I am Sandy Severe, your new 2nd Vice-President. I have been in HCE for approximately 5 years. I am just now getting my feet wet in this new position, and I am trying to find out all of my duties. I hope to come up with some new ideas for gaining new members. I have some very large shoes to fill by taking over from Carol Dilbeck! What a terrific job she did! With everyone's help, our membership will and should grow stronger and larger, but notice that I did say, "with everyone's help!" We have 119 members as of March 2014. Let's get those numbers growing!

International

Emily Chamberlain

At this year's IAHCE State Convention held at the Decatur Conference Center on March 18-20th, State International Chairman, Pat Weitzman, announced that the country of interest for this year would be Germany.

Macon and Piatt County will be holding our International Day Event on Thursday, September 18, 2014, from 11:00 a.m. to 2:00 p.m. in the Illini and Clover Rooms at the Macon County Extension Office. Macon County is this year's host.

Recipes, general information, and suggestions for activities were distributed and shared. Pat would also like to see more emphasis placed on Associated Country Women of the World (ACWW). We will be distributing the suggested recipes and display topics at the Spring Meeting on Wednesday, April 30, 2014.

OFFICERS' REPORTS

Please discuss this at your Unit meetings, make your choices, and return the form to me by August 15, 2014. Since many of you may have great personal German recipes that you would like to prepare and share, please include these by this time so we can add them to the handouts and have a name tag for the dish on the day of the event. This should be a fun and informative event!

Community Outreach

Karen Cahill

Are the ladies of Macon County HCE the best or what???? Congratulations to all of you for everything you did to help us win numerous awards again this year at the IAHCCE conference. I know I appreciate all of the support you gave for our Community Outreach and Family Issues projects, as well as keeping track of and reporting your volunteer hours. Way to go!!

Once again, being at the conference was a lot of fun. I met so many wonderful ladies from all around the state. I am always impressed with the energy and vitality of so many people. It was fun to see all of the wonderful projects that others did for their communities as well as the talent shown in the Cultural Enrichment area. Wow! Since next year's conference will again be right here in Decatur, I hope more of you will be able to attend. It is a great experience to see how HCE works around the state.

Our community outreach project again this year will consist of serving lunches at the Ronald McDonald House in Springfield. Our first one will be April 16. We will be able to do two more before the house closes for major remodeling. We will try to start doing more lunches starting in October.

We are able to serve the lunches due to the sale of the special cleaning cloths at the conference. I want to give many thanks to all of the ladies who manned the booth and did such a great job of promoting and selling the cloths. We **sold 169** cleaning cloths. I think that is great! If you didn't have a chance to buy any and still want one, we have 56 remaining. They are \$4.00 for one or \$3.50 each for more than one. Just give me a call.

Also, a big thank you goes to the Pleasant Grove Unit for their generous donation to our lunch program for the Ronald McDonald House. I appreciate your kindness for this worthwhile project.

I hope you will be able to attend the Spring Meeting because Brian Replegle from the Ronald McDonald House will be our guest speaker. Come show your support and learn about the remodeling project as well as other facts about this important community landmark.

Also, remember to keep saving your pop tabs, and keep track of your volunteer hours.

Family Issues

Gini Smith

Hope that you are all ready for spring! It has been a long winter! I got the chance to get out this weekend and work in the yard in between the raindrops. I didn't think that I was in bad shape, but my muscles are saying something different than my brain. **OUT OF SHAPE!** I was feeling out-of-breath after about the fifth trip up the hill carrying broken limbs to a pile I had accumulated on the trailer. I was thinking about all of those statistics Dr. Kairouz spoke about in March and I was hoping that I would not be one of those statistics! I remembered that I had received an e-mail from a friend and had stuck it in my folder to pass on to those who are interested. It's called the Mayo Clinic Asprin. It may just save your life, so I am passing it onto you. It is located on page 6 of the newsletter.

Cultural Enrichment

Barb Reed

Hi, everybody! It's good to be back home and active with HCE. I am sorry to report that we did not win any awards at the Best of the Show at the State Conference this year. Again, I thank you all for participating. Your works were beautiful. We hope you will continue to enjoy your crafts and enter again next year.

My plan is to get around to each unit this year to talk about the Best of Show and Cultural Enrichment ideas. Please write down any thoughts and questions you have.

Hope to see you all at our Spring Meeting!

(Culinary Tour at Richland Community College continued from page 1.)

