

EDGAR COUNTY HOME & COMMUNITY EDUCATION ASSOCIATION July/August 2024

Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
July		Redmon Night	Fair Time
July		Bell Ridge	Fair Time
July		Stratton	Fair Time
July		Chrisman Nite	Fair Time
.....			
August		Redmon Night	
August		Bell Ridge	
August 27	1:30 p.m.	Stratton	Pat Brazelton
August		Chrisman Nite	TBD

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, 465-4057	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.jtj@gmail.com
International /Public Relations-Trudy Arrasmith, 217-822-7262	tarrasm57@gmail.com

**Program
books
can be
picked
up
during
the
4-H Fair.
They
will be
in the
kitchen.**

From HCE Board Co-Presidents

Well, I hope everyone is keeping **cool!!!** Summer seems to have come earlier this year. My flowers are all blooming a month earlier than usual.

ECHCE is working for all the summer events. We will be attending a district meeting next week in Decatur and talking with other counties, hoping we get some new ideas.

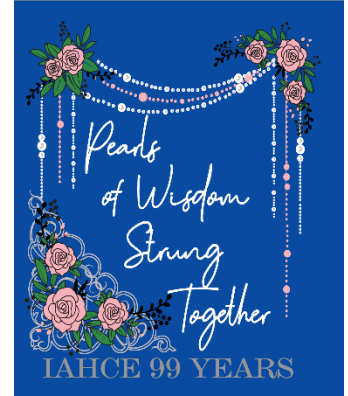
Making the BBQ day is July 17. What a fun day but it comes with hard work for these ladies. 4-H food stand starts July 20 – 24. We have added Saturday, 11 a.m. – 3 p.m., (limited menu) this year since they have lots of projects that day. I heard a rumor that Hattie Claire will be there! Please see the food stand work schedule included in this newsletter.

August 22 will be a picnic at the north shelter at the West lake. We will be looking for new members and appreciating the old members. Meat, drinks, and service will be provided. Everyone is to bring a covered dish and a friend. It starts at 5 p.m. Music in the Park starts at 7 p.m. with the Sawyer Brothers performing. Bring a lawn chair and enjoy. They have had great music this year.

International Night will be held on **September 17** with the country of Malaysia. The date is earlier this year because the speaker was not available on our regular HCE Week. We will be having events to celebrate HCE Week on October 8 & 10. Starting at 10 a.m. on the 8th, we will be working on crafts, lunch, then another craft. On the 10th, we will start at 1 p.m. with a program on Natural Disaster Preparedness. We think this is a timely lesson for us as many disasters seem to be taking place and we need to be prepared.

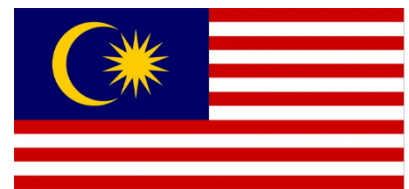
Our program on Scams and Home Safety was very interesting and Detective Gough was well informed. I was sorry to see that not many members took advantage of the information. We work to get timely information for things that are happening so that we can be informed and know what to do. We need your participation too.

Have a great summer and enjoy! HAPPY 4th!



From HCE International/Public Relations Officer – Trudy Arrasmith

International country of study this year will be Malaysia. Angela Hicks will be our guest speaker. She is our District President and has visited Malaysia within the past year. The date for International Night is September 17 with registration at 5:30 p.m. There again will be samples of various Malaysian dishes. Each unit will be encouraged to furnish the samples.



HCE Week will be in October with day time meetings as opposed to evening meetings due to scheduling conflicts with the building. October 8 at 9:30 a.m. a craft day has been planned. More information on this at a later date. October 10 at 1:00 p.m. will be a program on Natural Disaster Preparedness presented by Mary Liz Wright, Extension Educator.

