

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**

FALL 2024

FROM THE PRESIDENT



Dear MCEO Friends:

- Here we are at the last newsletter of the year already! When I look back I feel a sense of accomplishment for this organization:
- A great duo in Janice Hamilton and Arlona McCallum co-chaired the convention committee and under their leadership, the convention was very enjoyable. The speakers were excellent, the tour exceptional and the band was highly entertaining! We all thank them for their hard work and for the work put in by all the convention committee and volunteers at the event.
- The By-Laws were revamped and accepted by vote at the annual meeting.
- Mary Lou Wisniewski accepted the position of President Elect and Nancy Conkey accepted the position of Secretary. Both were voted and approved at the Annual Meeting. They will begin their positions Jan. 1, 2025.

- The Board proposed an increase to our dues to \$25.00 per year. This was approved by vote at the Annual Meeting.
- All four District Meetings were attended by about 2/3 of our membership.
- Two Board Meetings were held at which all 10 people participated and agendas were completed.
- Seven people from Michigan attended the NVON Conference in Asheville, NC, in July-the most we have had represented there. Our delegates were Sheri Drake and Joyce Weiss at the Business Meeting.
- Membership in MCEO is up slightly.
- Our groups have been very generous and contributed to the Bee-Cause Project (NVON) and the Rural Women in Action Fund (ACWW).
- We have a new 2-year NVON Project in Common on Mental Awareness, Health and Wellness. Thanks to Joyce Weiss we had a head start on that with our presentation at District Meetings on Child and Teen Anxiety.

This year has been productive thanks to all of you. Please have a Happy Thanksgiving, Merry Christmas and very wonderful New Year!

Sheri Drake, President MCEO

VICE PRESIDENT FOR EDUCATION

Hi Everyone!

It looks like we had another successful convention. We had 54 attendees and other than a few glitches with the facility itself, the convention was filled with good classes, good entertainment, and great camaraderie. With our theme being "Everything Old is New Again", we touched on topics of the past. Our keynote speaker, Coletta Crews, an MCEO member from the Southwest District, did a program on a historical figure who turned out to be one of her family members. She also talked about quilting, etc. As your Vice President for Education, I did a program called "My Family Used to Be Fun" where I basically talked about life with a family of 13 kids and what we did in the past to make our own fun. There was a lot of humor, laughter, and sharing of stories by other members.

I was a bit disappointed that only three counties made educational displays. They were Bay, Lapeer, and Otsego Counties. All three did the MCEO challenge on ice cream then and now. Bay City took first place, Otsego County took second, and unfortunately, Lapeer had to be disqualified because they didn't follow the parameters. The education challenge was won by Otsego County for their board on Women Who Dared to Rebel and second place was taken by Bay County for their board on Poland. Only one entry for volunteerism and service was made by Bay County so they received a first place for their board on KINDNESS. Members, we need remember that our organization is about education and service, so we need to

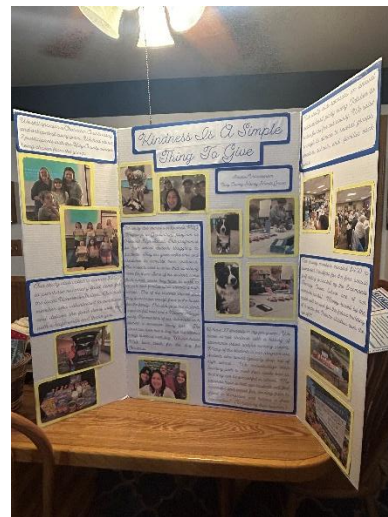
have much more participation on our educational displays. If your county or club just sets aside one day to put these boards together, we could have a much greater turnout at next year's conference. And remember there is money to be won by your county or club for taking the time to do this.

I want to wish everyone a wonderful Thanksgiving and Christmas season and I look forward to seeing you all in the spring at our District Meetings. I know that all you have friends that are not in the organization so why not take your friend out as a guest to the District Meeting by paying their way and letting them see what we're all about.

Happy Holidays.....see you next year.

Joyce Weiss

VP for Education



KINDNESS - SERVICE

MCEO CHALLENGE



HURRICANE RELIEF

In the aftermath of the devastating hurricanes across the south and through Asheville, NC, please try to help in any way your groups can. If you have contacts that other groups would be able to take advantage of, please pass the work around. NVON has also put out a plea for helping those with on-going needs. Thank you!

