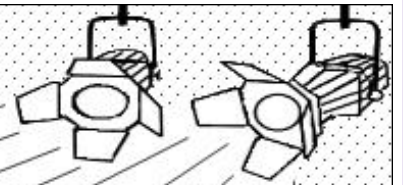


# Macon County September-October 2019

# HCE HIGHLIGHTS



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

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## Notes from Carol Ropp

We are pleased to announce that Ashton Williams is the recipient of the Margaret Leonard Memorial Scholarship. Ashton is the granddaughter of Pat Bales of the Maple Grove Unit. She will be attending Maryville College to pursue a nursing career. We wish her the best in her college experience.



We hope that you will continue to keep Operation Enduring Support (OES) in mind and donate to our currently serving troops. They always need calendars, beef jerky, deodorant, and gum. Each box costs \$18.45 to mail, so monetary donations are always welcome. They may be mailed

to Operation Enduring Support, 901 N. Main St., Decatur, Illinois 62521. Thank you !

## Health Fair Update

On Thursday, September 12th, HCE and DMH will be sponsoring a Health Fair from 9 A.M. till noon in the Illini Room at the Extension Office. Representatives will be presenting information about diabetes, thyroid issues, carpal tunnel and several other pertinent problems. HCE members and guests are encouraged to attend. There is no charge for this health fair. RSVP by Thursday, September 5th for this program.



## Don't Forget



Be sure to send your reservation and your \$10 to the Extension Office by September 6th for the wonderful International Day celebration. You won't want to miss this event. The food will be catered by Chef Tucker and the Richland Culinary Department! We look forward to seeing many of you!!!



## In Memoriam

We were saddened to learn of the passing of Lucille Knapp. She belonged to the Oakley Unit. Sandy Severe is her sister-in-law. Please keep this family in your thoughts and prayers.

**UPCOMING EVENTS**

**Monday, September 2nd**

Extension Office Closed

**Thursday, September 5th**

RSVP for Health Fair

**Monday, September 9th**

HCE Board Meeting

1:00 PM

Extension Office—Clover Room

**Thursday, September 12th**

Health Fair

9:00 AM—12:00 PM

Extension Office—Illini Room

**Tuesday, September 17th**

Set-up for International Day

1:00 PM

Extension Office—Clover & Illini Rooms

**Wednesday, September 18th**

International Day Event

11:00 AM—2:00 PM

Extension Office—Clover & Illini Rooms

Event Contact—Donna Washburn

**Monday, September 23rd**

Pillowcase Sewing Day

9:30 AM—3:30 PM

Extension Office—Clover Room

**Tuesday, October 1st**

RSVP for All HCE Week Activities

**Monday, October 7th**

Tri County Meeting

9:30 AM to 1:00 PM

DeWitt County Extension Office

**October 14th—October 18th**

HCE Week

**Saturday, October 19th**

Tour of Police Training Academy

10:00 AM

1095 Rotary Way, Decatur

Meet at the Front Door of the Facility.

**Tuesday, October 29th**

Set-up for Fall Meeting

1:00 PM

Extension Office—Clover & Illini Rooms

**Wednesday, October 30th**

Fall Meeting

9:00 AM—Registration

9:30 AM—Meeting Begins

Extension Office—Clover & Illini Rooms

50/50 to the Operation Enduring Freedom

Please bring Cultural Enrichment items to display!

**A Special Event!!**

**October 19th, 9:45 A.M.**

On Saturday, October 19th, we have the special privilege to tour the Police Training Academy building. This is a rescheduled event from the winter when the weather was so awful! You have to be there by 9:45 p.m. because the tour begins at 10 o'clock sharp. This is just an event for our own HCE members. Call the Extension Office at 877-6042 to save a spot! Thank you!

**Thank-You!**

Jane Chapman

I want to take this opportunity to thank each member of the IAHCE for electing me your president! Without bestowing me this position I would not have been able to travel to Australia and the ACWW Triennial!

It was an amazing trip and conference that is definitely an experience in one's life that will be hard to surpass! Australia was on my "Bucket List" that I can say I have done, mark it off!

The Triennial was definitely one of the highlights of the trip. Over 600 in attendance from 54 different countries from around the world. The sisterhood that was displayed and felt during the conference was heartwarming. It did not matter where you were from, how you were dressed or how broken your English was, we were all sisters!

I was truly honored to be representing the IAHCE at the conference and to be seconding the motion to adopt the Iodine Deficiency resolution! The resolution did get accepted and will be one of the focuses of the ACWW over the next three years!

