

**EDGAR COUNTY  
HOME & COMMUNITY EDUCATION ASSOCIATION  
January/February, 2020**

**Meetings**

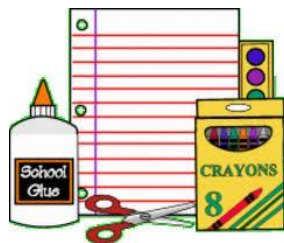
<u><b>Date</b></u>	<u><b>Time</b></u>	<u><b>Unit</b></u>	<u><b>Hostess</b></u>
January 2	1 p.m.	Redmon Night	Joan Mattingly
January 14	1:30 pm	Bell Ridge	Peggy Cline
January		Stratton	
January 23	7 p.m.	*Chrisman Nite	Mary Alice Forsythe & Jenni Strebing

\*December 19, Chrisman Christian Church, 6 p.m. \$5 gift exchange, catered meal & special entertainment

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February 6	1:00 pm	Redmon Night	Rita McClarey
February 11	1:30 pm	Bell Ridge	Wilma Cook
February 27	7 p.m.	Chrisman Nite	Nancy Harper & Vickie Hollingsworth
February		Stratton	

We are still accepting school supplies for Edgar County Schools. Please bring them to the Extension Office.



Volunteers do not necessarily have the time; they just have the heart.

— Elizabeth Andrew

**Upcoming Dates to Remember:**

**Nutrition Bang for Your Buck**

Wednesday, January 15 1:30 p.m. Paris Public Library  
Is it expensive to eat healthy? It doesn't have to be! Join Mary Liz Wright, Food and Nutrition Educator, for this FREE class to learn how to find affordable yet healthy options at the grocery store.

**Private Pesticide Applicator Testing**

Thursday, January 16 9 a.m. Clark County Extension Office  
Tuesday, February 4 9 a.m. Edgar County Extension Office

**Kitchen Shower for Supplies for the 4-H Building**

Tuesday, January 21 Multi-purpose Building, 4-H Fairgrounds  
1:30 p.m.

Games and prizes will be given. Refreshments will be served.  
Bring an item for the kitchen such as commercial kitchen utensils, heavy-duty oven mitts and potholders, dishtowels and dish rags, etc.

**Freezer Meals in a Flash**

Thursday, January 23 6 p.m. Paris Public Library  
No idea what to have for dinner? Look no further than your freezer! Join Mary Liz Wright, Food and Nutrition Educator, for this FREE class to learn how to prepare several meals in advance for the freezer. No pre-registration is required & everyone is welcome!



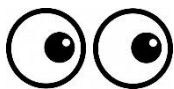
**Five Ingredient Fix Class**

Tuesday, February 4 6 p.m. Paris Public Library  
Make a meal with only a few ingredients and talk about ways to use healthy convenience foods in your cookies with Food and Nutrition Educator, Mary Liz Wright. Pre-registration is not required. The class is FREE and everyone is invited.

**96<sup>th</sup> IAHCE Annual Conference**

**IAHCE – Power of the Past – Beacon to the Future**

Tuesday, March 10 – Thursday, March 12, 2020  
Keller Convention Center, Effingham, IL



**Looking Ahead: “Energy Efficiency” presented by Ameren**

(Leader training for the June lesson)  
May 12 1:30 p.m. Illinois Extension Office  
Bring a friend to this informative meeting.



Please send your CVH hours for 2019 to Cindy Bruce, PO Box 75,  
Kansas, IL 61933 by December 31.  
The form is located on the last page of this newsletter.

