

The MCEO News



Michigan Community Education Outreach

FOR AND ABOUT MICHIGAN COMMUNITY EDUCATION OUTREACH

OUR MISSION

REACHING OUT TO FAMILIES AND COMMUNITIES WORLDWIDE THROUGH
EDUCATION AND SERVICE

weeks of May. Information and registration

SPRING 2024

FROM THE PRESIDENT



Welcome to 2024 and the winter that doesn't know what to do with itself! I am sure we will get some more snow, but I will say that I have enjoyed the lack of icy roads and being able to wear a lightweight coat on more than one occasion.

The application for the raffle license has gone into the State and we expect that back soon. We will operate the raffle as before; District Directors will receive tickets at the District Meetings in May.

The Convention Committee has met for the first time. The fall convention will be hosted by Southwest District in Albion at the Courtyard by Marriott the first week of October. Please put it on your calendars and plan to come. The registration materials and all information will be coming out in the next newsletter in June. I am very impressed by the organization of the co-chairs for the convention this year – Arlona McCallum and Janice Hamilton. If you have any questions, be sure to get ahold of them. The committee will be meeting again in April. The District Meetings will be held during the first two

should be included in this newsletter. I'm looking forward to seeing you all there! The programs are always informative and worthwhile.

I would like to thank Kristine Mueller for her time and service to our organization as President. I'm certain Kristine did not take her resignation lightly. She will continue in her leadership role with the Lapeer group and as MCEO past president this year.

And... I want to thank those who supported me once again by voting for me to complete Kristine's term this year. Be thinking of the possibilities for offices that will be available for election at our annual meeting in October. More information available at District Meetings. It is the Year of the Dragon for Chinese New Year. Happy St. Patrick's Day and Easter to Everybody! Best wishes for a successful year ahead.

Sheri Drake, President

VICE PRESIDENT OF EDUCATION

Hello everyone I hope you all had a great winter and are getting ready for spring to arrive. We are in the process of planning the district meetings, and the information for them is included in this newsletter. Just want to remind everyone that if you attend the District Meeting

you have a chance to win a \$100 scholarship toward the convention so it might be worth your while to attend. And we always encourage you to bring a friend along and let them experience what we do every spring to pep up our organization and provide some education.

I am also on the convention committee and we have had our first meeting. We think we've come up with a good team and we hope to provide you with some good workshops and speakers. Start saving your money now so you can attend our STATE convention. Just remember that these two events, give you a chance to meet our state officers, and ask any questions or give your comments to them. We truly do appreciate your comments and want to see everyone get involved with MCEO. As always, I look forward to seeing everyone to renew our friendships and to get more involved at the state level.

Joyce Weiss, Vice President of Education

SECRETARY

Hope you all had a great winter. Mine was different as I got sick when I was in Oregon. I was in the hospital and rehab for my ankle. I got home mid-December. In January back to hospital here. Doing great.

RE...MCEO ...Our license came in for the state raffle. More info will be given at the District Meetings. We really need the income from the raffle. Please try to sell your tickets.

Let me know who will be your voting delegate at the state convention. It is helpful to know ahead of time.

If you have any questions/concerns, please feel free to contact me.

I look forward to seeing you all at the District Meetings and at Convention.

Mary Lou Wisniewski, Secretary

2023 FUND RAISER REPORT

Thank you to all who participated in our annual fund raiser last year. There were 864 tickets sold which is a little over 86% of the tickets available for sale. Our profit from 2023's fund raiser was \$3,168.00.

The winners from last year's raffle were:

Michael Drake, Grand Rapids

Gloria Crandall, Battle Creek

Dawn Abbs, National City

Linda Blauet, Metamora

Myrl Hawley, Onondaga

JoAnna Taylor, Gwinn

Matthew Prusakiewicz, Fort Worth, TX

Norm Nephew, Gaylord

Jeanne Emmons, Bellevue

Donna Fox, Davison

With this being our only fundraiser, we hope that this year you will consider selling at least 5 or more tickets per member. Also, consider having your study group buy a ticket with the possibility of earning money for your county or group. Let's increase the number of tickets sold for 2024!

Faye Lipinski, Treasurer

CHARACTER COUNTS

Fourth graders still have an opportunity to earn a monetary award for their drawing and essay on a topic each year. We have not had many participants since COVID came around, but could see some takers if we make a little effort to contact a classroom or two. This year's topic is Citizenship. You can find the entry forms on MCEO's website. Virginia Neumann is still the contact person.

