

EDGAR COUNTY

HOME & COMMUNITY EDUCATION ASSOCIATION NOVEMBER/DECEMBER, 2021

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
Please have this information to our office by the 20th of each month.

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******Edgar County H.C.E. Board Members******
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Co-President	Pat Brazelton	pbraze@nwcable.net	217-822-6183
Co-President	Kate Morecraft	silly1kate@me.com	217-822-4956
First Vice	Paula Coombes	prcoombes@wildblue.net	217-822-4058
Second Vice	Becky Step	rstep1954@gmail.com	217-264-6855
Secretary/CVH	Cindy Bruce	cndlu347@gmail.com	217-948-1021
Treasurer	Carole Halloran	jchalloran.itj@gmail.com	217-251-2384
International/Public Relations	Marge Houghland	mhear8@nwcable.net	217-464-7610
Cultural Enrichment/Community Issues	Dona Hoult	hillcrest30@frontier.com	217-822-2419

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Illinois Extension, Edgar County
210 W. Washington St., Paris, IL 61944
217-465-8585 extension.illinois.edu/cce



Upcoming Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
November 9	1:30 p.m.	Bell Ridge	Nancy Hansel
November 18	7 p.m.	Chrisman Night	Bobbie Jo Haton & Gail Pruitt
November		Chrisman Christian Church	Major Lesson-Nancy Harper
November		Redmon Night	
		Stratton	
December 14	TBD	Bell Ridge	TBD
December 16	6 p.m.	Chrisman Night	Nancy Harper \$5 gift exchange
		Redmon Night	A meal will be enjoyed by members at Nancy's house.
December		Stratton	
December			

Don't forget to send your volunteer hours to CVH Coordinator, Cindy Bruce before the end of the year. Look for the form in this newsletter.

Cindy Bruce
PO Box 75
Kansas, IL 61933



Pictured at left is Edgar County HCE member Marge Houghland after receiving the Member of the Year Award at the Illinois District Workshop in Springfield! Marge has been a faithful HCE member for 57 years! Thank you, Marge, for your dedication to Edgar County and Illinois HCE!

Congratulations **NICE GOING!**
GREAT! *Way to Go!*
Yea! **FELICITATIONS**
CHEERS *Take A* **BEST**
BOW! **WISHES!**

Friendship Project Funds (Pennies for Friendship) Collections

Friendship Project Funds (Pennies for Friendship) is to be collected and sent in to IAHCE by November 20, so 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 800th Street
Paris, IL 61944
Thank you!

All officers of the Chrisman Nite Unit were present at the recent leader's training.

GREAT JOB LADIES! Picture below are club officers the event.

Pictured left to right are Vickie Hollingsworth – President, Nancy Harper – Vice President, Betty Porter – Community Enrichment/Family/Community Issues, Mary Galloway – 2nd Vice President, Priscilla Hunt – Treasurer and Jenni Strebing – Secretary.

Trudi Brinkley was not present for the picture.



FROM YOUR HCE CO-PRESIDENTS

WHAT HAPPENED TO SUMMER? Time went soooo fast! The HOLIDAYS are upon us! Each year I say I'm going to do my Christmas shopping early. Well, another year and I didn't get it done!

We (HCE) have done some fun things and some good things this year. It was so great to see our members and get to mingle together. Since the last newsletter, we have had International Night (Canada) and it was so interesting (Elaine Good – presenter) and the food was so good! Thanks to our chefs for making it! We need a whole meal instead of just tastes. Can't wait for our country next year....(who likes Italian food?)

Cultural arts items were great. Many talented members! The exhibit was held over for more viewing and voting on Thursday night which was Women Walk the World (thanks, rain!) and our game night. We had members (with umbrellas) walking. We had snacks of all kinds and there were shouts of laughter as we played games. It was such a fun time. We are planning another in February. Bring friends or a newcomer with you. Maybe we could have another group of members like this to meet monthly. Maybe a group who would like to have a different interest; knitting, sewing, crafting, cooking, book group, etc. Reading a newsletter is ok, but participating in a like interest is not only fun, but essential to ourselves. You feel good when you get home. Sustaining and mailbox members are all welcome to participate.

Unit members, especially officers, are encouraged to participate in the county board meetings (Blue Ribbon Award.) We need your help with many things. The board meetings are the 1st Monday of each month at the 4-H Building.

