

**EDGAR COUNTY
HOME & COMMUNITY EDUCATION ASSOCIATION
March/April, 2025
University of Illinois Extension – 217-465-8585**



Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
March 11	1:30 p.m.	Bell Ridge	Karen Nuckols
March 27	7 p.m.	Chrisman Nite Chrisman Christian Church	Vickie Hollingsworth
March 13	1 p.m.	Redmon Night Step Station	Becky Step
March 25	1:30 p.m.	Stratton	Pat Brazelton
April 29		Annual Meeting Bell Ridge	No unit meeting
April 24	7 p.m.	Chrisman Nite Chrisman Christian Church	Harriet Graves (white elephant exchange)
April 29		Annual Meeting Redmon Night	No unit meeting
April 29		Annual Meeting Stratton	No unit meeting

Check out our website: extension.illinois.edu/cce

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If you haven't checked it out, take time to check out the new
Edgar Co. Facebook page that has been set up,
for anyone on Facebook.

More information can be found on the county's happenings with Edgar County HCE.



University of Illinois—U.S. Department of Agriculture—Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to participate in any of the programs mentioned in
this newsletter, please contact University of Illinois Extension, Edgar County office – 217-465-8585.

101st Annual IAHCCE Conference

“Make Time IAHCCE 2025”

Tuesday, March 11– Thursday, March 13, 2025
Thelma Keller Convention Center - Effingham, IL

Make Time



IAHCCE 2025

Edgar County H.C.E. Board Members

Co-Presidents – Pat Brazelton, 217-822-6183	pbraze33@gmail.com
Kate Morecraft, 217-822-4956	silly1kate@me.com
First Vice – Paula Coombes, 217-822-4058	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
Cultural Enrichment/Community Issues – Dona Hoult 217-822-2419	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 at schiver@illinois.edu, or mail to 210 W. Washington St., Paris.

Please send unit news to the same address. We want to know about your unit’s activities and successes. The due date is the 20th of the month before publication. Thank you for helping Edgar County HCE.

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

ATTENTION UNIT TREASURERS: Unit dues are due to Board Second Vice, Becky Step, by May 1. Dues are \$12 each.



Hear Ye, Here Ye

Edgar County HCE Board will be replacing positions of President and Treasurer at the next annual meeting held the last Tuesday in April. Please consider stepping up and filling a position. Bylaws were updated a few years ago that these positions can be shared – co-presidents and /or co-treasurer.

The state IAHCE bylaws require each county to have at least President, Secretary and Treasurer which means if no one is willing to fill these positions Edgar County HCE will be forced to disband. The current board will be running the food stand during the 4-H Fair again this year then, a meeting will be held to determine the state of Edgar County HCE.

Contact a board member if you have any questions. Thanks for your consideration.

ECHCE Annual Meeting

The Edgar County HCE Annual Meeting will be held Tuesday, April 29 at the 4-H Fairgrounds. Sign-in is at 5:30 p.m. with a catered meal served at 6 p.m. Entertainment will be announced at a later date. An election for the offices of president, treasurer and international chairperson will be held during the business portion of the evening.



The March package lesson,
“Food Rescue – Waste Not/Want Not” has been printed & is ready for
pick-up at the Extension Office.

Training for the June Major Lesson:

There will be training for local leaders and the public for the June lesson,
“Inflammation and Arthritis” on Tuesday, May 13 at
1:30 p.m. at the Extension Office.

This is a pre-recorded HCE lesson that will be viewed over the internet.
Please bring a friend.

'MAKE TIME' FOR ECHCE

It's **MARCH!!** Spring can't be too far away! As I write this, I'm looking out my window at the snow. I can't wait to walk barefoot out in the yard and admire the flowers and bushes in bloom. In April we will be conducting the ECHCE Annual Meeting and hope to see you there. This year will be very important. The offices of the president, treasurer and the international will be up for new people. There is an article elsewhere in this newsletter about this item. Please read it.

The **4-H Food Stand** will be held this year so you will receive all the info. in the next newsletter.

We had a **Cabin Fever Day** last week and had lots of fun. Soup and sandwiches (plus other delicious food). Making Valentine cards was a very busy area, and the cards were creative and beautiful!! We have very creative members. Clark County participated in the fun. We played bingo in the afternoon with interesting prizes. Thank you all for coming. Pat and I want to thank those who helped with the fun day. It takes people to make things happen.