NEW NORTHERN DISTRICT

We have gone through a re-districting process in the State. Now there are four districts instead of five. Because we have lost membership in the Upper Peninsula, the Board decided to drop the West UP District and combine any members left with the North Central District. This area will now be called the NORTHERN DISTRICT. The new District has a new District Director in Kara Drake, who will finish Sheri Drake's term, while Sheri steps up to the presidency.

BEE-CAUSE

This year is the last year for the Project in Common on Pollinators. Our group will concentrate on learning more about the pollinators other than bees, but continue to collect money for NVON to send in for bee hives at Heifer International. It was reported that last year the chairperson for this project was able to get several levels of matching

funds up to 5 times the dollar amount we had collected, and the new Treasurer is going to try and do the same this year. Please continue to collect for the bees and send money to Faye so that she can get a check out to the NVON Treasurer.

Thank you for your support on this!

DISTRICT MEETINGS IN MAY 2024

SOUTHEAST

When: Wednesday, May 1, 2024

Where: Garden City Presbyterian Church
1841 Middlebelt Rd
Garden City MI 48135

Time: 9:30 registration - Meeting 10 to 3 pm

Cost: \$20 per member \$22 non-members

Checks payable to: Sharon Osmond

Mail to: Sharon Osmond

5671 N Livernois Rd
Rochester MI 48306

Deadline: April 24, 2024

Theme: "Spring into Spring"

Afternoon program: Creating Moments of Joy for the People with Alzheimer's Entertainment: A style show put on by Janet's great granddaughter and great grandson Meal menu: Lasagna (meat and meatless), salad, garlic toast, ice cream and cookies

Deadline: April 23, 2024

EAST CENTRAL

When: Friday, May 3, 2024

Where: Ithaca Library
125 W Center
Ithaca MI

Across from Fire Department
Parking in back, use back entrance

Time: 9:30 registration Meeting 10:00-3:00

Cost: \$17.00 member \$20.00 non-member

Checks payable to: Betty Davis

Mail to: Betty Davis

4645 W Grant Rd
Middleton MI 48856
989-236-5225

Deadline: April 29, 2024

SOUTHWEST

When: Thursday, May 2, 2024

Where: Olivet Congregational Church
125 College Street
Olivet MI

Time: Registration 9:30 Meeting 10:00-3:00

Cost: \$10.00 per member, \$13 non-member

Checks payable to: Hillsdale County CEO

Mail To: Arlona McCallum

18440 29½ Mile Rd
Springport MI 49284
517-398-0253

Phone: 517-630-1483

NORTHERN

When: Thursday, May 9, 2024

Where: Great Lakes Grill banquet room
817 E State Rd (US 23)
Cheboygan MI 49721

Time: Registration 9-10 Meeting 10:00-3:00

Cost: \$22.00 per person

Checks payable: Cheryl Jewell

Mail to: Cheryl Jewell
8640 Galbraith MI 49721
231-625-2783
Deadline: April 30, 2024

REGISTRATION FOR 2024 DISTRICT MEETING

Please indicate which District Meeting you want to attend (can be more than one but mail a form to each District you wish to attend)

- | | | |
|-------|---------------------|--|
| _____ | Northern | \$22.00 per person – Thursday May 9 th |
| _____ | Southeast | \$20.00 per person – \$22.00 Non-member
Wednesday May 1st |
| _____ | Southwest | \$10.00 per member \$13 non-member
Thursday May 2nd |
| _____ | East Central | \$17.00 member \$20.00 non-member
Friday May 3rd |



NAME _____

ADDRESS _____

CITY _____

PHONE _____

AMOUNT ENCLOSED _____

2023
MCEO Annual Financial Statement

	2023	2023
	<u>Budgeted</u>	<u>Actual</u>
Checking Account	\$13,719.15	\$10,645.14
Primary Share	\$70.55	\$70.65
High Yield Savings Account	<u>\$3,078.39</u>	<u>\$3,085.81</u>
TOTAL	\$16,868.09	\$13,801.60
 <u>INCOME</u>		
Interest	\$6.00	\$34.08
Dues based on 150	\$3,000.00	\$3,000.00
Rural Women in Action	\$200.00	\$109.31
Convention		
Registration 50 x \$160	\$7,500.00	\$9,750.00
Tour 40 x 35	\$1,400.00	\$1,950.00
Trade Tables	\$20.00	\$60.00
Game of Chance	\$400.00	\$360.00
Cash Raffle	\$400.00	\$447.00
Mystery Night	\$75.00	\$570.00
District Meetings	\$170.00	\$227.00
Fund Raiser (69.2%)	\$3,500.00	\$4,320.00
Donations from Members	\$250.00	\$340.80
T-shirts	\$50.00	\$0.00

