

# EDGAR COUNTY

## HOME & COMMUNITY EDUCATION ASSOCIATION NOVEMBER/DECEMBER 2023

**ATTENTION:** Please send your schedule of meetings and hostesses and any announcements and information you would like included in the newsletter to Rebecca at the Extension Office, 210 W. Washington St., Paris – [schiver@illinois.edu](mailto:schiver@illinois.edu)

Please have this information to our office by the 20<sup>th</sup> of the month of publication..

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**\*\*\*Edgar County H.C.E. Board Members\*\*\***

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Second Vice	Becky Step	<a href="mailto:rstep1954@gmail.com">rstep1954@gmail.com</a>	217-264-6855
Secretary/CVH	Cindy Bruce	<a href="mailto:cndlu347@gmail.com">cndlu347@gmail.com</a>	217-948-1021
Treasurer	Carole Halloran	<a href="mailto:jchalloran.itj@gmail.com">jchalloran.itj@gmail.com</a>	217-251-2384
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Cultural Enrichment/Family/Community Issues	Dona Hoult	<a href="mailto:hillcrest30@frontier.com">hillcrest30@frontier.com</a>	217-822-2419

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

**[extension.illinois.edu/cce](http://extension.illinois.edu/cce)**



## Upcoming Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
November 14	1:30 p.m.	<b>Bell Ridge</b>	Wilma Cook
November 30	7 p.m.	<b>Chrisman Night</b>	Horace Baptist Church Hostess & Unit Leader – Debbie Cook
November 10	1 p.m.	<b>Redmon Night</b>	Contact club president for details
November 28	1:30 p.m.	<b>Stratton</b>	Contact club president for details
December 12	11:30 a.m.	<b>Bell Ridge</b>	Place: Betty Jane's Kitchen
December 7	6 p.m.	<b>Chrisman Night</b>	Nancy Harper Nancy Harper's home, catered meal
December 8	9 a.m.	<b>Redmon Night</b>	Contact club president for details
December 26	1:30 p.m.	<b>Stratton</b>	Contact club president for details

Don't forget to send your volunteer hours to CVH (Certified Volunteer Hours) Coordinator, Cindy Bruce, before December 31. Look for the form in this newsletter. You can give the form to your unit's CVH chair for her to mail or you can send them to Cindy directly at the address below. If you have questions about what hours you can count, you can call Cindy at 217-948-1021 or email her at [cndlu347@gmail.com](mailto:cndlu347@gmail.com). Thank you.

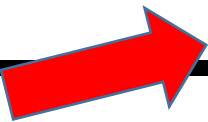
Cindy Bruce  
PO Box 75  
Kansas, IL 61933

## **Friendship Project Funds (Pennies for Friendship) Collections**

Friendship Project Funds (formerly Pennies for Friendship) are to be collected and sent in to IAHCE by November 20. Please send unit checks to Carole Halloran by November 10 or sooner, if possible. Please send you checks to:

Carole Halloran, ECHCE Treasurer  
13556 N 800<sup>th</sup> Street  
Paris, IL 61944  
Thank you!

The Edgar County HCE newsletter can be found online at:  
[extension.illinois.edu/cce/edgar-county-hce](http://extension.illinois.edu/cce/edgar-county-hce)



# SAVE THE DATES

\*Lunch & Larkfield Glass tour with Clark Co. HCE members

Thursday, November 16 11:30 a.m. Betty Jane's Kitchen then traveling to Larkfield Glass for a glass-blowing demonstration. Please RSVP to the Edgar Extension Office by November 13

\*Training for January 2024 lesson – *Diabetes – Now What?*

Thursday, November 2 1:30 p.m. Extension Office

\*Training for February 2024 lesson – *Grocery Shopping on a Budget*

Thursday, January 4, 2024 1:30 p.m. Extension Office

\*The 2024 Illinois Association for Home & Community Education Annual Conference will be held March 12 – 14, 2024 at the Thelma Keller Convention Center in Effingham. Be watching future newsletters for registration information.



Bring a friend!

## Nut Nutrition: Healthy Fats, Protein and Fiber

November, 2023 Minor Lesson

Source: [Caitlin Mellendorf](#), University of Illinois Extension, Nutrition and Wellness Educator

Are you nuts for nuts? If so, you probably have some favorites. Maybe pecans or walnuts? Peanuts or almonds? Fortunately, no matter your favorites, nuts are a nutritious choice!

