



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



NEWS FLASH!!!

2015 LESSONS CHOSEN!!!

The members of Macon County HCE have spoken, and selected their top choices for lessons in 2015. Here is a sampling of what you have to look forward to next year. It should be an exceptional year, as was 2014. Lots of exciting topics on a variety of subjects, outstanding presenters and a few trips were thrown in. It’s going to be a great year to Walk with IAHCe in Macon County!!!

Dates, times and some presenters for the selected 2015 topics have yet to be confirmed, but here are a few of the top vote-getters:

- The ever-popular and extremely entertaining, former Ag Extension Advisor, Stu Hawbaker
- ◆ Who Doesn’t Love a Dip!!
- ◆ Unique and Creative Ways to Wrap a Present
- ◆ Crafting Extravaganza!
- ◆ Putting the Chicks in the Chicken Feeder
- ◆ Antique Quilts
- ◆ Preserving Old Photos
- ◆ Hummingbirds, a Beautiful Mystery
- ◆ Next of Kiln
- ◆ Sensational Summer Drinks

AND many, many more. HCE Week will be held in October again, and will include many different lessons and a trip. The Macon County Health Department visit, which was “snowed out” this year will be rescheduled next summer. More details will follow in the February newsletter.

Upcoming Events

November

Thursday and Friday, November 27 and 28, 2014
Extension Office closed for Thanksgiving

December

Monday, December 8, 2014

9:30 a.m. HCE Board, Extension Office
HCE Board Luncheon for new and old officers following the Board Meeting.
HCE Board assembling unit books, and work on award books.

December 24, 2014—January 2, 2015

Extension Office closed

Wednesday, December 31, 2014

Volunteer hours due to Karen Cahill. Check the website for any changes in the report forms.

January

Tuesday, January 13, 2015

RSVP to Macon County Extension for January Lesson.

Lesson about “Preserving Old Photos”

Ann Adkesson presenter.
Tuesday, January 20, 2015
9:30—11:30 a.m.
Macon County office

OFFICERS' REPORTS

President

Sharon Middleton

Here it is—nearly Christmas! It has been another great year with HCE, ending with a wonderful Fabulous Friday! I missed it due to another event that I was in charge of. But...I just looked at the photos of those who attended the three lessons. It looks as if we had great crowds for each, and that you learned much about the Macon County Honor Guard, whom we have supported the last few months. You also learned how a seeing-eye dog helps those in need and where the bees are and what they do for us.

I want to thank all of our members who supported all of our lessons and programs during this past year. We will again have many more programs for you to attend next year. The count is in from our lesson suggestions that you voted on at the Fall Meeting and they will be in your 2015 Program Booklet that will be ready for you in January!

It has been a wonderful four years as your County President. We have had a Tornado Disaster Preparedness event for the entire Macon County region, along with Eddy Weiss and helicopters that took many months to plan and execute. We also had many Master Gardener events where we catered meals with everyone's help, and we joined the Ronald McDonald House to prepare meals and supported their many collection endeavors.

We were "County of the Year" for two years and a runner-up one year! Maybe we can add "County of the Year" again this year. We will find out in March, 2015, during the state IAHC Conference, which will be held in Decatur again this year. I hope you all attend and see what a great group of ladies and gentlemen we have throughout the state. Registration will be available in December. Check the state website at www.iahce.org for more details.

Thank you for all your support during my years as President. Macon County has an active HCE group and with your new co-presidents, Karen Cahill and Carol Ropp, they will continue to lead us in the right direction to be "County of the Year" every year whether there is an award from the state or not. One person that I need to say "thank you" to is my husband, Clarence, who without him, I would never have accomplished as much as I was able to. He took care of Crosby during lessons, board meetings, trips and much more! Thank you!

As most of you know, our family is growing with twin grandsons coming in December, and along with Crosby, Clarence and I will be taking care of the three of them when their mom, Gina, goes back to work in the new year. We look forward to taking care of them, but may be calling for help!!! We will have three grandchildren under the age of two---do you think that we will survive? I am sure that we will!

Have a great holiday season with your family and friends! I will see you in the new year!

Co-1st Vice Presidents

Anna Belle Farrell and Janet Winter

FAB FRIDAY

This was a **Fabulous** Friday, indeed! All three programs were extremely interesting, the speakers were wonderful, and we all learned so much!

The first lesson was presented by Rudy Escobar, a founder of The Macon County Honor Guard. Rudy and Jim Parker organized it here in Macon County in June 1995. The Honor Guard honors those who served in active duty in the various branches of the military by providing military funeral honors upon request. There are twenty-one people involved for each funeral including seven men in the firing squad and the color guard, who carries the American flag plus the flag or flags for the branch or branches of service that the veteran served in. Each service takes around three hours: assemble at the American Legion, fifteen to forty-five minutes to the cemetery, line up in the funeral procession before the family arrives, the ceremony for fifteen minutes, and then the color guard and firing squad depart. When they get back to the American Legion they have to clean the guns and get them ready for the next funeral. The weapons are M1 rifles and use blank ammo provided free by the government. There is no charge for this service. So far in 2014 they have done one hundred and forty-one funerals.