2024 Convention Report

	<u>2024 PROPOSED INCOME</u>	<u>2024 PROPOSED EXPENSES</u>	<u>2024 ACTUAL INCOME</u>	<u>2024 ACTUAL EXPENSES</u>
AV Equip (piano, extra mike, etc)		\$150.00		\$150.00
Chairman Expenses		\$100.00		\$0.00
Choir		\$0.00		\$0.00
Committee Mileage/.30		\$825.00		\$882.60
Committee Registration Convention (5)		\$750.00		\$450.00
Educational Packets		\$60.00		\$0.00
Educational Speaker		\$200.00		\$17.79
Entertainment		\$300.00		\$280.00
Evaluations		\$25.00		\$0.00
Folders/Printing		\$150.00		\$50.00
Hostess Allowance		\$20.00		\$0.00
Keynote Speaker		\$200.00		\$0.00
Meals & Tour		\$7,350.00		\$6,694.00
Meeting Space		\$1,000.00		\$375.00
Misc. (name tags, etc)		\$50.00		\$0.00
Program Sharing		\$0.00		\$0.00
Registration Expense		\$20.00		\$0.00
Secretary Expense		\$25.00		\$0.00
Special Guest Meals		\$25.00		\$0.00
Table Favors/Centerpieces		\$75.00		\$0.00
Workshop Gifts/Stipends & expenses		\$200.00		\$120.00
Refund to members		\$0.00		\$269.30
Installation of Officers		\$75.00		\$75.00
Contingency Fund	\$1,000.00		\$0.00	
Silent Auction	\$0.00		\$271.00	
Registration - 50 @ \$160	\$8,000.00		\$7,075.00	
Tour	\$1,800.00		\$1,435.00	
Cash Raffle	\$400.00		\$401.00	
Game of Chance	\$300.00		\$453.00	
Mystery Game Night	\$100.00		\$138.00	
Trade Show	\$0.00		\$40.00	
Donations	\$0.00		\$176.10	
TOTALS	\$11,600.00	\$11,600.00	\$9,989.10	\$9,363.69

2024 CONVENTION PROFITS = \$625.41

Treasurer's Report

This year we sold a total of 845 tickets for our annual fund raiser. With a net profit of \$3175.00 from the fund raiser and the increase of our annual dues to \$25.00 will greatly help to keep this organization running.

The following is a list of our lucky ticket winners:

Gale Brown, Clio MI

Cradeo Morley, Lapeer MI

Patricia Rowden, Lapeer MI

Calhoun County CEO, Springport MI

Bonnie Macco, Lapeer MI

Kathy Frank, Lapeer MI

Kara Drake, East Jordan MI

Laura Lopez, Auburn MI

Dallas Maddox, Taylor MI

Jim VanHaaren, Essexville MI

Thank you to all who have helped make this fund raiser a success.

Faye Lipinski, Treasurer

GONE BUT NOT FORGOTTEN



JUDITH L GOOD

Judith, age 96, of Charlotte died August 8, 2024. She and her husband lived in the south and east United States before settling in Charlotte in 1958. They owned and operated Good Angus Farm for 55 years. They also raised three sons. Judith was very active in the community as well as her church. She joined Eaton County Extension in 1965 and received the Silver Salute Award in 1987.

LARRY K CRANDALL

Larry, age 81, of Battle Creek died Dec. 8, 2024. Larry was a fairly new member of MCEO but was seen at many events with wife, Gloria. He owned and operated Crandall Dairy Farms a Centennial family farm. He and Gloria were named in 1975 as "Outstanding Young Dairy Couple" by the Michigan Milk Producers Association.

VIRGINIA LEMORIE

Died July 10, 2024 at age of 90. She was a resident of Cheboygan MI.



ROBERTA CAMPBELL

Died August 30, 2024 at the age of 84. She was a resident of Gaylord MI.

2024 CONVENTION HIGHLIGHTS

Thank you all for attending this year's annual convention at the Courtyard by Marietta in Albion MI. We toured the Bohm Theatre, Miller Farms and the VFW Home. Some people thought that it was "the best tour ever". We had soup, sandwiches and ice cream at the Miller Farm.