Nutritionally, 1/4 cup of just about any nut contains around 200 calories, 14-18g fat, 5-7g protein, 2-4g fiber, and are sources of vitamins and minerals including vitamin E, some B vitamins, magnesium, zinc, potassium, and iron. On their own, nuts are not a significant source of carbohydrates or sodium.

- **Buy:**

- *Raw nuts:* Stores may sell raw nuts in-shell or out-of-shell and in bulk bins or pre-measured in sealed containers. Nuts are a high-fat food, and that fat can become rancid over time, giving off flavors to the nuts. Check "best-by" or "use-by" dates to buy the freshest nuts available.
- *Flavored nuts:* Nuts may also be sold flavored, such as dry- or oil-roasted, candy-coated, or flavored with sweet and savory seasoning blends. Any of these flavorings can add fat, carbohydrates (primarily sugar), and sodium. To help reduce sodium in the diet, choose nuts that are unsalted or say, "lightly salted." Often, sweetly seasoned, and oil-roasted nuts do not add very much sugar or fat. Still, be sure to read the label to know what ingredients are in the nuts you are buying.

- *Nut butters:*

- "Natural" nut butters are only blended nuts (and maybe salt). The oil and nut solids separate over time and need to be stirred before using.
- In "no stir" nut butters, the oil is prevented from separating by adding palm oil or other ingredients. (The addition of partially hydrogenated oils, which are a source of *trans* fats, has

mostly been phased out of nut butters.) These brands often have added salt and sugar. Check labels to know how much.

- Reduced-fat nut butters can have 25% less fat than the original product. Reduced-fat products may add sugar or salt to compensate for loss of flavor due to less oil. Because nuts and nut butters have heart-healthy unsaturated fats, it can be worth buying full-fat nut butters and using a smaller portion instead.
- *Nut powders*: By adding water, nut powders turn into a spreadable nut butter. Most brands are defatted, making the nut powder low in fat. While useable as a nut butter, nut powders can also be added to smoothies, baked goods, and oatmeal. Check if your nut powder is flavored, which may add sugar.

**Price:** In general, nuts are expensive. Buying larger packages can cut down on the unit price (such as dollars per pound), but make sure you plan to use the nuts in a timely manner before they start to go rancid.

**Store:** Most nuts can be stored at room temperature for several weeks and months. Nuts can also be refrigerated or frozen for longer storage. Follow any storage recommendations on the package. For example, many "natural" peanut butters recommend refrigeration after opening.

**Prepare:**

- Unless the nuts are in the shell, simply open the package and eat. To cut nuts into smaller pieces, add nuts to a food processor or clean coffee grinder and pulse until you reach the desired size pieces. Or place in a sealed bag and lightly pound with the side of a meat mallet.
- If the nuts are in the shell, use a nutcracker carefully to remove the nut inside.

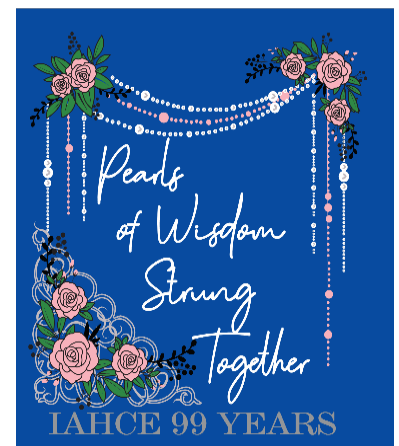
**Preserve:** Did you know you can pressure can green peanuts at home? Check out instructions from the National Center for Home Food

Preservation: [https://nchfp.uga.edu/how/can\\_nuts/green\\_pnuts.html](https://nchfp.uga.edu/how/can_nuts/green_pnuts.html)

**Make:** It is not hard to make your own nut butters. See the *DIY: make your own nut butter* article from Illinois Extension educator, Jenna Smith -

<https://extension.illinois.edu/blogs/live-well-eat-well/2014-12-01-diy-make-your-own-nut-butter>

**Eat:** As mentioned, nuts are high in fat. If you eat nuts daily, limit to a single serving of 1/4 cup nuts or 2 tablespoons nut butter. Nuts work well in a variety of sweet and savory recipes or simply as a snack. Check out some tasty recipes below!



