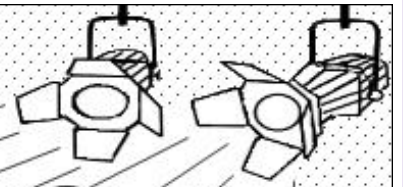


Macon County

May—June 2020
Special Edition

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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Conference Notes

Sharon Middleton and Karen Cahill

Several of our Macon County members were able to attend the March conference in Effingham this year. There were about 350 state members that attended. The food was delicious and the entertainment was enlightening. The keynote speaker was an artist that did chalk drawing while she spoke and a group of first graders provided music for another session. During Awards Night, several of our officers won awards for their education books. Sally Dennis (Cultural Enrichment), Linda Austin (Public Relations) and Donna Washburn (International) all received awards for their books. Bonnie Lanham had a “Beacon to the Future” lighthouse that she had created on display. Photos from the conference are on the state website, www.iahce.org for you to enjoy.

Don't Forget!

The deadline to turn in Scholarship applications is July 1st. Please look at our website www.mchce.org to find the application form. If you have any questions or comments, please contact Carol Ropp.

A Reminder!

Karen Cahill would like everyone to remember to count the hours that you are spending making masks, gowns, or time that you may be helping out in the food services. It all counts for volunteer hours! Stay safe and keep smiling. This too shall pass!

A Recipe for Our Time of COVID-19

Submitted by Sandy Severe

Take a cup of Kindness
Mix it well with Love
Add a lot of Patience
And Faith in God above
Sprinkle very generously
With Joy and Thanks and Cheer
And you'll have lots of Angel Food
To feast on all the year

UPCOMING EVENTS

All upcoming events are currently canceled. Everyone will be updated when the social distancing is no longer necessary.

Show and Tell

Karen Cahill

I wanted to share my newest project with you. This is my finished bread quilt for my sister. It's used to cover yeast breads as they rise. I like it.



How to Sew a Cloth Face Mask!

I ILLINOIS
Extension



What you will need:

- 2 pieces of 9x6in Cotton Fabric (or 7.5x5 for child) Pre-wash in hot water!
- 2 pieces of 7in braided or rope elastic (1/4 or 1/8 works best)
- 1 8in pipe cleaner



1. Put right sides of cotton fabric together



2. Starting at the middle of the long edge you would like to be the top of the mask, sew to the first corner and stop. Sew the elastic with the edge out into the corner. A few stitches back and forth should hold in place.



3. Sew to the next corner and stop. Bring the other end of the same elastic to the corner and sew a few stitches back and forth. Your elastic should now be sandwiched inside your two fabric squares. Now sew across the bottom of the mask to the corner and stop. Repeat the same process of sewing the elastic in. Round the corner and sew across the top leaving a 2in space open.



4. Stop and cut the thread. Turn inside out using the 2in gap. Press with an iron. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.



5. Insert pipe cleaner into top of mask using the 2in gap. Sew around the edge of the mask twice, making sure to sew under the pipe cleaner to keep it in place.



Now you have completed your face mask!



Instructions provided by Jenna Ward: Program Coordinator, 4-H Youth Development

A Recipe for HOPE

Submitted by Carol Flitz

A taste of Faith

A spoonful of Love

3 cups Flour

1 cup Trust

4 ounces of Kindness

2 cups of Forgiveness

1 bucketful of Laughter

Mix all of the above together - but be careful not to let judgement, bad attitude, pride, or bitterness mingle with ingredients. Adjust measurements as needed to fit your daily needs and always have ingredients at hand.

Serve abundantly every day, sharing with as many people as you can.

Amy Clijton—An Amish Kitchen Book

Laughter is Good for the Soul

- As this pandemic and social distancing continues, we need to find some comedy in life. As I read through the literature, I found this quote that I will share with you, "Laughter increases immune cells and infection fighting antibodies, thus improving our resistance to disease." So, here goes. Enjoy!
- If my body was a car, I would be trading it in for a new model. I've got bumps, dents, scratches and my headlights are out of focus. My gearbox is seizing up and it takes me hours to reach maximum speed. I overheat for no reason, and every time I sneeze, cough or laugh, either my radiator leaks or my exhaust backfires. - Submitted by Sandy Severe
- If you need 144 rolls of toilet paper for a 14 day quarantine, you probably should have been seeing a doctor long before COVID-19.
- Try explaining to your grandchildren how a guy eating bat soup in China led to a toilet paper shortage!
- This morning I saw a neighbor talking to her cat. It was obvious she thought the cat understood her. I came into the house, told my dog--we laughed a lot.
- A little boy asked his grandmother how old she was. "Thirty-nine and holding," she replied. "Well, then, how old would you be if you let go?"
- Cheryl Samples from the Patchwork Unit, told me that she is on day 32 of being home and her husband said that he has never before felt the hood of the car be this cool!