Bohm Theatre with members enjoying their new seats looking up to the remodeled balcony. Below is a sample of some of the new interior.



After touring the VFW Home, we had a bank where people donated generously and we were able to give them \$222.85 and received a nice thank you from them.

We had 3 workshops where we learned more about the history of our organization, romantic and other scams and Historic Restorations, the Craft and Science of bringing New Life to Old Buildings.

Our keynote speaker, Coletta Crews, introduced us to The Civil War Behind the Lines and Joyce Weiss spoke on "My Family Used to Be Fun" giving a humorous glimpse into her family life for our Educational Program.

The membership was very tolerant of all of the things that could go wrong and did regarding the hotel. Their cook had walked out the week before and the new person did her best for us, but meals were routinely late. There were no bars of soap in the rooms and we had to ask for or take liquid soap to our rooms in a little cups with covers. A monetary offering was taken up to give to the person who worked hard to prepare our meals and she was very overwhelmed by our generosity. Thank you all for making this a memorable and enjoyable convention.

Janice Hamilton & Arlona McCullum
Co-convention Chairs

CONVENTION THOUGHTS FROM OUR PRESIDENT

Three people earned their fifty-year membership certificates and pins. . Congratulations to Sharon Rajewski, Bay County; Cheryl Jewell, Cheboygan County; and Sheri Drake, Otsego County. Their service over the years has been very valuable to their local groups and to the state.

Louise Adams and Nancy Conkey, "sisters extraordinaire", did a terrific job. They looked wonderful sporting the new visors they have as the cashiers for the cash raffle every day at convention.

Two members were suggested for Team Member of the Year. Bay County named Sharon Rajewski and Hillsdale County named Coletta Crews as their nominees. This year Sharon Rajewski received the award with a certificate and pin. Coletta Crews was given a certificate as honoree. We thank them for all of their contributions.

Many people volunteered to be Hostesses this year and we used them all. Several people volunteered at the convention when extra help was needed. We are grateful to everyone who put in time to make things run smoothly! If you

have never been a hostess, consider it for next year.

We had ten first-timers! That was such a nice surprise. It is our hope that each of them liked the convention so much that it is the first of many that they attend. Welcome to our group if you are brand new, and we hope you will be with us for a long time.

DISTRICT NEWS SOUTHEAST



Southeast members attending their District Mtg sponsored by Wayne County in May 2024.

Wayne County Five members did go to State Convention. Things that their group have been doing, Car Show, Valentine Veterans Day, Ladies Tea, Woman Dinner, and they help with Rummage Sale. In October they will helping with Trunk & Trick & Treat.

Lapeer County LACEO members went to the Rosie the Riveter Museum. They helped with a Shoe Drive (130 Shoes were collected). Their members collected Clothes and food for Angel Closet for Lapeer High School Students. Had a program on Ice Cream and one on Pop Corn. In October will be help with Holiday Depot.
Doris Reber, Southeast District Director

Hello from Lapeer! It has been an amazing year in our county! Our membership has and is continuing to grow! We have had two new board members this year, one, Paula Rounds for vice president and one, Marie Haas for

secretary. Marie has stepped down and we have a new member and secretary, Connie exchange student from Kyrgyzstan from the high school, a speaker on protecting your mental health, a pharmacist who taught us about holistic and alternative health, a program on raising goats and what they provide to us, a historian on The Great Thumb Fire of 1881, a program on popcorn, we are having a speaker next month on Christmas in Ukraine. We took a day trip to the Yankee Air Museum to see the Rosie the Riveter display, we had a good time. We held our annual picnic in August, our holiday party is in December. We are involved in a 2-year project to support the Angels Closet at the Lapeer High School, we donate individualized easy to use food and drink items, personal needs, clothes and outerwear. Our Holiday Depot project was this month. The Stonegate Health Campus is having a fundraiser for the Alzheimer's Association and we will decorate and provide gifts for a

Christmas tree to be sold through tickets like the game of chance. We contributed to the Kiwanis shoe collection to raise money for an all-inclusive playground in Lapeer. Our club bought a brick with our name on it to be placed in the sidewalk going up to the old courthouse in Lapeer. The monies from the project go towards the restoration of the courthouse. We donated \$500 to the Sunrise Kiwanis in Lapeer for their backpack food program for underprivileged and homeless students. We take up a collection every month for the Rural Women In Action Fund to support ACWW in this project. Our 50/50 every month is popular. Our only fundraiser is held in October and is a tea luncheon. It is well received and draws women and men from different areas in Michigan. Several of attended the district meeting in Wayne County in May and several attended the state convention. We purchased items for the game of chance at the convention. Three of our members worked on the challenge board, "Ice Cream then and Now". We will have 3 boards next year for the educational displays. We hope to have entries in Character Counts this year if possible. I want to thank the executive board for the changes

you have made and are continuing to make to make MCEO an organization who we are proud to be part of!