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

Co-President – Pat Brazelton, 217-822-6183  
Co-President – Kate Morecraft, 217-822-4956

[pbraze@nwcable.net](mailto:pbraze@nwcable.net)  
[silly1kate@me.com](mailto:silly1kate@me.com)

First Vice – Paula Coombes, 217-822-4058

[prcoombes@wildblue.net](mailto:prcoombes@wildblue.net)

Second Vice/Secretary/CVH – Cindy Bruce, 217-948-1021

[cndlu347@gmail.com](mailto:cndlu347@gmail.com)

Treasurer – Carole Halloran, 217-844-2374

[ichalloran.itj@gmail.com](mailto:ichalloran.itj@gmail.com)

International /Public Relations-Marge Houghland, 217-822-7610

[mhear8@nwcable.net](mailto:mhear8@nwcable.net)

Cultural Enrichment/Family & Comm. Issues – Dona Hoult, 822-2419

[hillcrest30@frontier.com](mailto:hillcrest30@frontier.com)

**If you have something to place in the newsletter to share with the membership, please send it to Rebecca at the Extension Office, [schiver@illinois.edu](mailto:schiver@illinois.edu), Illinois Extension, 210 W. Washington St., Paris. Please include unit news. We want to know about your unit's activities and successes. The due date is the 20<sup>th</sup> of each month. Thank you for helping Edgar County HCE.**

***All memberships of \$12 should be sent to Carole Halloran, 13556 N. 800<sup>th</sup> St., Paris, IL 61944. Thank you for your help in keeping the membership and officers list correct. (For memberships running from January until May 1, only \$6 should be collected.)***

***ATTENTION UNIT TREASURERS: Unit dues are due to treasurer by May 1.***  
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**FROM YOUR COUNTY CO-PRESIDENTS**

Wow! **2020 IS HERE!** On to a new DECADE!! What challenges lay ahead for us at **HCE?** We are what we make of it, so here is to education in many different forms, to old friends and new.

The 4-H Food Stand will be in July as always. If anyone would like to take on the management portion or would know of someone, please call Pat Brazelton (217-822-6183) or Kate Morecraft (217-822-4956.) This would be a paid position.

Remember that the countywide kitchen shower (also fun, games, snacks) will be on January 21 at 1:30 p.m. at the 4-H Multi-purpose Building.

If you come across something interesting that you would like to know more about, let us know and maybe we can do a lesson on it. We need some ideas and where better to get them? YOU! Any interesting hobbies out there?

The annual **IAHCE** Conference will be coming up March 10 – 12 in Effingham. So save the date. You can go one day or all.

Pat Brazelton and Kate Morecraft – Your **ECHCE** Co-Presidents

**FROM YOUR COUNTY INTERNATIONAL/PUBLIC RELATIONS CHAIR**

A belated thank you to all that participated in International Night. I failed to get it in the last newsletter, but I want you to know that I really appreciate all who made the delicious dishes for us to sample. Thanks to all who attended also. Next year's country of study is Uruguay. If you know of anyone who has been there to give our presentation, let me know by February 1. We will choose another country if we have no suggestions. In fact, if you know someone who has been some place of interest, let me know by then for consideration.

Only one unit brought school supplies to International Night. We will need these, as we will distribute them sometime after the first of the year. Take them to the Extension Office so that we may get them divided between all the districts.

Have a Happy Holy Season.

Marge Houghland, International/Public Relations Chair

**ECHCE BOARD MEETING – NOVEMBER 4, 2019**

The ECHCE Board met on Monday, November 4, 2019 at 6 p.m. at the home of Pat Brazelton. Attendance: Carole Halloran, Pat Brazelton, Dona Hault, Marge Houghland, Kate Morecraft. Absent: Paula Coombes, Cindy Bruce

The meeting was called to order and Co-President Pat Brazelton led the Pledge of Allegiance and the Homemakers Aim.

The minutes of the October meeting were read and approved as corrected.

A list of members, gathered by Cindy Bruce, was distributed.

The Friends Project monies (Pennies for Friendship) was collected at the International Night. The treasurer, Carole Halloran, will send a check for the amount, \$261.11 plus collection from Redmon Night Unit, to the IAHCE.

The treasurer reported that checks for \$50 to the speaker for the Honey Meeting and postage of \$35.34 were paid leaving a balance of \$5,679.63 in the regular account. Premier Account has a balance of \$5,923.65 after a deposit of \$.15 interest was added.

