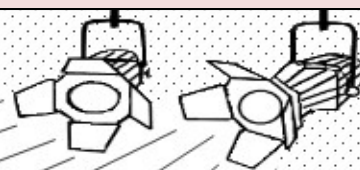


Macon County

**HCE
HIGHLIGHTS**



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

IAHCE Annual Conference

Once again, the annual IAHCE Conference will be held in Decatur at the Decatur Conference Center and Hotel (formerly the Holiday Inn) from March 17-19, 2015. This year's theme is *“Come Together Walk With IAHCE.”*



This is an excellent opportunity for Macon County HCE members to attend a day, or all three days, of the conference without the expense of travel and a hotel stay. Daily conference registration, which includes lunch, is \$35 per day, or for all three days, including two dinners, is \$140.

There are “Share Shops” on a variety of topics each day, make-it & take-it craft sessions, a business meeting, two dinners, a silent auction, fun walk, and so much more! Don't miss this opportunity to experience at least a day of the conference.

Who knows when it will be back in our area again! Information about the conference and registration information is available online at <http://iahce.org/documents/2015Conference.pdf> Advance registration deadline (at the rates quoted above) is February 16. On-site registration will be available each day of the conference at a slightly increased rate.

New Opportunities for MCHCE

The HCE Board is excited to announce some new opportunities for us to further serve our community, promote our wonderful organization, and gain new members.



Child Advocacy Center - We will be collecting the following items for the Child Advocacy Center in Decatur at the Spring Meeting. Their “wish list” is made up of these items: juice boxes, cereal bars, fruit snacks, small bottles of water, toilet paper, paper towels, new or gently-used photo frames for the children's artwork, hand sanitizers, hand soap, tissues, and office supplies. The MCHCE Board all agreed that this is a wonderful, local organization to help support!

Joint Council of Extension Professionals - They will be meeting at the Extension Office in March, and we have been asked to serve a dinner for them. There should be approximately 75 people there. I am sure that we will need volunteers! Call Karen or Carol if you can help with this! The date for this will be either March 10th or 11th.

Make - Explore - Share - We will be participating in this event on April 11. It will be at the Extension Office and is a collaboration between multiple organization in Macon County including University of Illinois Extension, Decatur Arts Council and Millikin University. Our theme will be “Put the **!** Back in Pie.” We will be demonstrating how to make a pie crust and the attendees will be able to practice rolling it out correctly. They will have a copy of the pie crust recipe to take home. We will also have samples of those delicious cinnamon-sugar treats that we make with left-over pie crust. There will be other organizations there too. Call Karen or Carol if you can help with this event!

Upcoming Events

February

Wednesday, February 18, 2015

Lesson - Put the Chicks in the Chicken Feeder

Presented by Jennifer Nelson

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

Macon County Extension - Clover Room

March

Monday, March 9, 2015

RSVP Deadline to Macon County Extension for
Macon County March Lesson

Monday, March 9, 2015

9:30 a.m. HCE Board

Macon County Extension Office - Clover Room

Friday, March 13, 2015

Lesson - The Best of Books

Presented by Ann Adkesson

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

Macon County Extension Office - Illini Room

Tuesday - Thursday, March 17 - 19, 2015

IAHCE State Convention in Decatur

Decatur Conference Center - Decatur, Illinois

April

Friday, April 10, 2015

RSVP to Macon County Extension for April Lesson

Saturday, April 11, 2015

Make-Explore-Share Day

10:00 a.m. to 4:00 p.m.