CULTURAL ARTS 2024 @ ALBION WINNERS

APHGANS

1 st	Joyce Weiss	Antique
2 nd	Joyce Weiss	White/pink
3 rd	Shelly Brower	Multi color

HOME DÉCOR

1 st	Pearl Cornell	Welcome Sign
2 nd	Sue Flynn	Fall wreath
3 rd	Sue Flynn	Pumpkin

PAINTING

1 st	Janet DeGroot	Blue Heron
2 nd	Mary Beth Pinkel	Winter/Deer
3 rd	Mary Beth Pinkel	Winter/Cabin

NEEDLEWORK

1 st	Joyce Weiss	Mary/Jesus set
2 nd	Nancy Thomas	Children
3 rd	Mary Miller	Swedish Weave Bookmarks

FABRIC ARTS

1 st	Shelly Brower	Crochet Table Runner
2 nd	Pearl Cornell	Dolls
3 rd	Shelly Brower	Crochet Tablecloth

QUILTS

1 st	Betty Davis	Maggie Doll
2 nd	Ruth Barnhill	Rainbow
3 rd	Coletta Crews	Friendship Star

QUILTING

1 st	Coletta Crews	Placemats
2 nd	Coletta Crews	Pillow
3 rd	Ruth Barnhill	Spool Wall Hanging

DIAMOND ART

1 st	Clara Cordinaire	Peacock
2 nd	Nancy Conkey	Palm Trees
3 rd	Kara Drake	Butterfly

MISC. CRAFTS

1 st	Pearl Cornell	Jewelry Picture
2 nd	Joan Childs	Rock/inkwell cache
3 rd	Joyce Weiss	Greeting Cards

OLIVE OIL FOR DEMENTIA

Researchers have found another reason to dip your bread in olive oil instead of spreading on margarine or mayonnaise. Olive oil has long been touted as being heart healthy. Now, research suggests that it also may support brain health.

In a study reported at the 2023 annual meeting of the American Society for Nutrition, researchers looked at food frequency questionnaires from more than 90,000 Americans over three decades. The researchers found that people who reported consuming half a tablespoon of olive oil or more a day lowered their odds of developing dementia by 28% when compared with people who rarely had olive oil. The researchers also found that swapping even a teaspoon of margarine or mayonnaise for olive oil each day reduced the risk of dying of dementia.

Mayo Clinic experts say that healthy fats are linked to a reduction in rates of cognitive decline and dementia. Healthy monounsaturated and polyunsaturated fats are found in olive oil, fish, nuts and avocado. Meanwhile, spreads such as butter and mayonnaise are made up of saturated fats. Several past studies have found that consuming monounsaturated and polyunsaturated fats can help protect the blood-brain barrier. The blood-brain barrier is a layer of cells that regulates what can get into the brain. Leaks in the blood-brain barrier may be an early mechanism of memory impairment.

The current study expands upon previous research that indicated that following a Mediterranean diet could improve cognitive function and slow the progression of Alzheimer's disease. Olive oil is a key ingredient in the Mediterranean diet along with fish, fruits, vegetables and nuts. It appears that either extra-virgin olive oil or refined olive oil might help improve memory and slow the breakdown of the blood-brain barrier even without diet components.

Mayo Clinic Health Letter, May 2024

QUICK COOKING FIXES

AT THE LAST MINUTE...

You oversalted the soup. No worries- -just add a raw potato and boil for a short time. The potato will absorb some of the salt. Then, remove the potato.

Your guests are at the table and roast turkey/chicken you're carving is pink or raw at the bone. Dark meat takes longer to cook than white meat, so you can remove the breast meat and serve it first. In the meantime, turn the oven to 450 degrees F and continue roasting the legs and thighs until done, another 15 minutes or so. Or, you can stick them in the microwave on high for several minutes.