Thank you for all of your help this year! We are glad to get back to doing things, especially after last year. The board has reports to fill out since it's the end of the year. **AND** don't forget to turn in your volunteer hours form (included in this newsletter)!!! Our county gets 20 points for each form turned in to help make County of the Year.

Have a very safe and a very THANKFUL THANKSGIVING & A MERRY CHRISTMAS!

ECHCE BOARD MEETING

On September 9, 2021, the Edgar County HCE Board met at the 4-H Building at 1 p.m. Kate led the Pledge and the Homemakers Aim.

Those present were Kate Morecraft, Pat Brazelton, Carole Halloran, Marge Houghland, Becky Step, and Cindy Bruce.

Cindy read the minutes of the August meeting and they will be on file.

Carole gave the treasurer's report. She said the fair food stand made just a little over \$3,000. The regular account has \$3,740.64 and the premier account has \$4,625.03, She also said there were no scholarship applications this year.

We all felt the officers' training evening went well for the officers and members who attended.

For International Night Carole will get a sign-up sheet ready and get placemats for the meal. The speaker will be Elaine Good and she will talk about Canada. Marge said she has passed out the recipes for the meal. We are going to try to use some red dishes as Canada's flag is red and white. The board is to be at the 4-H Building by 4 p.m. on October 12.

The Women Walk the World and Game Night will be October 14 at 4 p.m. We will be furnishing snack-type food for during the game time. We will have meatballs, mini-dogs, cheeseball and crackers, raw veggies, chips and dip and sweet treats. Board members are to bring board games and anyone else can too. Carole is to check at Party Maze for prizes.

Our next meeting is the International meeting and the walk/game night, the 12th and the 14th.

The next board meeting will be November 1 at 1 p.m. at the 4-H Building.

Secretary,
Cindy Bruce



Meeting Minutes

Here are the winners of the Cultural Arts Competition held recently during HCE week:

Winners and category:

1300- Quilt- Dona Hoult

1900 Card making-Trudy Arrasmith

2200-Holiday theme-Peggy Cline

400- Crochet-Kate Morecraft

1200-Machinery Embroidery-Gail Pruitt

1800-Recycled-Dona Hoult

2300-theme of the year-Marge Houghland

2100-Wearable Art-Marge Houghland

There were 14 entries and a nice variety of projects this year. Thank you to all who entered.

The winners will be entered at the Annual Conference in March of 2022.

*And the
Winners are...*

INTERNATIONAL NIGHT

International Night was a success!
Elaine Good gave a very interesting
program on our country of study,
Canada. Canadian food was sampled by
members present.

Thank you for a fun evening!



Upcoming Extension Events:

*Please note: Webinars are viewed on your home computer. You may contact our office for the possibility of viewing a webinar with a group or by yourself at the office – 217-465-8585 or schiver@illinois.edu. Find the link to register for these free webinars at:

<https://extension.illinois.edu/cce/events?tid=All&page=0%2C0%2C0%2C1>

Building Resiliency in Yourself and Your Organization	Nov. 9	10 a.m.
Wellness Strategies: Preventing Diabetes	Nov. 10	Noon
Health Data: What Does HIPPA Protect?	Nov. 17	Noon
Planning for the Unforeseen	Dec. 8	Noon

These are just a sample of educational programs available for you to view at no charge. Please see the above website for the complete list.



The Best Ways to Pack Your Clothes

November 2021 Minor Lesson

Taken from Real Simple: <https://www.realsimple.com/work-life/travel/best-way-pack-suitcase> **Think Big, Then Edit**

Gather all the garments you anticipate needing—then put half of them back. Select clothes in the same color family, packing more tops than bottoms. For a five-day trip, you'll likely need five shirts, two pairs of slacks or jeans, and one skirt, says Kathleen Ameche, author of *The Woman Road Warrior*. The average 22-inch carry-on bag fits roughly two pairs of jeans, three sweaters, two dresses, and five shirts.

Pack Wrinkle-Resistant Fabrics

If you can, choose knits, wools, and cottons because these fabrics tend to resist wrinkles and be versatile (some garments can do double duty, like yoga pants that moonlight as pajamas).

Roll and Fold Items

Using a bit of each packing technique is the most efficient way to get things into your suitcase. Roll softer garments and fold stiffer ones. Underwear, T-shirts, jeans, cotton pants, and knitwear won't wrinkle when rolled tightly, says Judy Gilford, author of *The Packing Book*. Stiffer fabrics, such as starched cotton shirts, blazers, dressy pants, and skirts, should be carefully folded.

