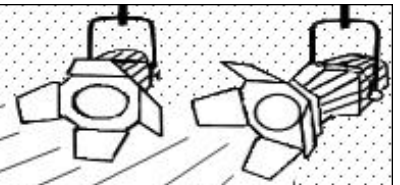


Macon County

March—April 2020

HCE HIGHLIGHTS



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

Inside This Issue

- Upcoming Events
- Volunteer Hour Report from 2019
- Laughter is Good for the Soul
- Delicious Chicken Casserole
- Easy Easter Recipe
- Officer’s Reports
- Emergency Contact Card Sample
- Unit News
- Macon County Meeting Minutes

REMINDERS!

DON'T FORGET TO MAKE YOUR RESERVATIONS FOR THE PROGRAMS AND THE SPRING MEETING. IF YOU FIND THAT YOU CANNOT ATTEND, PLEASE CALL LAURA AT THE OFFICE TO CANCEL. THE DEADLINE FOR RESERVATIONS FOR THE SPRING MEETING IS MONDAY, APRIL 20TH. THE COST FOR THE CATERED MEAL FROM RICHLAND CULINARY DEPARTMENT IS \$12.00. WE LOOK FORWARD TO SEEING MANY MEMBERS FOR THIS WONDERFUL MEETING.

GOOD SUGGESTION!

It was suggested at one of our Board Meetings that several units have emergency contact cards on file. This would be so helpful if one of our dear members has a problem while at a meeting, on a field trip, or whenever it is called for. Sally Dennis sent me the information that they have on their cards. A 3 x 5 or 4 x 6 inch index card should have enough space to get the required information. I thought that I would publish this in this newsletter for you to consider. Here are some ideas, but you may want to adapt the information to suit your membership.

- Name
- Address
- Phone numbers: both home & cell
- Doctor’s name and phone number
- Preferred hospital
- Emergency contact names, numbers and relationship to the member
- Any known health problems that should be addressed, if needed.

Corrections for the 2020 Program Handbook

Please make the following corrections to your handbooks.

- Page 4--Karen Halicki’s address should be 753 Brush College, Decatur 62526
- Page 11--Add the State Conference from March 10 to the 12 in Effingham
- Page 13--Change the time of the History of Biscuit Making to 9:30 to 11 a.m.
- Page 14--Monday, June 1, Piatt will be hosting the Tri-County Meeting at the church
- Page 18--Monday, October 5, DeWitt will be hosting the Tri-County Meeting at their office
- Page 20--The Extension Office will be closed for Thanksgiving on November 26th and 27th
- Page 21-- Change the day to Wednesday, December 16 for the Medical Identity Theft program

Please let me know if there are other corrections or changes. Thank you.

I hope that this is helpful to you and that you implement something for your unit. I was a Brownie and a Girl Scout and I have ingrained in me, “Always be Prepared!”

***See sample card on pages 6 and 7.**



PILLOWCASE SEWING DAY IS ON THE 24TH OF FEBRUARY FROM 9:30 AM TO 3:30 PM.

UPCOMING EVENTS

Monday, March 9th

HCE Board Meeting

1:00 p.m.

Extension Office—Clover Room

Wednesday, March 11th

RSVP for March Lesson

Wednesday, March 18th

Birds Unlimited

9:30 a.m.—11:00 a.m.

Extension Office—Clover Room

Wednesday, March 25th

RSVP for April Lesson

Wednesday, April 1st

Traveling in the Midwest

9:30 a.m.—11:00 a.m.

Extension Office—Clover Room

Monday, April 13th

HCE Board Meeting

1:00 p.m.

Extension Office—Clover Room

Newsletter items due to Linda Austin
lindaustin48@gmail.com

Monday, April 20th

Pillowcase Sewing Day

9:30 a.m.—3:30 p.m.

Extension Office—Clover room

RSVP to Macon County Extension for
Spring Meeting

Tuesday, April 28th

Set-Up for Spring Meeting

1:00 p.m.

Extension Office—Illini Room

Wednesday, April 29th

Spring Meeting

9:00 a.m.—Registration

9:30 a.m.—Meeting Begins

Extension Office—Illini Room

50/50 for Macon County Honor
Guard

VOLUNTEER HOUR REPORT FROM 2019

Congratulations ladies! We had 94% of our members report their volunteer hours for 2019. A grand total of **25,969 hours** were turned in and reported to the state. You are definitely busy, helpful individuals who bless our county's citizens in a variety of ways. Thank you!!