Special Raffle	\$0.00	\$135.00
Memorials	<u>\$50.00</u>	<u>\$25.00</u>
TOTAL INCOME	\$17,021.00	\$21,328.19
TOTAL ASSETS	\$33,889.09	\$35,129.79

EXPENSES

NVON Dues	\$100.00	\$100.00
Donations to Bee Cause	\$0.00	\$309.31
District Meetings	\$160.00	\$408.00
Board Meetings	\$300.00	\$650.40
Board Mileage	\$1,500.00	\$1,825.86
Packets & Resource Materials	\$100.00	\$0.00
Newspaper - Cost of Printing	\$350.00	\$465.10
Cost of Mailing	\$300.00	\$396.76
Membership Outreach (recruiter)	\$150.00	\$150.00

**MCEO Annual Financial Statement
2023**

	<u>Budgeted</u>	<u>Actual</u>
Board Expense (6x150)	\$900.00	\$600.00
Executive Board (5x150)	\$750.00	\$750.00
State Convention Scholarships (10x100)	\$1,000.00	\$880.00
State Convention 1st Timers (up to \$100 ea)	\$700.00	\$400.00
Memorial Scholarship (in/out acct)	\$0.00	\$0.00
NVON Conference	\$500.00	\$700.00
State Convention	\$7,500.00	\$12,785.57
International Programs/Mailings	\$0.00	\$0.00
Historian	\$25.00	\$0.00
Misc Organization Operating	\$25.00	\$0.00
President (supplies, postage, phone)	\$100.00	\$81.84
Past President (ditto)	\$25.00	\$0.00
Vice President (ditto)	\$50.00	\$70.61
Secretary (ditto)	\$50.00	\$138.14
Treasurer (ditto)	\$100.00	\$64.03
District Directors Ex (5x10)	\$50.00	\$0.00
Editor (ditto)	\$25.00	\$0.00

Treasurer Bonding	\$90.00	\$90.00
Misc. Committee Expense	\$25.00	\$0.00
Non Profit Fees	\$20.00	\$40.00
Tax Preparation/Audit	\$80.00	\$30.00
Finance Committee	\$0.00	\$0.00
ACWW Dues	\$89.00	\$89.00
CWC Dues	\$50.00	\$50.00
Fund Raiser	\$1,050.00	\$1,152.20
Web Site Costs	\$160.00	\$102.86
Educational Displays	\$300.00	\$300.00
Program Development	\$100.00	\$0.00
Character Counts	<u>\$150.00</u>	<u>\$0.00</u>
TOTAL EXPENSES	\$16,874.00	\$22,629.68
TOTAL INCOME	\$17,021.00	\$21,328.19
TOTAL EXPENSES	<u>\$16,874.00</u>	<u>\$22,629.68</u>
POSSIBLE PROFIT	\$147.00	-\$1,301.49
TOTAL FUND AVAILABLE 1-1-23	\$ 13,801.60	CHECKING ACCT 12-31-23 9309.59
TOTAL INCOME	21328.19	HIGH YIELD SAVINGS 70.71
TOTAL EXPENSES	<u>-22629.68</u>	SAVINGS ACCT <u>3119.81</u>
TOTAL FUNDS AVAILABLE 12-31-23	12500.11	12500.11

RUTH B. SAYRE SCHOLARSHIP

Michigan has an applicant for this scholarship! CWC gives out \$500 scholarships to those showing need for their college expenses. The girl who applied is from Kawkawlln and will graduate from Bay City Western this spring. Her plan is to go into nursing. She sounds like a teen with a plan and who already contributes.

NEWS FROM NVON

MCEO and the other member Societies of NVON have been gifted with banners that look like targets. This banner depicts the relationships of the associations that we belong to when we join MCEO. It will be displayed at our state meetings. Hopefully, it will promote a greater understanding of the structure of our organization.

The “target” bullseye represents you as an individual member of your club and county. The next levels are the District and State. Then on to NVON and the CWC (Country Women’s Council). The outer circle is ACWW (Associated Country Women of the World), our global associate.

The banner will be brought to the District Meetings in May. Thank you to NVON.

One of the topics that NVON would like us to focus on is mental health. This is a brief article to help you begin to think about this theme. So many things happening in our society today are linked to people who need help with mental health issues.

Foods That Can Positively Affect Mood

No one is immune to the occasional bad mood. Whether it's the weather, waking up on the wrong side of the bed or another factor, one can't avoid a possible dark mood.

Some foods have been found to positively affect our moods.