We also learned that the original kitchen is used by the Heartland Culinary students. The bakery bakes all of the cookies, sconces, and other pastries for the RCC Coffee House. These students are sent to St. Louis for barista training for the Coffee House. The newest kitchen is state of the art! As we were walking through, the students were figuring out the differences in cheeses and smoking beef jerky. Some of the appliances beside the anti-griddle (freeze) were an oven steamer (good for bread), and a sous verde, in which you can vacuum-seal and cook at a constant temperature food, such as 48 hour ribs!

There is a new section being built which will be a restaurant to be opened in August 2014. It will be open for lunch and dinner every Tuesday and Thursday. It will seat 50 people. The students will learn to cook, wait on people, clean up, and manage a restaurant. The Chefs have submitted the paperwork to be accredited by the American Federation and will be getting a visit from them April 24, 2014.

MACON COUNTY UNIT NEWS

Hickory Point Unit

March: The Hickory Point Unit met on March 11, 2014 at the home of Louise Wickline. Our speaker was Paula Cordts, who spoke of her recent trip to China. She and her husband visited six cities in China, each with millions in their populations. They flew from one to the other as the distances between each city were hundreds of miles. On one short jaunt, they were bussed and one trip was on the bullet train that traveled at 198 miles an hour. China has 23 provinces with 56 ethnic groups. Some of the interesting sights were Buddhist temples, the Great Wall, panda zoos, street markets, high-rise senior apartments, farms and schools. The trip was very interesting, and we all enjoyed her talk. Our refreshments were "green-themed" to celebrate the upcoming St. Patrick's Day. We always enjoy our visiting time.

April: Hickory Point Unit met in the home of Nellie Templin in April. Our guest speaker was Amy Reeser, Director of Starting Point, Your Aging and Disability Resource Center (a group from the Health Department). She spoke about the various areas that were available to all of Macon County residents and that the programs were not just for the lower income bracket. There are many programs for all ages. After Amy's presentation, we held a short business meeting and then adjourned for a lovely dessert. We had time to visit and find out what all of our members had been doing the past couple of months. We had to cancel a couple of meetings due to the weather that seemed to always be bad on Tuesday! Our next meeting will be held at Barb Reed's home.

Sharon Middleton, reporting

Rock Springs Unit

February: The Rock Springs Unit met at the home of Joann Tirpak and we had five members present. Millie Xanders brought one guest, her daughter-in-law, Margaret. We discussed our upcoming meetings for the next year: helping serve lunch on March 6 for the Master Gardener's meeting, the scholarship program and the state meeting at the Decatur Conference Center. Margaret Leonard will be attending that. The meeting was adjourned and a delicious desert was served by Joann. We are going out to the Extension Office for our next meeting March 12 for the lesson on Heart Health. Then we will go to Il Forno on Mound Road for lunch. Anyone is welcome to join us.

March: For the March meeting of the Rock Springs Unit, we all went to the lesson at the Extension Office. Dr. Kairouz presented a program about heart health. It was a very informative lesson and I am sure everybody that was there gained some insight into heart health. I know that she answered questions concerning statin drugs, cholesterol, and

leg cramps. After the meeting, we all went to Il Forno for a very good lunch. Millie Xanders' daughter-in-law was able to come with us and we enjoyed visiting with her. There were 4 other members present. Margaret Leonard led the discussions on the upcoming events to be held by HCE. The next meeting of our unit will be Thursday, April 10, 2014, when we will be touring the Richland Community College Culinary Department.

Lois Miller, reporting

Maple Grove Unit

The Maple Grove Unit met at the Imboden Creek Living Center for our February meeting. Our February 27th meeting started at 11:00 a.m. We had twelve members present and one guest, Alice Kreig. The minutes for our last meeting were read and approved. The treasurer, Pat Bales, reported a balance of \$111.35 in our account.

These items were discussed at our meeting:

- Karen Cahill asked for help to "man" her booth at the State Convention. Several time slots were open, and she was able to fill all her time slots with workers. She also mentioned that Karen Halicki's booth needed help. Workers were reminded to wear a favorite apron to their assigned locations.
- President Carol Ropp reminded us of the bus trip to Galesburg, and that we should get our request for a seat on the bus quickly, as they need to know the number attending.
- On March 13, our unit is preparing a meal for the Master Gardener Training held at the HCE building. Carol asked for help in this and several volunteered. It will be a spaghetti meal and the time workers are needed are from 10 - 12:30.
- Our unit will be preparing the meal at the Springfield Ronald McDonald House on April 16th.
- Karen mentioned that she has been approached with the idea of supplying desserts to the DAV meals. Upon discussion, this was voted down by our unit.
- We were thanked by Karen Cahill for the 100% response to turning in our volunteer hours for 2013.

