

# Macon County

## July-August 2021

# 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
- Creative Ideas for Sewing Your Scraps
- Pillowcase Sewing Day Reminder
- Farm Progress Show
- Craft Ideas, Anyone?
- We Need You!
- Laughter is Good for the Soul
- Heart Healthy Recipes
- Zucchini Relish
- Helpful Kitchen Tips
- Can My Dog Eat This?
- Meeting Minutes
- Something to Ponder
- Unit News
- Officer Reports

### 10 ways to stay OPTIMISTIC

1. Decide to be happy
2. Expect the best
3. Trust the Universe
4. Look for the Silver Lining
5. Celebrate Life
6. Take a POSITIVE view
7. Don't forget to have some FUN!
8. Make each day count
9. Be an ENCOURAGER
10. Appreciate yourself

### Upcoming Programs at DeWitt and Piatt Counties

It was suggested to me that I should publish some of the programs/lessons that our adjoining counties have. What a wonderful idea, and I am sorry that I did not think of that before!! Senior moment!!!

Dewitt County-- June 22, 1:30 p.m. Lesson--Friendship Center Offerings

October 19, 1:30 p.m. Lesson--Vespasian Warner Library

Contact Diana Tibbs at 217-935-5764 if you plan to attend any of these lessons.

Piatt County-- July 8, 2-3 p.m., Lesson on Skype: How the Palate Changes

November 1, 7-8 or so. Mindy Peterson -Lindsey will be doing Mocktail Magic, Non-alcoholic holiday drinks.

Contact Jae Funk at 217-762-2191 if you plan to attend any of these lessons.

### District Meeting in Springfield

The IAHCe District meeting will be in Springfield on Wednesday, August 11. Any HCE member can go for a day of education and entertainment. The cost is \$25.00 for the breakfast, luncheon and classes. It is a wonderful experience and I hope that many of you will go. Contact Bonnie Lanham for more information.

### Donations Needed

At our membership meeting in September, we would like to also have a Craft Sale in conjunction with the crafts that we will be doing. If you have items that you have made and would like to donate for our sale, please let Bonnie Lanham know. The money that we make will go to our Scholarship Fund. Thank you!

### Historian Request

Carol Ropp, our County Historian, would like any articles or pictures that you have about any of our members. She is constantly updating the information. Thank you for your help!

### Volunteer Hours

I hope that you are keeping track of your Volunteer Hours this year. It works best if you record your hours in the front of your program booklet. That way it will be easy to find when it is time to report them. Thank you!

## Upcoming Events

### Monday, July 5

Extension Office Closed

### Monday, July 12

Annual Program Planning

9:30-11:00 a.m.

Extension Office Clover Room

HCE Board Meeting

1:00 p.m.

Extension Office Clover Room

### Wednesday, July 14

RSVP for July Lesson

### Wednesday, July 21

Creative Ideas for Sewing Your Scraps

9:00 a.m.-3:00 p.m.

Extension Office Clover Room

### Friday, August 6

RSVP for August Lesson

### Monday, August 9

HCE Board Meeting

10:00 a.m.

Extension Office Clover Room

Newsletter Items Due to Linda Austin

### Wednesday, August 11

IAHCE District Meeting

### Saturday, September 25

Membership Drive

9:00 a.m.-3:00 p.m.

Lunch

11:30 a.m.-12:00 p.m.

### Tuesday, August 31

Farm Progress Show

## Upcoming Class Information! Creative Ideas for Sewing Your Scraps

Mary Ann Platt and Cheryl Samples

We are so excited to present this class for you. Cheryl Samples has agreed to help so we can accommodate up to 35 students in the Clover Room on July 21st. Have you ever felt bad about throwing away small strips of fabric? I have, but I don't anymore. From 9 to 12, you will learn one of my favorite ways of using scraps. I have made and donated several quilts using the string piecing technique. Many quilters use this technique. We will sew fabric strips onto a paper foundation. Strips will vary in width, but some will be very narrow. You will have the choice of using strips in the same color family or using a variety of colors. I would like to end this class at 12. There will be a one-hour break for lunch. You can sign up for either or both classes.