## Modifying a Recipe to Be Healthier

December, 2023 Minor Lesson

Source: Pat Brinkman, Extension Educator, Ohio State University Extension

The USDA's *Dietary Guidelines for Americans* emphasizes the need for Americans to reduce the amount of fat, sodium (salt) and added sugar consumed, while increasing the consumption of fiber. When buying food, we can check the label, but when using a recipe, we might need to make some changes by substituting ingredients or changing the cooking technique. Just like we substitute when we're out of a certain ingredient, we can make changes in a recipe to make it healthier.

This fact sheet provides ideas to decrease the amount of fat, calories, salt (sodium) and sugar in recipes. Ways to increase fiber in recipes are also provided to help you make more nutritious food. Remember, you can experiment with recipes and change ingredients. You might also be able to find recipes that, although similar to yours, actually have less fat, sugar, and salt. They might even have more additions of nutritious ingredients. Have fun when cooking: Experiment!

### **Tips to Decrease Total Fat and Lower Calories:**

<b>Instead of this:</b>	<b>Try this:</b>
Shortening, butter, margarine, or solid fat	Use $\frac{1}{4}$ less liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup, use $\frac{3}{4}$ cup. If recipe uses $\frac{1}{4}$ cup shortening, use 3 tablespoons oil. Use equal amount of oil for melted shortening, margarine, or butter
Shortening, butter or oil in baking	Use applesauce or prune puree' for half of the butter, shortening or oil. Might need to reduce baking time by 25 percent.
Butter, shortening, margarine or oil to prevent sticking	When frying foods, use cooking spray, water, broth, or a nonstick pan.
Frying in fat	Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.
Fat to sauté' or stir-fry	When frying foods, use cooking spray, water, broth, or nonstick pans.
Whole milk, half-and-half or evaporated milk	Use skim milk, *Skim Plus, 1% milk, evaporated skim milk, fat-free half-and-half or plain soil milk with calcium. (*Use of brand name does not indicate an endorsement of the product.)
Full-fat cream cheese	Use low-fat or nonfat cream cheese, Neufchatel, or low-fat cottage cheese pureed' until smooth.
Full-fat sour cream, full-fat cottage cheese or full-fat ricotta cheese	Use nonfat or reduced-fat sour cream, fat-free plain yogurt, or Greek yogurt. (Yogurt is not heat stable.) Use 2% or fat-free cottage cheese. Use part-skim ricotta.
Whole-fat cheese	Use reduced-fat cheese, but add it at the end of the baking time or use part-skim mozzarella.
Cream Whipping cream	Use evaporated skim milk. Use nonfat whipped topping or cream. (This is only nonfat if one serving size is used.)

Eggs	Use egg whites (usually 2 egg whites for every egg) or ¼ cup egg substitute.
Regular Mayonnaise or salad dressing	Use lo-fat, reduced- or nonfat mayonnaise or salad dressing. Try flavored vinegars.
Canned fish	Use water-packed canned products or vacuum-sealed pouches.
Fatter cuts of meat (skin on)	Use leaner cuts of meat or ground meat, with the skin removed before cooking.
Ground beef	Use extra-lean ground beef, ground turkey breast or ground chicken breast, without the skin.
Bacon, lunch meats or sausage	Use Canadian bacon or lean ham, low-fat lunch meats or turkey sausage.
Croissants, brioches, etc.	Use whole-wheat French rolls or whole-wheat brown-and-serve rolls.
Donuts, pastries	Use whole-wheat or whole-grain English muffins, bagels and/or other reduced-fat varieties.
Cookies, crackers	Use reduced-fat, low-sodium varieties.

### **Tips to Reduce Sodium**

<b>Instead of this:</b>	<b>Try this:</b>
Salt	Omit salt or reduce salt by half in most recipes, except in products with yeast. Cook foods without adding salt. Don't put the salt shaker on the table.
Frozen or canned vegetables	Choose frozen vegetables without sauces, or use no-salt-added canned goods. Rinsing canned vegetables will help reduce sodium.
Seasoning salt or spice mixes with salt	Use salt-free seasonings and spice mixes. Use herbs, spices, lemon juice or vinegar to flavor food instead of salt. Seasonings high in sodium include catsup, chili sauce, chili powder, bouillon cubes, barbecue sauce, soy sauce, Worcestershire sauce and meat tenderizers. Choose low-sodium versions.