The second lesson, "Truly, A Man's Best Friend." was presented by Jim Hoffert about "seeing-eye dogs." After an instructor visited him at his home, Jim attended the Seeing Eye School in Morristown, NJ where he met his dog, Donald, a Lab-Golden Retriever mix. Jim bonded with Donald and for the next few days they worked on the walking path. Then they were ready to go walking in the town. The second week the instructor took them to New York City to walk around Times Square. Even with all the noise and crowds the two of them did well. The cost is only \$150.00 for the blind person. They are told to have people ask to pet the dog if he is in harness. The dog has to be groomed every day, smell good and be in tip-top shape. Donald was retired in 2008 and Woody trained with Jim for eighteen days and came home with him. Woody is two years old.

The final lesson was "Honey, The Sticky Details" presented by Darryl Coates, a bee keeper, or apiarist/apiculturist. The honey bee is fuzzy, golden, hibernates in the winter, can sting a person only once, eats nectar and pollen, and makes wax honeycomb and honey. Only females (workers) have stingers which drive into skin with barbs. The workers feed up to 120,000 bees in the hive, vibrate their wing muscles to keep warm in the winter and cool in the summer. The male (drone) is the noisiest bee. They mate with the queen bee who can lay 1,500-2,000 eggs which hatch in sixteen days. The mating takes place in the air. We also found out that honey never goes bad. We were able to sample four different kinds of honey on crackers.

Those of you who were unable to attend the FAB FRIDAY presentations, you have something to look forward to at your unit's upcoming meetings!

AnnaBelle Farrell and Janet Winter

OFFICERS' REPORTS

Second Vice President

Sandy Severe

Thanksgiving and the holidays are fast approaching! I'm not all that ready, are you? We will be welcoming six new members at the beginning of 2015. That is terrific! What a way to start the new year, so let's keep the ball rolling! Let's get to work and make this year an HCE "new member extravaganza!"

Just a reminder—we will be having a "Make It-Take It" on Saturday, November 15, 2014, from 10:00 to 12:00 at the Mt. Zion Library. Be sure to sign up at the library. Come join us and get in the Holiday Spirit!

PLEASE—those of you who have not paid your \$15.00 dues for 2015, do so immediately! Time is running out. We don't want you to miss any of our great lessons or activities in the new year. Have a wonderful Thanksgiving and Christmas!

Community Outreach

Karen Cahill

THANK YOU! THANK YOU for your generous contributions to the Ronald McDonald House. I was able to deliver 26 children's pillowcases, \$65.00 towards the new kitchen, and 57.6 pounds of pop can tabs. WOW! It was a great feeling to let them know that the items were from MCHCE. Thanks again for your support!

We enjoyed getting into the new kitchen to cook. Many thanks to my helpful, busy chefs!!! The remodeling of the house is impressive. We do feel that the kitchen is smaller to work in though so we will probably limit the number of cooks to four each time. We hope to get as many of you who are willing to cook the chance to get there in 2015.

Please keep saving your pop can tabs for the Ronald McDonald House. Remember to pop those tabs during any holiday gatherings.

We also continue to collect card fronts and craft items for Macon Resources.

You should have a volunteer hour sheet to record all of your **volunteer activities and hours** for the year. (NOT just total number of hours!!!!) Remember, I need a sheet from **EACH person**. If you need a recording sheet, check with your unit president or contact me. I will be happy to help you fill it out if you need assistance. I need your form by the end of December. Mail it to 2517 Burgener Drive, Decatur, 62521. Please take time to fill this out. It is good for the organization and lets you see how much you have really done over the year.

On another note, I would like to personally invite you to consider attending the annual conference this March in Decatur. If you are a new member, it really helps to put all of HCE together to give you a better understanding of the many aspects of the organization. If you have never attended, you

should consider going. It is a lot of fun and you meet many (about 400) interesting HCE ladies from all over the state. You get great ideas and feel really "pumped up." You can attend for one day, two, or all three.

I encourage you to consider joining us in March. You never know what big ideas you might come away with!! Also, I am asking for some help again this year manning the HCE table selling cleaning cloths at the conference. If you would enjoy helping out, please let me know. We will set up 2 hour shifts. You can always do more than that if you'd like. (SMILE)

Merry Christmas to all of you. I hope you have a happy, healthy new year and will be able to join in the many new lessons that will be available in 2015.