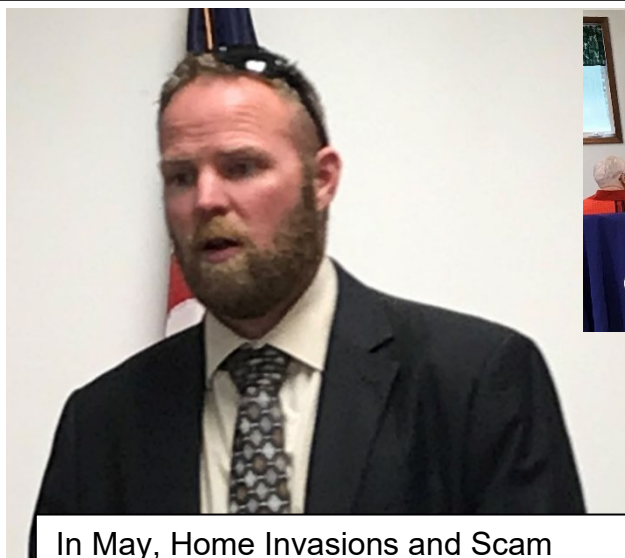
4-H Fair food stand will be open Saturday July 20 from 11:00 a.m. - 3:00 p.m. We will be only serving sandwiches, chips, and drinks. This is something new this year. July 21-24 at 11:00 a.m. -7:00 p.m. will be the hours for the food stand with our normal menu.



Chrisman Nite HCE was presented with the County Blue Ribbon Award at the HCE Annual Meeting in April. The unit was able to meet all of the qualifications required for the award. The members present were: Gail Pruitt, Debbie Cook, Jenni Ray (obscured in photo), Trudi Brinkley, Betty Porter, Vickie Hollingsworth, Nancy Harper, and Priscilla Hunt. The unit received a nice certificate, and each member present received a blue ribbon.

Spring Meeting Held

The 2024 Annual Meeting was a success with 35 in attendance in April. Two district officers attended and performed the officer installation. Entertainment was performed by the Paris Brass with a variety of music after the catered meal. The Chrisman Nite Unit was honored as Edgar County Blue Ribbon winners. Congratulations to those members! The HCE scholarship was award to Amie Summers and a memorial was held for Dorene Irish, a 75 year member and also for Seroba Mascher to round out the evening.



In May, Home Invasions and Scam Prevention was presented for the community with only 10 person in attendance. Detective Blake Gough of Paris Police Department (pictured above) presented an informative program with information on how to protect our homes from scams and home invasions. A big thanks goes to Detective Gough.



The tables were beautifully decorated for the Edgar County HCE Annual Meeting held in April.





Pictured above are HCE treasurer, Carole Halloran and HCE Scholarship winner, Amie Summers, at the 2024 HCE Annual Meeting.



Pictured above are members of Chrisman Nite Unit receiving their County Blue Ribbon award at the 2024 HCE Annual Meeting. Congratulations Chrisman Nite.

LOOK!

DON'T FORGET TO BRING YOUR CAKES, PIES, COOKIES & RICE CRISPY TREATS TO THE FOOD STAND! THANK YOU!

Upcoming Illinois Extension Events

Saturday, June 22:

Edgar County 4-H BBQ Drive thru or Dine-in Edgar County 4-H Fairgrounds
Serving 4 – 7 p.m. Tickets can be purchased from any Edgar County 4-H'er or at the door

Edgar County 4-H Show July 12,13 and July 19 – 24 Edgar County 4-H Fairgrounds

University of Illinois Extension has many more upcoming events in July & August. Please see the complete list at: <https://extension.illinois.edu/cce/events>

For more information about any of these events contact Illinois Extension, Edgar County at 217-465-8585 or see our website: web.extension.illinois.edu/cce

THANK YOU!

Edgar County 4-H would like to thank all of the HCE members who donated cookies to our annual 4-H BBQ. We always know we can count on our HCE members to help us make our event successful. Thank you for supporting Edgar County 4-H.

Plan ahead and mark your calendar for these HCE trainings.....

Eating for Eye Health November lesson – Training: October 8 10 AM
Comfort Food Makeover January lesson – Training: December 16 1:30 PM
Food Rescue: Waster Not/Want Not March lesson – Training: February 6, 2025 1:30 PM
All trainings will be held at the Edgar County Extension Office
Inflammation & Arthritis June lesson – Training: May 13, 2025 1:30 PM