Macon County Extension Office

Monday, April 13, 2015

9:30 a.m. HCE Board

Extension Office - Clover Room

Newsletter information to Linda and Ann

Tuesday, April 14, 2015

Lesson - Food Myths

Presented by Caitlin Huth

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

Macon County Extension Office - Clover Room

Monday, April 27, 2015

RSVP Deadline for Spring Meeting to Pam Walker

May

Friday, May 1, 2015

RSVP to Macon County Extension for May Lesson

Volunteer Hours

As we begin a new year, I thought it might be good to review volunteer hours that you keep track of and report for HCE. A volunteer hour is an hour spent in volunteer work for HCE meetings, lessons, officer work, baking, helping at the Ronald McDonald House, etc. Hours can also be counted for any volunteering you do for other groups such as hospitals, schools, churches, 4-H, Project Linus, senior citizen centers, veterans, etc. Instead of having ½ hours, you may round up to the next hour, i.e. 1 and ½ hours of volunteer work can be counted as 2 hours. You CANNOT count hours helping family members or any time where you received pay for your work.

Our volunteer hours go to the Extension Office through University of Illinois Extension to help them with grants, funding, etc. When you record your volunteer hours you are helping MCHCE as well as Extension by proving what a worthwhile, dedicated group we have in Macon County. It shows the valuable services provided by our members and justifies the support we receive from the University of Illinois Extension Office.

It is important to keep track of your hours whether you use a calendar or the front of your MCHCE booklet. Try to jot them down as they happen instead of waiting until the end of the year to try to remember what all you did. Yes, **every member** is asked to submit a form to show their volunteer hours and activities for the year.

Remember, if you have questions or need help, please ask someone. We want to make this as easy as possible for you.

2014 Macon County Volunteer Hours Totals

<u>Units</u>	<u>Hours</u>
Ellaveech	554
Elwin	40
Hickory Point	5060
Maple Grove	6189
Mt. Zion	5579
Oakley	2119
Patchwork	1406
Pleasant Grove	3622
Rock Springs	1211
Mailbox	58

Total 25,838 Hours

Congratulations!

97 members reporting

This represents over 2000 more hours

OFFICERS' REPORTS

Co-Presidents

Karen Cahill and Carol Ropp

Most of you already know who we are, so we'll just give you a little background about our friendship. We met each other when Karen was attending Millikin University and student teaching in the room next door to Carol at Warrensburg-Latham. Karen was hired after graduation, and we have been friends ever since. Carol's mother joined the Macon County Home Extension in 1954. Carol joined because of her. Karen lived near Moweaqua for a while and joined the Shelby County Home Extension. When Karen retired, Carol encouraged her to join us. Then, she asked her (more like twisted Karen's arm) to be the Community Outreach/Family Issues chair for that first year!

We are excited to further our HCE membership as co-presidents. We are both very organized and work well together. We are very open to any suggestions that anyone has to offer about new ideas or eager to assist with problems that anyone has. Please contact us with your questions or concerns.

Second Vice President's Report

Sandy Severe

Happy 2015, to everyone! Hope the new year has been good to you so far! On January 22, 2015, I set up a membership booth at the Maroa Library, while Karen Cahill gave a lesson about "Making Your Own Cleaning Supplies." We had a small group, but those who attended did show an interest in, perhaps, joining our organization at a later date.

Let's each and every one of us tell our neighbors, church family and friends, about our wonderful organization. We have lost members, and are starting our year with 112 members. Let's get those numbers moving upward. I'm going to do my part, but I need your help as well! I hope to see you at the Conference in March. Remember, it is again in Decatur!

Cultural Enrichment

Sally Dennis

Since I am the new Cultural Enrichment officer, and fairly new to HCE, I thought that I would tell you a little about myself. My parents were Russell and Mary Dennis. Dad farmed all of his life and Mom was a housewife. I grew up on the farm and was my Dad's hired hand for several years. I had a variety of jobs in town until I became an Operating Engineer with Local IUOE #965 in Springfield. I have operated heavy equipment for the past 20 years.

I joined the Pleasant Grove Unit in March of 2010. Since I do a little needle work, crochet and quilting, and I recently put in for retirement, it was decided that I had time to take on the responsibility of this office. I will strive to do the best job that I can and I am open and grateful for any and all suggestions as to how I can improve.

Please bring your Cultural Enrichment entries to the March 9th board meeting so that I can take them to the Conference. I can bring them back to the April board meeting or you can pick them up at the Conference on March 19th. It is your choice. Please let me know what you want me to do. Thank you!