Family Issues

Gini Smith

Its football season and you know that means snacking! Try this heart-healthy recipe from the American Heart Association:

SWEET POTATO NACHOS

3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds

1 Tbsp. olive oil

1 tsp. chili powder

1 tsp. garlic powder

1 1/2 tsp. paprika

1/3 cup reduced-fat shredded Cheddar cheese

1/3 cup chopped tomato (1 plum tomato) -OR-

1/3 cup no-salt-added, canned, diced tomatoes, drained, rinsed

1/3 cup chopped avocado

1 can black beans, rinsed and drained

Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.

Peel and slice the sweet potatoes thin (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.

Remove the pan from the oven and sprinkle cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato, beans and avocado. 209 calories per serving.

Holiday Tips at St. Marys

Who: Public—Free

Where: St. Mary's Hospital in the CC Room

When: December 3, 2014 11:30 a.m. to 12:30 p.m.

Demonstrations and taste time. Call Community Relations to register (Laura Brown) 464-2510



MACON COUNTY UNIT NEWS

Hickory Point Unit

Our unit will meet at Crestview Christian in November to exchange news and memories of our families. Photographs will be shared as well as memories of our families. We always enjoy being together to share conversations. We are all looking forward to our Christmas gift exchange and we can't believe the variety of gifts that are brought. We all ooh and aah over each one. We don't forget the true meaning of Christmas either, for we always bring a gift for others who are not as fortunate as we are.

Louise Wickline, reporting

Mt. Zion Unit

Twelve members of the Mt. Zion Unit met on September 24, 2014, at 1:00 at the Antioch Christian Church. We recited the Pledge and the Homemaker's Aim. A collection was taken to be given to the church for allowing our unit to meet in their lovely facility several months of the year.

Sandy Norris and Carol Flitz gave a very enthusiastic report on the summer trip to the ISU Horticultural Center, which included a tour of the Genevieve Green Gardens, the Ewing Cultural Center and the David Davis Mansion. Von Gregory brought the International Day display board on Germany exhibited by our unit. Our topic of interest was the cathedrals in Frieburg, Cologne, and Berlin. Vicky Wooten presented highlights from the lesson, "Trees, They are All Around Us." She described some of the equipment used to move and plant trees, and some work that Elwin Tree Farm has done at Soldier Field. She also passed out a brochure that was very interesting about this family-owned business. Everyone enjoyed the lesson very much.

Von Gregory, reporting

Oakley Unit

The Oakley Unit is growing! We welcomed a new member at the Fall Meeting. Welcome, Mindi Lents! If you see her, introduce yourself, and welcome her to our organization. We have gained one new member in 2014 and two new members for 2015. We are happy with our growth! We will not be having a meeting in November because our members will be attending the FAB FRIDAY event. Our next meeting will be our Christmas party in December. Happy Thanksgiving to everyone!

Sandy Severe, reporting

Rock Springs Unit

The October meeting of the Rock Springs Unit was held at the home of Margaret Leonard, with seven members in attendance. We discussed working at the Ronald McDonald House. Margaret asked us to mail our ideas for lessons for next year to her by October 26th. On October 28th, we will work on pillowcases for children at the Ronald McDonald House. This will be at the Extension Office. The Fall Meeting is October 29th. Also, the Kringle Sales and the IAHCE State Convention will be coming up. The State Conference will be next year from March 17th to March 19th.

Lois Miller, reporting



*Merry Christmas and
Happy New Year !*

Extension Office closed
December 24, 2014
thru January 2, 2015

Cultural Enrichment

Barb Reed

Hi Ladies! Thank you to Carol Bork and Sandy Severe for taking care of the Best of Show at the Fall Meeting. Thank you also to all of you who entered your crafts. We wish you the best of luck at the State Conference Best of Show.

Our winners were:

Ann Adkesson—Artwork
Karen Cahill—Crafts
Barb Abbott—Heritage Needlework
Karen Cahill—Machine-quilted Quilt
Vickie Wooten—Photography
Karen Halicki—Recycled
Sally Dennis—Table Runner
Tracy Lieber—Wood

We will let you know in the next newsletter when and to whom to deliver the winning items for the State Conference.

OCTOBER MINUTES

President Sharon Middleton called the meeting to order at 9:35 a.m. She then led us in the pledge to the American flag and the Homemaker's Aim. Eight units were represented with a total attendance of 13. Barb Reed moved and Sandy Severe made a second to approve the minutes as read. The motion passed.

Treasurer's report: Pam Walker reported on the monthly income and expenses. The report were filed for audit.

Sharon reminded us that Fall Meeting reservations are due October 17th. She thanked Emily for all of her efforts with International Day. We had a discussion about Tri County board meetings. We need to work on the 2015 budget.

