

**EDGAR COUNTY HOME & COMMUNITY
EDUCATION ASSOCIATION
NOVEMBER/DECEMBER 2024**

Edgar County Extension Office – 217-465-8585

ATTENTION: Please send any announcements, pictures 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 the month of publication.

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

Co-President	Pat Brazelton	pbraze33@gmail.com	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	ichalloran.itj@gmail.com	217-251-2384
International/Public Relations	Trudy Arrasmith	tarrasm57@gmail.com	217-822-7262



iahce.org

extension.illinois.edu/cce

Upcoming Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Host</u>
October 24	7 p.m.	Chrisman Night	Betty Lewis Lesson Leader - Nancy Harper
November 12	1:30 p.m.	Bell Ridge	Wilma Cook
November 21	7 p.m.	Chrisman Night	Horace Baptist Church Lesson Leader – Debbie Cook
November 14	1 p.m.	Redmon Night	Sandy Randall
November 26	1:30 p.m.	Stratton	Pat Brazelton
December 10		Bell Ridge	Christmas Luncheon
December 19	6 p.m.	Chrisman Night	Nancy Harper Nancy Harper's home, catered meal
December		Redmon Night	Contact club president for details
December	1:30 p.m.	Stratton	Christmas get-together Details TBA

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. Thank you.

Cindy Bruce
PO Box 75
Kansas, IL 61933

Friendship Project Funds Collections

Friendship Project Funds are to be collected and sent into IAHCE by November 20. Please send unit checks to Carole Halloran by November 10 or sooner, if possible. Please send your checks to:

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

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



CORRECTION

Emma Stafford was the HCE scholarship recipient for 2024. We apologize for mis-identifying Emma in our previous newsletter. Congratulations Emma!

ECHCE BOARD SEPTEMBER MEETING MINUTES

The ECHCE Board met September 3, 2024 at Pat Brazelton's home at 1:00 pm.

Kate Morecraft led us with the Pledge of Allegiance and the Homemakers Aim.

Cindy Bruce did roll call with Paula Coombes and Becky Step absent.

She also read last month's minutes with the time added for the Disaster Preparedness Program.

Minutes are on file.

Carol Halloran said we have \$9,609.69 in the regular account and \$3,126.29 in the premier account as of August 31, 2024. Our food stand take in was \$10,059.17 with net profit of \$4,909.84.

One roaster will be replaced. Rebecca is contacting Brittany to purchase it.

Member of the year award work will be worked on at Pat Brazelton's home on September 9. It is due October 1.

State reports are due on January 5.

August 22 is our picnic. BBQ, buns, drinks, and service will be provided. The event will begin at 5 pm at Twin Lakes. We will play bingo after the meal. Members coming should bring a covered dish and a guest. Trudy Arrasmith will be doing PR.

Natural Disaster Preparedness presentation for members and public is October 10 in the afternoon.

Mary Liz Wright, Extension Educator, is the speaker.

HCE WEEK, officers training following the meeting.

We are having a craft fun day October 8 and inviting Clark County to come. We will be doing jean pockets from 10 a.m. – 3 p.m. with lunch of pizza, salad, and drinks. Come and have fun!!

September 17- International Night- Angela Hicks, speaker. Bring cultural arts projects. Register at 5:30 p.m., eat at 6 p.m.

October 8 -Craft Day with lunch- Cultural arts voting today

October 10 - Natural Disaster Preparedness- Officer Training after lesson- cultural arts voting if you need to vote.

November 6 – Mini-District meeting

Our next meeting is October 1, 2024 at 1 p.m. at Pat Brazelton's.

Cindy Bruce, secretary

ECHCE BOARD OCTOBER MEETING MINUTES

The ECHCE Board met October 1, 2024, at Carole Halloran's at 1 pm.

Kate Morecraft led the Pledge of Allegiance and the Homemakers Aim.

Cindy Bruce called the roll with Becky Step not there. The September minutes were read, and she changed that we would be meeting at Carole's home.

Carole Halloran said as of September 30, 2024, we had \$9,395.08 in the regular account and we had \$3,126.32 in the premier account.

The state newsletter article Trudy submitted was not published. They will notify Angela so that points will not be deducted from Club of the Year.

A roaster has been replaced for the kitchen at the 4-H Building.

Member of the year has been mailed to state.

STATE REPORTS ARE DUE JANUARY 5th!!!!