### **Tips to Reduce Sugar**

<b>Instead of this:</b>	<b>Try this:</b>
Sugar	Reduce sugar by one-quarter to one-half in baked goods and desserts. If a recipe calls for 1 cup, use 2/3 cup or less. Add cinnamon, nutmeg, vanilla, or almond extract to give impression of sweetness. (Do not remove all sugar in yeast breads, as sugar provides food for the yeast.)
Sugar	For most baked products, replace sugar with equal amounts of sucralose (*Splenda.) Add ½ teaspoon baking soda in addition to each

	cup of sucralose used. Baking time is usually shorter, and product will have a smaller yield. Try using aspartame (*Nutra Sweet), saccharin or acesulfame potassium in other products that are not baked. The sweet taste will vary with product combination or amounts of each sweetener used. Check packages of Stevia for substitution, as it can vary. Generally, 1 cup of sugar is equal to 24 packets of Stevia. (*Use of brand name does not indicate an endorsement of the product.)
Fruit-flavored yogurt	Use plain yogurt with fresh fruit slices, or use light versions of yogurt.
Syrup	Use pureed' fruit such as no-sugar-added applesauce, or use sugar-free syrup.
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits, or buy unsweetened frozen fruit or fruit canned in its own juices, water, or light syrup.

### **Tips to Increase Fiber**

<b>Instead of this:</b>	<b>Try this:</b>
White rice or enriched grains	Use whole-grain rice, brown rice, wild rice, whole cornmeal (not degermed), whole barley, bulgur, kasha, quinoa, or whole-wheat couscous.
All-purpose flour	Substitute whole-wheat flour for up to half of the all-purpose flour. For example, if a recipe calls for 2 cups all-purpose flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole-wheat flour. Use "white whole-wheat flour" or "whole-wheat pastry flour" for total amount of all-purpose flour.
Pastas, crackers, cookies, or cereals	Use whole-grain or whole-wheat pastas, crackers, cookies, and cereals. Buy reduced-fat versions.
White bread	Use 100 percent whole-wheat bread and 100 percent whole-grain bread.
Iceberg lettuce	Use romaine lettuce, endive, and other leafy lettuces, or use baby spinach.
Peeled fruits and vegetables	Add extra fruits and vegetables such as adding carrots to spaghetti sauce and leaving apple peels in apple crisp, zucchini bread, etc. Add extra fruits and vegetables to recipes, and include the peel when appropriate.
Meat	Use more dried beans and peas. Add legumes and lentils to many different dishes. Try adding lentils to spaghetti sauce.

## **ECHCE BOARD SEPTEMBER MEETING MINUTES**

The Edgar County HCE board met at Pat Brazelton's home at 1 p.m. on September 5, 2023. Kate Morecraft led us in the Pledge of Allegiance and the Homemaker's Aim.

Cindy Bruce read the roll call, and all were present. She also read the minutes of the August, 2023 meeting and it was changed at the meeting.

Carole Halloran reported that as of August 31, 2023, the regular account had \$4389.33, and the premier account had \$4125.87. Our 4-H Food Stand brought in \$9013.30 with a profit of \$4389.33.

All "thank you's" for those who helped at the food stand have been sent.

Reports for the local newsletter must be in by the 20<sup>th</sup> of October.

International Night is October 10 with a program on Egypt. Our speaker is Eileen Urish. She is from Springfield. We will be serving our meal items that are recipes of Egypt. Each unit will provide something. Marge Houghland will make lasagna, Redman Nite pita, Dona Hoult rice pudding, Carole Halloran humus, Paula Coombes candy. Trudy Arrasmith will get an Egyptian flag. We are to be at the 4-H building at 4:30 p.m. to decorate. Registration is at 5:30 p.m. We will eat at 6 p.m.

Dona wants all units to have something for the cultural arts show. These will be left and voted on that night and on October 12 at Walk the World/Game Night.

Becky Stepp is to send reminders to those that need to pay their dues for the year. She told us we have 60 members in our county.

If you have any ideas on community projects, please let the board know.

The next board meeting is October 3 at 1 p.m. at Pat Brazelton's home.