Recipe for Our Times

Submitted by Linda Austin

As I was looking through lots of recipes that I could prepare during this seclusion time, I was looking for something that I already had ingredients for and would not have to go to the store. I found one! I can finally use up the can of pumpkin that I have had since Thanksgiving! My husband loves cookies!

Jumbo Pumpkin Cookies

Makes two servings(you can double or triple the recipe for more cookies)

1/3 c. all purpose flour	3 tbs. sugar
1/2 tsp. Ground cinnamon	1/4 tsp baking powder
1/8 tsp. Baking soda	1/8 tsp. salt
1/4 c. canned pumpkin	2 tbs. Golden raisins
1 tbs. Egg substitute	1 tbs. Chopped pecans

Combine flour, sugar, cinnamon, baking powder, baking soda and salt in a bowl. Stir well and set aside. Combine pumpkin and raisins. Add to dry ingredients, stirring just until dry ingredients are moistened. Spoon batter onto a baking sheet coated with cooking spray. Sprinkle with chopped pecans. Bake at 375 until cookies spring back when touched lightly in the center.

Extension Staff Spotlight

Jae Funk

My name is Jeralee “Jae” Funk, I am the 4-H Office Support Assistant. I was born and raised in Monticello, IL. My husband and I were married on July 13, 2019 after 4 years together and we currently live in Bement, IL. I have 2 daughters, Brittani is 19 years old and attends Parkland College in the Occupational Therapy Program (OTA). Caitlyn is 15 years old and she is a freshman at Bement High School. We also have 2 pets Hazel (cat) and Sophie (dog).

I enjoy reading true crime books, crafting, crossword puzzles and doing jig saw puzzles. But most of all, enjoy being a mother and spending time with my family. I have been blessed with a large close family, 18 of us total. We have family dinner every Sunday, my parents, my sister and her 2 children (Jayce, 19 and Jazzi, 14), my brother and his wife and their 2 children (5 years old and 2 months old), my 80 year old grandfather and my sister-in-law’s sister, her husband and their 2 children (Olivia, 5 and Tristan, 3). This time is something that not only us adults, but the kids look forward to.

During the COVID-19 pandemic, we have had to learn a new normal for us. Because we are unable to gather every Sunday we are finding it very difficult. My husband and my brother are still working as their jobs are considered “essential”. My mother and my sister in law are both Nurses, so they to continue to work. And my sister who works in medical records at McKinley Health Center is working 1 day a week.



How We are Staying Sane During COVID-19 Social Distancing

- I have been at home for many weeks now, as you also have done. We go out occasionally to the store and pharmacy and to take some walks around our area. I have been able to get some closet and drawer cleaning done, and I have worked on several sewing projects that I never took the time to finish. One of my projects was my very first lap quilt that I made in the Lincoln log pattern. I had the binding cut out and started to pin it to the quilt, but put it aside for another project. That was 6 years ago or so. My, how time flies! My projects now are making masks for the family, finishing my granddaughter’s quilt before her graduation, and making gifts for Christmas. I think that I will have plenty of time now. - *Linda Austin, Maple Grove Unit*
- I am under house arrest by my kids. So, I am spending my time calling my friends. They are climbing the walls like me. Hope everyone is safe. - *Suzanne Miller, Rock Springs Unit*

Ways to Communicate While Social Distancing

- Skype: This program offers audio calls, video calls, group calls, messaging, and screen sharing. Free accounts can be set up at [Skype.com](https://www.skype.com).*
- Zoom: This program offers audio calls, video calls, group calls, messaging, and screen sharing. Free accounts can be set up at [Zoom.us](https://www.zoom.us).*
- Postal Mail: Writing letters never goes out of style! The USPS could use support now more than ever.
- Facebook: This is a social media platform that connects you with family, friends, and just about anyone else. Free accounts can be set up at [Facebook.com](https://www.facebook.com).
- Call or Text

*In order for you to show up on the video chat, you must have a camera on your computer or phone.