We will meet at 9:30 at the 4-H Building for Craft Day. Clark County will be there. We will be making jean pockets. Lunch will consist of pizza, salad, veggies, and drinks. Clark County brought a cake for us to share.

Natural Disaster Preparedness presentation will be October 10 with Mary Liz Wright the speaker at 1:30 p.m. Following will be officers training. We had cookies and drinks at the end.

We had a great night with Angela Hicks speaking on Malaysia on Sept. 17. Cultural Arts projects were brought that night.

On November 6, we will be going to the Mini-District meeting in Decatur. We will be at Pat's at 9:15 a.m.

Our next meeting is November 5, 2024 @ 1 p.m. @ Pat's.

Cindy Bruce
Secretary



Bell Ridge HCE Unit had fun at their September meeting while making toilet paper pumpkins. Pictured front: Kate Morecraft, Nancy Hansel, Shirley Rideout
Back: Trudy Arrasmith, Wilma Cook, Alicia Hollis

DIAMONDS ARE FOREVER AND SO IS IAHCE

WOW! What a busy time we've had! **International Night** with **Angela Hicks**, IAHCE president, speaking on her trip to Malaysia and **Trudy Arrasmith** serving the food, our **craft day** with a special lunch, and the lesson on **Natural Disaster Preparedness** presented by **Mary Liz Wright**, Extension Educator. The **Officers' Training** followed the lesson. The beautiful Cultural Arts projects showed our talents. I'm sorry that more members didn't participate in the fun. It takes a lot of energy to prepare those projects. We do have an **amazing team** of officers! **THANK YOU!** Thank you to **Rebecca Schiver**, we couldn't do this without you!

If you haven't turned in your **Friendship monies**, please do ASAP. Also, your **volunteer hours** need to be in **by December 10!** This date is earlier than previous years. We have reports to turn in.

The holidays will be here before we are ready. Enjoy **Thanksgiving** and **Christmas** with family and friends. Stay safe! Looking forward to 2025 to learning new things with you all!

Pat Brazelton & Kate Morecraft, Edgar County HCE Co-Presidents

P S: DONT FORGET TO VOTE ON NOVEMBER 5!!

ANNOUNCEMENT

We will no longer be collecting plastic caps for recycling into park benches at the Extension Office. The program through Crawford County HCE has been discontinued. You may still drop your caps at Brad's Florist, 621 W. Jasper St., Paris, where they are collecting for Paris Lions Club.

November 2024 Minor Lesson

Source: extension.illinois.edu/food/leftovers

Find Creative Ways to Use Leftovers

Instead of tossing leftover food, save time and money by practicing these steps.

Store Cooked Leftovers in the Refrigerator and Eat Within 3-4 Days

- Place leftovers in clear, airtight containers to easily see what is in them.
- Label the item with the day the food is prepared. Use a removable label or tape a sticky note to the container.
- Move food that will spoil first to the front of the refrigerator, so that it will be a reminder to eat it soon.

Freeze Cooked Leftovers Within 3-4 Days

- Place food in an airtight container made of plastic or glass. Remove as much air as possible before closing.
- Label the container with the product name, the current date, and recommended storage time. In general, freeze casseroles for 2 to 4 months and soups and stews for 2 to 3 months.

Transform Leftovers into a Completely Different Meal

- Find inventive ways to reuse and transform leftovers into new recipes to avoid eating the same thing night after night.
- Ask yourself if the food item can be turned into a stir-fry, soup, quesadilla, or casserole.

Practice Food Safety

Once food is cooked and ready to be stored, it is essential to refrigerate and freeze food properly. Leftover hot and cold foods should be refrigerated within 2 hours. Bacteria multiplies between the temperatures of 40°F and 140°F, known as the “temperature danger zone.” Place hot leftovers in shallow pans, no more than 4 inches deep, and refrigerate to allow for quick cooling.

Thawing

Thaw using one of the four safe methods:

- Thaw in the refrigerator
- Thaw food in a leak-proof plastic bag immersed in cold water, and change the water every 30 minutes
- Thaw in the microwave and cook it immediately after
- Thaw during the cooking process, such as frozen hamburger patties on the grill
- Never thaw foods outside or in a garage, basement, or out on the kitchen counter. These methods can leave your foods unsafe to eat.