Cindy Bruce, secretary

## **ECHCE BOARD OCTOBER MEETING MINUTES**

Kate Morecraft led the Pledge of Allegiance and the Homemakers Aim on October 3, 2023.

Cindy Bruce gave the roll call with Paula Coombes absent.

She also read the minutes from the September meeting. Everything was alright and the minutes are on file.

Carole Halloran gave the treasurer's report. As of September 30, 2023 the balance in the regular account was \$6,863.78 and the premier account was \$4,125.94. There were no expenses and no income for October. Becky Step made a motion to donate \$500 to the Extension trust fund. Trudy 2nd the motion. Motion was passed. Carole will give our speaker on Egypt \$50.

Board members found old records of members from 1938. This means Edgar County is 85 this year. The records need to be cleaned up and preserved. We also found the first 25 program books. Old ledgers need to be repaired.

**ALL REPORTS TO LOCAL NEWSLETTER NEED TO BE IN BY THE 20<sup>th</sup> OF THE MONTH BEFORE PUBLICATION!!** The newsletter is published bi-monthly.

Kate will check the range in the kitchen.

International Night is October 10. We will be doing Egypt. Trudy will check to see if we can get help to set tables and chairs up. We will decorate with pearls and plants. Food will be done by each unit. We will serve tea and lemonade. Kate will get ice. Registration is at 5:30 p.m. and we will eat at 6 p.m.

Dona Hoult wants all Cultural Arts in for the 10<sup>th</sup> and 12<sup>th</sup>. Voting will be done on those two evenings. Pennies for Friendship containers will be on the tables and each unit can bring their amounts too.

**WEAR YOUR PEARLS!!**



Women Walk the World/Game Night will be October 12 at 4 p.m. Kate will bring veggie plate and dip, Cindy will bring a cheese ball and crackers, Becky will bring meatballs and shrimp cocktail, Trudy will bring brownies, Pat will bring chips and dip. We will do WWW, games, and snacks.

There is a mini-district meeting on Nov.1 at 1 p.m. in Decatur. We are to go early with a sack lunch. We will be Pat's at 9:45 a.m. and leave at 10 a.m.

Becky gave us her membership report and a copy of our Member of the Year Nomination. She had sent it to state also.

Kate, Pat, Paula, Carole and Cindy went to Clark County meeting.to talk about getting together to help each other with projects, trips, etc.

On Nov. 14, Clark and Edgar County will do program for points. (Didn't have time or place)

On Dec.1, there is a human trafficking program at the Fine Arts Building.

Any articles for IAHCCE Newsletter are due on April 1, July 1, and November 1. Please have them there by these dates.

Our next meeting is Tuesday, November 7 at 1 p.m. at Pat Brazelton's home.

Cindy Bruce, secretary

### **Diabetes 101 Workshop**

Over 37.3 million Americans are living with diabetes, and another 38% of adults have prediabetes. With the ever-growing number of individuals dealing with this chronic health condition, it is more important than ever to take steps now to reduce your risk of developing diabetes. Whether you or a loved one has diabetes or pre-diabetes, these are foundational concepts one must understand to manage this progressive condition effectively. These webinar sessions will be available to view on your personal computer or device.

Register now for these free webinars:

Get to Know Your Diabetes Care Team November 1 at noon – To help you stay on track and tailor your care to meet your specific needs, you will need to get to know your diabetes care team and know what questions to ask them. In this session, we will discuss who is part of the care team, what risk factors you must watch for, and the importance of sharing this information with your loved ones.

Management Beyond Food November 8 at noon – Discover how to manage blood glucose and diabetes beyond diet and learn how to set goals, incorporate physical activity, manage stress, and much more.

These programs are only available on your computer or personal device.

Register at [go.illinois.edu/Diabetes101Registration](http://go.illinois.edu/Diabetes101Registration)

### **Lunch and tour with Clark County HCE members**

We will be meeting & getting to know Clark County HCE members on Thursday, November 16 at an 11:30 a.m. lunch at Betty Jane's Kitchen in Paris. After lunch, we will travel to Larkfield Glass for a glass-blowing demonstration. Please plan to attend to support both HCE groups. Please RSVP to the Extension Office by November 13.