At 1 o'clock, you will learn another favorite technique that I like to use, making crumb blocks. We will be sewing small scraps together to make our own "fabric". Once you have made a big enough piece of fabric, we will square it up to a predetermined size and make more blocks. Again, this is FUN. Some people think that I am a bit crazy when I ask for their scraps. I like to make these totally scrappy with many colors.

You will need to bring a sewing machine in good working order that you know how to use. You will also need neutral thread, a quarter inch foot for your machine, scissors, paper for notes and pins or clips. Bring these items too, if you have them: a small, low voltage iron, a rotary cutter, a small cutting mat, a wool pressing mat, and a ruler for cutting. I have ALL of the scrap fabric that we will need, so you don't have to bring fabric.

## Pillowcase Sewing Day Reminder!

Don't forget! Pillowcase Sewing Day is Monday, June 28, from 9:30 to about 3:30 or so.

We need people to choose the fabrics that go together, cutters, sewers, ironers, and label installation. There is something for everyone! We will have a salad luncheon, where we all bring an ingredient or two for our "salad bar". Call Karen Cahill or Carol Ropp if you are planning to come.

## Farm Progress Show


The Farm Progress Show is returning to Decatur this year. As you can imagine, much help is needed! We help run the food tent, and really need many volunteers during this time. Our HCE group earns money for our scholarship fund!!! The dates are August 31, September 1, and September 2. Contact Dena [Hyde@illinois.edu](mailto:Hyde@illinois.edu) if you can help in any way. Thank you!

## Craft Ideas, Anyone?

Sharon Middleton will be leading the craft sessions for our Membership Drive in September. She would like some ideas for simple crafts that can be done in a short amount of time. If you have any suggestions, please contact Sharon at [tolepainter2@gmail.com](mailto:tolepainter2@gmail.com) or at 217-877-7229 or 217-620-0484. She would love to hear your ideas!!!!

## WE NEED YOU!!!

We are in need of several positions on the County Board. Please consider taking a 1st Vice President, 2nd Vice President, Secretary, or International office for the next year or two. Karen Halicki is the head of the Nominating Committee and her number is 217-794-5508 or 217-855-1703. She will have more information about the positions.



Please Remember  
to RSVP for All  
Events

217-877-6042

### Check out our Websites!

Macon County HCE at

[www.mchce.org](http://www.mchce.org)

IAHCE at

[www.iahce.org](http://www.iahce.org)



# Laughter is Good for the Soul

As many of you know, I love stories and jokes about kids. If I had time when our kids were growing up, I could have written a book about all of their antics! As it was, we were just trying to get through each day with smiles on our faces! I hope you enjoy these stories! All of them come from older issues of our wonderful Decatur Tribune.

Two kids are talking to each other as they walked home. One says "I am really worried. My dad works twelve hours a day to give me a nice home and good food. My mom spends the whole day cleaning and cooking for me. I'm worried sick." The other kids say, "What have you got to be worried about? Sounds to me like you've got it made." The first kid says, "What if they try to escape?"

After buying her kids a pet hamster, and after they PROMISED they would take care of it, Mom, as usual, ended up with the responsibility. One evening, exasperated, she asked them, "How many times do you think that the hamster would have died if I hadn't looked after it?" After a moment, her youngest son replied quizzically, "Once?"

A man was in a hurry to take his 8-year-old to school. He made a turn at a red light where it was prohibited. "Oh, oh, I think that I just made an illegal turn," the man said. "It's okay, Dad," the boy said. "The police car right behind us did the same thing!"