Edgar County HCE Board Meeting – April 2, 2024

The ECHCE Board met April 2, 2024 at Pat Brazelton’s home.
Kate Morecraft led the Pledge of Allegiance and the Homemakers Aim.
Cindy Bruce called the roll call with Carole coming late. She read the minutes from March and had to change the spelling. They are on file.
Carole Halloran said we had \$5301.49 in the regular account and \$4424.86 in the premier account as of March 1, 2024.
Our annual meeting is April 30. Wear your diamonds that night. Entertainment is scheduled and our caterer is too. State officers have been invited. Trudy is to contact Clark County to see if they want to come. Registration is 5:30 p.m. and we will eat at 6 p.m.
IAHCE Conference was in Effingham March 12 – 14. Those attending were Carole Halloran, Cindy Bruce, Dona Hout, Marge Houghland, Paula Coombs, and Becky Step.
Kate will tell Rebecca that HCE does not want any leftover 4-H BBQ cookies.
We may put up boxes at our meeting for suggestions for the county units to contribute help in the county.
Why would anyone want to join HCE? We need a membership drive! We need new members to join, for our members to help others join in with all units!
When we invite Clark County to come, we may do ‘jean pockets’ like we got at state conference. If you have any jeans with back pockets and jean legs, bring them to any of our meetings.
I am to send CVH hours to go in to the annual meeting minutes.
June 26 is the Mini-District Meeting in Decatur.
June 22 is the 4-H BBQ.
July 20 – 24 is the 4-H Food Stand. Come help, bake a pie, cake or help your 4-H’er with cookies.
August 7 is another Mini-District Meeting.
Our next meeting is May 7 at 1 p.m. at the home of Pat Brazelton.
Cindy Bruce, secretary

Edgar County HCE Board Meeting – May 7, 2024

The Pledge of Allegiance and the Homemakers Aim was led by Kate Morecraft.
Cindy Bruce did roll call with Paula Coombes and Becky Step absent.
Cindy read the April minutes. With an addition, the minutes are on file.
Carole Halloran gave the treasurer’s report ending April 30, 2024 with \$5555.22 in the regular account and \$3626.17 in the premier account.

May is for Brain Health. Keep moving. This helps weight, controls blood pressure and blood sugar. Don't drink alcohol unless a very small amount. Get at least 8 hours of sleep. It will help your hearing and any depression you have.

The Annual Meeting was held on April 30. We had good food and good entertainment. Members with 50+ years of membership in HCE were announced. The Chrisman Nite Unit was presented the blue ribbon award.

We would like to know if the units would be interested in having a CPR program, or a program by the fire department. Let the board know!

We need a special membership drive!!! Would your unit support something like this?? Does any unit have a business that could make any brochures to get new members??

Not sure of when, but we want to have a craft day with Clark County. We are thinking of doing 'jean pockets' and have Clark County do something also. If you have old jeans, save the pocket and jean leg behind it, and bring it to a meeting or give to a board member who is coming to the program.

On May 14, Detective Blake Gough, will come to the 4-H Fairgrounds to talk on scams and safety in the house. A motion was made by Carole to put an ad in the paper. Cindy 2nd the motion. Motion passed.

There is a Mini-District meeting on June 26 in Decatur.

June 22 is the 4-H BBQ. DON'T FORGET TO BAKE AND BRING YOUR COOKEIS!

Don't forget we will be serving lunch and supper at the 4-H Food Stand in July.

International Night is September 17. Angela Hicks will be our speaker on Malaysia.

The next HCE Board meeting is June 4 at 1 p.m. at Pat Brazelton's home.

Cindy Bruce, secretary

Edgar County HCE Board Meeting – June 4, 2024

Pat Brazelton led us in the Pledge of Allegiance and the Homemakers Aim.

Roll call by Cindy Bruce was completed. All members were there.

She read the May minutes with a change of lettering in a word. Motion by Paula Coombes to accept minutes, 2nd by Trudy Arrasmith. Motion carried. The minutes are on file.

Carole Halloran gave the treasurer's report. We have \$5394.74 in the regular account and \$3626.20 in the premier account as of May 31, 2024. A motion by Becky Step to accept treasurer's report, 2nd by Cindy Bruce. Motion carried. A motion by Trudy to pay Extension \$500 was made. 2nd by Pat. Motion carried.

Kate Morecraft reported that Nancy Harper wants Pat and her to come to install the Chrisman Nite officers on June 27, 7 p.m. at the Chrisman Christian Church. They will do this.

Rebecca Schiver, Extension office support and Paula have the programs for the new HCE year selected. The new program book will be distributed at the 4-H Fair.

SAVE YOUR BLUE JEAN POCKETS!!! We will have a craft day on October 10 with Clark County being invited to join all of the Edgar County units. If you have any other projects, let us know.

On May 14, Detective Blake Gough gave a talk on scams and safety in the house. It was enjoyed by those attending. The board just wish more unit members had been there. We try to have something for the unit members and the towns' people but more unit members need to come.