Community Outreach

Joyce Hunsley

Another great year begins! Ronald McDonald House is on our special agenda. Please save those pop can tops. If you are interested in having a fun day and helping to cook for the House, please let me know. I never realized how many people who use their facility are from our area. It is one way that we can say "thank you."

Reminder: As the new year begins, our volunteer hours start over. Please keep track of your special hours, that way, at the end of the year, we can fill out our forms in an easy and quick manner.

If anyone knows of another organization that our Community Outreach can help, please let me know. All suggestions would be appreciated. This is my first attempt to hold a position with HCE and all suggestions are needed and appreciated! Thanks for your help!

OFFICERS' REPORTS

Family Issues

February is American Heart Month

Love Your Heart on Valentine's Day and every day by incorporating 30 minutes or more of moderate exercise, such as walking, into your daily routine. This year the American Heart Association will strive to educate women on the silent symptoms of heart disease and heart attack, as men and women often experience heart attack and stroke in different ways. Heart disease is the No. 1 killer of women and is more deadly than all forms of cancer.

The American Heart Association's "Go Red" campaign puts the focus on women's heart health. When it comes to heart health, the focus should be on prevention. This goes for both men and women, and especially young adults. Regular physical activity, a healthy diet (more fruits and vegetables, whole grains), limiting fast and processed foods, as well as red meat, are heart healthy factors everyone should consider. They prevent common risk factors for heart disease, like high blood pressure. "Risk factors can creep up on you," a Heart Association spokesperson said. "People gain weight steadily after they turn 18."

Learn more about heart health, risk factors and ways to improve your chances of avoiding a stroke or heart attack by visiting these websites:

<https://www.goredforwomen.org/home/about-heart-disease-in-women/>

Check your heart health score here:

<https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/heart-score/>

Most importantly, talk with your doctor if you are experiencing any symptoms, have questions about your heart health or if you have questions about your score from the Go Red website.



**MARCH IS IRISH AMERICAN MONTH,
NATIONAL CRAFT MONTH, WOMEN'S HISTORY MONTH
and NATIONAL NUTRITION MONTH**

March 3 - National Anthem Day

The *Star-Spangled Banner*, written by Francis Scott Key during the War of 1812, officially became our national anthem on March 3, 1931. Celebrate today by proudly flying the flag.

March 14 - National Children's Craft Day

A day to bring an awareness of crafting to children, opening their eyes to the wide world of crafts and let them see what their imagination can do. March is also "National Snack Month." Here are a few more special days: Peanut Butter Lover's Day, March 1; Cold Cuts Day, March 3; Cheese Doodle Day, March 5; Oreo Cookie Day, March 6; Potato Chip Day, March 14; Oatmeal Cookie **AND** Sloppy Joe Day (there's dinner!), March 18; Chocolate Covered Raisin Day, March 24.

And the list goes on at <http://nationaldaycalendar.com/calendar-at-a-glance/march>.

For information on the special monthly observances, please visit:

National Nutrition Month - visit the Facebook page of the Academy of Nutrition and Dietetics at <https://www.facebook.com/NatlNutritionMonth>

Women's History Month - visit The National Women's History Month Project at <http://www.nwhp.org/> or The National Women's History Museum, <https://www.nwhm.org/> or <https://www.facebook.com/womenshistory>

Mt. Zion Unit

We met at the Antioch Christian Church on January 28th. We answered the roll call with "A Trip I Would Like to Take." President Carol Flitz reported that Joyce Hunsley and Sally Dennis will serve as new members on the Board. We are to serve a spaghetti, salad and garlic bread lunch for the Master Gardner's meeting on February 5th. Carol, Connie, Sandy, Vicky and Von will complete this project. The State Conference is March 17-19, and volunteers are needed to help. The remainder of the meeting was used to write information in our 2015 books concerning who would host, present the lesson, provide refreshments, and other pertinent information for the year. Several interesting ideas for trips and activities for July and August will be investigated by members and brought back for a group decision. Vicky Wooten reported and showed pictures about their trip to Rome. Delicious refreshments were served, and as we went out into the cold January afternoon, our minds were thinking about the places we would like to go.

