

Macon County

January—February 2021

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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Scholarship News!

Carol Ropp

We are pleased to announce that both of the 2020 scholarship applicants have been awarded scholarships. Brianna Austin, granddaughter of Linda Austin of the Maple Grove unit, is attending Cedarville University in Cedarville, Ohio. She is working toward a dual major in elementary and special education with plans to be an administrator one day. She will receive a check for \$500.00

Ashton Williams, granddaughter of Pat Bales of the Maple Grove unit, is attending Maryville University in St. Louis, Missouri. She is working toward a Bachelor of Science in Nursing degree and hopes to be a nurse practitioner in the NICU one day. Ashton applied for the Margaret Leonard Memorial Scholarship and will receive \$1,000.00. This scholarship is a continuation of the memorial fund that Margaret’s family gave us to establish this medical scholarship. So far, we have been able to fund it on our own but have been assured by the Leonard family that they will consider adding to it if we need it. We are very grateful for their generosity.

Pana Unit of HCE

At this time, the Pana Unit of HCE has 11 members. We were organized in 1967 and two of the charter members, Nina Elvers and Rosalie McLeod, are still members of the unit. We lost three members this year due to health concerns. We have gained one new member with two more people considering membership.

We started as the Pana Evening Unit of HCE because we were a working group. However, we voted last year to become a day group, starting in January of 2021 since most of us no longer work and we don’t like to drive at night anymore. We meet on the first Monday of the month at 1:00 p.m. at the United in Faith Church.

Our unit has an ongoing service project of making toiletry bags for our food pantry. We do them three times a year, and we fill them with shampoo, soap, razors, toothpaste and brushes, etc. Our food pantry puts out a few at a time on a free shelf for people to help themselves. The pantry tells us they are well received. We have been doing this for about three years and plan to continue.

We also collect can tabs for the Ronald McDonald House. We support Operation Santa which has been a Christian County project for a number of years. We plan to continue these projects too.

We look forward to meeting our Macon County HCE friends and having a long and mutually enjoyable merger.

Our members are: Carolyn Barnett, President, Janet Dorn, 1st Vice President, Nina Elvers, 2nd Vice President, Rosalie McLeod, Secretary/treasurer, Mary Cottrell, Jan Curtis, Charlene Hunter, Tina Janssen, Georgette Merrifield, Yvonne Moon and Brenda Parker.—Georgette Merrifield, reporting

WELCOME

Upcoming Events

Monday, February 1

Tri County Meeting
9:30 a.m.
Phone Conference

Monday, February 8

HCE Board Meeting
1:00 p.m.

Friday, February 26

Scholarship Applications Available at www.mchce.org
under Education tab.

Monday, March 8

HCE Board Meeting
1:00 p.m.