Again, thank-you for such a memorable experience!

**Laughter is Good for the Soul!!!**

This story was told by our president, Bonnie Lanham, at one of our board meetings. We always start with a funny story before we get down to business! Many of us could relate to this one!!

Three sisters, ages 92, 94, and 96 lived in a house together. One night the 96 year old draws a bath. She puts her foot in and pauses. She yells to the other sister, "Was I getting in or out of the bath?" The 94 year old yells back, "I don't know. I will come up and see." She starts up the stairs and pauses, "Was I going up the stairs or down?"

The 92 year old is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful, knock on wood." She then yells, "I will come up and help both of you as soon as I see who is at the door!"

Surely that won't happen to any of us !!!!!

## RESOLUTIONS PASSED AT THE 29TH TRIENNIAL WORLD CONFERENCE

The following Resolutions were considered by the Delegates at the Triennial World Conference and having been debated and voted upon by the Voting Member Societies and achieved the requisite majorities, the following have been adopted or rejected. Those adopted are not active ACWW policy, and we will shortly be communicating resource packs as appropriate.

### POLICY RESOLUTIONS

#### **Registration of Old Landfills - ADOPTED**

Mover: Norges Kvinne Og Famileforbund. Norway

#### **Protection of Shared Marine Environment. Sustainable Coral Reefs, and Fish Stocks - ADOPTED**

Mover: Country Women's Association of Western Australia Inc., Australia

#### **Use of Plastics - ADOPTED**

Mover: Scottish Women's Institutes. Scotland

#### **Action on Climate Change - ADOPTED**

Mover: Wiltshire Federation of Women's Institutes, England and Wales

#### **Pollinator Protection - ADOPTED**

Mover: Country Women's Council. USA

#### **Textiles and Clothes - ADOPTED**

Mover: Sudtiroler Bauerinnenorganisation. Italy

#### **Domestic Violence - ADOPTED**

Mover: Norges Kvinne Og Familieforbund, Norway

#### **Iron Deficiency - ADOPTED**

Be it resolved that ACWW societies and members urge their governments and health organizations to continue financing and supporting the research needed to eliminate the world-wide incidence of iron deficiency.

Mover: Country Women's Council, USA

#### **Gender Sensitive Healthcare (as amended) - ADOPTED**

Mover: Rural Women New Zealand, New Zealand

#### **Health and Nutrition for Women with Emphasis on Environmental Health - ADOPTED**

Mover: Lanka Mahila Samiti, Sri Lanka

#### **Elimination of Dog Medicated Rabies - ADOPTED**

Mover: Country Women's Association of Victoria Inc., Australia

#### **Q or Query Fever - ADOPTED**

Mover: Country Women's Association of New South Wales, Australia

#### **Safe and Secure Access to Toilet Facilities for All - ADOPTED**

Mover: Queensland Country Women's Association, Australia

### **Peaches is the Name of the Game!**

Start looking for your recipes for peaches for the Fall Meeting! This year, our theme will be peaches. Anything that has peaches in it will be qualified for our "contest bragging rights".



As usual, you will need to include the recipe with your "creation"! Don't put your name on the front of the recipe card. You may put your name on the back of the card, so the "judges" will know who to give accolades to the winners.

### **SAVE THE DATE!**

March 10—12, 2020

96th IAHCE Annual Conference Thelma Keller Convention Center

Conference info will be available in early December in the state newsletter, President's packet sent to county presidents and online. For hotel reservations call 1-217-540-7777 Code: ICE

### **Nametags**

If your unit is still interested in ordering name tags, they are available at a cost of four dollars. Please let Bonnie Lanham know if your unit is looking forward to having these great name tags!

## **Officer's Reports**

### **President**

Bonnie Lanham

Can you believe that we will soon be leaving summer behind and moving toward fall? Me neither!! The nominating committee will be calling some of you soon so please consider serving. The offices that need to be filled and their responsibilities were published in the last newsletter. We will hold a class in December to help you learn about your office. Lots of informative and interesting lessons are coming up-- remember to RSVP or cancel if you find you cannot attend. In September, International Day is on the agenda. Come and learn about India's culture, food and clothing. Pillowcase day is on the 23rd. Come iron, sew, or match material. We need help in all areas. Invite your friends to attend HCE week. The Police Academy tor is only for HCE members. In November, come and learn some interesting facts about chickens and sample some egg dishes. Volunteer Hours need to be mailed to Karen Cahill instead of Bonnie Lanham. She has the program set up on her computer.