Von Gregory, reporting



MACON COUNTY UNIT NEWS

Hickory Point Unit

Hickory Point HCE met for lunch at Primrose Living Center. After a delicious fried chicken dinner, we had our business meeting with eleven members present. Gigi Langhauser and Sharon Middleton led the meeting since our chairman, Barb Reed, had already gone to Texas for the winter. We talked about our group's programs and discussed upcoming Extension programs. Karen Stankovic from Primrose Living Center explained their aims and facilities. We were very impressed with their hospitality. They are very anxious for other groups to plan to have their meetings there. Louis Wickline's group, the Goldenaires, were playing music for Primrose, so many members stayed to listen to them after our adjournment.

Louise Wickline, reporting

Oakley Unit

Happy New Year everyone! Our first meeting of 2015 was held at Carol's. We updated our new books, went over upcoming events, and had a delicious sweet treat. Our next meeting will be February 6th, at Jan's East End for lunch. We will have a discussion and a lesson on "Preserving Old Photos."

Sandy Severe, reporting

Maroa Patchwork Unit

We met January 20th at Crawfords in Maroa. We had dinner together and discussed future events, such as the conference coming up in March. Karen Halicki told us about the Gardening Insights program. We are asked to donate baked goods to sell on February 14th. She also told us about the pillow cases that units are making for the Ronald McDonald House. Our unit has members that head south for the winter, so we will not meet in February or March. Our next meeting will be April 21st at 5:30 at Crawfords.

Cindy Hoffman, reporting

Pleasant Grove Unit

We met February 3rd at Mt. Zion Presbyterian Church. Sally Dennis was the hostess. Janet Winter, our president, discussed upcoming events. We filled

out our program books and determined hostesses for the coming year. We enjoyed a potluck lunch after our meeting.

Alice Bray, reporting

Maple Grove Unit

Our unit met at the Decatur Club on January 22, at 11:30. We had 17 members present. We began our meeting with the reading of the minutes. They were approved as read. The treasurer, Pat Bales, reported a balance of \$129.35. A new member, Mary Jo Riley, was welcomed. Carol Ropp then mentioned several joys and concerns for our club to be aware of—a new grandbaby being born, and the fact that one of our members could not be present because she was with a hospitalized grandson.

We discussed the State Conference, and Karen Cahill passed around a sign-up sheet to work at the booth to sell cleaning cloths again this year. Both Carol and Karen invited members to come to the State Conference, or to attend a "share shop."

There were two areas that Carol mentioned that needed some help. These areas of need were the January 29th taco salad meal preparation for the Master Gardeners, and the need for bake sale items for the February 14th Gardening Insights gathering at Richland. Several members said that they would help in both areas. The baked goods need to be brought to the Extension Office by 3:00 on Friday, February 13th.

Karen Cahill announced that she turned in 66 ½ pounds of pull tabs to the Ronald McDonald House, and 17 more pillowcases were completed at the recent workshop. There will be another workshop for the pillowcases on February 26th at 1:00. She further reported that our total for volunteer hours was 6,189 this year.

As we ate our lunch, we discussed ideas and called places to visit at our upcoming meetings. Thank you to Gini Smith for making the phone calls! We have our meetings planned through May. The meeting was then adjourned.

Mary Kay Ennis, reporting

DECEMBER MINUTES

December 8, 2014

President Sharon Middleton called the meeting to order at 9:30 a.m. She then led us in the pledge to the American flag and Homemakers' Aim. Eight units were represented with a total attendance of 19.

The minutes of the November meeting were read and corrected. Carol Bork moved and Sandy Severe made a second to approve the minutes as corrected. The motion passed.

