

EDGAR COUNTY HOME & COMMUNITY EDUCATION ASSOCIATION May/June 2024

Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
May14	1:30 p.m.	<u>Bell Ridge</u> Extension Office	Shirley Rideout
May 23	7 p.m.	<u>Chrisman Nite</u> Chrisman Christian Church Bring a plant for the plant exchange	Bobbie Haton Lesson – Mary Forsythe
May9	1 p.m.	<u>Redmon Nite</u> Step Station	Cindy Muchow Craft – Laura Bogue
May 28	1:30 p.m.	<u>Stratton</u>	Pat Brazelton
June 11	1:30 p.m.	<u>Bell Ridge</u> Nancy's Cabin	Nancy Hansel
June 27	7 p.m.	<u>Chrisman Nite</u> Chrisman Christian Church	Priscilla Hunt & Betty Porter Lesson – Betty Porter
June 13	11:30 a.m.	<u>Redmon Nite</u> Potluck luncheon	Joan Mattingly's Pool House
June 25	1:30 p.m.	<u>Stratton</u>	Pat Brazelton

The May major package lesson – “Hold That Thought” - and the June major package lesson – “Simplify Your Life By Decluttering” are ready to be picked up at the Extension Office.

Edgar County H.C.E. Board Members

Co-Presidents – Pat Brazelton, 217-822-6183 Kate Morecraft, 217-822-4956	pbraze33@gmail.com silly1kate@me.com
First Vice – Paula Coombes, 217-822-4058	prcoombes@wildblue.net
Second Vice – Becky Step, 217-264-6855	rstep1954@gmail.com
Secretary/CVH – Cindy Bruce, 217-948-1021	cndlu347@gmail.com
Treasurer – Carole Halloran, 217-251-2384	jchalloran.itj@gmail.com
International /Public Relations Trudi Arrasmith 217-822-7262	tarrasm57@gmail.com
Cultural Enrichment/Comm. Issues – Dona Hoult 217-822-2419	hillcrest30@frontier.com

4-H NEEDS YOUR HELP

The annual 4-H BBQ will be held on Saturday, June 22. Edgar County 4-H is asking each HCE member to donate 1(one) dozen cookies, brownies, or cereal marshmallow bars. Would you be able to help? Please bring your desserts to the Extension Office anytime during regular business hours (8 a.m. – noon and 1 – 4:30 p.m.) on Thursday, June 20 and Friday, June 21. You can also drop off your items at the 4-H Fairgrounds on Saturday, June 22 between noon & 3 p.m.

**THANK YOU IN ADVANCE FOR HELPING TO MAKE THE
BBQ A SUCCESS!**

Don't forget to drive-thru or dine-in on Saturday, June 22 between 4 and 7 p.m. for a delicious pork chop meal. The cost is \$10 per meal & includes two boneless pork chops, green beans, baked potato, applesauce, a hand-held dessert, and water.

Tickets can be purchased from any 4-H member, at the Extension Office or the evening of the BBQ.

THANK YOU FOR SUPPORTING EDGAR COUNTY 4-H!

Edgar County HCE Board February Meeting

The ECHCE Board met February 6, 2024 at the home of Pat Brazelton.

Kate Morecraft led the Pledge of Allegiance and the Homemaker's Aim.

Cindy Bruce read the roll call with Chrisman Nite members, Nancy Harper and Vickie Hollingsworth, attending.

Minutes of the January meeting were read by Cindy and the minutes are on file.

Carole Halloran said we have \$5476.60 in the regular account and \$3626.08 in the premier account as of January 31, 2024. Carole sent EIU \$500 for Robert Rolling III's HCE scholarship.

Searoba Mascher of Clark County HCE passed away. Pat sent a card to the family.

All year end reports have been sent.

A motion was made by Becky Step to pay Kate Morecraft. Seconded by Cindy. Motion passed.

The Chrisman Nite Unit ladies were asking if we collected school supplies. We told them we give money and have started contributing to blessing boxes instead. They were told that they can do either one.

Cindy will talk to Blake Gough to see if he can come on an evening in May to talk about safety in our homes.

We need a speaker for annual meeting in April. Pat is to check about a band playing at the spring annual meeting or talk to a high school teacher. Carole will contact the school.