Paula left word that there was nothing new in the education materials until this spring.

Carole read a thank you from Mel Ogle and Mel sent a donation of \$50 to the ECHCE. Carole talked with the State of Illinois regarding reinstating our tax status. We will have to pay 2018 tax due (\$130) and 2019 (\$13) and a reinstatement fee of \$25. She will file the necessary forms. Our tax-exempt status will cost a fee of \$600 to become a tax-exempt organization. We have talked with the IAHCE officers and most units do not do this. It just means that whomever donates to our organization cannot claim the deduction on their income tax returns. A vote was taken to not apply.

Our International Night evaluation concluded that we needed more participation from members on Cultural Enrichment items. We also needed more members participating in our countywide meetings.

The January countywide kitchen shower on January 21 at 1:30 p.m. will have games and snacks. Board members will provide them. The meeting was adjourned at 8:30 p.m. The next board meeting will be December 2 at 11:30 a.m. at San Marcos Restaurant.

Kate Morecraft, Acting Secretary



Members of the Edgar County HCE Board recently celebrated the holidays with a meal at San Marcos Restaurant. Pictured L to R: Kate Morecraft, Cindy Bruce, Marge Houghland, Paula Coombes, Pat Brazelton, Dona Hoult and Carole Halloran.

### **HCE SCHOLARSHIP**

Don't forget that Edgar County HCE provides a scholarship to any student beginning their second year of an Associate Degree or their third year of a Bachelor's Degree in a program related to Family and Consumer Sciences. Applications are available at the Illinois Extension Office in Paris and must be postmarked no later than April 1, 2020. If you know of an eligible candidate, please encourage them to apply.



## **Care of Quilts**

*Source: The care and Storage of Quilts by Barbara Merdiushev*

Lighting must be considered when displaying your quilts since light can cause textiles to dry out or fade. Do not hang your quilt in the path of direct sunlight. Blinds can be drawn to cut down on the amount of light. Both sunlight and fluorescent lighting can be filtered by the use of ultra violet shields. Incandescent lighting is less damaging, but should be used at low levels and at a distance away from the quilt to prevent damage (drying out) from heat radiation.

You should also position your quilt so air quality, temperature and humidity are somewhat controlled. Avoid displaying your quilt on a damp wall or near kitchen cooking areas. Since both humidity and pollution cause deterioration, it is a good idea to limit display time, especially if the quilt is old or worn.

You might choose to store your quilt and this must be done correctly to avoid unnecessary deterioration. To effectively preserve textile fibers, one must consider the environment in which they are stored. A combination of common sense and knowledge of the most common methods available for preventing or minimizing the degradation of fibers is necessary. First, make sure your quilt is clean before you store it. Then choose a place where temperature, light, and humidity can be regulated. Never use a plastic bag for storage since textiles need to breathe and an excess of humidity may accumulate.

Ideally, a bed quilt should be hung over a wooden or aluminum rod or in the case of single layered, finely quilted pieces, rolled on a tube. Both the rods and the tube should be covered with an acid free barrier. Then cover the quilt with clean 100% cotton sheeting and store it out of direct sunlight. The quilt should not be in direct contact with wood. If you plan to use a cedar chest for storage, line it with acid free paper.

Since many people do not have the space to roll or hang large quilts and they are too large to store flat, they must fold them. These folds must be loose and padded with acid-free paper so that the fibers are not strained. Some experts recommend refolding every few months to prevent permanent creases. However, be sure to clean your hands thoroughly before handling since your fingers contain natural oils that can leave unsightly stains.

With the proper care, you can continue to use and enjoy your quilt. In the process of caring for it, you will probably also develop a great appreciation of quilt making and its history.

**Summary tips:**

\*The way you clean a quilt depends on its age, condition and fiber content.

\*A hand-sewn quilt should always be repaired by hand, and if fabrics are worn away or torn they should be strengthened by reweaving or darning.

\*If you fold a quilt for storage, make sure the folds are loose and pad them with acid free paper.

