September - October 2018



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

Macon County HCE Week

Monday, October 8, 2018

Monday AM

Salad in a jar 9:30 am to 11:30 am Extension Office - Upstairs

Tuesday, October 9, 2018

Tuesday AM HCE Week Lesson – Hostas Frank Grgurich, Master Gardener 9:30 am to 11:00 am Extension Office – Clover Room

Tuesday Lunch – Soup and Crusty Bread Lunch 11:30 am to 12:30 pm \$7 per person

Tuesday PM

HCE Week Lesson – Kumihimo (Japanese Braiding) Sharon Middleton 1:00 pm to 2:30 pm Extension Office – Clover Room \$10 fee for supplies

Thursday, October 11, 2018

Thursday AM HCE Week Lesson – Herbal Vinegars 9:30 am to 11:00 am Candice Hart and Beth Allhands Extension Office and Clover Room

Thursday Lunch – Chicken Salad Lunch 11:30 am to 12:30 pm \$7 per person Extension Office – Clover Room

Thursday PM

HCE Week Lesson – Scrapbooking Paper Roses 1:00 pm to 2:30 pm Extension Office – Clover Room

Friday, October 12, 2018

Trip to Cunningham Children's Home and Idea Garden in Champaign, IL. Meeting location to be announced.

Scholarship News!

With the unexpected hit to our budget this year, we had planned to offer just one \$500 scholarship. Lucky for us, there was just ONE application. Zach Johnson, grandson of Pat Bales (Maple Grove Unit), will be attending Richland Community College with a major in Ag Business. Congratulations Zach!!!

Centennial Celebration Reminder!!

Remember to send your reservation form and your \$20 to Sharon Middleton or the Extension Office by August 31st. There is ample parking around the Decatur Club and in the Masonic Temple parking lot. There is no hour parking limit on Saturdays at the Decatur Club as well as downtown Decatur. You may want to carpool with other unit members. If you need to have help with parking, please let us know. I hope that you are looking forward to this great celebration day as much as your Centennial Committee is. We have worked many hours to commemorate this very, very special day!!!

Please, remember to register for programs and lunches for HCE Week. Thank you.

Upcoming Events

<u>September</u> Monday, September 3, 2018 Extension Office Closed

Saturday, September 8, 2918 Macon County HCE 100 Year Celebration Decatur Club, 158 W. Prairie Registration 8:30 am - Celebration begins at 9:00 am

Monday, September 10, 2018 1:00 pm HCE Board Meeting Extension Office - Clover Room

Wednesday, September 12, 2018 RSVP for International Day DeWitt County Extension 217-935-5764

Tuesday, September 18, 2018 Set-up for International Day - 1:00 pm Illini & Clover Rooms

Wednesday, September 19, 2018 International Day Event 11:00 am to 2:00 pm Macon County Extension Office Illini & Clover Rooms Event Contact—Lucretia Crawford DeWitt County Extension 217-935-8676

Monday, September 24, 2018 Pillowcase Sewing Day 9:30 am to 3:30 pm Extension Office - Clover Room

<u>October</u>

Monday, October 1, 2018 RSVP for All HCE Week Activities Please be sure to RSVP to ALL HCE Week lunches

Monday, October 1, 2018 Tri County Meeting DeWitt County Extension Office 9:00 to 11:00 am

Monday, October 8 - Friday, October 12, 2018 Hce Week

Friday, October 19, 2018 RSVP for Fall Meeting to Sharon Middleton - 877-7229

Tuesday, October 30, 3018 Set-up for FALL Meeting—1:00 pm

Wednesday, October 31, 2018 Fall Meeting 9 am registration - 9:30 am meeting begins Extension Office - Illini and Clover Rooms Donations to the Macon County Honor Guard Please bring Cultural Enrichment items to display

Mayoral Proclamation

Wear your purple shirt and join us at the Decatur City Council meeting on Tuesday, September 4, at 5:30 in the Civic Center. We would like a big turn-out of members to support Karen Halicki as she reads the proclamation for MCHCE Day, which will be on our 100th anniversary, September 8th. The mayor will sign it after the reading, and then you are free to leave. Mark your calendars and plan to attend!

National Volunteer Outreach Network (NVON)

This organization, of which we are a part of too, is starting a new campaign called Zero Hunger Challenge. We will be having small water bottles that can be filled with dimes. Each bottle will hold \$50 in dimes. Please start saving



those dimes! Wouldn't it be wonderful if we could stop hunger entirely in our world! More information will follow in future newsletters

COME JOIN US!