IAHCE Conference is in Effingham March 12 – 24 with Carole Halloran, Cindy Bruce, Paula Coombes, Dona Hoult, and Marge Houghland planning to attend.

We now have 58 members as one has passed away.

We will have a special drive for new members the night we have Blake Gough speak and at any other county meetings at the fairgrounds.

Articles to the state newsletter need to be submitted by April 1, July 1, and November 1.

The 4-H BBQ is scheduled for June 22, 2024.

We will serve at the 4-H Food Stand July 21 – 24.

The next ECHCE board meeting will be Tuesday, March 5 at 1 p.m.

Cindy Bruce - secretary



Edgar County HCE Board March Meeting

The ECHCE Board met March 5, 2024 at the home of Pat Brazelton.

Kate Morecraft led us in the Pledge of Allegiance and the Homemaker's Aim.

Please turn in ALL news items to Rebecca at the Extension Office by the 20th of the month of publication. The newsletter is published bi-monthly.

Cindy Bruce read the roll call with Trudy Arrasmith and Paula Coombes absent. Betty Porter and Priscilla Hunt from the Chrisman Nite Unit were present at the meeting.

Cindy read the minutes from the February meeting. The minutes were approved and are on file.

Carole Halloran reported that as of February 1, 2024, we have \$5603.67 in the regular account and \$3626.11 in the premier account.

We have entertainment scheduled for the annual meeting, but it will be a surprise for all. Joni Smith will cater the meal. The annual meeting is April 30. Stratton Unit will honor the two deceased members. The state officers will be invited to the annual meeting.

Pat and Kate attended the Redman Nite meeting in February. They said they had a good time.

IAHCE Conference is in Effingham, March 12 – 14. Cindy, Carole, and Dona Hoult are attending three days. Paula and Becky are to attend on Wednesday.

There will be mini-meetings in Decatur on June 26 and November 6.

The group talked about people living alone, passing away with no one knowing and etc. We wanted to know if there was anything we could do to help these people. Priscilla Hunt wondered if we could put an article in the paper to see if there was anyone who could check on people who live alone.

Maybe a neighbor, church or club would like to begin this project. It was suggested one of the 4-H clubs could make this a project and give a report.

COMMUNITY PROJECTS need to be talked about in unit meetings. If you have any ideas, please bring them to the annual meeting.

Don't forget the 4-H BBQ and the 4-H food stand are coming up soon.

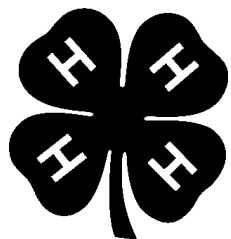
The next ECHCE board meeting is April 2, 2024 at 1 p.m. at the home of Pat Brazelton.

Cindy Bruce - secretary

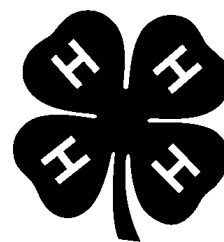


Attending the 2024 IL HCE Conference in Effingham are: (front) Paula Coombes, Marilyn Daughetee, Marge Houghland, (back) Trudy Arrasmith, Cindy Bruce, Becky Step, Carole Halloran, Dona Hoult.

Bring a friend to the...



2024 Edgar County



4-H BBQ

***Menu: Two Boneless Pork Chops, Green Beans, Applesauce, Baked Potato,
Cookies, Bottled Water***

Saturday, June 22

4:00 to 7:00 PM

Edgar County 4-H Fairgrounds

DRIVE-THRU & DINE-IN!!

All Tickets \$10.00

***Tickets are available from any Edgar County 4-H'er
and the Edgar County Extension Office, 210 W. Washington St., Paris***



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

If you need a reasonable accommodation to participate in this event, please contact the

Edgar County Extension Office at 217-465-8585.

University of Illinois – U.S. Department of Agriculture – Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.



Chrisman Nite HCE Bake Sale

Saturday, May 11 8 a.m.

Casey's in Chrisman



All proceeds will be put towards a new scholarship fund for graduating seniors who are 4-H members.