Reheating

If reheating in the microwave, use microwave-safe containers. Do not use plastic storage bags, brown paper bags, plastic grocery bags, newspapers, aluminum foil, or plastic containers. Reheat all food to 165 degrees° as measured with a food thermometer. Never reheat foods in a slow cooker; instead, reheat on the stovetop or microwave and transfer to a slow cooker to keep warm (140°F or above).

How to use leftovers

- **Ham:** Cut leftovers into cubes and add scrambled eggs, potatoes, pasta salads, lettuce salads, or rice dishes.
- **Taco Meat:** Add chili, top baked potatoes, or make homemade nachos.
- **Beef/Pork Roast:** Add vegetable beef stew, use in beef and noodles, or make barbeque sandwiches.
- **Chicken:** Use in soups like chicken noodle or tortilla, make tacos or fajitas, add to salads, wraps, pasta dishes, quesadillas, and dips.
- **Steak:** Use for steak and eggs, in a quesadilla, or as a salad topper.
- **Fish:** Use for fish tacos or fish cakes. Mix with sour cream and chives for a fish dip. Make fish chowder with leftover vegetables.
- **Rice:** Make rice pudding or fried rice. Add leftover rice to vegetable soup or chicken broth.
- **Pasta:** Add leftover pasta to soups, pasta salad, or stir-fry.
- **Bread:** Make croutons, French toast, or breadcrumbs.
- **Grapes/Berries:** Wash and freeze, add yogurt, smoothies, or ice cream.
- **Apples:** Sauté sliced apples with margarine and cinnamon for a dessert. Use older apples for baking into a pie, cobbler, or muffins.
- **Over-ripe fruit:** Add over-ripe fruit like pineapple or banana to smoothies.
- **Vegetables:** Pickle extra vegetables using pickle juice or apple cider vinegar. Add leftover cooked vegetables to soups or stir-fries.
- **Coffee/Iced Tea:** Freeze extra coffee or iced tea in ice cube trays and add to cold drinks.
- **Wine:** Freeze wine in 1 tablespoon measurements in an ice cube tray to be used for cooking.

December 2024 Minor Lesson

Low-Maintenance Succulents

Source: [Nancy Kreith](#), Extension Horticulture Educator

Liven up your home this winter by introducing carefree and cheery succulents. Succulents offer interesting shapes and colors with their unique fleshy, plump leaves. The best part is they are relatively simple to care for if you can provide ample light.

A few easy-care succulents that do well indoors include jade, haworthia, aloe vera, kalanchoe, sedum, echeveria, and euphorbia. Research each variety to determine their light and watering requirements. Succulents are often grouped together in small dish gardens, which work well because they dry out quickly. However, the combinations should have similar light and watering needs for each plant to thrive.

The biggest mistake people make with succulents is overwatering them. These are plants that thrive on neglect.

Watering needs vary depending on the time of year, air circulation, humidity, room temperature, and available light. Generally, succulents need water every two to three weeks. Think of it as a wet and dry period. Only water succulents when the soil is completely dry and

water deeply until water runs out of the drainage holes of the pot. Succulents go dormant in the winter and can be watered even less, perhaps only a couple of times.

The biggest challenge with growing succulents indoors is the lack of sunlight. It is best to provide at least six to eight hours of bright sunlight. This can be difficult in the average home. Rotate succulents between sunny windows or provide supplemental lighting using fluorescent or LED bulbs. Plants will grow toward the light source, so rotate pots frequently to keep plants uniform.

Succulents can be moved outdoors during the summer months. Slowly transition plants because unfiltered sunlight is much more intense, causing the leaves to burn. Put them somewhere with indirect sunlight and gradually move them to sunnier locations.

Succulents do use a special soil mix. Succulent potting soil can be purchased at garden centers. Or you can mix your own using one-part organic matter, such as potting soil or coir, and two-parts mineral, such as coarse sand, perlite, or pumice. Use pots with drainage holes. Clay and terracotta pots work well because they are porous, and the soil dries quicker.

Most succulents do not need regular fertilization. Once a year in later spring or summer is sufficient and apply a quarter to half the rate suggested on the fertilizer instructions.

Pests are typically not a problem, but scale and mealy bug infestations can happen. Control minor infestations by swabbing or spraying insects with rubbing alcohol. Neem oil and insecticidal soap are also an option. Keep infected plants away from healthy plants. Dry lower leaves on succulents are normal, and these can be removed.