## Heart Healthy Recipes

As I was doing research for this newsletter, I stumbled across a web site that had some good information and recipes for us. According to Rachael Hartley, RD, "There is no right way to eat for heart health. Think about the big picture and choose more heart healthy fats, like olive oil, nuts and seeds, avocado, eat fatty fish more often, increase your intake of whole grains and other high fiber carbohydrate foods, and eat more fruits and veggies." Woman's Day Magazine

### Apricot-glazed Chicken and Corn

¼ c. apricot jam	½ tsp. Fresh lime juice	1 tsp. Hot sauce (optional)
⅞ tsp. Red pepper flakes	4 small chicken legs, split (4 thighs and 4 drumsticks)	
Kosher salt and black pepper	4 ears of corn, shucked	Lime wedges, for serving (optional)

Heat the grill to medium. In a small bowl, combine the jam, lime juice, optional hot sauce, and red pepper flakes. Season the chicken with ½ tsp. Black pepper and grill, covered, turning occasionally for about 20 minutes. Uncover and continue grilling, basting with the sauce, until the chicken is cooked through, 5 to 7 minutes more. Meanwhile, bring a large pot of water to a boil. Cut each ear of corn into 3 or 4 pieces. Add corn to the pot with 2 tsp of salt, and simmer until just tender, 3 to 4 minutes and serve with the chicken and lime wedges.

### Oven Roasted Salmon with Charred Lemon Vinaigrette

1 lemon	2 bulbs fennel, thinly sliced	2 small red onions, thinly sliced
2½ tbsp olive oil divided	Kosher salt and pepper	1 ¼ lb skin-on salmon fillet
1 tsp stone ground mustard	3 c. baby arugula	

Heat the broiler. Cut pointed ends off of the lemon, halve crosswise and place on a rimmed baking sheet, center cut sides up. Broil on top rack until charred, 5 minutes, transfer to a plate and set aside. Reduce oven temperature to 400. On rimmed baking sheet, toss the fennel and onions with 1 ½ tbsp oil and ¼ tsp each salt and pepper. Arrange around the edges of the sheet. Place salmon in the center of the sheet and season with ¼ tsp each salt and pepper. Roast until vegetables are tender and salmon is opaque throughout, 17 to 20 minutes. Juice the charred lemon halves into a small bowl and whisk in mustard and remaining tablespoon of the oil. Remove the baking sheet from the oven and fold the arugula into the vegetables. Drizzle the charred lemon vinaigrette over the fish and vegetables and gently toss the vegetables.

## Zucchini Relish

Bonnie Lanham/Ula Hilda Scott

10 cups ground zucchini      4 cups ground onions      5 red and green peppers (ground)  
5 T salt

Let set overnight and rinse well. I put ice on top of.

In a large pan put:

2 1/4 cups vinegar      6 cups sugar      2 tsp celery seed  
2 tsp nutmeg      2 tsp turmeric      2 tsp whole mustard seed  
2 T cornstarch

Add zucchini. Cook 30 minutes and seal in hot sterilized jars. Do hot water bath 10 min. Use a stainless or enameled pan as any other pan might taint relish. Makes about 8 pts.

## Helpful Kitchen Tips

Over the many years that I have been married, 51 years this year, I have found some tips for my kitchen adventures. I will share some of these with you. I would like to know some of your kitchen tips, too. Send them to me at [lindaaustin48@gmail.com](mailto:lindaaustin48@gmail.com). I would like to put these tips in future newsletters.

1. Prevent boiling over spills by putting a wooden spoon over the top of your pan. Believe it or not, it works!
2. I don't use my cutting board as often as I used to, but if you do, you can clean it the natural way by sprinkling salt over the board and then scrubbing it with ½ of a lemon and letting the juice run down the board. Scrape off the gray liquid that forms on it and wipe the board with a wet cloth.
3. Use a straw to seal storage bags. We did this all of the time when I was freezing our garden beans. Insert the straw into a zip lock bag. Seal the bag around the straw and then suck the remaining air out of the bag. Take out the straw and finish closing the bag.
4. This last tip is one that I learned on good old Facebook. I now wrap plastic wrap around the tops of my bananas. This keeps the bananas from turning mushy so soon. They may turn but they are still good inside. I was not a believer until I tried it and it works. I no longer have to throw out my really ripe bananas and I make a lot less banana bread!!!!