If you are one of those lovely ladies who forgot to keep count of your hours each month, it's **NOT** too late to get started on the right track for 2020. You can use the chart in the front of your program book, or a calendar, or sticky notes..... whatever works best for you. Some units have a person who collects the hours at each month's meeting and then turns them in to me at the end of the year. It's a big help to everyone. If your unit doesn't do that, you might want to seriously consider it. Please give me a call if you have questions about anything to do with volunteer hours. If your unit needs a refresher about them, and wants me to visit, just let me know. Remember that by reporting our hours, we help to prove what a viable organization we are in conjunction with the Extension Office.

Karen Cahill

520-2683

Laughter is Good for the Soul

This is my least favorite time of the year, so I always look for items to cheer me up. I hope that you enjoy these "funnies" too!

I can definitely relate to this one! As the lone female in the house, the author of this item found that certain male habits had begun to get on her nerves. One day as she emerged from the bathroom completely exasperated, she bumped into her husband. "What is with guys that they won't replace the toilet paper?" she raged. "I know", he said, nodding in agreement. "I noticed that when I was in there earlier."

I also found some Murphy's Laws for Parents that I could laugh about as it happened in our family too, as the kids were growing up!

1. The tennis shoes that you must replace today will go on sale next week!
2. Leak- proof thermoses--will leak all over their packed lunches!
3. The garbage truck will be two doors past your house when the argument over whose day it is to take out the trash ends.
4. The shirt that your child must wear today will be the only one that needs to be washed or mended.
5. And my all-time favorite---Gym clothes left at school in lockers mildew at a faster rate than other clothing!!!

DELICIOUS CHICKEN CASSEROLE

Served at the Tri-county Meeting

- 3 c. Cooked chicken breast, cut into bite-sized pieces
- 2 c. Cubed celery
- 1 c. Shredded cheese (grated)
- 1 c. Sliced water chestnuts
- 1 c. Chopped almonds
- 1 can of cream of celery or cream of mushroom soup
- 1 c. Mayo, (Hellman's preferred)
- 2 tbsp. of lemon juice
- ½ cup of pimento
- Salt and pepper to taste



Flour chicken pieces and brown in 2 tbsp olive oil. You can use a little poultry seasoning if wanted. Combine all ingredients and bake at 325 degrees for 30 minutes. It is better if it is combined and placed in the refrigerator overnight. This recipe came from Ruth Handley and Carol Flitz.

Easy Easter Recipe

As usual, we will be hosting our family's Easter dinner, so I am always looking for new recipes to serve. This one has real possibilities, not many ingredients and easy!!!

Sweet and Sticky Apricot Glazed Ham

- 1 8 to 10 pound fully cooked bone-in smoked half ham (Not a spiral sliced ham)
- 1 cup packed brown sugar
- 1 c. apricot jam
- ½ c. Dijon mustard

Preheat the oven to 300 degrees. Place the ham in the roasting pan, with the cut side down. Make long cuts from the top of the ham to the bottom, cutting through the tough skin and fat. Make perpendicular cuts to form diamonds. Cover with foil, and bake one and a half hours.

In a medium bowl, whisk the sugar, jam, mustard and 2 teaspoons of pepper. Transfer 1 cup of the glaze to a separate bowl; cover and refrigerate. Remove the foil from the ham. Brush some of the remaining glaze all over the ham. Bake uncovered for another hour to an hour and a half or until the glaze is dark brown and the internal temperature of the ham has reached 140 degrees, brushing with the glaze every half hour. Let the ham rest 20 minutes before carving. Serve the ham with the reserved glaze.

Officer's Reports

President

Bonnie Lanham

Hello from your President! Your board members are bringing a suggested menu from Richland for the choices of food for the Spring Meeting to your unit meetings. They will be catering the lunch for us. The price will be \$12.00 a person. Reservations and the money are due by April 20th to the Extension office. The name tags will be done by the Mt. Zion unit and the breakfast items will be provided by the Patchwork unit. Don't forget to RSVP for the lessons.

Georgette Merrifield from Christian County attended our board meeting on Monday. They will be joining us after December 31st, 2020. They have 47 active members and 20 mailbox members.