Our Nominating Committee will be looking for people to fill two positions in our Macon County Board. We will need a person or persons to take Cultural Enrichment, and Community Outreach/ Family Issues. Please seriously think about volunteering for a position. We have even had two people work together for a position. We have a wonderful County Board, and I have enjoyed all of my time as Public Relations Director. I have made valuable friendships that will last a lifetime. Come join us!!!!



You could be a Winner!

During our International meeting we will have a raffle for this adorable Kangaroo with her baby. The Kangaroo was knitted by Linda Long.

Co-President

Karen Cahill and Carol Ropp We hope you have been enjoying your summer and are looking forward to the many exciting HCE events coming up this fall. Be sure to check your membership book for all of our programs and RSVP so that we know you are coming. Also, remember to call and cancel if you are already signed up and cannot join us.

Our 100th Celebration will be here soon. Have you registered? Please plan to be a part of this historical, memorable event at the Decatur Club on Saturday, September 8. Come join friends you may not have seen for awhile, learn more about our MCHCE history, and maybe even win a beautiful door prize. Hope to see you there! Please note: Parking is free in downtown Decatur on Saturdays!!

We hope you were pleased with the choices available for your votes on possible lessons for 2019. Remember to get them turned in by Wednesday, September 19.

THANK YOU 100 TIMES OVER:

We would like to thank everyone who helped with the Bread Monk program that was held on Saturday, August 11. From selling tickets, to baking dozens of cookies, to setting up over 100 chairs, or just being an audience member; we truly appreciate your support of the 100 Years of Baking, and hope you enjoyed yourself. Father Dom gave a great power point presentation as well as samples of some popular baked goods through the years. We were enlightened and entertained for over two hours. This was a very successful fund raiser and we plan to encourage other HCE groups to try to book Father Dom for their 100th anniversary.

1st Vice President

Linda Hooge

I hope everyone had a good time on August 11th at the Bread Monk program. Fr. Dominic Garramone treated us to "100 Years of Baking". He was very interesting and a joy to listen to. We got to sample the freshly baked items that he baked. A cookbook was given to each ticketholder as well as a ticket for a chance to win the items that he brought with him. Cookbooks, cards, and baking utensils were available for purchase. After his presentation, drinks and 10 different cookies were available to everyone. The cookbook that we received had all of the recipes in it.

Aprons are available for purchase to commemorate our 100th year anniversary. Order forms will be available if you would like an apron. An embroidered apron can be

purchased for \$20.00. They are red with beige embroidery.

Our 100th year Celebration will be at the Decatur Club on September 8th. Registration starts at 8:30 and the program begins at 9.

Be sure to register for International Day at the DeWitt County Extension Office, 217-935-8676. Our next pillowcase sewing day will be September 24th. Come share in the fun as we make pillowcases from 9:30 till 3:30! You can come for a few hours or for the whole day. We would love to have you join us!

The schedule for HCE Week is on the front page of this newsletter. I hope that you will come to all of the activities. This is always a special week for us. Call the Extension Office for reservations to these activities. If you are unable to attend any activities that you sign up for, please call the office as soon as you can.

Second Vice President's Report

Bonnie Lanham

Our membership has grown to 114 members from the 98 members at the beginning of the year. Keep recruiting new members. If you have any new ideas for membership, please let me know. Thank you.

International

Donna Washburn

"My boomerang won't come back. My boomerang won't come back. I've waved the thing all over the place. Practiced till I'm black in the face. I am a disgrace to the aboriginal race. My boomerang won't come back." (Charlie Drake, 1961) Whenever I think of Australia International Day on September 19, this song pops into my head and won't leave! DeWitt County has been very busy working, creating, and organizing this event in order for all of us to enjoy learning about Australia and tasting the foods of the country. I also heard a rumor that there will be kangaroos on our tables! This is an event that you don't want to miss. Since the format is different this year, if you have any questions, please contact me at 217-201-7945. Remember to RSVP TO DEWITT COUNTY EXTENSION AT 217-935-5764 BY WEDNESDAY, SEPTEMBER 12TH. For Pleasant Grove, Mt. Zion and Maple Grove, set up time for your storyboards and displays is Tuesday, September 18th at 1 P.M. Good luck to all of you working on the presentations and recipes.

OFFICERS' REPORTS

Cultural Enrichment

Sally Dennis

Hope ya'll are having a great summer! If you did not attend the Bread Monk program on Saturday, August 11, you missed a lot of smiles, laughs and an interesting trip through 100 years of kitchens and baking.

There were 11 of us who attended a very nice District Meeting in Bloomington. There are a few changes in the Cultural Enrichment categories. The changes are in bold type. A category for "Sewing" was added. If your project doesn't fit in any other category, it will go in the "Sewing" category.