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### **1st Vice President**

Linda Hooge

It sure has been a fast and fun summer. The Craft Extravaganza and membership drive on July 20th had a great turn-out. Everyone had a good time learning how to make the items that were offered. The difficult part was choosing which craft we wanted to make!

The IAHCE District Meeting was at the Southern View Chapel Church in Springfield, Illinois, on August 7th. Eight of us from Macon County attended. It was a well organized program. We were excited to learn that the theme for the 2020 Annual Conference, which will be from March 10 to the 12th in Effingham, will be "Power of the Past, Beacon to the Future." More information will be available in early December. The speaker for this conference that we just attended was Cheri Burcham, a U of I Educator. The title was "How High Do You Bounce"? We learned about resiliency and when you have life changes, you need to be resilient. When something goes wrong in your life, just yell "plot twist" and move on. Resilient people have humor in their life. Humor relieves tension.

Some other suggestions were:

1. Be around positive people
2. Practice positive self talk.
3. Practice gratitude.
4. Build your circle of support.
5. Be with friends.
6. Listen to TV or music.
7. Be self confident

Find something to keep you going, such as HCE.

We were also given a hand-out on enthusiasm. On this publication, it said, "If we aren't enthusiastic about our organization, how can we expect to get new members interested in our group and wanting to join?" I am looking forward to our upcoming lessons. We have many opportunities to learn more.

HCE week is just around the corner. Look over the upcoming lessons and choose the ones that you wish to attend. Please don't forget to RSVP for the future lessons, and call to cancel if you are unable to come.

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### **Second Vice President**

Lois Miller

As second vice president, I wanted to give you an update on what has been happening with our membership campaign that was going on in July. First, there were two weekends, July 6th and July 13th, that I was at the Saturday Farmer's Market at RCC. They proved to be very successful with 30 persons stopping by the display table and inquiring about HCE and taking the pamphlets. Paul Osborne gave HCE a thumbs-up in the Decatur Tribune the next week. Thanks to Mr. Osborne! Our Rock Springs Unit served snacks at the Rock Springs concerts where I also set up a display table. There was also a display membership table at our Craft Extravaganza on July 20th at the Extension Office. Everyone enjoy the rest of the summer. Remember to invite a friend to any of our activities!



## **Officer's Reports Cont.**

### Cultural Enrichment

Sally Dennis

Our Fall Meeting is fast approaching on Wednesday, October 30. Hope you are about finished with your Cultural Enrichment project and crafts for our bazaar fundraiser. Also, I have only heard from two or three units as to their preference of a food theme for our potluck dinner. The majority prefer PEACHES, so PEACHES will be our theme. Check your recipe box and books for your favorite PEACH recipes.

I was able to attend NVON in Springdale, Arkansas, July 22 -25. Springdale is the home of Tyson chicken and Sam Walton. It was a very nice event with interesting Heritage Skill classes and educational seminars. There were also sightseeing excursions. I went on a railroad

tour that went south of town on the Arkansas and Missouri railroad vintage dining cars. We traveled through the Winslow quarter mile tunnel and to a 125 foot tall trestle. We were served a very good and filling dinner and were told lots of history of the train and the areas we traveled through. They offered other tours but I wanted to take a class on beading serving pieces, scarf necklace, and the educational seminars of essential oils and salt, sodium and potassium. We had good meals, fellowship and entertainment. If you have never attended an NVON conference, you should consider attending next year's conference in Spartanburg, South Carolina in July.

### International

Donna Washburn

Oh my goodness!!! Time is flying by as we prepare for International Day on September 18th. We have had some boulders roll into our road of food preparation, but so far we have managed to find a way around them. Our herd of elephant figurines for table decor is growing, but we can always use more if you find a stray one at a garage sale or thrift store.

Now for the nitty gritty information that you need to know! The catered meal cost is \$10.00 and PAID RESERVATIONS ARE DUE TO THE MACON COUNTY EXTENSION OFFICE BY FRIDAY, SEPTEMBER 6. The food will be prepared according to these reservations, so mark your calendar! On September 18th, registration will start at 9:30 and the program will start promptly at 10 o'clock

and end around 1:30.

Remember those challenge questions in the last newsletter? Did you find the answers?

1. There are 2 main species of elephants, African and Asian, which is where the Indian elephants fit in as a sub-species. Asian elephants are threatened by the loss of their habitat and the resulting human-elephant conflicts.

An elephant is pregnant for 22 months and weans her calf when it is 2 to 3 years old.