First Vice President

Karen Halicki

I hope your days are going well. Spring is around the corner and I will be planting seeds inside for my garden.

Lyn Stevens did a wonderful lesson about the "Latest Scams" on February 10th. She had attended the Decatur-Macon Senior Center's program on February 3rd, given by Marsha Griffin, the Community Outreach Liaison for the Attorney General's Office. Lyn provided us with many handouts that we can use. The Resource Directory has many listings for numbers that you can call from crime victims, health care, domestic violence, to the state police, etc. To reduce the amount of unwanted telemarketing calls, call Do Not Call Registry at 1-888-382-1222. You can enter up to three phone numbers and e-mail addresses.

Watch out for the grandparent's scam. They make it sound like your grandkids are calling asking for money and ask you not to tell their parents/guardians. Also watch out for the word YES. If someone asks you if something is OK, don't say YES. They can use it against you. One lady had her electricity switched over to another company only because she said "yes" on her name. The best thing to do is to hang up. Check with your unit representative to see what information she may have picked up.

The next lesson is Wednesday, March 18th., with Bird's Unlimited. Wednesday, April 1, the program will be "Traveling in the Midwest." Our Pillowcase Sewing Day is Monday, April 20 and the Spring Meeting is April 29. I hope to see many of you there!

Second Vice President

Lois Miller

Hello! Just a short note from me. The news that I have to share with you is about the end of the 2019 membership. We have five new members who have joined our HCE. Welcome to Janet Feller of the Hickory Point Unit, and Cheryl Drake, Diane Rueff, Cathy Gipson, and Leeanne Mull who joined the Rock Springs Unit. We now have a grand total membership of 106 members. We will miss the two people who passed away in 2019 and the five people who did not renew. Now, try to stay warm and have a very Happy Valentine's Day!!

Officer's Reports Cont.

Community Outreach/ Family Issues

Mary Ann Platt

Hope everyone is enjoying this unpredictable Illinois weather. In January, I delivered 18 pounds of pop tabs to the Ronald McDonald House in Springfield. During that visit, I learned that they also collect soaps, lotion, shampoo and conditioner from the hotels. The volunteer also said that the dentist donates sample tubes of toothpaste to them. It might be worth the effort to check with your dentist too. Each family receives personal supplies.

Operation Enduring Support is collecting for their Easter mailing. Requested items include: Girl Scout cookies, personal care items, energy bars, beef jerky, cheese sticks, canned meat, sandwich spread, puzzle books, Beanie Babies, playing cards, dark, lightweight socks, eye drops, lip balm, sunscreen, Aloe Vera gel, and individual drink packages. These can be delivered to the Extension Office.

We will be making pillowcases on February 24th. Please join us for this fun day! If you sew, bring a machine. If you don't sew, bring your smile and your helping hands. You can organize, press or label.

Cultural Enrichment

Sally Dennis

Happy New Year! Happy Groundhog Day! Happy SNOW AND ICE DAY?!?!?! The best part of being retired is being able to stay home where it is warm and watching the beauty of the snow coming down and not have to be out in it. YEAH!!!

Well, this is the last newsletter article from me on Cultural Enrichment, as I have taken Sharon Middleton's position as Treasurer. Cheryl Samples has taken my place as Cultural Director. Of course, I will help Cheryl as needed and I am sure that Sharon will do the same for me.

I will be going to the State Conference in Effingham in March for all three days. I will take the Cultural Enrichment entries for those who are not going. Please have your entries to the Extension Office by March 1st. Keep up with all of your great creative ideas! It's time for new projects for next year!

Best wishes to all for a safe and prosperous 2020.



See frontside of sample card
from "Good Suggestion!"
article on the front page.