Arrange Clothing Thoughtfully

Place your softer, rolled items at the bottom of your suitcase first. Next comes your folded garments: For your middle layer, start with the longest items, like skirts and nice pants. Stack the garments on top of each other, alternating waists with hems. Lay them the length of your suitcase, draping leftover fabric over the opposite end. (This conserves space since thick waistbands won't be piled on top of one another.) Wrap the draping ends of the pile into the center. Next, lay collars of shorter items, like shirts, at the hinge with the ends over the handles. Fold the collars and ends over once and fold the arms in. Finally, snake belts around the perimeter of the bag so they take up as little room as possible (and add another layer of snugness around these three layers).

Cover the Pile With a Dry-Cleaning Bag

Because of the dry-cleaning bag's slippery surface, folded clothes don't stay in one place long enough for creases to set. Easy upgrade: Place a bag between each layer of

clothing. To get to a certain layer easily, simply pull the ends of the bag up on either side.

Place Clothes You'll Need First at the Top

This could be anything from a dress to a bathing suit to pajamas, depending on where you're going, what time you arrive, and what the plan is when you get there.

How to Pack Shoes

Follow the Rule of Three

Consider one casual sandal or loafer, sneakers, and an evening shoe to be your holy trinity. "Because of their shapes and heels, shoes take up the most room," says Marybeth Bond, author of *50 Best Girlfriends Getaways*. Wear the heaviest, bulkiest pair and pack the other two.

Have Your Shoes Do Some Work

Depending on how clean your shoes are, stuff them with other items like socks, sunglasses, and electronics chargers, says Anita Dunham-Potter, a cruise columnist for MSNBC.com. This will end up saving you a bit of room here and there.

Place Shoes Into One-Gallon-Size Resealable Bags

Then set them along the sides of the bag, says Gilford. This will keep dirt and germs from your shoes from getting onto your packed clean clothes.

How to Pack Toiletries and Beauty Products

Opt for Travel-Size Multitaskers

Choose a tinted moisturizer that serves as foundation, a soap, and shampoo in one, and wipes that clean hands and face. (If you're flying with a carry-on bag, check current regulations for liquids at [tsa.gov](https://www.tsa.gov).)

- Fill Empty Bottles With Your Favorite Brands (But Not to the Top)
- Evelyn Hannon, creator of [journeywoman.com](https://www.journeywoman.com), a travel-advice website, swears by a four-inches by four-inch Dopp kit she stocked with eight clear, travel-size containers for lotions, contact-lens solution, and the like. Fill them three-quarters full. "The storage department on a plane is not pressurized, so items filled all the way to the top will overflow," says Bond, who learned that the hard way when a sample of Pepto-Bismol exploded all over her clothes.

Group Similar Products in Sealed Resealable Bags

Designate one bag for cosmetics, one for hair products, and one for skin-related items. Tuck the bags in the side corners of your suitcase or in a zippered outside pocket.

How to Pack Jewelry

Stow Inexpensive Pieces in a Seven-Day Plastic Pillbox

Or store them in a 35-millimeter film container lined with tissue. If you must take precious gems, wear them during your travels to reduce the risk of loss or theft, suggests Gilford.

How to Pack Fragile Objects or Breakables

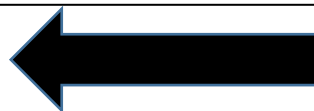
Use Clothing as Padding

Wrap fragile items in thick, sturdy clothing. Place them in the center of your bag surrounded by a buffer, says Laura McHolm, co-founder of NorthStar Moving, a Los Angeles–based company that relocates 5,000 people (and their precious porcelain) each year. If you're carting liquor bottles, secure them in the bottom center of your bag.

How to Pack Dirty Laundry

Shrink It

Jessica Ellis, a graphic designer who travels between New York City and Chicago every other week, piles clothing into Eagle Creek Pack-It Compressor bags. "Zipper them, and they take out 80 percent of the volume." Warning: This can have wrinkly consequences, so if the clothes don't yet require laundering, lay them flat and place fabric-softener sheets between them. Consider your fresh-smelling clothes a welcome-home present.



Steve Coombes and
Bruce Young from Lot 50
Brewing were a big help
at this year's 4-H Fair
Food Stand. Thank you
for helping Edgar County
HCE!