Officer's Reports

President

Bonnie Lanham

Hello, ladies! Well, this has been a trying time, to say the least. I hope that you are all hanging in there! Linda wants to put a special edition of the newsletter dealing with activities that you are doing to not go stir crazy, as well as any recipes or devotions that you have enjoyed. So, here is my contribution. I have tried to stay positive with the good Lord's help. I have been writing a daily blog about Rocky the Rooster. When he came here four years ago, I started writing about him and his exploits. So I thought, at this time, he should be brought back. His adventures are posted on my Facebook page! I am trying not to cook/bake/or eat everything in sight because I am bored. I worked on some sewing projects. I did NOT go through some stuff because I was afraid I would be too sentimental and want to keep EVERYTHING!

I hope you are all hanging in there. Remember, this too shall pass. I realize that a lot of you have already been through tough times before with wars, food rationing, slim times, etc. God bless you all!!!

Second Vice President

Lois Miller

Spring is here and parts of our country are beautiful. I just took an hour walk down to the timber and it's amazing how many trees have buds on them and some still look like wintertime. I sure do miss HCE, don't you? But Lord willing and the creeks don't rise (or snow doesn't fall--yes this is April) we will get together again hopefully pretty soon and resume our fun activities. In the meantime, we should give thanks to the Lord for all of our wonderful ladies that have been hard at work making masks. From the Rock Springs unit, I would like to give a great big shout-out to Cathy Gipson, Linda Hooge, and any others whom I have neglected to mention. I would like everyone to give thanks to the Lord for sustaining us through this stressful time. Happy Spring, everyone!

Unit News

Hickory Point Unit

This report was left out of the last newsletter. It was my fault that I didn't catch it and I humbly apologize for my error. - Linda

Here is what should have been in the newsletter:

Hickory Point had a fine new member join us in 2019. Janet Feller has lived most of her life in Decatur and worked as a nurse, mostly in nursing homes. She spent her last working days as a nurse in the geriatrics unit at St. Mary's Hospital. She and her husband have celebrated 50 years of marriage and have three children, one son and two daughters. They also enjoy having their grandchildren visit. She is very happy that Barb Reed invited her to join our group and she has enjoyed learning many new things from our interesting programs. We are very glad that she is a new, active member.

Our unit's December meeting was a luncheon at the Decatur Club. We shared Christmas stories and had a gift exchange. It is always fun to see the variety of gifts. Several members shared delicious Christmas goodies. We also brought personal item gifts that Barb Reed delivered to God's Shelter of Love, for we know sharing is an important part of the Christmas experience. We are having a luncheon meeting in January so that we can plan some lessons for the new year.

- Louise Wickline, reporting

January-- Our unit met on January 18 at the Mueller Museum. We had a very interesting and informative tour of Hieronymus Mueller's life and his contribution to early Decatur. He and his family had 501 patents in plumbing and water devices. This company is now a worldwide manufacturer. Next month, we will be having lunch at Richland's restaurant and learning about their culinary program.

- Louise Wickline, reporting

Oakley Unit

Our February, March, and April meetings were cancelled due to inclement weather and the virus restrictions. Hopefully, we all will be able to get back to life as normal, but I am not sure what that means anymore! We may meet in May.

- Sandy Severe, reporting

Unit News Cont.

Pleasant Grove Unit

We met in February, the first meeting since late October due to illnesses and death. We lost our dear friend, Mary Shelton, in November.

Sally Dennis opened the meeting with 5 members present. She brought up the new lessons and upcoming events. Bea Hall made a beautiful quilt for the veterans. It is to be framed and hung in the new office out by Richland Community College. Sally also said that the district map has changed. Macon County is now in District 3. The meeting was adjourned after we filled out our new program books.

We met March 3rd with 5 members present. Mary Ann, our president, opened the meeting. She gave a report about Doris Greene, who was a former member, and passed away February 18th. She had been in assisted living for several years, and was such a "special" member. We also voted about the menu for the Spring Meeting on April 29th.

Mary Ann reported that she took 26.4 pounds of pop tabs and 68 pillowcases to the Ronald McDonald House in Springfield. The State Conference will be March 10th through March 12th. We discussed who would be attending. Sally needs our dimes for the Hunger Funds to take to conference. Personal health updates were reported. The meeting was then adjourned.

- Alice Bray, reporting

Maple Grove Unit

Sixteen members were present at our February 27th meeting. We met at the Primrose Retirement Community Center in the pub area. We had a delicious meal there before our meeting began. Carol Ropp began our meeting at 12:20. The secretary read the roll call and members answered with their middle names. They also shared some stories about those names. We had no secretary's report, since the last recorded minutes were from November. The treasurer gave her report and collected pennies for our Friendship Project Fund.