Treasurer's report: Pam Walker reported on the monthly income and expenses. Receipts were turned in for expenses. Barb Reed, Sandy Severe, Karen Cahill, Sharon Middleton and Mindy Peterson were reimbursed.

Officers' Reports:

President: Sharon Middleton thanked everyone for all of the work they have done this year and thanked the new members who have joined the board for next year. Sharon has also received word that Maureen Boyer, formerly of the Ellaveech unit, has passed away.

1st Vice President: Anna Belle Farrell and Janet Winter talked about the craft day at Mt. Zion Library.

2nd Vice President: Sandy Severe reported that we had 126 members for 2014 but only 103 have paid 2015 dues. She also talked about the Mt. Zion Library Craft Day and the interest for potential membership.

Community Outreach/Family Issues: Karen Cahill introduced Joyce Hunsley who was elected to be our new Community Outreach chairman. She suggested we have another day for sewing pillowcases. We will have it January 20th in the afternoon in the Illini Room.

Family Issues: Gini Smith reported that she is looking forward to the IAHCCE theme for 2015. She is resigning and Edna Dean was elected to take her place.

Cultural Enrichment: Barb Reed is leaving the board and Sally Dennis was elected last fall. Sally was absent, but Barb has talked with her about her responsibilities.

Historian: Carol Bork reported that she hasn't had time to do anything to the scrapbooks this month. Clarence reported that he thinks it's a good idea for us to continue to do library lessons.

International: Emily Chamberlain reported that she has her book nearly done and the stipend is ready to be submitted. Piatt County will be the host for next year and will be in charge of set up.

Public Relations: Ann Adkesson reported that she will not be here for the newsletter deadline February 9th. We will have to make sure Linda Austin will take care of it.

Program Coordinator: Mindy Peterson-Lindsey announced that we will have a meeting with the Master Gardener representatives this afternoon to talk about the lunch menu for February 14, 2015. She showed us the bags we will use for the lunch.

Unfinished Business: Karen Halicki suggested that we vote on giving up to \$50.00 per program lesson to speakers who expect a donation. Ann Adkesson moved and Karen Cahill made a second to approve the motion. The motion passed. We decided on which units will take care of the menus for the Master Gardener training lunches. They are: Oakley - vegetable soup

January 22, Maple Grove - taco salad January 29, Mt. Zion - spaghetti February 5, Rock Springs - Italian beef Feb. 12; and Hickory Point - pulled pork Feb. 19.
The meeting was adjourned at 11:30.

Respectfully submitted
Carol Ropp

Thank you!



Thank you to all of you who helped with the pillowcases at the last workshop! We were able to complete many pillowcases! Our next workshop will be February 26th at the Extension Office at 1 p.m. We need all kinds of help-cutting, ironing, and sewing!!!! See you there!

LOCAL CULTURAL EVENTS in FEBRUARY

"Seed to Shelf" - new exhibit opens at the Children's Museum on Friday, February 20 at 10:00 A.M., Admission \$5, age 2 and over. Phone 423-5437 for more information.

Cross Country Ski Workshop - learn the basics at Rock Springs Nature Center. \$12 per person maconcountyconservation.org

Synergy - Millikin's Percussion Ensemble concert Kirkland Fine Arts Center, Sunday, February 22, 4 P.M., \$8 adult Phone 424-6318

Hinamatsuri ("Girls Day" in Japan) - Experience a traditional Girls Day celebration at the Madden Arts Center on Saturday, February 28 from 10:30-1:30. Cost varies, call 423-3189

Millikin-Decatur Symphony Orchestra - featuring Cello Virtuoso Gabriel Cabezas. Saturday, February 28, Kirkland Fine Arts Center, 7:30 P.M. \$13-\$16.50 / 424-6318

The Ladies Man, play, Albert Taylor Theatre, Millikin University. February 25-March 1. Cost \$12-\$14 per person. Phone 424-6318

JANUARY MINUTES

January 12, 2015

Co-President Karen Cahill called the meeting to order at 9:40 am. She and Co-President Carol Ropp led the Pledge of Allegiance to the American flag and the Homemakers' Aim. Seven units were represented with a total attendance of 14.