On July 17, the board will be making BBQ for the 4-H Fair. We will be making three extra batches because we will be open for hot dogs and BBQ sales for lunch the Saturday of the fair. Work schedules have been sent to each unit. If you can work and/or bake a pie or cake, please help us

out!! We will be open from 11 a.m. - 3 p.m. on Saturday, July 20. This is a new time for us as there will be 4-H'ers there.

There will be a mini-district meeting in Decatur on June 26. Those going should take their own lunch. We will meet at Pat's home and leave from there.

The 4-H FOOD Stand is July 20 from 11 a.m. – 3 p.m. and July 21-24 from 11 a.m. – 7 p.m.

There will be a district meeting in Springfield on August 7. The board will leave at 6:30 a.m.

There will be a picnic at the park at Paris Twin Lakes on August 22 at 5 p.m. The picnic will be at the fish pavilion.

International Night is September 17. Angela Hicks, State HCE President, will speak on Malaysia. The cultural arts competition will also be that night.

We will have a craft day on October 8. We will start with a craft at 10 a.m., break for lunch and then have more craft time.

There will be a mini-district meeting on November 6.

The next Edgar County HCE Board meeting will be July 2 at 1 p.m. at the home of Pat Brazelton.

Cindy Bruce, secretary

Prepare Your Home To Beat The Heat This Summer – Stay Cool While Spending Less

July, 2024 Minor Lesson

Source: safeelectricity.org



Summer months can bring some of the highest energy costs of the year with the high demand for air conditioning. Keeping your home comfortable can be expensive, but it can also be dangerous. If your air conditioner runs too often, it can stress your home's electric system and create a risk for shock or fire.

To help your home be more energy efficient, Safe Electricity has the following tips for energy efficiency this summer:

- Update your insulation. This will keep cool air in your home and hot air out. You can add more insulation on top of existing insulation in your attic. Research the type of insulation you should use.
- Ventilate the attic. When the outside temperature is in the 90s, your attic can easily reach 140 degrees Fahrenheit. Adequately sized vents or an attic fan can help keep hot air from building up.
- Get the air conditioner ready. Shut off power to the unit before cleaning it. On the inside, wash or vacuum cleanable filters, and replace disposable ones. Outside, clear leaves and other debris away from the condensing unit. Hose off any accumulated dirt. It is a good idea to call a professional to inspect your unit early in the summer.
- Use a smart or programmable thermostat. Leave it on a higher temperature while you're away, and set it to cool the house half an hour before you return home.
- Install awnings over windows exposed to direct sunlight.
- Consider installing ceiling fans. On moderately warm days, a ceiling fan may be enough to keep you comfortable. On warmer days, you can decrease your air conditioner use by using a fan.

Even in summer, you don't have to sacrifice comfort to stay within your budget. Here are a few easily achieved cost saving tips:

- Turn off the air conditioner and open windows and doors and let outside air cool your house on moderate days.
- Avoid unnecessary trips in and out of the house. Heat and humidity come in each time you open the door.
- Keep the sun out of your house. Close blinds, shades or draperies during the hottest part of the day. Consider planting fast-growing trees and shrubs near your home, but away from power lines, to provide shade.
- Set heat-producing devices away from the air conditioner thermostat. Heat from the lamp could cause the thermostat to read higher temperature and keep the air conditioner running more than necessary.

If you are shopping for a new air conditioning unit, look for one with the blue Energy Star label. An Energy Star air conditioner will save money in the long run by using less electricity. Your electric utility or state may have incentives for purchasing a more efficient model.

Dividing iris

August, 2024 Minor Lesson

Source: [Rosie Lerner](https://www.purdue.edu/hla/sites/yardandgarden/dividing-iris-2/) at <https://www.purdue.edu/hla/sites/yardandgarden/dividing-iris-2/>

Overcrowded iris requires thinning



Photos by : Rosie Lerner, Purdue Extension

Whether you're looking to expand your planting of iris or just need to rejuvenate an older planting, late summer through early fall is a good time to lift and divide iris. Dividing every three to five years will help rejuvenate the planting, and encourage more blossoms for the subsequent years.

Most iris plants spread by means of underground stems called rhizomes.

Rhizomes become too crowded over time, resulting in reduced flowering. By lifting and dividing the larger clumps, you can rejuvenate the old planting, as well as provide a source of new plants to expand your garden or share with friends.



Iris rhizome (underground stem)

Dig the clumps by inserting a spade around the circumference of the planting. Then insert the spade beneath the clump and lift. Deep spading should not be necessary as iris rhizomes and roots are rather shallow. Use a sharp knife to cut the younger, outward-growing rhizomes into sections, leaving as many roots and buds on each piece as possible. For ease in replanting, cut the leaves to one-third their original height. Discard the old central portions of the original rhizome, as well as any sections that appear to be diseased or infested with iris borer.