Wednesday, March 10

RSVP for March Lesson to
Bonnie Lanham 428-7404
Limited to 20

March 9-11

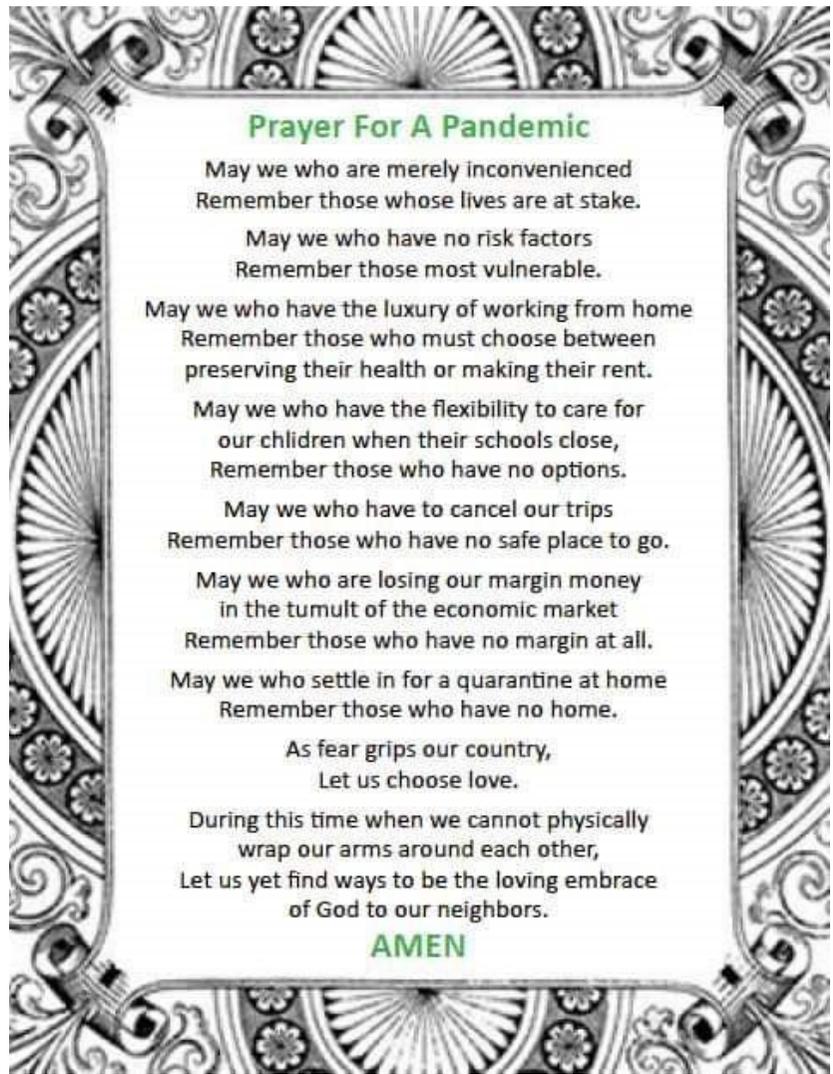
IAHCE State Conference in Effingham, IL
Keller Convention Center

Thursday, March 18

Birds Unlimited
9:30 a.m.—11:00 a.m.
Limited to 20
Location TBD

Wednesday, March 31

RSVP for April Lesson



Prayer For A Pandemic

May we who are merely inconvenienced
Remember those whose lives are at stake.

May we who have no risk factors
Remember those most vulnerable.

May we who have the luxury of working from home
Remember those who must choose between
preserving their health or making their rent.

May we who have the flexibility to care for
our children when their schools close,
Remember those who have no options.

May we who have to cancel our trips
Remember those who have no safe place to go.

May we who are losing our margin money
in the tumult of the economic market
Remember those who have no margin at all.

May we who settle in for a quarantine at home
Remember those who have no home.

As fear grips our country,
Let us choose love.

During this time when we cannot physically
wrap our arms around each other,
Let us yet find ways to be the loving embrace
of God to our neighbors.

AMEN

- Submitted by Mary Kay Harris Ennis

In Memory of Our Members Who Have Passed Away

We have lost several members last year and this year. May they rest in peace, and know that they are not forgotten.

Nellie Templin, Hickory Point past member Nellie, age 93, of Colorado Springs, Colorado, passed away Wednesday, January 6, 2021. She was a reading teacher with DPS #61 at Garfield Elementary School. Private family interment will be held at St. John's Episcopal Church in Decatur. Memorials may be given in Nellie's name to St. John's Episcopal Church in Decatur.

Elizabeth Keith had been a member of Maple Grove unit for nearly 50 years. She was president of Maple Grove for many years. She was also very active in working with Macon County 4-H members.

Carol Myers was also very active in working with Macon County 4-H members for many years. She hadn't been a member of HCE for very many years, but she certainly made up for lost time! She was always willing to help with anything which needed to be done. She attended nearly all HCE functions and Maple Grove meetings. I know that I will really miss her at Christmas time. She always volunteered to come early (along with Karen Cahill and Linda Austin) to help me get ready for our Christmas lunches at my home. Carol will be especially missed when we are able to sew our pillowcases at the Extension Office again. She was always there and stood at the ironing board the whole day, only sitting down when we broke for lunch. What a trooper! She was also known for her beautiful knitted afghans. She placed in the state Culture Enrichment event.

Mary Jo Stewart: We were saddened to learn of the recent passing of Mary Jo Stewart. She was very active in many groups, but many of us will remember her as the County Extension Advisor and the Queen of the Macon County 4-H. She coached many people in Extension how to be better by being willing to help other persons. She touched the lives of so many of us. RIP Mary Jo, job well done!

A Note from Karen Halicki

This information came to me from Karen for the last newsletter and I did not get it in for her. I am so sorry about that. Needless to say, here is the note and the class list that is available for you to consider. - Linda

We had a very different district meeting this year. It was interesting and rather enjoyable to watch. We were able to go to the iahce.org and tap on "Click here to view District videos." We were able to view all of the workshops or just our office and director.