**96<sup>th</sup> IAHCE Annual Conference****“IAHCE – Power of the Past – Beacon to the Future”**

You are invited to celebrate IAHCE’s past and future at the 2020 Annual Conference! Our 2020 annual conference is in Effingham, Illinois at the Keller Convention Center - Tuesday, March 10 – Thursday, March 12, 2020. Effingham is so close, it would make a great day trip, but hurry, sessions fill up fast! The registration pack can be found at: [iahce.org/newsletters/2019Decemberinsert.pdf](http://iahce.org/newsletters/2019Decemberinsert.pdf).

The registration deadline is January 31, 2020.

**Weather & Office Hours**

With the arrival of winter, we want to remind everyone to give the Extension Office a call (217-465-8585) on inclement days, to make sure the office is open before stopping.

Since a large number of our Extension staff commute, any or all of our offices may have a delayed opening. Depending on the severity of the weather and road conditions, the office may also close early or for the entire day. We must consider the safety of our staff. We apologize for any inconvenience.

**Attention Snowbirds!**

If any HCE member is going south for the winter or going out of town for an extended time, please let us know. We would like to have your new address in which to mail your HCE newsletter or we will hold your newsletters until you return. The post office does not forward the newsletters. Instead, they are returned to us at a cost of .55 each.

Thank you for helping us keep costs down.



## **CHRISMAN NITE UNIT HOLDS STYLE SHOW**



Wearing their new outfits purchased at CoCo Flamingo Nail Salon and Boutique are Nancy Harper and Vickie Hollingsworth with salon owner Betty Lorenzen (center.) Betty presented a very informative and entertaining style show for Chrisman Nite's October meeting. Models for the evening were Ashley Francis, Hannah Mitchell and Amy Krage. Each modeled seven different outfits including jewelry and matching purses. Snacks were served during the style show and dessert was served at the end of the evening. Approximately 30 ladies attended the event.

## **JANUARY 2020 MINOR LESSON**



## TV Catchphrase Trivia

Source: [http://www.usefultv.com/trivia/tv\\_catchphrase\\_trivia\\_ii.html](http://www.usefultv.com/trivia/tv_catchphrase_trivia_ii.html)

See if you can name who said these famous catchphrases from TV series from the past.

1. "D'oh!"  
*Homer Simpson*                      *Hank Hill*                      *Fred Flintstone*                      *Peter Griffin*
2. "You rang?"  
*Florence Johnston*                      *Benson*                      *Mr. French*                      *Lurch*
3. "That's what she said."  
*Hawkeye Pierce*                      *Michael Scott*                      *Ted Mosby*                      *Sam Malone*
4. "Up your nose with a rubber hose."  
*Arthur Fonzarelli*                      *Barney Stinson*                      *Joey Tribbiani*                      *Vinnie  
Barbarino*
5. "I know nothing!"  
*Gladys Kravitz*                      *Radar O'Reilly*                      *Sgt. Schultz*                      *Roger  
Healey*
6. "Missed it by that much."  
*Robert Barone*                      *Maxwell Smart*                      *Chuck Bartowski*                      *Jack Bauer*
7. "Well, isn't that special?"  
*Father Guido Sarducci*                      *Stuart Smalley*                      *Enid Strict*                      *Matt Foley*
8. "Here's....Johnny!"  
*Ed McMahon*                      *Andy Richter*                      *Guillermo Rodriguez*                      *Paul  
Shaffer*
9. "Nanu-nanu."  
*Dick Solomon*                      *Alf*                      *Mork*                      *Marvin the  
Martian*
10. "Wocka, wocka."  
*Fozzy Bear*                      *Cookie Monster*                      *Bernie Mac*                      *Krusty the Clown*