The current annual conference theme or country of study were combined since there are very few entries in each. Since it is confusing as to what theme is for what year, Peggy said that she would accept entries for last year or this year's theme.

Also, at the District Meeting, we were told about the "Ladies Craft Camp". This is held at the Allerton Park 4-H camp. The camp is a 4 day and 3 night get-away for \$125. This includes room and board. For more information, please go to www.illinoishomemakerscamp.com.

Cultural Arts Categories

Art (Charcoal, Oil, Acrylic or watercolor)
200 Counted Cross Stitch
300 Crafts (Wood and Rugs included)
400 Crochet Afghans

- 500 Crochet Other
- 600 Hand Embroidery
- 700 Quilt, Hand or Machine Pieced and hand quilted by HCE member
- 800 Heritage Needlework (Silk Ribbon, Hardanger, Tatting, Etc.)
- 900 Jewelry (Handmade)
- 1000 Knit Afghans
- 1100 Knit—Other
- 1200 Machine Embroidery
- 1300 Quilt Machine pieced and machine quilted by HCE member
- 1400 Nature Items (anything made of natural things, wheat, corn husk, etc.)
- 1500 Photography
- 1600 Quilt, hand or machine pieced by HCE

Member and quilted by non HCE member

- 1700 Quilted-Other (anything quilted that isn't a quilt)
- 1800 Recycled
- 1900 Scrap Booking (up to 4 pages total, front and back, in 2 plastic sleeves) and Cardmaking
- 2000 Table runners and covers
- 2100 Wearable Art (any technique applied to purchased or self made item)
- 2200 Wall Hangings
- 2300 Current Annual Conference Theme or Country of Study
- 2400 Sewing

Note: Above size maximums 24" including matting and frame or can be folded to 24", except quilts.



Donations for Operation Enduring Support

To continue our celebration of 100 years of MCHCE, we are planning to collect 100 various items each month for the next year to donate to the troops. If everyone donates just one item each month we will make our goal. You can collect the items at your monthly meetings and then get them to the extension office where we will have a box. Remember NO LARGE SIZES as they are too costly to mail.

September: Hard candy and gum October: Slim Jims/Beef Jerky November: Razors and Women's Personal Hygiene Products December: Granola Bars January: Hand Warmers February: Toothbrushes/Toothpaste March: Puzzles, Game Books, Playing Cards April: Peanut Butter or Cheese Crackers May: Individual Powdered Drink Mixes June: Body Washes, Shampoos, Deodorant July: Chap stick, Moisturizers August: Individually packaged Wet Wipes

MACON COUNTY UNIT NEWS

Rock Springs Unit

I trust everyone is having a good summer and are keeping busy with summer activities of your kids and grandkids. That is why I am combining the June and July reports. We have been very busy! Our June meeting was held on Wednesday, June 13th with 8 members present and one guest, Lauren Vanzant, my granddaughter. We held the meeting at Cracker Barrel, and talked about the upcoming bake sale at Rock Springs Center. We also discussed Clarence Middleton going on the Honor Flight. We discussed the upcoming farm tour and pillowcase sewing day. Bonnie Lanham gave a very interesting talk about "Human Trafficking". Lauren told us about the upcoming dates for the Greater Decatur Youth Band. The meeting was adjourned and the next meeting will be held at Pop's Place at 11 o'clock.

Our July meeting was held at Pop's Place with 10 members present. After a very delicious lunch, Bonnie Lanham read the minutes and Linda Hooge reported on the HCE aprons and that the dress for the 100th Anniversary Celebration will be posted in the next newsletter. Nancy Norton delivered two fans for the Senior Citizen's Center. Our unit donated one and the other unit was donated from a very generous person who wishes to be unknown. We planned where the rest of our meetings will be held. Our August meeting will be hosted by Pauline O'Dell at Rock Springs at 11:00. The September meeting will be at Lynn Stevens, and in October, we will carpool to the German Restaurant, Bayern Steub in Gibson City. We will meet at Lois Miller's house at 9:30 to carpool. Lyn Stevens reported on upcoming events in our area, such as the Farmer's Market, Warrensburg Corn Festival, the Decatur Celebration parade, and the annual Wine, Women, and Wellness Expo at the Decatur Civic Center.