Your roast turkey or chicken is very dry. Slice the cooked poultry and arrange it on an ovenproof platter. Make a sauce of half butter and half chicken broth and pour it over the meat. Let it stand for 10 minutes in a 250-degree F oven to soak up the juices.

You overcooked the asparagus, broccoli, brussels sprouts, etc. Chop the overcooked vegetables and combine them with a can of creamed soup. Heat and serve.

Your pasta is stuck together. After draining the pasta, plunge it quickly back into boiling water, to which you add a pat of butter or a tablespoon of oil. Drain; your pasta should become unstuck. (Next time, add the butter or oil to the water before you add the uncooked pasta.)

You've run out of...

You're about to start baking, and you don't have any baking powder. You can make a baking powder substitute by mixing 2 teaspoons of cream of tartar, 1 teaspoon of baking soda, and 1 teaspoon of cornstarch. Substitute for an equal amount of baking powder.

A recipe calls for superfine sugar, and you only have plain old granulated sugar. You can

'make extra-fine granulated sugar in a food processor until it is finely ground, for about 2 minutes. Superfine sugar dissolves more rapidly in cold liquids than regular sugar, which is helpful in drinks such as lemonade and iced tea.

You just straight up don't have any sugar. Good thing sugar is in almost everything! For 1 cup of sugar, substitute $\frac{3}{4}$ cup of honey or 1 $\frac{1}{2}$ cups of molasses. You will need to reduce the amount of other liquids in the recipe. If using honey, reduce by half; if using molasses, reduce the amount of other liquids by 2 $\frac{1}{2}$ fluid ounces for every cup of molasses and add 1 teaspoon of baking soda. Bake at a slightly lower temperature.

You're in the middle of making a berry pie, only to discover you didn't pick/buy enough berries. One solution is to mix up a package of vanilla pudding and add it to the pie in layers alternating with berries. Another solution is to mix the pudding and berries together and top the pie with meringue instead of a crust.

You're assembling ingredients, and you don't have enough eggs. You can replace one of three eggs in a recipe with a tablespoon of cornstarch. Also, two yolks will substitute for one whole egg. If you need egg whites, add 1 teaspoon of cream of tartar for each cup of egg whites. This will increase their volume by allowing them to beat up fluffier.

In the Midst of Baking...

Your brown sugar is rock-hard. Put it in a plastic container and microwave it for 30 seconds to 1 minute. If it still hard, add a couple drops of water and microwave again. Or, put the sugar in a pan in a moderately preheated oven, turn off the heat, and let it stand until it softens.

Your baking powder is old, and you aren't sure whether you should use it. There is a simple test for baking powder freshness. Add 1 teaspoon of baking powder to a cup of hot water. If the mixture bubbles a lot, it's good; if it doesn't throw it out.

You're in a hurry and don't have time to chill your pie dough before rolling it out. Chilling isn't necessary anymore unless your kitchen is exceedingly hot, so don't even worry about it.

You're separating eggs and dropping some yolk into the whites. Since even the tiniest amount of yolk in the whites can affect their leavening ability, it is important to remove it. Moisten a cloth in cold water, touch it to the yolk, and it will cling to the cloth like a magnet.

Your fruit pie has a soggy bottom crust. Serve the pie in bowls. To prevent this from happening next time, get the filling into the piecrust and put it in the oven quickly. If a puddle of juice forms in the bottom of the mixing bowl, don't pour it into the piecrust.

ODORS...

You burn food, and you need to get rid of the smell. Boil a small amount of vinegar on the stove, or simmer a pot of water with a few whole cloves.

You can't stand the smell of broccoli, brussels sprouts, cauliflower, or cabbage when you cook it, but, of course, your kids need their vegetables. Put a piece of bread (rye seems to work best) or a slice of red pepper in the pot along with the vegetable. The smell disappears.

You love to eat fish but can't stand the smell of it in the kitchen once it's been cooked. Simmer a pan of water on the stove with spices such as whole cloves, cinnamon sticks, or allspice, or cut up a lemon and simmer the slices in a pan of water.



Old Farmers Almanac Household Tips & Tricks

PICTURES OF CONVENTION FUN



Coletta Crews doing her presentation.