The board has been meeting to put together the programs for next year. We are using the ones we did not use this past year and getting in contact with those who agreed to do them in 2020 to see if they would agree to 2021. Our president, Bonnie Lanham, has been working hard to contact these folks. We are thinking positively that we will move on and come together again.

The packet that I received from IAHCE 1st Vice President, Mary Eustace, had recorded lessons that you may want to try with your units or individually. My unit has not been together yet. I miss them all as well as the county members. Be safe and enjoy life!!

Lessons FOR LIVING

a free webinar series
from University of
Illinois Extension's
Family and Consumer
Sciences team.



Webinars

Five Flavors: How the Palate Changes Feb 2 10-11 am

How does our palate change through our lifecycle? Learn about the five senses, the process of aging, and the connection between smell and taste. What are some ways to enhance flavor using color and spices? What is behind the psychology of taste?

Building Resiliency in Yourself and Your Organization March 23 2-3 pm

Every one of us has been challenged by a tough situation sometime in our lives. We have witnessed highly resilient people that have the ability to adapt, recover and grow stronger from difficult situations. In this lesson, learn what characteristics resilient people and organizations possess that help them create opportunities from challenges, and how YOU can also nurture and strengthen your resilience.

How to Save on Travel April 15 2-3 pm

Travelling across the state or around the world offers many opportunities for fun, and spending money! Join us in discussing ways to be a savvy traveler including how to manage your finances efficiently and safely while traveling.

Healthy Behaviors for a Healthy Immune System May 20 2-3 pm

We want to do all we can to protect ourselves from becoming ill. A healthy immune system gives the body a layer of protection. While no one food or healthy lifestyle behavior can prevent illness, you can help boost your immunity with a healthy balance of nutrient-rich foods, adequate sleep, physical activity and managed stress. Join us to learn the steps you need to take to build a strong immune system.

Medical Identity Theft June 8 10-11 am

Medical identity theft can be a real burden if it happens to you. A thief may use your name or health insurance number to get care for themselves. This program will help you detect signs of medical identity theft, protect your medical information and what to do if you notice mistakes or find out your identity has been used.

Five Flavors: How the Palate Changes (repeat) July 8 2-3 pm

Understanding the Impact of Adverse Childhood Experiences Aug 19 2-3 pm

Recent research has revealed that Adverse Childhood Experiences (ACES) can cause a lifetime of health consequences; from not being able to sleep soundly as an adult, to difficulty concentrating, anxiety, depression, and physical health problems. Discover how ACES impacts you, your family and your community and what you can do to help.

Healthy Behaviors for a Healthy Immune System (repeat) Sept 9 10-11 am

How to Save on Travel (repeat) Oct 14 10-11 am

Building Resiliency in Yourself and Your Organization (repeat) Nov 9 10-11 am

Contact your local Extension office for previous lessons.

For additional information, contact **Karla Belzer** (815) 632-3611 kbelzer@illinois.edu

Register for webinars at least one week in advance
go.illinois.edu/2021HCELessons



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recorded Lessons

Listen at your desired time.

Nutrition and Wellness

- Eggs From Farm to Form
- Modern Food Trends
- Food and Drug Interactions
- What's New in the Kitchen

Family Life

- Communicating with Individuals with Dementia
- Caregiver Self Care
- Simplify Your Life by Clearing the Clutter

Consumer Economics

- Senior Credit Scores
- Elder Financial Exploitation
- New Ways to Cut Your Electricity Bill
- Saving Money on Food Costs

Package Lessons

Download and read at anytime.

Coming in 2021

- Penning Your Past
- Grocery Shopping Online

Lessons available at:

go.illinois.edu/HCErecordings

HCE units are encouraged to fill out and return the "Local Leader Report" for package lessons and recorded lessons.



Laughter is Good for the Soul

At this time of the year when the days are cold and gray, I look for light-hearted articles to read. With that in mind, here are my tidbits of laughter!

I recently applied for a part-time job at a mental hospital. Now I am there full-time and they won't let me leave.

Here are some great truths that adults have learned along the way:

1. Raising teenagers is like nailing jello to a tree.
2. Wrinkles do not hurt.
3. Families are like fudge...mostly sweet with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.
6. Middle age is when you choose your cereal for the fiber, and not the toy!