FROM YOUR HCE BOARD PRESIDENTS:

Thank you to all who have made this organization “**Edgar County Home, Community, Education**” group what it is today. Every year, we see a decline in membership, in particular, and in community service, but what we still have is **phenomenal!**

Decades upon decades ago, information was spread to ladies who attended monthly meetings (known as Home Bureau) at various members' homes throughout the county where a Home Advisor came to help them learn ways to make life better for them and their families. Whether it was teaching to cut leather to make gloves, how to weave a basket, the art of pillowcases, these groups of ladies enjoyed their time together and hearing about their neighbors' escapades, all while their children played together. The home extension ladies' group has changed a lot over the years, but it still retains its solid foundation to spread knowledge, strengthen the family, help the community, and enhance friendships. We are aware the younger generation find their information on the internet, but they are missing the fellowship and camaraderie to be with...and learn from others. We have several ideas on the agenda for this summer:

1. Our 2024 Annual Meeting was held on April 30. Since I'm writing this for the newsletter before the meeting, I'm hoping we had a great turnout and that everyone enjoyed the special entertainment.
2. May 7 - ECHCE Board meeting
3. May 15 5:30 pm - Detective Gough will be delivering another safety program. This will be info. on scams happening at home and on the computer and info. on making your home safer.
4. June 4 - ECHCE Board meeting
5. June 22 - 4-H BBQ (Don forget your cookie donation)
6. June 26 – Mini-district meeting in Decatur
7. July 2 - ECHCE Board meeting
8. July 17 - Making BBQ
9. JULY 21 - 24 - Foodstand for 4-H.
10. Aug 6 - ECHCE Board meeting
11. Sept 17 - ECHCE International Night

We will be having fun this summer!! Pat & Kate

DIAMONDS ARE FOREVER, SO IS HCE

May, 2024 Minor Lesson

THE GAME OF THE LIST OF 10 WORDS

Purpose: Memorize a list of 10 words for 30 seconds, then hide the list and write the 10 words on a blank sheet of paper. When you're finished, check your answer.

Tip: You can imagine a story or pictures using the words from the list, it will help you to remember more easily.

REMEMBER	POT	ZUCCHINI	AIR	PAINTER
WATER	DIESEL	ROOT	BROWN	SWEET

MOLE	IRON	URANUS	GRAIN	TOMATO
BOWL	SHY	BAKER	FRAME	BLUE

STORM	RED	SLED	SPARROW	SPAIN
GUITAR	GLASS	SADDLEBAG	STAPLE	JOY

LIMESTONE	PAPER	CLOUD	DEER	LOCK
NEST	PRINTER	DIAMOND	SOLID	OCHRE

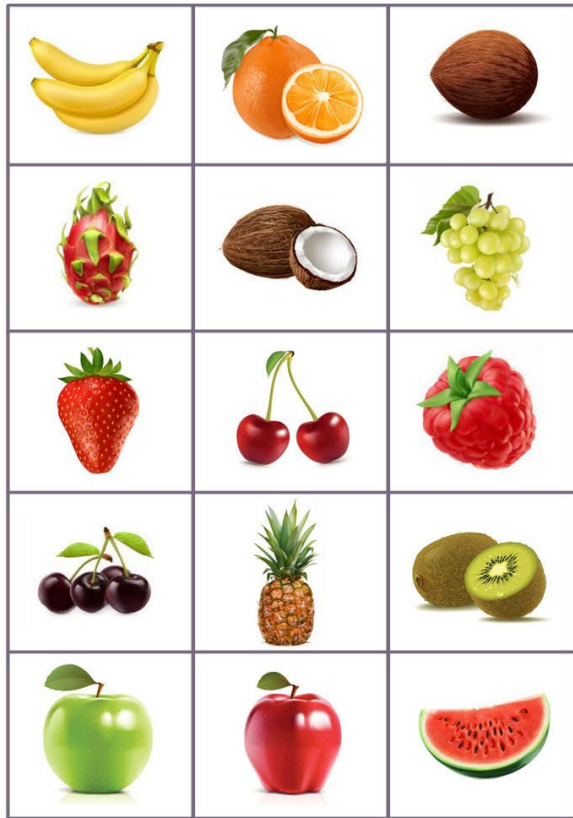
GARAGE	KING	PENCIL	COMPLEX	RIGHT
TEXT	BROWN	EYEBROW	PHONE	ROD

GAME OF THE GRID OF PICTURES

Purpose: Memorize one of grids of 9 pictures (below) for 30 seconds. Then hide the grid and circle the correct images in the corresponding grid located on page 2. When you're finished, check your results.