Our next meeting will be on March 27th at Il Forno at 11:00 a.m. Tentatively our April meeting will be on April 10th to avoid the Easter holiday.

Meeting adjourned at 12:40. We enjoyed a meal served by the Imboden staff.

Mary Kay Ennis, reporting

MACON COUNTY UNIT NEWS

Pleasant Grove Unit

February: The Pleasant Grove Unit met February 14th at MaryBelle's in Mt. Zion. It was cancelled February 4th due to the weather. The meeting was opened by our new President Beverly Wall. Our regular business was reported with several chairpersons reporting.

Reservations for lessons are needed. A great amount of time was spent talking about the upcoming conference. Hostesses for the following months were recorded in our program books. We welcomed Janet Winter as a new member.

March: We met March 3rd at MaryBelle's in Mt. Zion with eleven members present. Pat Lugar presided over the meeting due to the illness of Beverly Wall. The old and new business was reported. A lot was discussed about the conference and the Master Gardener lunches.

Anna Belle gave us the Board report. A motion was made and passed by our unit to buy five aprons for the Ronald McDonald House. Mary Ann Platt announced the Quilt Fest would be March 28 and 29th at the Civic Center.

Tot Schuman announced that several events are coming up and passed out brochures. Several members showed their Cultural Enrichment articles.

April: The Pleasant Grove Unit met Tuesday, April 1, 2014, at MaryBelle's Restaurant in Mt. Zion. We had 14 members and one guest, Chris Smith, present. Phyllis Goodbred was our hostess. The theme was "Spring." Beverly Wall opened the meeting with all of us reciting the Homemaker's Aim.

The Officer reports were given and a new motion was made to give \$50.00 to the Ronald McDonald house for food staples as they have enough aprons. Reservations were taken for the Spring Meeting on April 30th. A lot of discussion was made about the convention and the workshops. Beverly reported the county only has 118 members. We need to think about getting new members.

Under new business: Else Farnham, International Representative, reported the International Country will be Germany this year. Tot Schuman, Cultural Enrichment chairperson said that on April 19th at 6 p.m., a gospel group will perform at the Mt. Zion Christian Church. A free will offering or donation will be taken. We then adjourned for lunch.

Alice Bray, reporting

Patchwork Unit

The Maroa HCE Patchwork Unit is continuing to enjoy dinners together at our meeting. In February, we met at Sol Bistro in downtown Decatur. The March meeting was at Crawford's in Maroa. It was rescheduled to the 25th of the month as there were several conflicts, and our snowbirds would be back by that time. We are back on schedule for the April meeting for the third Tuesday of the month. We will meet at Crawford's at 6:00. We have added Jill Zelhart to our membership this year. New members are always welcome.

Cindy Hoffman, reporting

Oakley Unit

March meeting: We had our first meeting of the year at Carol's home. We finally got to work on our new books and get them filled out. Those attending were Joan, Lucille, Joyce Pirtle, Patty, Carol and Sandy. We welcomed a new member, Joyce Hunsley. What a wonderful asset she will be! Carol served a delicious cherry dessert. We enjoyed joking and laughing together!

April meeting: Our meeting was held at Il Forno for lunch. Those attending were Patty, Cheryl, Carol, Sandy and Joyce H. After our scrumptious meal, we paid our money for the Spring Meeting and discussed what we would bring for the brunch items for the meeting. We discussed what we might plan for summer outings and who would be attending the lesson for May. Each member got an Easter egg filled with treats and a container of bubbles to welcome in spring.

Sandy Severe, reporting

Mt. Zion Unit

February: The February meeting of the Mt. Zion Unit was held at the Antioch Christian Church on February 26, 2014. Fourteen members, including new members Edna Dean and Lara Hott answered roll call by describing a favorite valentine. A few members even brought their valentine to the meeting for all of us to see.

On February 27, Carol Dilbeck, Edna Dean, Vicky Wooten and Carol Flitz will serve the Master Gardener's training lunch. We were saddened to learn that former member Geri Stroyeck and active member, Ann Buchanan, had passed away recently, and that member Arlene Delbridge's husband had also passed away. Mt. Zion Unit sent an appropriate memorial to the families of Ann and Arlene to express our sympathy.

(continued on other side)

Goodie bags are being put together for the State Convention. Mt. Zion Unit will be responsible for decorating the table representing Macon County. Several members will work at the convention.