Here are great truths about growing old or as I like to say "growing more mature"!

1. Growing old is mandatory, but growing up is optional. My cousin, who is my age, always reminds me that he is still 15 and he will never grow up!
2. When you fall down, you wonder what else you can do while you are down there.
3. You are getting older when you get the same sensation from a rocking chair that you once got from a roller coaster.
4. It's frustrating when you know all of the answers, but nobody bothers to ask you the questions.
5. Time may be a great healer, but it is a lousy beautician!

I told someone to spell ORANGE and they asked the fruit or the color.

Ten Lovely Things to Do in the Winter

I saw this in another county's newsletter and I thought I would share it with you.

- Drink tea all day and read.**
- Light candles and listen to nice music.**
- Go outside for a wonderful walk.**
- Build a snowman with your friend.**
- Watch your favorite series.**
- Take a hot bath.**
- Tell someone that you love them.**
- Decorate your room.**
- Cuddle with your blanket and sleep a lot.**
- Do everything you want to do.**

Ways to Avoid Eyeglass Fogging While Wearing a Mask

Submitted by Carol Ropp

1. Wash the glasses in soapy water and shake off the excess. Do not towel dry. Let the glasses air dry before putting them back on. This leaves a transparent film which reduces the fogginess.
2. Use commercial products that are widely recommended to prevent scuba masks or ski goggles from fogging.
3. Make sure the mask fits tightly over your nose and pull it up higher on your nose.
4. Place a folded tissue between your mouth and your mask. The tissues will absorb the warm, moist air.

Good Recipes for These Winter Days

As I have been cleaning out our closets and cabinets these days, I found an interesting book of recipes that my mother-in-law had passed down to her daughter. For some reason, and none of us knew why, I have that book. There are some good recipes that I would like to share with you. The book is called, "Goodness! It's Ground Beef." It was published in 1983 by Favorite Recipes Press. I picked a recipe from the soup and stew section because I love to make soup and stew. I also picked a recipe from the crock pot section because I love to smell what is cooking in the crock pot all day! These are definitely comfort food recipes!!!

Shipwreck Stew (May be appropriate for our time right now!)

- 1 lb. ground beef
- $\frac{3}{4}$ c. chopped onion
- $\frac{1}{4}$ c. rice
- 3 c. chopped potatoes
- 1 15 oz. can kidney beans
- 1 8 oz. can tomato paste
- $\frac{1}{2}$ tsp. Worcestershire sauce
- $\frac{1}{4}$ tsp. each chili powder and pepper
- 1 tsp salt

Brown the ground beef with the onion in the skillet, stirring until crumbly, drain. Layer the ground beef mixture, rice, potatoes, and beans in a large casserole dish. Combine the remaining ingredients with $\frac{1}{2}$ c. water in a bowl, mixing well.

Pour over the casserole. Bake, covered, at 350 degrees for 1 $\frac{1}{2}$ hours.

It will serve 6 to 8 people.

Stroganoff for Two

- 1 lb. ground beef
- 1 medium onion, chopped
- 1 clove of garlic
- 1 4 oz. can mushrooms
- 1 $\frac{1}{2}$ tsp, salt
- $\frac{1}{4}$ tsp. Pepper
- 1 c. beef bouillon
- 3 tbsp. tomato paste
- $\frac{3}{4}$ c. sour cream
- 2 tbsp. Flour

Brown the ground beef in the skillet, stirring until crumbly.

Stir in the onion, garlic and mushrooms. Add the next four ingredients, mixing well. Pour into the crock pot. Cook on low for 5 to 7 hours. Mix the sour cream and flour in a small bowl. Stir into the ground beef mixture, Cook for 1 hour longer.

Officer's Reports

President

Bonnie Lanham

Greetings from your President! I hope everyone is doing okay! As of now, we cannot use the U of I office so we will have our March lesson at the Mt. Zion Presbyterian Church Annex. It is located right behind and to the right of their church on Main Street. The lesson will be about birds and will be led by Melody Arnold. The class is limited to 20 but Melody is counted as 1, so it is 19 and on a first-come, first-served basis. Call me with your reservation at (217)428-7404. I have a list with 5 people already on it. When we reach 19, I will start a waiting list. If you are one of the first 19, and you see that you cannot attend, call me and I will call someone on the waiting list.