One more elephant question: Elephants use their trunks for many things. How many muscles are there in an elephant's trunks? I will tell you the answer on International Day, September 18th.

### Community Outreach/ Family Issues

Mary Ann Platt

I am proud to announce that we completed 44 pillowcases at our last sewing day. The next sewing day will be September 23, from 9:30 to 3:30. As usual, we need people to choose fabric to use, cut, iron, sew and label. There is a spot for you! We also have a lot of fun together! Come and join us!!!!

**Please Remember to RSVP for All Events 217-877-6042**

## Macon County Meeting

July 8, 2019

- **CALL TO ORDER:** President Bonnie Lanham
- **PLEDGE OF ALLEGIANCE:**
- **HOMEMAKERS AIM:** Linda Hooge
- **JOKE:** Bonnie
- **ROLL CALL:** 7 Units represented 10 board members, 5 Unit Representatives total attendance 15
- **Secretary:** Carol Flitz/Judy Wilhelm; Motion to approve as corrected by Mary Ann Platt. 2nd by Linda Hooge. Motion carried.
- **Treasurer:** Sharon Middleton; Reported on June & July. Report filed for Audit as reported. She received an invoice for the MCHCE Web Site. Mary Ann voted to pay the invoice. 2nd by Linda Austin. Motion carried.
- **Correspondence:** Mary Ann brought a Thank you from Ronald McDonald house in Springfield for the Pillowcases.

### Officer Reports:

- **President:** Bonnie Lanham  
Thank you to everyone for doing their jobs.
- **1st Vice President:** Linda Hooge  
July Craft Extravaganza is July 20th  
August 7 is IAHCE meeting workshop in Springfield.  
August 27 the Farm Progress show starts  
Dues should be paid by November 1st for 2020
- **2nd Vice President:** Lois Miller  
She has a table at the Farmers Market as a membership drive, she had a lot of interest at the 1st one. She took Kleenex holders and little dog collars to display. People wanted to buy them and gave her more money than she asked for them.
- **Community & Family Issues & CVH:** Mary Ann Platt  
She took 2 trunk loads of Items for Enduring Support. She took 44 pillowcases to Ronald McDonald fundraiser ad the Decatur Conference Center. There will be another fundraiser in December.
- **Cultural Issues:** Sally Dennis  
Keep working on crafts for the State competition to be judged at the Fall meeting. She still doesn't know whether Cranberries and Peaches will be the featured food at the Fall Meeting. Pears hasn't gotten any votes.
- **Historian:** Karen Halicki—Absent
- **International:** Donna Washburn  
International Day: India is our featured County. Rock Springs will do Foods—Maple Grove will do Health and Well being—Mt. Zion will do Religion. She and Bonnie will go to India's Kitchen to discuss the Catering as well as other questions about India.
- **Public Relations:** Linda Austin  
Newsletter due August 12. She sent items for publication to local papers.
- **Extension Advisor:** Beth Allhands—Unable to attend. She will be retiring soon.

### Unfinished Business:

- Karen Cahill gave us the new date to visit the Police Training Center. It is Saturday, October 19th, 10AM we need to be there by 9:45. If you are late you will not be able to go on the tour.
- Sharon gave a report on the Craft Day Extravaganza reservations. She also brought more flyers with all the options.
- They will have Breakfast/breads by Rock Springs Unit. Carol Ropp will make her Snack Mix.
- District Workshop is August 7th. The cost is \$20.00 reservations need to be turned in to Sharon. Those going are; Bonnie, Linda H, Mary Ann, Sally, Anna Belle, Carol R.

### New Business:

- Beth Allhands will be retiring and as we appreciate all she has done MCHCE. Loise Miller made a motion to give her a gift certificate from Prairie Gardens, 2nd by Sally Dennis, motion carried.
- The Nomination Committee for 2020 is Karen Cahill, Linda Hooge, & Carol Ropp.
- Bonnie noted that she gets messages not texts.
- We discussed possible programs for 2020. A final list will be presented to the members at the Fall Meeting for a vote.

**Adjourned at 2:45**

Respectfully Submitted by;  
Judy Wilhelm & Carol Flitz

## **Unit News**

### **Hickory Point Unit**

We did not meet in July as we all were enjoying summer activities with our families. Our August 13th meeting gave us all a chance to share our summer news, such as trips to Colorado and California, out-of-town visitors, family and friends and efforts to stay cool! Now we are looking forward to interesting lessons in our new year.