Following delicious refreshments provided by Helen Kingston, several members stayed and made homemade cards, which Ruth Gibson will use as she sends cards each month to members who are ill, have lost a loved one, or just need to know that we are thinking of them. Some of our members are expert card makers. It was a lot of fun to visit and to see all of the pretty cards as they went into the basket for Ruth to use. We are a creative bunch that have a great time together.

April: The Mt. Zion Unit met at Antioch Christian Church on March 26, 2014. President Carol Flitz opened the meeting with the Pledge to the American Flag and the Homemaker's Aim. Carol shared a lovely poem, "Your Name is Volunteer" to encourage everyone to keep track of volunteer hours. Roll call was answered by each member sharing about her grandchildren, great-grandchildren, special person or animal in her life. My, but we are proud grandmothers, great grandmothers and pet lovers! Members were reminded to make reservations for the Spring Meeting, the Richland Culinary Tour, and the Galesburg trip.

Our lesson for this month was on the subject of Heart Health. Several members brought blood pressure cuffs. Vicky Wooten and Edna Dean helped everyone take her blood pressure, and presented important facts about the heart and how to take the best care of it, including diet and exercise. Two excellent hand-outs provided by the Prairie Bank and Trust contained excellent articles on Heart Health, especially the article "Life's Simple 7" a simple seven step list to live a long, productive and healthy life.

Delicious refreshments were furnished today by Lora Hott. Each of us went home much better informed about the lifestyle changes we need to make.

Von Gregory, reporting

Mayo Clinic Aspirin

Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 a.m. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has 24-hour "half-life": therefore, if most heart attacks happen in the wee hours

of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest for years. (When it gets old, it smells like vinegar.)

Something that we can do to help ourselves—nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks. There are other symptoms of a heart attack, besides the pain on the arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If it happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: Call 911. Phone a neighbor or a family member who lives very close by. Say "Heart Attack!," say that you have taken 2 aspirins, take a seat on a chair by the front door, and wait for their arrival and DO NOT LIE DOWN!

Reminder!!

Please RSVP for all lessons & events. If a fee is being charged it is IMPERARTIVE that you pay the day you register. Your seat will only be reserved if paid in advance. Thank You!

- ★
- ★ **Important Scholarship Information** ★
- ★ If you have been a member of MCHCE for three ★
- ★ years, you, your children and grandchildren are ★
- ★ eligible for a scholarship. Four \$500 scholarships ★
- ★ from MCHCE are available each year. If you or your ★
- ★ family members want to apply, please go on-line to ★
- ★ mchce.org to read the qualifications for receiving a ★
- ★ scholarship. The instructions are available there. If ★
- ★ you have any questions, please call, Carol Ropp at ★
- ★ 855-3339. ★
- ★

FEBRUARY MINUTES

President Sharon Middleton called the meeting to order at 9:30. She then led us in the Pledge to the American flag and the Homemaker's Aim. Roll call was done by LaNell Darst. Seven units were represented with a total of 13 members in attendance.

The minutes of the January meeting were reviewed and corrections were made as needed. The motion was made by Karen Cahill to approve and seconded by Emily Chamberlain. Motion passed. Thank you notes were mentioned and passed around for all of the members to read.

Officer's Reports:

President: Sharon Middleton went over the treasurer's report, as Pam Walker was absent. Sharon asked for volunteers to audit the budget. Karen Cahill and Emily Chamberlain volunteered to meet with Pam Walker to do it. Sharon stated that she bought stamps for \$386.00 before the price of stamps increased. Motion was made by Linda Austin to approve the purchase and seconded by Anna Belle Farrell. Karen Cahill purchased Kleenex for the gift bags going to the state meeting. The motion was made to approve the purchase and was then approved by the board.

1st Vice President: Anna Belle Farrell spoke about projects that have been done. Janet Winter also spoke about the projects that have been done and ones that need to be done before the state meeting in March.

Membership: Sandy Severe stated that she has not been able to get with Carol Dilbeck, but at last count our membership was 125.

Community Outreach: Karen Cahill reported on volunteer hours. She also discussed the volunteer schedule for the Ronald McDonald lunches. Karen brought up a discussion about the DAV letting us sell desserts on Friday evenings. She asked for a commitment for help if we decide to do it. No final decision was made.

Cultural Enrichment: Barb Reed was absent.

Family Issues: Gini Smith reminded everyone that Dr. Kairouz will speak at the Extension Office on March 12. Flyers will be made for everyone to hand out.

Historian: Carol Bork has made no progress on the scrapbook.