Our August meeting was at the Rock Springs Conservation meeting room with 7 members and one guest present. Deanna Tappendorf is a friend of Lyn Stevens and Pauline O'Dell and we were delighted to have her as a guest. Pauline had engaged Alyssa Callison, a naturalist from the Conservation Center to talk to us about the many programs Rock Springs has to offer. She handed out information about Friends Creek Park, Sandcreek Park, Fort Daniels Conservation area in Mt. Zion, Griswold Park in Blue Mound as well as Rock Springs. She also pointed out the trails for hiking and pavilions for picnicking. We then ate our sack lunches and Pauline served us a delicious strawberry pie for dessert. We all enjoyed the birding window. The next meeting will be at the Raspberry Tea Room in Elwin with Donna Washburn as our hostess. We will meet at 10:30.

Lois Miller, reporting

Maple Grove Unit

We met at the Raspberry Tea Room on June 28th. We started at 10:30 with a business meeting. The minutes from the May meeting were read and approved. The treasurer was absent. Carol reported on the Farm Tour. Only 8 members took the tour of Fox Creek Farm which is a sheep farm, and the Twin Silos Farm that grew lavender. She also reported that there was good attendance at the June 25th pillow sewing day. They completed 65 pillowcases. Thank you to Carol Myers for finding more material for us to use. It was announced that we will be making small "port pillows" for the Cancer Care Center.

Bread Monk tickets were available for \$15.00. That program is August 11th. We were also reminded to fill out the form to attend the Centennial Celebration on September 8th. Paul Osborne will be the main speaker and he will be answering questions from the audience as part of his presentation.

We will be having a Craft Sale at the Fall Meeting. The Craft Sale at the Spring Meeting was very lucrative and we made about \$1000. Carol and Karen went to the Centennial Celebration in Champaign and may be attending the McClain County Celebration. Our unit is in charge of selling baked goods at the August 12th musical concert at Rock Springs. The refreshments need to be there by 6:00. We may have a meeting after the trolley tour of downtown Decatur. We will be contacted by email for more information.

Pleasant Grove Unit

We met at Coz's in Mt. Zion for our August 7th meeting. We had 9 members present. Barb Wall was the hostess for our meeting. Mary Ann opened the meeting with all of us saying the pledge and the Homemaker's Aim. Reports were then given. Mary Ann reported on the Rock Springs concerts where we had the refreshments for sale. Else talked about International Day on September 19th. Our group will meet at Mary Ann's on September 18th to cook for International Day. We were reminded to have our reservations in by August 31st for the Centennial Celebration at the Decatur Club. We also filled out our voting ballots for the 2019 lessons and trips. We adjourned at 11:40.

Alice Bray, reporting

MACON COUNTY UNIT MINUTES

Oakley Unit

On July 18th, we met at Shirley Krall's home. Carol Bork gave the lesson about the Female Minimum Security facility in Decatur. We have a new member, Nancy Flach. We are to work at the refreshment stand at Rock Springs on July 29th. Snacks should be brought to Carol Bork on Saturday, July 28th. Shirley Krall served refreshments.

We met on August 2nd at Lucille Knapp's home. Her daughter-in-law made us a delicious lunch. Carol Bork gave a lesson about cooking for one or two people. We discussed the upcoming International Meeting on September 19th. Our unit is to bring two batches of Aussie Mini Quiches. We will meet at Cheryl Yoder's the morning of the meeting to bake these.

Cheryl Yoder, reporting

Mt. Zion Unit

Thirteen members of the Mt. Zion unit gathered at the home of Carol Flitz on June 27 at noon. Each member brought an ingredient to add to a giant tossed salad, which all of us enjoyed for lunch. Following the delicious salad luncheon and dessert, President Vicky Wooten led the assembly in the Pledge, and the Homemaker's Aim. Roll call, "My Best Sewing Project, or my Worst Disaster Sewing Project", was a lot of fun. We have some excellent seamstresses in our unit and we have some of us who are a bit challenged in the skills of sewing.

Vicki reported on upcoming lessons and events for MCHCE. Several of our members are looking forward to the entertaining Bread Monk and the lessons which are being offered in July and August. We were reminded of the Fall Meeting, and that cherries will be the ingredient of choice. There will also be another Craft Sale—yippee!

Carol Flitz demonstrated several of her special sewing machines, and showed us many gorgeous items that she had embroidered on her new toy, an embroidery machine! Her sewing room is like going into a specialty shop that has all kinds of beautiful items.

Our August meeting will be on August 22nd at 11:00 at Mari-Mann Herbs. We will enjoy lunch, a tour of the gardens and a presentation by Mr. Mike. I am pretty sure all of us will have to also visit their shop while we are there. If you enjoy Mari-Mann's, come join us! We would love to have you!