The Board continues to meet because we have missed some deadlines on important issues. There will be no pillowcase day on February 22. There is also no lesson for February.

Remember to send in your scholarship applications! The information is in the program book.

You can go ahead and sign up with me for April's lesson. If we have to go somewhere other than the Extension office, I will send out cards to the people on the list and let you know where to go.

The Spring Meeting may be put on hold or we may have to meet somewhere else.

I would like to have some feedback on how you feel about meeting in groups of people. We would follow County guidelines on how many people could attend. You can call, e-mail me, or snail mail me--any way is OK.

We want to welcome the Christian County ladies! We are so glad to have you join us and hope to see you at the lessons, and the Spring and Fall Meetings. Feel free to send newsletter articles to Linda Austin. Her address is on the back of this newsletter. As always, if you have concerns, do not hesitate to call or write me.

First Vice President

Karen Halicki

Happy New Year and Happy Valentine's Day!! We have been trying to meet as a board. These are sure trying times. We have done a lot of thinking and planning and, hopefully, we could all meet again in March. The IAHCE Board is planning on the Conference for March 9 to 11th in Effingham. If everything stays safe, I plan to attend this year and come back with great programs and ideas to share.

I have my corner of the world in my living room. This is where I crochet, sew, make rag rugs, read, watch movies and call friends and family. My Christmas tree is still up as I write this as I have enjoyed all of the memories I have on this tree.

Last weekend my granddaughter, who is 9 years old, stayed overnight and we made a snowman sled. She filled her sled with snow and we flipped it over onto the ground. We used a corn cob for a nose and rocks for eyes and a mouth. Then I cranked up the front end of a flat trailer and put the ramps on it. It became a hill to slide down. We just had to add snow on the ramps. The trailer already had snow on it. What fun she had!

She took a duck and then a chicken with her sledding down this hill. The chicken didn't want to get off her lap. I think she enjoyed the warmth!

Here is something I saw in our state newsletter and I thought it might help all of us. Our state 1st Vice President, Mary Eustace, says that our world has been turned upside down with things beyond our control along with the ability of not going about our normal business and it feels odd. By faith, I am believing that life will get back to normal with all of us having a greater appreciation of the things we have in life.

Hope to see everyone soon! Be safe and enjoy life!!

Officer's Reports Cont.

International

Vickie Wooten

Our Country of Study this year is Ontario Province, Canada. We can start out by learning about our northern neighbor.

- Geography: Ontario is the 2nd largest province, covering 1,000,000 square kilometers or 415 thousand square miles. It is larger than France and Spain combined, 15 times the size of Ireland, four times the size of the United Kingdom, or 2.7 times the size of California.
- Manitoulin Island in Georgian Bay is the world's largest freshwater island covering 1068 square miles.
- Ontario has two time zones, Central and Eastern. Most northern communities are at the latitude of London and Warsaw. Most southern communities are at the latitude of Middle Island in Lake Erie parallel to Barcelona and Rome.
- Natural Resources: The 5 Great Lakes Basin includes the borders of 8 U.S. states, and 98 percent of Ontarians live within the Great Lakes and the Saint Lawrence River basin.
- Most Canadians live within 200 miles of the United States border.
- People and Culture: Ontario has a population of 13.5 million people and is home to two fifths of the population of all Canadians. Eighty-five percent of those living in Ontario live in urban areas. Population hubs include London, Toronto, Windsor, Sarnia, Ottawa, Kingston, Greater Sunberg, Thunder Bay, Sioux Saint Marie, North Bay, Timmons and Kenora. Ontario has the largest city and the national capital with two fifths of the population, other areas of Canada may be seen as jealous or less kind to the many things that Ontario has to offer.

CVH Report

Karen Cahill

Well, ladies, even though 2020 was a crazy year, many of you were busy giving of your time and talents as usual. I am pleased to report that we had a total of 10,444 volunteer hours reported. That's wonderful! Also, we reported a total of 626 masks made and donated to the community. As events start happening, please remember to start NOW to keep track of your volunteer hours. Thank you to everyone who submitted their hours. Feel free to contact me if you have questions or you just want to chat. LOL

Unit News

Maple Grove

We have not met as a unit for many months. So what we really need is to get this pandemic over and get back to our money-making projects! I hope nothing stops the Farm Progress Show from occurring August 31st, September 1st and September 2nd. It is our major money maker!

Carol Ropp, reporting

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