International: Emily Chamberlain reported about meetings with Margaret to exchange information.

Public Relations: Linda Austin reported on the newsletter.

Program Coordinator: Mindy made a few announcements.

Unfinished Business: Karen Cahill announced that 335 Kleenex holders have been made, 134 bookmarks and 34 door hangers have been made for the state meeting goodie bags. Piatt County also made bags of Chex Mix for the bags.

New Business: The lunch menu for the Spring Meeting on April 30th will cost \$9.50 per person and will be catered by Cinda Stocks. Baked spaghetti, garlic bread, salad and angel food cake with strawberries will be served. Oakley Unit will do the breakfast. Carol Ropp and Maple Grove will do the name tags and registration. Brian Replogal will be the speaker from 11-11:45. Reservations need to be called to Pam Walker by Tuesday, April 22nd. The Galesburg trip will be leaving from the DeWitt County Fairgrounds on Thursday, April 24. The trip is open to the public if room is available on the bus. The Master Gardener lunch on February 8th was discussed. Receipts for the food were turned in to Sharon. The State Conference meeting was discussed.

The meeting was adjourned at 11:15.

Respectfully submitted,
LaNelle Darst, Secretary

MARCH MINUTES

Sharon Middleton opened the meeting with the Pledge to the American flag and the Homemaker's Aim. Correspondence was read by Sharon Middleton. Roll call was done by LaNelle Darst—16 present, 8 units were represented.

The minutes of February's meeting were reviewed and a motion and a second were made to accept them.

Officer's Report: Pam Walker reported the treasurer's report. Bills were presented to the Board, voted on and approved. The bills were for the cookbook, food for the luncheon, and scrapbook. Karen Cahill reported on the treasurer's audit that was done by Pam Walker, Emily Chamberlain, and herself.

President: Sharon Middleton reported on the Master Gardener's luncheons. She thanked everyone for helping with the cookbooks. They will be put together after the lesson on Wednesday.

1st Vice-President: Anna Belle Farrell gave a report on the lessons coming up and the lessons to be done during the IAHC Conference. Janet did not have a report.

Community Outreach: Karen Cahill gave her report on Community Outreach and volunteer hours. She also reported that the Ronald McDonald House will be closed for 14 weeks. Arrangements will be made for the house guests at the Springfield hotels.

Cultural Enrichment: Barb Reed reported that the winning entries have been chosen and will be taken to the State Conference by Karen Cahill.

Family Issues: Gini Smith reported on the appearance of Dr. Kairouz on March 12th. She also reported about the Health Heart Event at Kirby Hospital. The next event is on Thursday, March 27th at 5:30 p.m.

Historian: Carol Bork reported that she has filled one scrapbook and is working on another one.

International: Emily Chamberlain reported that the International Scrapbook is done and has been turned in to the state.

Public Relations: Ann Adkesson reported on the newsletter. Linda Austin was absent.

Program Coordinator: Mindy Peterson reported on the

Master Gardener's lunch and the bus trip to Galesburg in April. The cost is \$55.00 and that includes lunch and transportation.

Old Business: Karen Cahill talked about the DAV desserts on Friday night. We are not going to proceed with the project. She also reported about the goodie bags for the State Conference attendees. The bags will be assembled at 1:00 p.m. on Monday, March 17th. The Spring Meeting will be on April 30th. The cost for the lunch will be \$9.50. All lessons, other than the Spring and Fall Meetings, need to be RSVP'd to the Extension Office. A motion was made for us to pay for the newsletters for the board and the unit presidents. Carol Bork made a motion to approve and it was seconded by LaNelle Darst. The motion passed. Pam Walker needs new checks. A motion was made and passed.

The meeting was adjourned at 10:15.

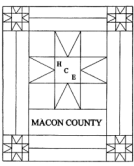
Respectfully submitted,
LaNelle Darst, Secretary



We received a thank you note from Camden Cripe, the recipient of our scholarship award for this year. He said: "I greatly thank you for your scholarship gift. It greatly offset my book expense this semester. Medical textbooks are very expensive! With your kind contribution, my career goal is that much closer. Best wishes, Camden Cripe" We all wish you the best as you pursue your medical career, Camden!

We want to thank everyone who helped us with our April 3, 2014 Kringle Sale. It was a huge success. We bought 276 Kringles and took a few early orders. The sale started at 6:45, and we sold our last Kringle by 8:30. This was a real record. Please mark your calendars now for the fall sale on November 6, 2014.

Carol Ropp and Gini Smith



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