Von Gregory, reporting

Friendship Projects Fund (Formerly Pennies for Friendship)

This is our new name for the Pennies for Friendship container that we all have at our unit meetings. Remember to save those pennies and look for the new containers at your meetings. They will also be on the tables at our Fall Meeting. "A penny saved is a penny gained".

If you are interested in having a pen pal, the opportunity is available through IAHCE. Forms will be set out at International Day as well as the fall meeting. If you want one sooner, just contact Karen Cahill, Carol Ropp, or Donna Washburn.

AN AFTERNOON WITH THE BREAD MONK

On Saturday afternoon, August 11, over 100 people enjoyed several hours of wonderful stories, inspirational words, and samples from the Bread Monk. His presentation was "100 Years of Baking " to coincide with the 100th year of our MCHCE



Advice From A Garden Cultivate lasting friendships Sow seeds of kindness Listen to sage advice Don't let the little things bug you Be outstanding in your field Take thyme for yourself No vining By Ilan Shamir

DO YOU KNOW HOW "HOME EXTENSION" CAME INTO BEING?

These excepts are from an article that Karen Halicki sent me for the 75th anniversary of the Smith-Lever Act on May 8, 1989. The author, David Lee Hunter, wrote the article in rhyme, but it gives us a rather humorous, factual accounting of the development of Home Extension. I don't have space to do the whole article, so I have chosen only a little bit to share with you. Enjoy!

Our Hats Are Off To the Homemakers The modern conveniences of today were not her lot She cooked over a hot wood stove in an old iron pot. She washed; she ironed; she cooked; she sewed Yes, her lot in life carried a heavy load. She was not one feigned on by fame or glory Although she sometimes dreamed of being a

Cinderella as in the children's story. Now there were many who contended that she was willing to accept her fate Of housekeeper, cook and general helpmate. But, down in her soul, this was not true She longed for a way to express herself too. Because within her from the beginning of creation Lay the seed that could develop into a leader of

a country, state or nation.

In this part of the article, he talks about the passage of the Morrilll Act (1862) that established Land Grant Colleges throughout the land. As a result of this act, farmers had better educational opportunities as did the women, as the colleges began to open their doors to them. He also talks about the Hatch Act that enabled experimental stations for the farmer, but the needed information wasn't getting out to the men and women living on the farm. This is where I will pick up his article.

Some of them educators would just sit around and pout And say: "they ain't read them bulletins we've been sending out."

And in spite of all our forces

They just won't come out to listen to short courses.

There soon appeared on the scene, two men with one accord. In 1914 year of our Lord.

Each of them declared, "in our educational system I am a believer"

They went by the name of Smith and Lever.

They said, "There are country people out there that are Living in strife."

And we've got the information that will provide them a better life."

Yes, Congressman Lever said, "On a new course We need to embark.

And then he made a historical remark.

We've helped the farm man better how to plow

We've helped him with his horses, hogs and his old milk cow.

Yea, we helped him for over four decades and a quarter But we ain't done much for his wife and daughter. We've concentrated on helping the men We've done so little for the women, it's undoubtedly a sin. So, Smith and Lever went out and made it a fact And got through Congress the Smith-Lever Act. Through this Act, they helped many people to touch The purpose of this Act was stated as such. "To aid in diffusing among the people of the U.S. Useful and practical information and home economics and to Encourage the application of the same."

The next part of the article talked about the establishment of home economics programs that changed the social patterns and provided women with more self -esteem. As a result, extension programs began to spread throughout the land. These home agents worked with young girls through canning clubs, and livestock clubs. As time moved on, year after year, more Extension programs began to enlarge in size, and spread to the cities and towns. As modern devices came about, it took less time for housework to be done, and the homemaker could "expand her horizons". The homemakers could focus on the community about them with "victory gardens", "food for freedom", and "human rights". The last part of his article is what I will leave you with to "ponder and smile" that we belong to such a wonderful organization.

Ah, yes the homemaker's programs have helped women equip For volunteer leaders and community leadership. We could talk on and on and the gamut would run But these are but a few things that homemakers have done. These programs have helped the homemaker

Throughout her life To become a better citizen, mother, and wife. And more that that, they helped her fulfill a dream Of having her own identity, worth and self-esteem.

Congratulations to These 4-H Club Members

We enjoy sewing pillowcases to give to area projects four times a year. This year we taught interested 4-H members to sew pillowcases two times. We have learned that two of those members submitted their pillowcases to compete in the Macon County 4-H Fair. The are OKO 4-H club members Anunciata Burris and Mekhi Webber. Mekhi was chosen to show hers at the Illinois State Fair. Congratulations!!!



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