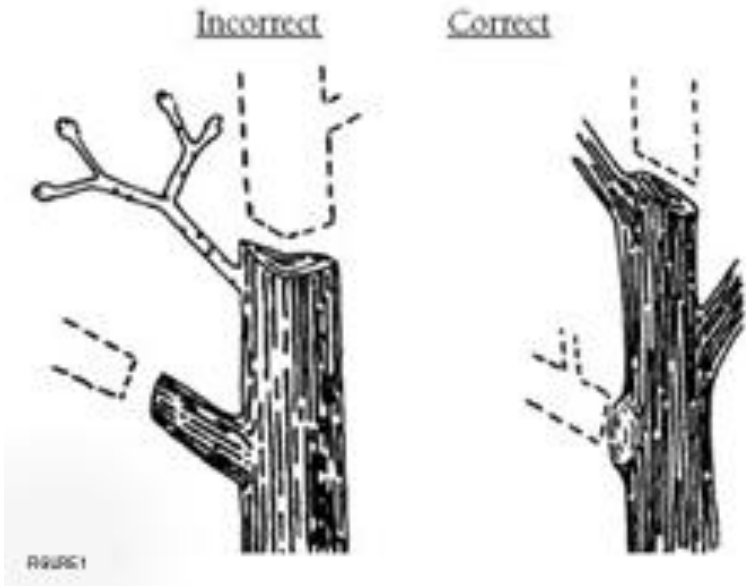
Answers:		
1. Home Simpson	2. Lurch	3. Michael Scott
Barbarino		4. Vinnie
5. Sgt. Schultz	6. Maxwell Smart	7. Enid Strick
9. Mork	10. Fozzy Bear	8. Ed McMahon

**FEBRUARY, 2020 MINOR LESSON**

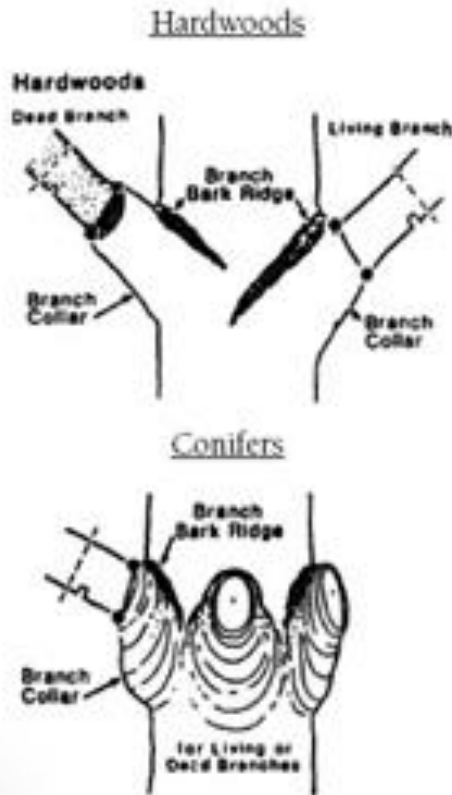
**PRUNING TREES**

**WHY**

Pruning is done for a variety of reasons. Most pruning is aimed at improving structure and safety, or for controlling size. Other objectives can be to open vistas, repair storm damage, and provide clearance for structures and traffic. Good pruning includes removal of diseased, dying, or dead branches, crossing or rubbing branches, branches with thorns below eye level, sucker growth from rootstock, water sprouts from limbs, and other objectionable growth.



# HOW



Though mature trees may need only occasional pruning to remove dead wood, young trees should be pruned regularly to provide strong branch structure for future growth. Select scaffold (central structural) branches that are at least 18" apart and evenly distributed around the trunk. Branches should not grow directly above one another. Maintain a single leader as long as possible.

Pruning cuts should always be made near the base of a branch (Figure 1). Do not leave a stub. When heading back (drop-crotching) a tree to reduce its size, always cut the leader back to a lateral branch large enough to assume the terminal role. The lateral

branch will eventually become the new leader. Indiscriminately sawing-off large branches (topping) is not acceptable. The new branches produced on the stubs are very weak.