## Can My Dog Eat This?

### YES

- ◆ Bananas-Rich in potassium and vitamin C
- ◆ Blueberries-High in antioxidants
- ◆ Kiwis-Good source of vitamin C and potassium
- ◆ Pineapple-Try frozen for a cool treat
- ◆ Strawberries-High in fiber and antioxidants

### YES, BUT...

- ◆ Apples-don't let him eat the seeds
- ◆ Lemons-he may not like the bitter taste
- ◆ Oranges-they're high in natural sugar; give in moderation
- ◆ Peaches-remove the pit; it can cause intestinal blockage
- ◆ Watermelon-remove the rind first

### NO

- ◆ Avocados-can cause vomiting
- ◆ Cherries-can cause cyanide poisoning in large quantities
- ◆ Grapes-can cause kidney failure
- ◆ Raisins-can cause kidney failure

# Macon County Meeting

April 12, 2021

**CALL TO ORDER:** President—Bonnie Lanham at 10:10

**INSPIRATIONAL THOUGHT:**

**PLEDGE OF ALLEGIANCE:** Bonnie

**HOMEMAKERS AIM:** Bonnie

**Roll Call:** Units 6            Total attendance 10

**Secretary:** Carol Flitz; Motion to approve, Lois Miller; 2nd Karen Halicki—Motion carried.

**Treasurer:** Sally Dennis; Remote attendance (phone) all bills paid. A discussion was held regarding Statement received from Extension office of \$1,500.00 for use of building. As we had only 3 meetings in 2020 with no use of the Office until today—the majority of us felt that we did not owe the 1,500.00. Karen Halicki made motion to pay \$500.00 for this year. 2nd by Vicky Wooten. Motion carried. Bonnie, Sally, Karen Cahill & Carol Ropp will discuss this with Doug Harlen to discuss our feelings about the rent.

## OFFICER REPORTS:

**President:** Bonnie Lanham; The Master Naturalist requested that we supply Breakfast Box lunches for their lesson. Provided was Muffins & Fruit cup, hardboiled egg. Karen Cahill will purchase food. Lois Miller will help her serve.

**1st Vice President:** Karen Halicki; She attended 2 Christian County lessons. She will tell us about them in Newsletter.

**2nd Vice President:** Lois Miller; We have 138 members including Christian County. Had butterflies for decorations for Spring meeting.

**Community & Family Issues & CVH:** Mary Ann Platt; Unable to attend.

**Cultural Issues:** Cheryl Sample; Unable to attend.

**Historian:** Carol Ropp; Remote Attendance. Needs Pictures.

**International:** Vicky Wooten; No Report.

**Public Relations:** Linda Austin; Unable to attend.

**Unfinished Business:** Pillowcase sewing Day. Karen needs help setting up. Sandy Severe will help her. Spring meeting Judy's Catering will serve the meal. It will be Honey glazed Chicken, Cheesy Potatoes, Green Beans, tossed salad. They will supply paper goods and serve us. All for \$12.00. The decorations will be butterflies.

Mary Johnson, District 3 Director will attend as our guest. Set up time is 8:00 AM Theme is "Change is to Grow IAHCE". Rock Springs will supply Morning snacks, Mt Zion will do registration. The craft items will be for sale as well as a Chinese Auction. Sally also has items for the sale. Someone for the 50/50 will be recruited at meeting. A collection for Honor Guard will be available.

**New Business:** Melissa Chittwood; State Treasurer asked if anyone was interested in having a Pen Pal.

Adjourned at 11:45 a.m.

Respectfully Submitted by; Carol Flitz

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## Tri-County Meeting

The meeting was held on June 7th in Piatt County. Many items were discussed, but much of the discussions centered around getting new members. At the present time, Piatt has 58 members, DeWitt has 31 members, and Macon has 143 because of the addition of Christian County. All of the counties had good numbers of volunteer hours.

Several counties reported on upcoming programs. International Day is Wednesday, September 15. DeWitt County is the host for our program about Ontario, Canada. Alice Grooms is the chairperson. There will be no storyboards this year. Macon County will be in charge of the food and Piatt County will be in charge of decorating.

Homemaker's Camp will be held this year if there is enough interest. It is scheduled for October 8-11 at Allerton Park. Go online to the Allerton Park website for more information.

The next Tri-County meeting will be in DeWitt on October 4th at 9:30 a.m.