Officer's Reports:

President: Sharon Middleton thanked Karen Cahill for the work she did for the Ronald McDonald House and Margaret Leonard for International Day.

Co 1st Vice President: Janet Winter gave a report on upcoming events. She also reported on going to the Richland Bistro 537 where the Pleasant Grove unit went for lunch. Go to cswigert@richland.edu for reservations. Anna Belle Farrell reported on our September tree lesson.

2nd Vice President: Sandy Severe reported that we have 125 members. We will have a Mt. Zion Library presentation November 15th for our Make It and Take It project from HCE week. She also reported about one of the Oakley members who recently went on her Honor Flight. Sandy asked if we were going to give out our spoons to all members at the fall meeting. Sandy Severe moved and Ann Adkesson made a second to give the spoons.

Community Outreach: Karen Cahill reminded us to fill out our volunteer hours sheet. Ronald McDonald grand re-opening is this Thursday at 5:00. We discussed sponsoring a message in the state conference booklet. Sharon will check on the prices. Karen reminded us about the workshop to make pillowcases October 28th. She also talked about having the Bread Monk come to make a presentation. Piatt and DeWitt Counties were interested in participating with us. Karen said she will continue collecting empty ink cartridges through the end of the year, but it is too much trouble to continue next year. They are specific about which ones they will take.

Family Issues: Gini Smith told us about some of the upcoming health events in the community and reported on a presentation she had attended, taught by Caitlyn Huth.

Cultural Enrichment: Barb Reed reported that Carol Bork will be in charge of the best of show items for state conference. We discussed having projects ready for display.

Historian: Carol Bork was absent.

International: Emily Chamberlain said she will always have faith in this group bringing food for International Day! She thanked everyone—especially Mindy, Diane and Margaret for all of their help. There were 65 attendees. We discussed limiting the time each person talks about her display.

Public Relations: Ann Adkesson reported on ways to make the newsletter shorter. She will wait a little longer to possibly send out surveys of what members want to do. We discussed anything which could be omitted to shorten the length and cut down on mailing charges.

Program Coordinator: Mindy Peterson-Lindsey reminded us AGAIN about RSVP. The Tri County Board is a prime example. There were 15 reservations and 27 members came. Dena Hyde has changed jobs and hasn't been replaced yet. We may not give sewing lessons next year.

Old Business: We discussed centerpieces for the fall meeting. Each unit will be responsible for one table. It is to be about fall baked items. We will set up at 3:00 p.m. Mt. Zion will provide breakfast items and Oakley is doing the nametags. We discussed what paper supplies might be needed.

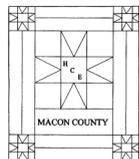
Margaret Leonard reported on nominations. Joyce Hunsley will be our new Community Outreach Chair. We still need a Secretary, Cultural Enrichment and Family Issues. We really need for all the members to step up and take these positions. It isn't everybody else's job to be an officer.

We discussed HCE week activities. Carol Ropp asked for a gift card for Jim Hoffert for his presentation during Fabulous Friday. Gini Smith moved and Anna Belle Farrell made a second to do this.

New Business: Sharon asked if we want to have a potluck after the December 8th board meeting because of training in the afternoon. We decided to have lunch brought in instead. Karen brought the information about the Chiara Center which has its Franciscan nativity-set display Dec 5, 6, 7 at 4875 LaVerna Rd., Springfield, Illinois.

Sandy Severe moved and Anna Belle Farrell made a second to adjourn at 11:30.

Respectfully submitted, Carol Ropp, Secretary



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

President

Sharon Middleton
Hickory Point Unit
1190 Chelsea Way
Decatur, IL. 62526
217-877-7229 Home
217-620-0484 Cell
itole2@sbcglobal.net

Co-1st Vice President

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

Co-1st Vice President

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

2nd Vice President

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

Secretary

LaNell Darst
Maple Grove Unit
4757 Arbor Dr.
Decatur, IL. 62526
217-972-0678 Cell
elesmom@comcast.net

Treasurer

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

Co-Historian

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

Co-Historian

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

**Community Outreach/
Family Issues**

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

International

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

Cultural Enrichment

Barb Reed
Hickory Point Unit
1051 Bunker Lane
Decatur, IL 62526
217-872-7627 Home
217-433-9545 Cell
Paulrr5@hotmail.com

Co-Public Relations

Linda Austin
Maple Grove Unit
50 Hickory Point Ct
Forsyth, IL. 62535
217-521-0401 Cell
lindaaustin48@gmail.com

Co-Public Relations

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

Family Issues

Gini Smith
Maple Grove Unit
3132 Redlich Drive
Decatur, IL. 62521
217-428-3735 Home
217-454-1940 Cell
gini@smithsmailbox.com