Large branches are removed with a 3 step process (Figure 2). First, cut partially (no more than 1/3) through the branch from the underside. The second cut is made through the branch from the upperside a short distance beyond the first. The third and final cut is the most critical. This final cut is made where the branch arises from the trunk at the swelling called the branch collar. The final cut should not be made flush with the trunk. This results in a very large wound and a greater possibility for poor healing and the introduction of decay.

# WHEN

The best time to prune is between mid-February and early May. Trees pruned at this time in early spring develop a callous around the cut much more rapidly than those pruned at other times. However, there are a few exceptions to this rule.

- Maples, walnuts, birches, beeches, hornbeams, and yellowwood are known as "bleeders". The "bleeding" may be unsightly, but it does not harm the tree. Bleeding

results from copious sap flow, and can be avoided by delaying pruning until after the foliage has fully emerged.

- Spring flowering trees should be pruned after flowers have dropped.
- To avoid the introduction of disease pathogens to oaks and elms, avoid pruning between April 15 and October 15.
- Prompt pruning of storm-damaged limbs and dead branches should be done to encourage wound closure and avoid potential hazards.

\*Source: The Morton Arboretum - <https://www.mortonarb.org/trees-plants/tree-and-plant-advice/horticulture-care/pruning-trees>

## **Nine Scientifically Backed Ways to Beat the Fall and Winter Blues**

*Source: Realsimple.com By: Brigitt Earley and Melanie Rud*

When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your spirits.

### **1. Give your skin some TLC**

There's no denying that your skin looks better in the summer, with its sun-kissed glow and fresh dewiness. (Thank you, humidity.) There's also no denying that as temperatures and humidity levels plummet, all that cold, dry air takes a toll on your complexion. That's why fall is the perfect time to up your skin game. Reevaluate the ingredients in your skincare routine and get the pros involved. Talk to your dermatologist about the best topical ingredients to use, such as retinol and peptides. Talk to your doctor about giving your skin a boost from the inside out with a beauty supplement that contains ingredients like collagen, found in products such as NeoCell. After all, who doesn't feel better when their skin looks good?

### **2. Make your environment brighter**

When your body is craving more daylight, sitting next to an artificial light – also called a light box – for 30 minutes per day can be as effective as antidepressant medication. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.

### **3. Eat smarter**

Certain foods, like chocolate, can help to enhance your mood and relieve anxiety. Other foods, like candy and carbohydrates provide temporary feelings of euphoria, but could ultimately increase feelings of anxiety and depression.

### **4. Simulate dawn**

People with Seasonal Affective Disorder (SAD), a form of depression that usually begins in late fall or early winter and fades as the weather improves, may feel depressed, irritable, lethargic, and have trouble waking up in the morning – especially when it's still dark out. Studies show that a dawn simulator (R50: walgreens.com), a device that causes the lights in

your bedroom to gradually brighten over a set period of time, can serve as an antidepressant and make it easier to get out of bed.

### **5. Exercise**

A 2005 study from Harvard suggests walking fast for about 35 minutes a day five times a week, or 60 minutes a day three times a week improved symptoms of mild to moderate depression. Exercising under bright lights may be even better for seasonal depression: A preliminary study found that exercise under bright light improved general mental health, social functioning, depressive symptoms, and vitality, while exercise in ordinary light improved vitality only.

### **6. Turn on the tunes**

In a 2013 study, researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.

### **7. Plan a vacation**

Longing for sunnier days at the beach? Research shows that the simple act of planning a vacation causes a significant increase in overall happiness.

### **8. Help others**

Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction.

### **9. Get Outside**

Talking yourself into taking a walk when the temperatures plummet isn't easy, but the benefits are big: Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of SAD, and lower stress levels.

## **IAHCE Newsletter Information**

The IAHCE newsletter can be read for free online at IAHCE.org. If you would like a copy mailed to you, please send a \$9.00 check, payable to IAHCE. Newsletters are mailed three times a year. Mail to: Pat Hildebrand, IAHCE Public Relations Director, 302 N. Hutton Drive, Newton, IL 62448. Please include your name, address, telephone number, and county. Please also indicate if this is a new or renewal subscription or if your address has changed.