- Fatty fish: A British study published found a daily dose of an omega-3 fatty acid named EPA (eicosatetraenoic acid) helped patients with depression to reduce their feelings of sadness and pessimism. Salmon, albacore tuna, sardines, trout and anchovies are rich in this nutrient.
- Nuts and seeds: Selenium, copper, magnesium, manganese, and zinc have all been linked to mental health. Almonds, sunflower seeds, pumpkin seeds, walnuts, and peanuts are particularly good sources of these immune system boosting minerals.
- Dark, leafy greens: Kale, spinach and collards are rich in iron and magnesium, both of which can increase serotonin levels and help reduce feelings of anxiety. These also fight inflammation, which can have a positive effect on mood.
- Dark chocolate: Chocolate lovers may be happy to learn that this also can improve mood. It reduces levels of the hormone cortisol, linked to stress. It should be consumed in moderation—it is not a low-calorie food. Look for 70% cocoa as it can help you relax.

These foods have been seen on other super foods lists so by eating them. We get multiple benefits from them. These can have a beneficial effect on mood, helping people to stay positive when faced with today’s challenges.

Taken from article in 2/18/2024 Traverse City Record Eagle p. 9

2023 CULTURAL ARTS RESULTS

(was accidentally omitted from fall newsletter)

I would like to thank Nancy Conkey and her sister, Louise Adams. They took on the cultural arts director roll for the Owasso conference. Nancy and her mother, Peril Cornell, were very ill and could not attend the conference. Both are doing much better now.

Cultural Arts Results – 25 entered, 7 categories

Misc. Crafts

1 st	Joan Childs	sea glass wall picture
2 nd	Joan Childs	bird and nature coasters

3rd Mary Miller home canned goods

Needlework

1st Joyce Weiss cross stitch white and purple wall picture
2nd Sheri Drake pillow case doll

Fabric Arts

1st Joyce Weiss doll dresses
2nd Betty Davis Minnie Mouse book pillow

Knitted Items

1st Coletta Crews hat and mittens
2nd Mary Miller 3 baby Afghans
3rd Mary Miller scarf

Crocheted Items

1st Joyce Weiss white with colored patches Afghan
2nd Deb Walter succulent plant
3rd Shelly Brower sunflower Afghan

Quilting

1st Coletta Crews Halloween
2nd Coletta Crews SW district banner
3rd Coletta Crews pillow

Diamond Painting

1st Marti Domerses nature scene with cabin
2nd Kara Drake black cat
2nd Cindy Whitford Santa Claus
2nd Cindy Whitford Eagle

People's Choice

Marti Domerses Diamond painting with cabin

Nice Job Everyone!!!!!!

Nancy Thomas, Chair

DISTRICT NEWS

SOUTHWEST DISTRICT DIRECTOR

This past year I attended both of the State Meetings and helped plan our District Meeting which was held on May 4th in Jonesville, Michigan where I was MC. Our theme was Bee Frugal and our room was decorated with many quilts from various members. Hillsdale County member, Coletta Crews, gave use a

wonderful history of quilting demonstrating that our foremothers used every scrap of fabric to keep their families warm! Calhoun County member, Tina Lewis, entertained us on the piano with several patriotic songs. Beautiful centerpieces were made by Delores Sanger, Janice Hamilton, and Coletta Crews. It was a wonderful day.

At the Convention in October, I presented my District report to our members. I also helped to set up the cultural arts and the game of chance.

2024 Convention will be held October 2nd to the 4th in Albion, Michigan at the Courtyard by Marriot Hotel. A tour will be held on October 1st. Arlona McCallum, our chairman, and Janice Hamilton, co-chairman, visited the facility and the venue was approved by the State Committee. We are now in the planning stages for the convention. Please make your reservation early for this fun convention. Hillsdale County meets once a month, March to December, and provides educational games and programs along with a meal. We also provide support for the Hillsdale homeless shelter, Share the Warmth and several others as needs arise.

Calhoun County is still meeting monthly when they can. They have made fleece blankets for the VFW home. They also provide books for newborns at the Marshall Hospital. Mary Miller
Southwest District Director

HILLSDALE COUNTY Hillsdale County CEO had a busy 2023 year. We currently have 16 members including 3 new members joining us for 2024. We don't have meetings in January and February as most of our members are Senior Citizens that we want to keep safe. For our monthly meetings we met at the MSU Conference Room in Hillsdale with their office staff joining us or at the Litchfield Area Historical Society. We met at the Litchfield District Library for our June meeting with their director giving us a tour and telling us about her children's programs. We usually have a potluck luncheon at 11:30 a.m. with our meeting to follow.