The minutes of the December meeting were read. Joyce Hunsley moved and Emily Chamberlain seconded the motion to accept the minutes as read. The motion passed.

Treasurer's report: Pam Walker reported on the monthly income and expenses. Receipts were turned in for reimbursement: Karen Cahill and Emily Chamberlain.

Correspondence: Thank you notes from Daniel Kershaw and Diane Dowd.

Officers' Reports:

Co-1st Vice Presidents: Janet Winter mentioned the annual conference.

2nd Vice President: Sandy Severe reported that there are now 112 paid members, and she will encourage former members to join again.

Community Outreach and Volunteer Hours: Joyce Hunsley reminded members to save pop tabs, cards, and eyeglasses, to volunteer and to keep track of their hours. She suggested a new project –collecting stuffed animals, and she will look into that. The Ronald McDonald House luncheons were a popular activity.

Family Issues: Edna Dean (absent)

Cultural Enrichment: Sally Dennis discussed displaying and judging projects at the conference.

Historian: Carol Bork and Clarence Middleton (absent)

International: Emily Chamberlain shared a folder about the next International Day.

Public Relations: Linda Austin and Ann Adkesson will both be gone for the February 9 newsletter deadline. Information may be sent to Linda on the computer.

Program Coordinator: Mindy Peterson-Lindsey was absent.

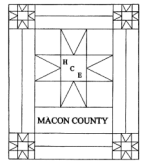
Unfinished / Old business: Change scholarship deadline to July 1. Change August 12 lesson to August 19. Another pillowcase class will be held on January 20th. Get replacement speaker for Spring Meeting. Master Gardener lunches have been assigned. The Gardening Insight lunch will be served on February 14 by the committee, but unit members are asked to bring baked breakfast items by February 13. Delegates Sandy Severe and Janet Winter were chosen for the State Convention. Linda Austin will be an alternate. Ann Adkesson moved that Macon County purchase a full page ad in the 2015 Annual Conference Program for \$90. Seconded by Janet Winter. Motion passed. New business/Lunch will be served for the Tri-County meeting on February 2. A community event, Make-Explore-Share, was discussed but no decision was made about participation. A notice about ordering HCE shirts will be printed in the newsletter

The meeting was adjourned at 11:30 am.

Respectfully submitted,
Louise Wickline



Don't Forget to register for the IAHCE Conference to be held at the Decatur Conference Center from March 17-19! You will thoroughly enjoy this conference! It's a great way to learn about our great organization! Call Karen or Carol for more information or go to the IAHCE website to view all of the activities that are available.



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

Co-President

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

Co-President

Carol Ropp
Maple Grove Unit
3620 S. Taylor Rd.
Decatur, IL. 62521
217-855-3339 (Cell)
one4thetrees@comcast.net

Co-1st Vice President

Anna Belle 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)
severesandean@comcast.net

Secretary

Louise Wickline
Hickory Point Unit
11 Eastmoreland Place
Decatur, IL. 62521
217-429-1093 (Home)
jackwickline@hotmail.com

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
217-521-2081 (Cell)
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

Joyce Hunsley
Oakley Unit
3286 E. Dove Dr.
Decatur, IL. 62526
217-412-9986 (Cell)

International

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

Cultural Enrichment

Sally Dennis
Pleasant Grove Unit
7562 Bonnie Rd.
Dalton City, IL 61925
217-864-2792 (Home)

Co-Public Relations

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

Co-Public Relations

Ann Adkesson
Maple Grove Unit
1152 Wedgewood Court
Decatur, IL. 62526
217-855-4914 (Cell)
libriann@yahoo.com

Family Issues

Edna Dean
Mt. Zion Unit
P. O. Box 917
Decatur, IL. 62525
217-429-3675 (Home)

Check out our Websites!

Macon County HCE at
www.mchce.org
IAHCE at
www.iahce.org