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## Something to Ponder

Do you ever tell someone that you will "play it by ear"? My husband and I say this all of the time, and now we hear our kids saying it too. The origin of this dates back to the 16th century, but only came about in the mid 20th century, primarily relating to sports. These days the expression has lost focus on sports and can be used in any situation. The saying has its origins in music, as "playing something by ear" means playing music without notes on a page.

## **Unit News**

### **Pana Unit**

We met on Monday, May 3, at the United in Faith Church. Lisa Bland from Pana Pride was the program speaker. She told us that the group started in 2014 and has been working on several projects to improve Pana ever since then. They are working with the city government to bring businesses to Pana and to rid the city of dilapidated houses and buildings around the city. They also give an award to the yard of the month for homes with well-kept and beautiful yards. This group gives an award to the business of the month that keeps its premises neat. Pana Pride is also working on having music in the park for the summer months.

For our on-going service project, we made 18 hygiene bags and we had enough toothpaste and soap left to give a bag of each to the Loaves and Fishes Food Pantry.

We met for our regular meeting on Monday, June 7th. The lesson was a tour of the states of Mississippi and Alabama. We sampled five recipes from each state and learned interesting facts about each one.

We voted to give our regular donation to the Christian County 4-H program and collected donations for Pana Pride. This is our last meeting until September.—Georgette Merrifield, reporting

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### **Mt. Zion**

We met at Mari-Mann's on May 26th. We had 10 ladies who attended. The owner gave an interesting presentation on "Herbs of the Bible" after we had a delicious lunch. We are not meeting in June but will meet in July and August. In July, we are going to the Arthur area, and in August, we are going to a tearoom in Springfield. I think that we will enjoy both activities.—Vicki Wooten, reporting

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### **Center Unit**

Center HCEA enjoyed a trip to Springfield and ate dinner at the Incredibly Delicious Restaurant. We then went to Washington Park. Our group ended the day stopping at retail shops in Springfield and Rochester. Our members who attended were: Penny Moomey, Ann Bandy, Sharon Turner, Janet Engeling, Delores Hunt, Mary Lou Poor, Joelynda Conrad and Peggy Fry. We all enjoyed a great day together.—Mary Lou Poor, reporting

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### **Patchwork**

Seven of our members were able to meet on Tuesday, May 11th at Crawford's in Maroa. It was so good to be together again. The lessons "Birds Unlimited" and the "Lincoln Sites" were handed out. We talked about the Spring Meeting and upcoming events. I think that the group just enjoyed talking with each other in person. We are not meeting in June but will meet again in July.—Karen Halicki, reporting

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### **Rock Springs**

On June 9th, the Rock Springs unit met at Judy's Restaurant in Cerro Gordo. Our meeting started at 11:00. Bonnie Lanham updated us about what was discussed at the Tri-County meeting. Ontario, Canada will be the province we study this year for International Day. We will not have the information boards this year. Macon County is in charge of the food for the meeting. Bonnie and Vicki Wooten will contact the chef at Richland Community College to see if he might be interested in catering for us.

Lyn Stevens read the secretary's report and it was approved. She also passed out a copy of all of the happenings in Decatur. Linda Hooge gave the treasurer's report and it was approved. Linda passed around a bag for each lady to draw a paper from and the lady who got the paper with the x on it won the door prize. Rosemary Knap was the lucky winner. Linda Hooge asked if our group would like to purchase a box fan for the Senior Center with money for the treasury. It was agreed to do this. Diane Rueff and Cheryl Drake volunteered to purchase a box fan and donate it to the Shelbyville Senior Center.

The Farm Progress Show is coming up. If you want to help with this event, let the office know. They need many volunteers to help with the food booth. HCE and 4-H earn money for working at the booth.

Diane Rueff will host the meeting for July.—Linda Hooge, reporting

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### **Hickory Point**

Our unit met on June 14th for the first time since last year at our President Elaine Hamm's home. We had a small group, but we will get more members attending as everyone starts to "get out". We had five members attend this meeting and we planned our next three meetings.