**MEET  
and  
GREET**

**Individual Volunteer Hours (CVH) Summary**

<b>Unit Name</b> _____	<b>Member</b> _____	<b>Year of Hours</b> _____	
<b>Monthly Hours</b>	<b>HCE Hours +</b>	<b>Other Hours =</b>	<b>Total Hours</b>
<b>January</b>			
<b>February</b>			
<b>March</b>			
<b>April</b>			
<b>May</b>			
<b>June</b>			
<b>July</b>			
<b>August</b>			
<b>September</b>			
<b>October</b>			
<b>November</b>			
<b>December</b>			
<b>Total Hours</b>			
<b>Signature of Unit CVH Chair</b>			
<b>Address</b>			
<b>Phone &amp; e-Mail</b>			
<b>List Locations Volunteered:</b>			

Importance of Hearing flyer inserted here

## Workshops to be held at the Paris Public Library

Mary Liz Wright, Nutrition and Wellness Extension Educator, will conduct monthly sessions covering several different topics. The sessions will be held the 1<sup>st</sup> Thursday and 1<sup>st</sup> Friday of each month through May, 2024 (with the exception of December) at the Paris Public Library. Dates and sessions for these free presentations are:

Diabetes – Now What? Thursday, November 2 6 p.m. and Friday, November 3 2:30 p.m.

What can I cook, how do I count it, what can I order to eat when I go out? There is no one single answer when it comes to planning meals to manage blood glucose. One size doesn't fit all. It's based on treatment goals that include medical concerns and emphasizes a healthy weight. Everyone is different, we will help you choose a meal plan that fits your lifestyle. **Please note: This is the topic of the January, 2024 HCE major lesson. If you are unable to attend the November 2, 1:30 p.m. training at the Extension Office, you might consider attending one of these two presentations.**

Grocery Shopping on a Budget: More Bang for your Buck Thursday, January 4 6 p.m. and Friday, January 5 2:30 p.m. Is it really more expensive to eat healthy? It doesn't have to be! In this lesson, we'll show you how to cut down on food waste with simple meal planning tricks and find value for your money. Learn how to find affordable yet healthy options at the grocery store, and get the most nutrition bang for your buck. **Please note: This is the topic of the February, 2024 HCE major lesson. If you are unable to attend the Jan. 4, 1:30 p.m. training at the Extension Office, you might consider attending one of these two presentations.**

Air Fryers and Electric Pressure Cookers Thursday, February 1 6 p.m. and Friday, February 2 2:30 p.m. Did you get one of these appliances for a gift? Do you only boil eggs in your electric pressure cooker? Are you hesitant to purchase one for yourself? Find out how easy it is to add one or both of these appliances to your cooking repertoire!

Let's Amp Up the Veggies! Thursday, March 1 2:30 p.m. and Friday, March 7 6 p.m. Tired of droopy broccoli? Do you serve canned corn as your go-to side? Did you know that we are supposed to eat 2-3 cups of vegetables per day? Learn how to make veggies interesting and delicious!

Herbs Thursday, April 4 6 p.m. and Friday, April 5 2:30 p.m. Did you buy cute little herb plants this spring? They smell so good – but what should you do with them? Learn how to use fresh herbs in recipes and how to preserve them to use this winter.

Five Flavors: How the Palate Changes Thursday, May 2 6 p.m. and Friday, May 3 2:30 p.m. How does our palate change through our lifecycle? Learn about the five senses, the process of aging, and the connection between smell and taste. What are some ways to enhance flavor using color and spices? What is behind the psychology of taste?



The Chrisman Nite Unit was asked to prepare the meat dish for International Night. A recipe for Beef Shawarma was used. It is a classic middle eastern street food from Egypt. Six pounds of sirloin steak along with 14 spices were used. The three members making the recipe are pictured: Gail Pruitt, Nancy Harper, and Debbie Cook.

## FROM YOUR HCE CO-PRESIDENTS

The Board met with the Clark County HCE and have made plans for a get together for Edgar and Clark County members on **Thursday, November 16**. We will meet for lunch at **Betty Jane's Kitchen** at 11:30 a.m. and then travel to **Larkfield Glass** (8780 E 1200<sup>th</sup> N Road) at 1 p.m. for a glass blowing event. Randy and Joy Turner are doing a special afternoon for us. Fun, meeting new HCE people, and a learning experience all in one afternoon! Please call the Extension office (217-465-8585) by November 13 to make a reservation to attend! Your Board is working hard to find fun and interesting things for the members of HCE. **Let's show Clark County a good time!**

Our International Night and Cultural Arts competition was held on October 10. We found out how Egyptian food tasted (or our version of it) and it was good! Thanks to all our cooks who stepped out of their comfort zone!