December, 2021 Minor Lesson

It's National Homemade Cookies Day – Friday, October 1, 2021

With the average person consuming almost 19,000 cookies in a lifetime, it is no surprise why we celebrate National Homemade Cookies Day! Every year on October 1, bakers, homemakers, and cookie enthusiasts alike, preheat their ovens to serve up these delicious treats. With a variety of options to choose from, there is no limit to the types of cookies you can create in the comfort of your own home.

NATIONAL HOMEMADE COOKIES DAY ACTIVITIES

1. Bake someone's day

You can never just bake one cookie, so why not share them with your friends, family, and coworkers! Bake up the classic chocolate chip, or make a variety to celebrate this tasty holiday. You'll definitely brighten up everyone's day.

2. Move over Martha Stewart, it's time to get creative

A great cookie starts with a strong foundation: the dough. Once you have the dough, the possibilities are endless. Add your favorite nut, dried fruit, candy, or any special ingredient to create your own signature cookie.

3. Host a cookie baking contest

Host a cookie baking contest at your neighborhood community center, church, or at your home with friends and family. Encourage participants to create a family recipe, or share one that's been passed down to them.

WHY WE LOVE NATIONAL HOMEMADE COOKIES DAY

1. They're quick and delightful

Cookies are one of the easier treats to cook up, and they don't take much time to bake. Whether you like your cookies gooey, or crispy, their sweetness makes every bite enjoyable.

2. They fill our tummies, warm our hearts

Nothing makes us feel more at home than the smell and taste of freshly baked cookies. These nostalgic handheld circles, make the perfect snack at any time of day, and you can taste the love that goes into making them.

3. You don't have to be an expert to bake

Popular brands have made it easy for us to skip the hassle of preparing the cookie dough, and allow us to jump right in at the baking step. For those wanting to "break and bake", cooking up these treats has never been easier.

Easy Cut-Out Sugar Cookies

Source: <https://www.landolakes.com/recipe/21085/easy-cut-out-sugar-cookies/>

Ingredients:

3 cups all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

1 cup sugar

1 cup cold butter, cut into chunks

1 large egg

1 ½ teaspoons vanilla extract

½ teaspoon almond extract

Step 1: Heat oven to 350°F. Line cookie sheets with parchment paper.

Step 2: Combine flour, baking powder & salt in small bowl. Set aside.

Step 3: Place sugar & butter into bowl of stand mixer with paddle attachment.

Beat at medium speed until well combined. Add egg, vanilla and almond

Extract; beat until well mixed. Gradually add flour mixture, beating at low Speed until just combined.

Step 4: While removing dough from bowl, knead to incorporate crumbs and form smooth dough. Roll out dough on lightly floured surface to 1/8-inch thickness.

Step 5: Cut into shapes with 2 1/2-inch cookie cutter. Place onto prepared cookie Sheets. Bake 8-10 minutes or until just beginning to brown around edges. Cool on cookie sheet 2 minutes; remove to cooling rack. Cool completely.

Tip: If planning to cut with intricate cutters, chill dough 30 minutes before rolling and cutting. This ensures your cookies will hold their detailed shape.

Chocolate Chip Cookies made with Splenda®

Source: <https://www.splenda.com/recipe/chocolate-chip-cookies/>

Ingredients:

2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 cup melted butter
1 cup Splenda® Brown Sugar Blend
2 large eggs
1 tablespoon vanilla extract
2 cups semisweet chocolate chips



Directions:

1. Preheat oven to 375°F. Line baking sheets with parchment paper.
2. In a bowl, combine flour, baking powder, baking soda, and salt.
3. In a mixing bowl, mix together butter and Splenda Brown Sugar Blend.
4. Mix in eggs one at a time. Stir in vanilla extract.
5. Mix in flour mixture, then fold in chocolate chips.
6. Drop dough by rounded tablespoons onto baking sheets.
7. Bake for 11–13 minutes. Allow cookies to cool slightly before transferring to wire racks to cool completely.



Did you know you might qualify for a discount on your license plates? Find the information at the IL Department of Aging website:

<https://www2.illinois.gov/aging/BenefitsAccess/Pages/Eligibility%20and%20Frequently-Asked-Questions.aspx> or phone the Secretary of State's office at 217-466-5220.