Several of the members are interested in going to the state IAHCE District Workshop. As soon as we have the information, we will send our reservation of \$25.00 each to the state. If you have never gone to an IAHCE District Workshop, contact one of our Macon County board members for the information.

We then had a class on origami bookmarks. Elaine served a wonderful strawberry or cherry dessert, your choice. We were happy to be together and visit.—Sharon Middleton, reporting

## **Officer's Reports**

### **President**

Bonnie Lanham

Hello from your president!! Hope everyone is enjoying our new found freedom! We have some interesting lessons coming up. Please sign up and join us. The room limitations have been lifted now. Shout out to Christian County ladies--we would like to see more of you attend our activities. Next month is PROGRAM PLANNING. Come see us and have some input into the lessons that we do! We pick a nice line-up of lessons and then the membership votes for the programs at the Fall Meeting. The most popular lessons are the ones that go in our program booklet. Stay cool!!!

### **First Vice President**

Karen Halicki

The History of Biscuit Making--Thursday, May 20, 9:30 a.m. Presented by Jane Chapman, past IAHCE president from Perry County.

Jane did this lesson at the IAHCE Conference in March 2020. She said that the original biscuit was a flat cake that was put back in the oven after being removed from the tin, hence the French name, "bis" (twice) and "cuit" (cooked). She also talked about a 1971 lesson that was given called "Then and Now" using canned biscuits. This 1971 lesson and recipes were passed out to the attendees.

For this lesson, Jane used 6 cups of White Lily self-rising flour, added 1 quart of heavy whipping cream, a little at a time while mixing it with her hands. She rolled the dough out on a floured board to the thickness of her hand. Jane cut out the biscuits and placed them on an ungreased pan so that they touched each other. She brushed them with melted butter and baked them for 11 to 12 minutes in a preheated oven of 500 degrees. The biscuits were brushed with butter after baking. The recipe made over 50 small biscuits. She passed out a handout with the recipe in it, plus some ideas for other types of biscuits. As a souvenir of this program, Jane gave everyone some flour on their cheek!!

She gave some other interesting facts about biscuits. She said that a man came up with this recipe that she made for us. Biscuits started in the south with Catheads that were quick and easy to make. They pulled apart the dough and dropped the clumps on a buttered baking sheet. Then they put chocolate gravy on it. The recipe for chocolate gravy is 2 cups sugar, 1 stick of butter, ½ c. milk, splash of vanilla, 1 tbs. Cocoa, and bring to a boil. Pour this over the biscuit.

She told us that the White Lily self-rising flour had to be ordered on-line. This is a white winter wheat flour and it changed the game for the biscuit makers in the south. It is 100% soft winter wheat.

The handout for this lesson is available at the [iahce.org](http://iahce.org) web site. Click lessons/projects, then go to culinary and click on biscuits. It can be printed out if you would like.

### **International**

Vicki Wooten

I have a few facts about our area of study for our upcoming International Day activities. Ontario is the second largest province in Canada. The name Ontario is from the Iroquois meaning beautiful water, beautiful lake or big body of water. Ontario has two time zones, Central and Eastern, and has 250,000 lakes. This is ½ of the world's freshwater. The temperatures range from 86 degrees to minus 40 degrees. Most Canadians live within 200 miles of the United States border.

### **Cultural Enrichment**

Cheryl Samples

As things begin to open, opportunities for cultural enrichment will certainly move to the forefront for many. If you are hesitant to move too quickly, remember that there are many activities to enjoy that do not require being in a crowd.

Museums and libraries are always good locations to see something new to take a little time away from the norm. The Decatur Municipal Band will start playing in July in Central Park. All that you need is a lawn chair. Leave the lawn chair in your trunk all summer so that you are always ready to head out. Just grab a bottle of water and enjoy yourself! A few upcoming festivals to look forward to are the Glorious Garden Festival at The David Davis Mansion in Bloomington, the Warrensburg Corn Festival and the Mahomet Music Festival at Lake of the Woods. I am sure that you know of others that are near you.

In the meantime, enjoy going out as you are comfortable and remember Christmas is coming.....more on that in the next newsletter.



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