Replant the newly cut sections as soon as possible to avoid excessive drying. Planting depth is important, and this is where most gardeners make their mistake. Iris rhizomes should be placed just

below the soil surface with the roots pointing down and the cut leaves upright and exposed to the sun. Firm the soil and water gently and thoroughly. Newly set plants will likely require weekly watering until they establish a new root system.



SAVE THE DATE:

Picnic in the Park – Membership Appreciation & Drive August 22, 2024

Edgar County Home & Community Education Board of Directors are sponsoring a Picnic in the Park Membership Appreciation and Drive on August 22, 2024 at 5 pm at the Twin Lakes Park pavilion, north of the playground. The ECHCE Board will provide the meat, drinks and table service. Members are encouraged to bring a guest and a covered dish to enjoy the fellowship and benefits of HCE. Following the picnic, City of Paris is sponsoring a free music concert featuring the Sawyer Brothers (country) at Twin Lakes Park, so bring a lawn chair and stay for the music. See you there and bring a guest!



Kate Morecraft installed the following officers for the Chrisman Nite HCE Unit at their June meeting: President – Priscilla Hunt, 1st Vice – Nancy Harper, 2nd Vice – Gail Pruitt, Secretary – Jenni Ray, Treasurer – Priscilla Hunt, Community Outreach – Mary Forsythe, International – Vickie Hollingsworth and Nancy Harper and Public Information – Nancy Harper.

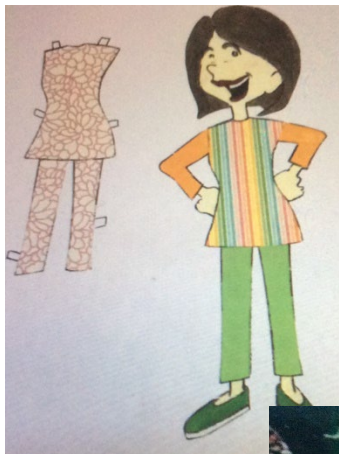


In May, Chrisman Nite HCE Unit held a bake sale on the Saturday before Mother's Day in front of the local Casey's General Store. Donations were given for the baked items totaling \$362.

The Chrisman Nite HCE met at the Brinkley's Market for their April meeting. The hostess was Nancy Harper. Everyone enjoyed a white elephant exchange at an auction which added money to our treasury. Brandon Brinkley talked about the market and what all they have to offer. The market is open Wednesday – Saturday from 9 a.m. – 5 p.m. Only half of the membership were present for these photos.

Top photo, left to right – Nancy Harper, Bobbie Haton, Betty Porter, Priscilla Hunt, Gail Pruitt, and Debbie Cook.

Bottom right photo, left to right – Bobbie Haton, Betty Porter, Priscilla Hunt, Gail Pruitt, Brandon Brinkley, and Debbie Cook.



Hattie Claire Everywhere, is HCE's own Flat Stanley (if you don't know who that is, look for the children's book). It's just like the paper dolls we all played with as kids. We can color her dress and take her with us to any of our HCE functions. Hattie Claire is your own interpretation of an HCE lady. Or if you don't prefer the flat version you can make your own version as an actual doll. Take pictures as there is a contest and awards will be given at next year's conference. The board will have a special Hattie Claire at the 4-H Fair to greet guests. We had a special Hattie Claire join us at the annual meeting with our district board members. So let's have some fun with Hattie Claire. If your unit has not picked up kits for Hattie Claire, they are at the Extension Office just waiting to be picked up. Any questions please contact Trudy Arrasmith at 217-275-3781.

Extension, Edgar County HCE
210 West Washington St.
Paris, IL 61944

U.S. Paris, IL 61944
Permit 308
Non-Profit Organization

RETURN SERVICE REQUESTED
JULY/AUGUST 2024 NEWSLETTER

Sunday (8-10 AM) & Monday – Wednesday (7-10 AM)

4-H Association will be offering breakfast

Wednesday, July 24 11 a.m. – 7 p.m.

Tuesday, July 23 11 a.m. – 7 p.m.

Monday, July 22 11 a.m. – 7 p.m.

Sunday, July 21 11 a.m. – 7 p.m.

Saturday, July 20 11 a.m. – 3 p.m.

HCE FOODSTAND HOURS