Tip: Try to make up a sentence with the different objects, this will help you remember the pictures more easily.





10 Quick Tips to Organize and Declutter a Bathroom

June, 2024 Minor Lesson

Source: Johnna Kaplan <https://www.thespruce.com/how-to-organize-your-bathroom-4117476>

No matter how small or awkwardly shaped your bathroom is, you can always take steps to make it as clutter-free and functional as possible. And even if you do have a beautiful bathroom, you still need to [keep it organized](#).

In addition to neatly stored items looking more attractive, they're also easier to use. For instance, when you need a bandage or a cotton ball, you'll know exactly where one is. An organized bathroom is also more relaxing and typically easier to keep clean. Compare a shower where shampoo bottles and soaps are falling on your feet to a shower where all the products you need are easily accessible in a caddy.

Here are some tips for how to organize a bathroom, including how to organize bathroom drawers and cabinets, how to organize your bathroom counter, and bathroom organizer ideas.

1. Declutter Your Bathroom

Begin your bathroom organization journey by decluttering. Decluttering bathrooms doesn't have to be a daunting task if you break it into steps, even if you're trying to organize a messy bathroom. Here are some basic steps for how to declutter a bathroom.

First, go through every storage spot where you keep bathroom products—including [makeup](#), hair products, grooming tools, lotions, tissues and toilet paper, first-aid supplies, towels, and cleaning supplies—and put it all out in the open.

Next, sort the products into three categories: keep, donate, and toss. Box up any donations, and toss other items in the trash or recycling immediately to get them out of your way. Then, sort the products you're keeping into subcategories based on their type and where you plan to store them.

Tip: While you have everything out for decluttering, this is a good time to give the bathroom a thorough cleaning. Remove any grime and debris from the insides of cabinets and drawers before putting items back in them.

2. Use Bathroom Organizers

After decluttering your bathroom, take note of whether you need any new bathroom organizers or storage products for the items you're keeping. Bathroom organizers are an especially great way to organize a small bathroom with limited or no storage space.

For instance, if you have a lot of bulky towels or extra paper goods, you might need a piece of bathroom-friendly furniture, such as plastic storage drawers. And if you have lots of small items, such as makeup and hair elastics, stashed in your drawers, you might benefit from some small baskets to keep them tidy.

Make sure you're bringing in organizing products that fit your space and your items. This is key to make a small bathroom more functional. Otherwise, the organizers might become clutter themselves.

3. Organize the Linen Closet

Your linen closet or cabinet might either be inside or outside of your bathroom. But most people keep at least some bathroom-related products, such as towels, in it. So it's not a spot to ignore when organizing the bathroom.

First, determine what you want to store in the closet. Besides towels and washcloths, this might be a good spot for items you don't need to keep readily accessible in the bathroom, such as extra tissues.

Arrange everything in the closet so that the items you use most often are toward the front on shelves you can easily reach. You can group small items, such as washcloths, in a storage

basket to make them easy to find. Make sure everything is neatly folded and stacked to maximize the space.

Tip: Where you hang towels in a small bathroom can be a challenge. If you don't have wall space for a towel bar, consider a towel rack that fits over the bathroom door. These racks often have bars for multiple towels and sometimes even shelves to maximize storage space. A ladder rack that leans against the wall and maximizes vertical storage space also can be a good option. And there are small bars that fit over a cabinet door for hand towels.

4. Organize the Shower and Bathtub

Showers and bathtubs can be tough to keep organized because they're not always built with storage in mind. Some have cubbies or shelves where you can keep your bottles and soaps, but other bathrooms just leave you with the bathtub ledge for storage. Still, it's a must to keep your bath products within easy reach.

If necessary, add a shower caddy that fits your products. Any [shower organizer](#) you use should be reliably stable. Be wary of soap dishes or shelves that suction to the wall and towering caddies that claim to stand perfectly upright in the corner of the tub. They might not hold up to your everyday life.