Emergency Contact Card

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Doctor's Name: _____

Doctor's Phone Number: _____

Preferred Hospital: _____

Unit News



Rock Springs Unit

The January meeting of our unit was held at the home of Lois Miller with 10 members present. Bonnie Lanham started the meeting with the Pledge of Allegiance and the Homemaker's Aim. We then filled out the rest of our books, deciding who would host certain meetings. Our new business concerned our unit doing the luncheon on March 10th and deciding on the menu. We also talked about the State Conference in Effingham on March 11th. We also discovered that Christian County will disband at the end of 2020. They will become part of Macon County HCE. Lyn Stevens gave us some information about upcoming events in the Decatur area. On February 14th, Theatre 7 will present a play, "39 Steps". It should be a mix of a Hitchcock masterpiece with a juicy spy novel and a dash of Monty Python. She then gave a very interesting major lesson on Lincoln and a partial history of Macon County. - Lois Miller, reporting

Hickory Point Unit

We met on January 14th for lunch at Primrose Retirement Center. After a delicious meal and visiting time, our president, Elaine Hamm, led us in the Pledge of Allegiance and the Homemaker's Aim. We talked about our coming year as we looked through the handbook. Mary Beth Wickline said that we will be taking a tour of the Mueller Museum for our next meeting on February 11th.
- Louise Wickline, reporting

Patchwork Unit

Our unit had dinner at Crawford's in Maroa on January 31st at 5:30 p.m. We have one new member, Carrie Russell. She was not able to attend this meeting but we are looking forward to seeing her at Crawfords on February 18th. We also had a guest, Shauna, who is new to town. We thought it was a good way for her to meet some of the nice ladies in town. There was no lesson to hand out. We enjoyed each other's company and had a nice visit. Just getting out of the house felt good!
- Karen Halicki, reporting

Oakley Unit

We met on January 10th at 1:30 at Cheryl Yoder's home. There were five members present. Sandy passed out copies of the "Tortilla" recipes for us. Cheryl gave a lesson on the "Little Known Facts on Macon County." Cheryl also gave a talk on the "Eggs" lesson. We discussed the new programs for the upcoming year. As a group we filled out our books and signed up for the lessons for 2020. Refreshments were served by Sandy and Cheryl. The next meeting will be February 7, 2020, at Nancy's home.

Our February meeting was scheduled for Nancy's, but she had a fall in her garage and Sandy was to have the meeting instead. As luck would have it, most of the members were not able to come so our meeting was cancelled. We will meet on March 6th at Sandy's. We hope everyone is well and in shape to attend by then. We will all attend the Spring Meeting on April 29, 2020, at the Extension Office.
-Cheryl Yoder, reporting

See backside of sample card from "Good Suggestion!" article on the front page.

Emergency Contact Card

Emergency Contacts:

Name: _____

Phone Number: _____

Relationship: _____

Name: _____

Phone Number: _____

Relationship: _____

Known Health Issues: _____

Macon County Meeting

December 9, 2019

- **CALL TO ORDER:** President Bonnie Lanham
- **PLEDGE OF ALLEGIANCE:**
- **HOMEMAKERS AIM:**
- **JOKE:** Shared from Decatur Tribune
- **ROLL CALL:** 7 Units represented , 6 Board members Total attendance 4 Unit representatives . Total attendance 10.
- **Secretary:** Judy Wilhelm/ Carol Flitz
Minutes from Fall Meeting ,October 30 as well as last board meeting October 14 we approved as corrected.
November board meeting was canceled due to bad weather.
- **Motion:** Cheryl Sample 2nd Karen H
- **Treasurer:** Sharon Middleton
Report was filed for audit as presented

Officer Reports:

- **President:** Bonnie Lanham
- **1st Vice President:** Linda Hooge
Noted meetings for 2020
- **2nd Vice President:** Lois Miller—absent
- **Community & Family Issues & CVH:** Mary Ann Platt
Stopped by but was unable to stay. Left us some beautiful angels.
- **Cultural Issues:** Sally Dennis—absent
- **Historian:** Karen Halicki
Need pictures
- **International:** Donna Washburn—absent
Newly elected Vicky Wooten told us that the Country for 2020 is Uruguay.
- **Extension Advisor**
Stopped by to say hello.

Unfinished Business:

- Dues should be sent to Sharon.

New Business:

- Christian County is disbanding at the end of 2020 . Their President Georgette Merryfield called Bonnie to notify her of the change.
- Mail box members were discussed. It was decided that the Units the ladies had belonged to should keep them informed of events.
- Bonnie will need 5 people to help at the March 10th luncheon for 'Joy Council of Extension Professionals.
- It was unanimously decided to have Richland Provide the lunch for the 2020 Spring & Fall meetings. Bonnie will contact them.
- It was also decided to honor both Laura and Peggy with a monetary gift for all their help in 2019.

Adjourned at 2:15 PM

Respectfully Submitted by: Carol Flitz



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