50 Year Members

Louise & Nancy
Ticketmasters



Mary Miller,
Southwest District
Director

Joyce Weiss, Joan Childs
Welcoming New Board
Director

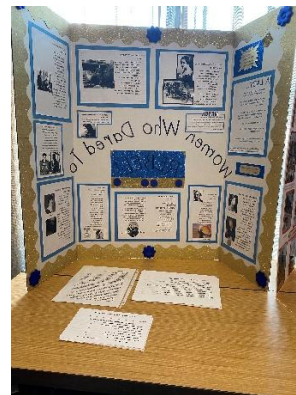


Mary Lou Wisniewski



Jeannie Nichols
MSU Extension
Past & Future

Pres. Sheri Drake
Memorial Service



Educational
Display

Holiday Tree Safety Tips

Ensure a merry and bright holiday season by safely maintaining your tree with the following tips.

Keep away from heat:

Make sure your tree is at least three feet away from any heat source, like an air duct, fireplace or space heater.



Examine cords:

Examine extension cords and lights for signs of damage. Frayed electric cords should be discarded.



Keep it watered:

Fill the water reservoir daily and check the condition of the trunk bark and branches for moisture. Shedding or dry needles could mean the tree is drying out, increasing overall fire risks.



Inspect lights:

Carefully inspect all electrical decorations before you use them. Cracked or damaged sockets and/or loose or exposed wires can cause serious shock or start a fire.

Trim the stump:

Trim the tree's stump by at least two inches on freshly cut trees. Allow it to absorb water for 24 hours before bringing it inside.

Source: National Fire Protection Association

2024 STATE BOARD

PRESIDENT

Sheri Drake
4905 Drake Road
East Jordan MI 49727
231-582-3577 home
231-459-8633 cell
Dsdrake527@gmail.com

PAST PRESIDENT

Kristine Mueller
11 Riverview Dr
Lapeer MI 48446
810-728-2445
worshiperkmm@charter.net

VICE PRESIDENT OF EDUCATION

Joyce Weiss
2283 E North Union Rd
Bay City MI 48706
989-415-0533 (can use for texting)
Juicem2000@hotmail.com

SECRETARY

Mary Lou Wisniewski
7187 N Portsmouth Rd
Saginaw MI 48601
989-450-4778
Cherry_bmj@hotmail.com

TREASURER

Faye Lipinski
51 Markel Rd
Munger MI 48747
989-659-2567 home
989-971-305 cell
johnlipi@tds.net

NORTHERN DISTRICT DIRECTOR

Kara Drake
4905 Drake Rd
East Jordan MI 49727
231-582-3577 home
231-459-6425 cell
Drakek156@gmail.com

EAST CENTRAL DISTRICT DIRECTOR

Joan Childs
156 N 8 Mile Rd
Linwood MI 48634
989-697-3362
samleec@charter.net

SOUTHEAST DISTRICT DIRECTOR

Doris Reber
724-1 Rolling Hills Lane
Lapeer MI 48446
810-660-8679
Doris_reber@yahoo.com

SOUTHWEST DISTRICT DIRECTOR

Mary Miller
205 N Maple St
South Whitley IN 46787
260-609-2158
Familysquirrel13@gmail.com

APPOINTED EDITOR & WEBMASTER

Sharon Rajewski
730 S Huron Rd
Linwood MI 48634
989-450-8853 cell
serajewski@charter.net

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

CHARACTER COUNTS

Virginia Neumann
1423 Thumm Rd
Gaylord MI 49735
989-705-1963

SCHOLARSHIP COMMITTEE CHAIR

Audrey Warren
120 Shimon Court
Marquette MI 49855
906-249-3083
audreywarren@juno.com

WEBSITES

Nvon.org
Mceo.website (use Google if not working
try Explorer)

**MICHIGAN COMMUNITY
EDUCATION OUTREACH
730 S HURON ROAD
LINWOOD MI 48634**

DATES TO REMEMBER

2024

Dec 1 Deadline for 2025 membership

2025

Mar 1 Spring newsletter deadline

May 7 Southwest District – Hillsdale

May 8 Southeast District – Lapeer

May 9 East Central District – Bay City

May 15 Northern District – Mason

County Newsletter rotation for reports to editor

March 1 – Southwest & East Central

June 1 – Northern

Nov 1 - Southeast