We enjoyed lessons monthly with members sharing the following: St. Patrick's Day trivia; Hawaiian Trip; Spring Housecleaning and Household Tips from the early 1800's and when our modern appliances were first invented; "All Things Bees Can Do"

and facts about honey; a Bingo game with each member telling a "Bee" fact on what we can do to save the bees; Bingo game with "50 Summertime Facts"; State Convention review and played the "Snoops Game"; Guest Maribeth Kaltz, Case Manager and Program Coordinator at the Hillsdale County Senior Services Center, presenting the SAFE program (Successful Aging Through Financial Empowerment); and Christmas music by The Hillsdale Academy.

In May we hosted the Southwest District meeting with 35 members and guests present. Our Educational program was presented by CEO member Sheri Drake from East Jordan. Her talk was on the "Declining Bee Population". Tina Lewis from Calhoun County CEO played favorite songs on the piano and led a singalong with Mary Miller's help. Our theme was "Bee Aware!! Bee Frugal!!". Our decorations were Bee Hives and flowers created by our members. Coletta Crews our own Hillsdale County CEO member presented her program on "Bee Frugal, a History of Quilts". Many lovely quilts were displayed by members and friends. Coletta made everyone a hand quilted potholder to take home. She made our Southwest District quilt which we all signed. Our members created their favorite salads and desserts for our luncheon. Our members donated many items for our "Game of Chance". Delores Sanger made 8 planters from her garden plants to give to our presenters and to give away for door prizes. A big "Thank You" to all of our Hillsdale County CEO members who contributed to the day. We sent our volunteers hours from July 1, 2022 through June 30, 2023 to our

State President Kristine Mueller.

We had 528 CEO hours and 1,552

miscellaneous volunteer hours with a grand total of 2,080 hours.

At the State Convention in Owosso, we entered our Educational Challenge poster entitled "Increase Our Bee Population"; our educational poster entitled "Bee Frugal, Make A Quilt"; and for Service and Volunteerism our poster was entitled "Spread the Love". We took first place for our "Spread the Love" poster. We helped a local Amish family with a food pantry shower and money when their baby was hospitalized for many weeks. We gave food, cleaning products, paper products, and \$5 McDonald's gift cards to "Share the Warmth of Hillsdale County" (the homeless shelter). We gave snacks and money to the Litchfield District Library Children's program and set up the Christmas Houses display.

The Southwest District will host the State Convention in Albion at the Courtyard by Marriott, October 1-4. Our members will be busy helping with program ideas and table favors. Start saving your change and come to Convention! A lot of "fun" programs are being planned. Don't forget to sign up all your friends and relatives to join MCEO! Five of our members don't live in Hillsdale County! See you at Convention! County Secretary, Janice Hamilton

GONE BUT NOT FORGOTTEN



Sandra K Phelps, 65, a lifetime resident of Lapeer, passed away

unexpectedly on February 18, 2024. She earned an Associate Degree from Baker College and worked over 20 years at a local credit union in Lapeer. She was an active member in several Lapeer organizations including L.C.E.O. She is survived by a daughter and two grandsons. Her husband Lloyd preceded her.



Cecelia Mandigo, 69, of Linwood died on November 24, 2023 after a short illness. Following high school, she attended CMU getting a degree in Teaching Special Education. Later in her career she worked as a caregiver in Bay County. She is survived by her husband, 6 children, 5 grandchildren. She grew up on a farm in Bay County along with 11 siblings. She was Secretary of her study group and a member of MCEO over 25 years.

2024 STATE BOARD

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2024 STATE COMMITTEE CHAIRS

BUDGET COMMITTEE CHAIR

Faye Lipinski – see Treasurer

NOMINATIONS CHAIR

Sheri Drake – see President

EDUCATION CHAIR

Joyce Weiss – see VP of Education

SCHOLARSHIP COMMITTEE CHAIR

Audrey Warren
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audreywarren@juno.com

CHARACTER COUNTS CHAIR

Virginia Neumann
1423 Thumm Rd
Gaylord MI 49735
090-705-1963

2024 DATES TO REMEMBER District

Meetings:

May 1st – Southeast

May 2nd - Southwest

May 3rd – North Central

May 9th – Northern

June 1st – MCEO newsletter deadline

July 16-18 NVON Conference, Asheville
North Carolina

Oct. 2-4 MCEO Convention, Albion MI
County Newsletter rotation for reports to
editor

March 1 – Southwest & Northern

June 1 – North Central

Nov 1 – Southeast

WEBSITES

Nvon.org

MCEO.website (use Google if not working
try Explorer)