Cultural arts had numerous entries this year! I would have voted for all if I could. Talented people in our midst!

Women Walk the World and officers training was on Thursday evening, October 12. Thank you Chrisman Night for having the most officers there! Game night was not so spectacular! We were few but mighty! The snacks were the hit of the evening!

A mini-district meeting will be held in Decatur on November 1 at the extension office in Decatur.

The Board will be completing year end reports for state at the end of December.

A report was given on the Bell Ridge Unit donating to several blessing boxes and extras were left at the 4-H building. Please don't forget our **project** of donating to the **blessing boxes** especially this time of year. There was a list in a previous newsletter of items that could be donated. Canned items should be ones that can be opened without a can opener.

Praying for a **peaceful Thanksgiving** and a **very Merry Christmas** to everyone! **Love to all for 2024!!!**

Pat Brazelton & Kate Morecraft



Bell Ridge HCE is ready for cold & flu season with tissue packs, courtesy of Alicia Hollis.

Pictured back row: Peggy Cline, Trudy Arrasmith and Kate Morecraft. Front row: Wilma Cook, Shirley Rideout and Nancy Hansel.





# 2023 INTERNATIONAL NIGHT



There was a nice display of cultural arts items at the 2023 International Night.



Eileen Urish, IL Soybean Association, gave an interesting program on Egypt & soybeans.



## **Cultural Arts Show – October 10, 2023**

We had a great turnout of entries for this year. Thank you for all 23 entries.

Winners will be going to the state conference in March.

Quilt selected – Gail Pruitt, Chrisman, quilt made from her mother's aprons.

Other projects:

1. Trudy Arrasmith – greeting cards
2. Dona Hoult – wall hanging
3. Marge Houghland – holiday item
4. Nancy Harper – artwork
5. Debbie Cook – wreath
6. Dona Hoult – Machine embroidery
7. Peggy Cline – cross stitch
8. Shirley Rideout – cross stitch child's apron

We will celebrate 100 year of HCE at the 2024 state conference.



Pictured above are 2024 State Conference winner entries (l to r): Dona Hoult, Trudy Arrasmith and Marge Houghland





A few examples of the Egyptian food offered at this year's International Night.



Kathy Smilie, Trudy Arrasmith and Carole Halloran were participants in the 2023 Edgar County HCE Women Walk the World event.



Bell Ridge HCE Unit recently collected & distributed items to area Blessing Boxes, as seen below. Remember, as part of HCE's community support project, there is still time to collect nonperishable food items and personal hygiene items for Blessing Boxes. Items may be brought to the Extension Office.



Bell Ridge HCE Unit recently donated to the *Food For Kids* program. Each week during the school year, food is sent home with children who may be food insecure during the weekend. Pictured presenting the donation from Trudy Arrasmith, on behalf of Bell Ridge HCE is Kurt Speece and volunteers who pack the backpacks.

## Christmas Trivia

1. Where does Santa Claus live?
2. What do we leave out for Santa on Christmas Eve?
3. Who tries to stop Christmas from coming by stealing all things related to Christmas from the Who's?
4. Who was the author of *A Christmas Carol*?
5. What made Frosty come to life in the movie *Frosty the Snowman*?
6. Why did the other reindeer pick on Rudolph?
7. In *Home Alone*, where are the McCallisters going on vacation when they leave Kevin behind?
8. The movie *Miracle on 34<sup>th</sup> Street* is based on a real-life department store. What is it?
9. In *A Christmas Carol*, what was the first name of Scrooge?
10. Which one of Santa's reindeer has the same name as another holiday mascot?
11. What was Frosty the Snowman's nose made out of?
12. In the opening scene of *A Charlie Brown Christmas*, the characters are seen enjoying which winter recreational activity?
13. What was the first company that used Santa Claus in advertising?
14. What Christmas beverage is also known as "milk punch"?
15. What Christmas decoration was originally made from strands of silver?
16. Traditionally, which ornament must be placed on the top of a Christmas tree?
17. What was the highest grossing Christmas movie of all time?
18. What popular Christmas song was actually written for Thanksgiving?
19. Which U.S. state was the first to declare Christmas an official holiday?
20. What well-known Christmas carol became the first song ever broadcast from space in 1965?
21. What Christmas-themed ballet premiered in Saint Petersburg, Russia in 1892?
22. What much-reviled Christmas dessert is known for its long shelf life?
23. In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
24. How many reindeer are featured in the poem "Twas the Night Before Christmas"?
25. According to legend, what holiday goodies were shaped to resemble a shepherd's staff, as a way to remind children of the shepherds who visited baby Jesus?