Many succulents are easy to reproduce through propagation by offsets, stem cuttings, or leaf cuttings. Over time, the mother plant will develop offsets or young plants. Leaves may fall into the soil and generate new growth.

When using stem or leaf cuttings, allow the bottom of the cutting to dry out and callus for about a week before replanting them. Then, lay or gently plant cuttings in moist soil and allow them to root for at least a month. Once roots are developed, the cuttings can be transplanted into small pots.

PHOTO CAPTION: Photo by Nancy Kreith, Illinois Extension. When mixing different types of succulents in the same container, research each plant's water needs to ensure they all can thrive.



“I don’t know how you feel about old age, but in my case, I didn’t even see it coming. It hit me from the rear.” *Phyllis Diller*

FROM TRUDY ARRASMITH, HCE BOARD INTERNATIONAL CHAIRMAN

We have had a busy fall with several activities. September started it all off with International Education on Malaysia. We sampled some of the dishes that are served in that country. Our guest speaker was Angela Hicks, who is our state HCE president. She was very informative and fun.

In October we celebrated HCE Week with a display at the Paris Library and two events, a craft day and community education program, along with officer training.

On Tuesday, craft day involved decorating jean pockets for pen and note pad holders and making the ink pen for the pockets. Lunch was provided by the HCE board along with cake provided by the Clark County ladies who attended. Several members enjoyed the day.

On Thursday, a Disaster Preparedness Program was presented by Mary Liz Wright, Extension Nutrition and Wellness Educator. A very informative program on how to prepare for a major disaster was presented. Cookies and drinks were provided. Officer training followed the program, with board members speaking on their respective offices.

The board would like to thank all who attended the programs.

2024 INTERNATIONAL NIGHT

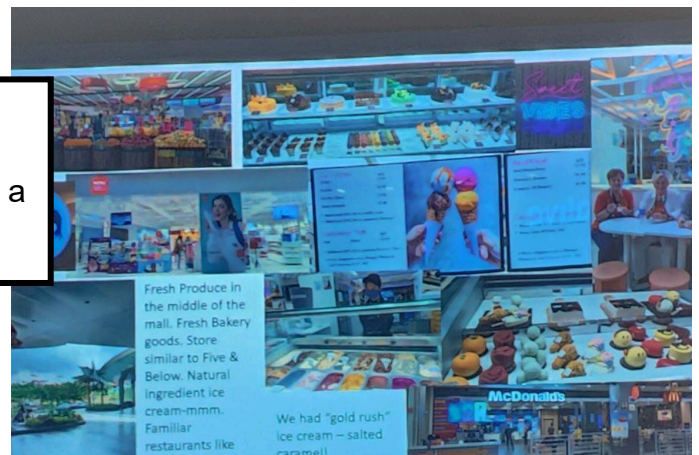


Greeting attendees at the 2024 International Night, held on September 17, were Edgar County HCE Board members Cindy Bruce, Carole Halloran, Kate Morecraft and Pat Brazelton.



Angela Hicks, IAHCE President, provided a very interesting program on Malaysia at the recent International Night. Angela is wearing a dress she purchased in Malaysia.

On display at International Night were pictures of examples of food available in a mall in Malaysia.



Pictured at right is Marge Houghland with two of her entries in the International Night Cultural Arts competition.



Edgar County HCE's own Hattie Claire was present at International Night!



At left is Angela Hicks, ILHCE President and International Night presenter, poses with some items from Malaysia.



HCE members enjoyed discussing the Malaysia presentation with presenter Angela Hicks.



As a HCE member, you are part of a worldwide organization.

HCE WEEK CRAFT DAY

October 8, 2024



Pictured above are participants in the Natural Disaster Preparedness Community Education Program. The training was presented by Mary Liz Wright (pictured below.)



Clark County HCE members got in on the fun of Craft Day. They also provided a delicious cake. Pictured are Barbara Gambrel, Nancy Wilson & Reba Reynolds.



**RETURN SERVICE REQUESTED
November & December, 2024
HCE NEWSLETTER**



In observance of upcoming holidays, University of Illinois Extension, Edgar County will be closed November 28-29, 2024 and December 24, 2024 through January 1, 2025. The office will also be closed January 20, 2025 in observance of Martin Luther King, Jr. Day.

**MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE
EXTENSION OFFICE!**