Also, if your shower or tub is packed full of products, consider streamlining your routine or at least storing rarely used items elsewhere.

5. Organize the Countertop

The key to organize your bathroom counter is to keep as few items on it as possible. For one, this makes the counter easier to clean. It also reduces the chance of items accumulating and becoming clutter if you only give yourself permission to keep a few select items on the counter. When you organize a bathroom sink area, always keep items closest to where they are used. For example, hand soap should go right next to the sink. You also might want to have hand lotion there or the product you use daily to wash your face.

6. Organize the Cabinets

The way in which you organize bathroom cabinets largely depends on the space you have and how your items fit. For instance, if your bathroom has a medicine cabinet, reserve it for items you use most frequently and need easily accessible, such as toothpaste or contact solution. Just be mindful not to overpack the cabinet so that items fall out when you open it.

Cabinets under the sink are good for storing bathroom cleaning products in a caddy that you can easily take out and use. You also can use this space for extra bottles of shampoo, toothpaste tubes, and other products you don't need every day. It can be helpful to put storage drawers within the cabinets to maximize vertical storage space.

7. Organize the Drawers

What you keep in your bathroom drawers is entirely up to you. Just take care not to let them become junk drawers where random items get mixed up and buried.

Drawer organizers can be instrumental to organize bathroom drawers. They can help to keep items classified and within easy reach.

Remember you don't have to fill every drawer, especially if you have the tendency to hide clutter in your drawers. Every drawer should have a designated purpose. A functional system to organize bathroom drawers can be to store everyday items in your top drawers and items you use less frequently in lower drawers.

8. Organize the Vanity

If you have a vanity, you probably have a good sense of which part of your morning routine you prefer to do there. So organize the items you keep on your vanity (makeup, moisturizer, etc.) according to how you realistically use them. Likewise, organize beauty and grooming tools as you use them.

For instance, keep your everyday makeup brushes in a cup on your vanity where you can easily grab what you need. Keep tools you don't use as often in a drawer or other storage spot.

9. Organize the Toiletries

How to organize bathroom toiletries is also a personal choice, as long as your system is functional for you. But be aware that sometimes toiletries can become bathroom clutter. Where toiletries should be stored in a bathroom largely depends on use. And you don't necessarily have to group all like toiletries together. For instance, you might have a tray of all your lotions and fragrances on your countertop but only use a few of them. To declutter and save precious counter space, move the ones you only occasionally use to a drawer or spot under the sink.

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Maintain Your Organized Bathroom

Once you organize your bathroom in a way that feels comfortable and functional, it should be easy to keep it up. But you will still need to put in a bit of effort. Return items to their proper places after using them, and don't let items that belong elsewhere accumulate in the bathroom. This maintenance should be a simple part of your daily routine rather than a massive cleaning project.

From HCE Cultural Enrichment Chairman – Dona Hoult:

National Humor Month: Laughter is the Best Medicine

Source: stlpreferencemandeville

April is National Humor Month. The holiday was founded in 1976 by author Larry Wilde, who wanted to spread awareness of the therapeutic value of laughter.

According to a 2015 Mayo Clinic health Letter, there's research to suggest that laughter can:

- Provide the benefits of a miniworkout: Heart rate, breathing rate, oxygen consumption and calories burned all increase when laughing.
- Reduce stress: Laughter can reduce levels of cortisol, the hormone produced when we are stressed. Scientists have also found that finding the humor in stressful situations, may increase an individual's ability to cope with negative situations.
- Reduce pain: Humans produce endorphins, hormones that naturally provide pain relief, when we laugh.

Edgar County 4-H BBQ Saturday, June 22 4-H Fairgrounds Serving 4-7 p.m.

Edgar County 4-H Fair July 12 Shooting Sports Air Rifle 6 p.m.

July 13 Shooting Sports Exhibition 8:30, Aerospace 12:30 p.m.

July 19 – 24 All other 4-H events

University of Illinois Extension, Edgar Co.
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RETURN SERVICE REQUESTED

MAY/JUNE 2024 NEWSLETTER

University of Illinois Extension will be closed on these dates:
May 27 – Memorial Day
June 19 – Juneteenth