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| <ol style="list-style-type: none"> <li>13. Coca-Cola</li> <li>14. Eggnog</li> <li>15. Tinsel</li> <li>16. Angel or star</li> <li>17. Home Alone</li> <li>18. Jingle Bells</li> <li>19. Alabama</li> <li>20. Jingle Bells</li> <li>21. The Nutcracker</li> <li>22. Fruitcake</li> <li>23. Hansel &amp; Gretel</li> <li>24. Eight (no Rudolph)</li> <li>25. Candy canes</li> </ol> | <ol style="list-style-type: none"> <li>1. North Pole</li> <li>2. Milk &amp; cookies</li> <li>3. The Grinch</li> <li>4. Charles Dickens</li> <li>5. His hat</li> <li>6. His red nose</li> <li>7. Paris</li> <li>8. Macy's</li> <li>9. Ebenezer</li> <li>10. Cupid</li> <li>11. A button</li> <li>12. Ice skating</li> </ol> |
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## Decluttering Your Life

### **Sometimes cleaning up the house can be overwhelming.**

Does the clutter in your house cause you stress? Do you have at least one room that is off limits to company? Is the clutter a cause for conflict with other family members? Do you want less clutter, but you are too overwhelmed to begin? Many of us struggle to keep up with the clutter in our lives. Over time, people accumulate unused and unnecessary items, cluttering their homes, garages, and basements.

**If you want to be organized, every item must have a home.** You can't put something away if it doesn't have a home. If you do, you're just stashing stuff, and you'll probably never be able to find it again. Try this strategy. Get five boxes. As quickly as possible, pick up items one by one and decide which container they go in.

- Garbage
- Recycling
- Giveaways or donations
- Yard sale or resale/consignment shop
- Items that you intend to keep but need to return to their correct places in other rooms should go in the laundry basket. It's easy to carry, and you can easily see the things in it.

Having a home for an item should mean that there is only one logical place for you to look for it. For example, there should be only one place that you keep your old tax records. There should only be one drawer where you would find your socks, and only one place where your child will find favorite puzzles or stuffed animals.

### **Tips for making this approach more effective:**

- **Use a timer.** If you have only a little time to work, setting a timer will help you keep focused and working efficiently. Don't leave the room at all during that time, especially not to return an item to another room.
- **Make a decision.** When you're having difficulty deciding what to get rid of, ask yourself these questions
  - How long has it been since I used this?
  - Do I like it?
  - Does it work properly? Be realistic about repairing broken items. Many items cost more to repair than to replace; some items cannot be repaired. If you've already replaced the item, it's unlikely you'll ever repair the old one.
  - Do I have more of this kind of thing? How many do I need?
  - If I keep this, what will I get rid of to make room for it?
  - Can I locate this information somewhere else (probably on the Internet) if I need it?
- **Have a buddy.** This is especially helpful if you're planning to work for a lengthy period of time at one stretch. You will probably run into items that are difficult for you to decide what to do with. And you may reach a point where you feel you can't make decisions any more. Have a good friend, sibling, or your spouse with you. It will make the task less burdensome, and they may help you decide what to do with the tougher items.
- **Recycle unused gifts.** Keep unused gifts with your "gift inventory"—those things that you purchase ahead of time for gifts. Use them when you need a gift on a moments' notice, or when you know the item is a good choice for a recipient.
- **Shred or tear up documents** you intend to toss that contain personal information.

**RETURN SERVICE REQUESTED**  
**November & December, 2023 HCE NEWSLETTER**

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**OFFICE!**  
**MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE EXTENSION**  
January 1, 2024.  
will be closed November 23-24, 2023 and December 22, 2023 through  
In observance of upcoming holidays, University of Illinois Extension, Edgar County