It was reported that 61 pillow cases were made on February 24th. Carol mentioned that two DeWitt County members came to help with this project. The February 21st lesson about the latest scams was a session with everyone collaborating their ideas and thoughts. Lynn Stevens had gone to a presentation and had many fliers to share from her experience.

The March lesson, "Birds Unlimited", will be presented by Melody Arnold. We discussed the upcoming Spring Meeting and voted on possible entrees from the Richland Catering Service. The opportunity to help pack the "Operation Enduring Freedom" items was mentioned and an envelope was passed for those who may have wanted to contribute to the mailing costs.

Our next meeting will be March 26th at the Decatur Conference Center at 11:30 a.m.

- Mary Kay Ennis, reporting

Patchwork Unit

Like many of you, we are trying to stay busy during this trying experience. While we keep our families fed and all that goes along with doing that, it is spring! And for many of us, that means we see new life all around us. To me, that means proof that God is watching and we will survive.

Helping is always on our hearts. Many of us are making masks either for our family and friends or in mass production! Karen Halicki is even making gowns for health care providers. When I am not sewing for others, I am finishing quilting projects, both old and new projects.

I hope many of you have been able to start gardens. I just want to get out and get a few tomato plants. Right now, I am watching farm implement parades each day on my busy corner. Hope you are all staying home so this will end soon. Stay safe!

- Cheryl Samples, reporting

Mt. Zion Unit

We have not met since January as our February date was a bad weather day. Here are a few jokes that I thought you would enjoy.

A pirate walks into a bar with a paper towel on his head. The bartender asks, "What is with the paper towel?" The pirate says, "Arch! I've got a Bounty on me head!"

I heard the virus was from China so I am using paper plates.

- Vicky Wooten, reporting

We will be redoing our programs for the rest of the year since we have not met since our January planning meeting. I hope to meet by maybe May or June as our meeting date is the fourth Thursday. We have one member in an assisted living building who can't get out of her room. She told me that she is in jail. I am trying to call her once a week. Maybe other members could call their members who can't even get out to the grocery store. Yesterday, I took a car ride.

- Vicky Wooten, reporting

Macon County Home & Community Education Board Meetings

January 13, 2020

- **CALL TO ORDER:** Bonnie
- **PLEDGE OF ALLEGIANCE:** Bonnie
- **HOMEMAKERS AIM:** Bonnie
- **JOKE:** Bonnie
- **ROLL CALL:** Carol
- **Secretary:** Carol Flitz
Minutes of last meeting
- **Motion:** To approve as corrected by Linda Austin, 2nd by Karen Halicki, motion carried.
- **Treasurer:** Sally Dennis
No report as yet. She will meet with Sharon and be up to date by next meeting.

Officer Reports:

- **President:** Bonnie Lanham
Will give her report later in meeting.
- **1st Vice President:** Karen Halicki
Noted upcoming sewing day. Gave the Historian books to Linda for Carol R.
- **2nd Vice President:** Lois Miller
She's working on the membership lists. Trying to get with Sharon to coordinate them.
- **Community & Family Issues & CVH:** Mary Ann Platt—absent
- **Cultural Issues:** Chery Sample—No report
- **Historian:** Carol Ropp—absent
- **International:** Vicky Wooten
Nothing new to report—will meet with Donna to get more information.
- **Public Relations:** Linda Austin
Sent information to Tribune on upcoming lesson on scams as well as pillowcase sewing day.
- **Extension Advisor:** Beth Miglin
State Conference will be March 10-12. Told us about Gardening Insights classes offered.

Unfinished Business:

- Tri-County Meeting—February 3rd—Clover Room
We will have breakfast: Muffins-Lois, Cinnamon Rolls-Vicky, Fruit-Linda A, Casserole-Cheryl
Lunch: hot chicken salad-Sally & Carol F, Greens for Salad & Dressings-Bonnie, Cranberries & Cookies-Karen, Buttermilk fluff-Lois.
- A discussion was held on notification of meeting cancellation due to the weather. Linda A. made motion to state in meeting invitation that it will be canceled if county schools are closed. 2nd by Karen. Motion carried.
- Karen listed corrections to program books. Linda will post those in the newsletter so everyone will have them.

New Business:

- State Conference delegates were nominated. They will be Sally Dennis & Cheryl Sample. Karen made motion to accept those two. 2nd by Lois Miller. Motion carried.
- A discussion was held on the MCHCE website. Karen made motion to simplify it. 2nd by Sally. Motion carried.

Adjournment at 2:45 PM

Respectfully Submitted by:
Carol Flitz
Secretary



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