Louise Wickline, reporting

### **Mt. Zion Unit**

Our meeting was June 26th and we had 9 members who attended. We discussed our upcoming events for each month, the craft event at the Extension Office and the Macon County award for County of the Year. This was a proud moment. We have some great meetings planned for the future.

On July 24th, we met at Mari Mann's. We listened to a presentation about Herbs of the Bible. A very interesting discussion followed about Adam, Solomon and Isaiah. The herbs of the Bible were used as they are today as medicines, ointments, perfumes, etc.

After the presentation, we enjoyed a wonderful luncheon using some of the herbs that were discussed.

Sharon Kelley, reporting

### **Rock Springs Unit**

The June meeting of the Rock Springs Unit was a lunch in Springfield at the Village Tea Room and Mercantile. Rosemary Knap opened with the Pledge of Allegiance and the Homemaker's Aim. After a brief meeting and a delicious lunch, we had fun shopping at the Mercantile. We were reminded of the concert to be held at Rock Springs on July 21st where our unit will be serving snacks. We were also reminded about the Craft Extravaganza on July 20. Nancy Norton delivered a fan to the Senior Citizens Center. Linda Hooze told us that we need 4 offices filled for next year. They are 1st Vice President, International, Secretary, and Treasurer. Our next meeting will be a road trip to Gibson City where we will eat lunch at the German Restaurant, Bayern Steube. We will meet at Lois Miller's house at 1770 Dipper Lane at 9:30 and carpool over.

The July meeting of our unit was a road trip to Gibson City where we ate lunch at the German Restaurant, Bayern Steube. They also have American food. We carpooled from Lois Miller's house. We had 8 members and 1 guest, Deanna Murphy. We had a delicious lunch and then had a brief meeting. The June minutes were read and approved. We discussed the upcoming Farm Progress Show on August 27, 28 and 29th. The program scheduling will be decided at the Fall Meeting. Other events in our area are the Warrensburg Corn Fest on July 25, 26 and 27th. The Decatur Celebration is August 1st to the 4th. Pauline O'Dell will host the next meeting on August 14th at "Pop's Place" on West Main and Wyckles Road. Lois Miller, reporting

### **Maple Grove Unit**

We met at the Raspberry Room on July 25 at 10:30. There were 13 present. The secretary's report was read and had no corrections. The treasurer also gave her report. Carol updated us on health issues of a few of our members, or their spouses.

It was reported that there was only one application for our scholarship. Ashton Williams, Pat Bales granddaughter, was awarded the scholarship. She is pursuing a nursing career at Maryville College. Best wishes to her.

The craft day, on July 20th, was well attended by several of our members. Those who went to the Tortilla Lesson, came away with some delicious recipes. Thanks goes out to Pam Walker and Sandy Severe.

Karen mentioned that a lesson that had previously been cancelled, a visit to the new Law Enforcement Building, is rescheduled for October 19 at 10:00. We are very fortunate that they have rescheduled.

When asked if there were any announcements, Kris Batchelder reported on the activities available at the Warrensburg Sweet Corn Festival. We will not have an August meeting.

Submitted by Mary Kay Ennis

### **Pleasant Grove Unit**

May--We met May 7th and there were 8 members present. Mary Ann opened the meeting talking about losing our dear member, Alberta "Tot" Schuerman. She passed away May 4th after many years of battling cancer.

Mary Ann reported about the changes of the by-laws. Only one applicant received the scholarship. She took 15 pounds of pop tabs to the Ronald McDonald House; gave 58 pillowcases to God's Shelter of Love; and took many items to Operation Enduring Support. The Farm Progress Show will be August 27-29.

Diane Dowd retired as the office secretary. Laura Crider is our new secretary. Sally reported on upcoming lessons and sewing dates. Many of us received notes on the Macon County of the Year Celebration at the Extension office on June 27. We adjourned the meeting at 11:45.

June-- We met on June 4th and had 9 members present. Mary Ann was our hostess. Reports were given and approved. We were reminded of upcoming activities and lessons. The Rock Springs Concert on June 30th is the time we will be in charge and provide snacks for sale. We also discussed the craft show, International Day, Farm Progress Show and the County of the Year Celebration. Our meeting adjourned at noon and we enjoyed lunch at Coz's in Mt. Zion.

July-- We met in July with 7 members present. We started our meeting with the pledge and the Homemaker's Aim. The reports were given and approved. Mary Ann reported on the fundraiser for Ronald McDonald House in June and September. Ella reported on the Flag Retirement in Mt. Zion. We enjoyed lunch at Coz's after the meeting was adjourned.

Alice Bray, reporting



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