Molasses Cookies

Source: <https://www.allrecipes.com/recipe/9311/molasses-cookies/>

Ingredients:

- $\frac{3}{4}$ cup margarine, melted
- 1 cup white sugar
- 1 egg
- $\frac{1}{4}$ cup molasses
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground cloves
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ cup white sugar

Directions:

1. In a medium bowl, mix together the melted margarine, 1 cup sugar, and egg until smooth. Stir in the molasses. Combine the flour, baking soda, salt, cinnamon, cloves, and ginger; blend into the molasses mixture. Cover, and chill dough for 1 hour.
2. Preheat oven to 375° F. roll dough into walnut sized balls, and roll them in the remaining white sugar. Place cookies 2 inches apart on ungreased baking sheets.
3. Bake for 8 to 10 minutes in the preheated oven, until tops are cracked. Cool on wire racks.

Meringue Cookies

Source: Susan Guinnip-Clark County 4-H Cookbook

Ingredients:

- powdered egg whites equivalent to 2 egg whites
- $\frac{3}{4}$ cup sugar
- 1 cup chocolate chips or nuts or both

Directions:

Preheat oven to 375°. Following label directions, add enough water to egg white powder to equal 2 egg whites and beat until frothy. Add sugar. Beat until very stiff. Fold in chocolate chips. Cover cookie sheets with foil. Drop by teaspoonful on foil. Put cookies in oven. Turn off oven. Leave in oven overnight or 6 hours. *Red and green M & M's can be added at Christmas time for a festive holiday treat.

Make It and Take It Workshop for youth 8 years and older

Wednesday, December 1

4:30 – 6:30 p.m.

\$10 registration fee

Youth ages 8+ are invited to a fun, hands-on workshop at the Schmitt Family Tree Farm! You will use a binding machine to make your wreath from fresh cut evergreen branches, then use decorations and ribbon to make it your own. Register by November 22.

The event will be open-house style, so come anytime during the 2-hour window. The cost is \$10 per person. Open to 4-H'ers and non-4-H'ers. Register by calling the Edgar County

Extension Office at 217-465-8585 or online at:
<https://go.illinois.edu/MakeltandTakeltWorkshop>



These are the “Cultural Arts Show” categories. Please note there are a few changes.

- 100 Artwork (Charcoal, Oil, Acrylic or watercolor)
- 200 Counted Cross Stitch
- 300 Crafts (Wood and Rugs included)
- 400 Crochet Afghans
- 500 Crochet - Other
- 600 Hand Embroidery
- 700 Quilt, Hand or Machine Pieced and hand quilted by HCE member
- 800 Heritage Needlework (Silk Ribbon, Hardanger, Tatting, etc.)
- 900 Jewelry (Handmade)
- 1000 Knit Afghans
- 1100 Knit – Other
- 1200 Machine Embroidery
- 1300 Quilt Machine pieced, and machine quilted by HCE member
- 1400 Nature Items (anything made of natural things, wheat, corn husk, etc.)
- 1500 Photography
- 1600 Quilt, hand or machine pieced by HCE member and quilted by non HCE member
- 1700 Quilted - Other (anything quilted that isn't a quilt)
- 1800 Recycled
- 1900 Scrap Booking (up to 4 pages total, front and back, in 2 plastic sleeves) and Cardmaking
- 2000 ~~Table Runners and covers~~ Home Décor (except quilts)
- 2100 Wearable Art (any technique applied to purchased or self-made item)
- 2200 ~~Wall Hangings~~ Holiday themed (except quilts)
- 2300 Current Annual Conference Theme or Country of Study
- 2400 Sewing NOTE: Above size maximums 24” including matting and frame or can be folded to 24” except quilts.



HCE WEEK

Pictured are Becky Step and Carole Halloran, representing Edgar County HCE, with Paris Mayor Craig Smith at the October 12 city council meeting during the proclamation of HCE Week – October 11 – 15!

Here are a few examples of the talent displayed at the Cultural Arts Competition at International Night



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

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

RETURN SERVICE REQUESTED

November & December, 2021 HCE NEWSLETTER

ANNOUNCEMENTS & UPDATES

- All Extension Offices will be closed for Thanksgiving on Thursday and Friday, November 25-26 and also for Christmas break, Friday, December 24, 2021 – Monday, January 3, 2022.
- ALL visitors at the Extension Office are required to wear a face covering and practice social distancing, regardless of vaccination status. THANK YOU!
- Keep up with Extension news and programming at: <https://extension.illinois.edu/cce/events>