We lost two members this month, Shirley Ross and Joan Mattingly.

The state conference will be March 11 – 14 in Effingham. If anyone would like to attend call Carole Halloran.

Attend your local unit meetings, keep track of your CVH hours each month (it's easier that way), bring a friend to your meetings. **Enjoy your spring!!**

God bless,

Pat Brazelton and Kate Morecraft

'MAKE TIME' FOR ECHCE ANNUAL MEETING

DUES

Don't forget that \$12 dues should be paid by May 1. If you are presently a unit member, please pay your treasurer and she will send one check (made to ECHCE) to cover the unit's membership Please include a list of members and officers. If you have a new community member or bride, they only pay \$6 for the year. Thanks for your cooperation.

Carole Halloran, ECHCE Treasurer
13556 N. 800th St.
Paris, IL 61944
217-251-2384



Valentine Card Making was a big hit!!

CABIN FEVER/CRAFT DAY February 11, 2025

FINISHED VALENTINE CARDS



Mary Ann Sullivan



Peggy Cline



Marge Houghland



Cindy Bruce

ECHCE Scholarship:

Don't forget that Edgar County provides a \$1000 scholarship, paid in two installments, 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. The first half of the scholarship (\$500) will be paid by July 1. The second half of the scholarship (\$500) will be paid no earlier than January 1. Applications are available at the Extension Office in Paris or by emailing schiver@illinois.edu. Applications must be postmarked no later than April 1, 2025. If you know of an eligible candidate, please encourage them to apply.



Edgar County HCE Board Meeting January 2024 Minutes

The ECHCE Board met on February 4, 2025 at Pat Brazelton's home.

The Pledge of Allegiance and the Homemakers Aim was led by Kate Morecraft.

Cindy Bruce read the roll call with all being present plus two from the Chrisman Nite Unit - Vickie Hollingsworth and Nancy Harper.

Cindy read the December minutes with no changes, and they are on file. January meeting had been cancelled so there were no minutes.

Carole Halloran gave the December and January treasurer's report with \$7,848.08 in the regular account and \$2,626.43 in the premier account. Carol paid EIU for our college student's scholarship.

Cindy made a motion for the treasurer to pay for those going to the state conference. Pat 2nd. Motion passed.

A letter from IAHCCE, Mary Johnson, saying our Member of the Year was not chosen.

I have it on file.

Trudy Arrasmith told us she had Facebook page done and online. It is Edgar County HCE.

All projects that had to be sent to IAHCCE were completed and sent.

The Annual Meeting is April 29 at the 4-H Building. Registration is 5:30 p.m. with the meal at 6 p.m. Pat Brazelton is to contact Kevin Lighty and/or Kevin Dickey, from Channel 3 Weather team, to see if one of them could come and give a talk that night.

February 11, from 10-2, at 4-H building will be our Cabin Fever Day. We will be making Valentine's and garden stick pins. We will be serving a soup and sandwich lunch. Board members will bring 3 different soups, sandwiches, relish tray, cheese ball and crackers, and the Chrisman Nite Unit will bring deserts.

If you know of anyone who wants to be on the board let me know. Kate and Pat, our co-presidents and Carole our treasurer will be retiring in April. If we don't get these two offices, we will have to shut the county HCE down. If someone from HCE will take their time to accept one of these offices, it would be great.

Sincerely,

Cindy Bruce

Secretary

IAHCCE Newsletter Information

The IAHCCE newsletter can be read free online at IAHCCE.org. If you would like a copy mailed to you, please send a \$15 check, payable to IAHCCE. Newsletters are mailed in May – August – December. Mail to: Emily McDowell, IAHCCE Public Relations Director, PO Box 522, Pierron, IL 62273. Please include your name, address, telephone number, county and email. Please also indicate if this is a new or renewal subscription or if your address has changed.



The Chrisman Nite HCE delivered school supplies to the Chrisman Elementary School in February. Members were Gail Pruitt, Betty Lewis, Nancy Harper, Vickie Hollingsworth and Mary Forsythe. Some of the excited 1st grade students are pictured in front of the supplies

Included in this newsletter is a copy of the volunteer hours sheet.

Make copies for each month.

**Then add your hours on a sheet and sent it to Cindy Bruce
at the end of the year.**

Send to Cindy Bruce, PO Box 75 Kansas, IL 61933

Or email cndlu347@gmail.com

A friend is one that knows you are you,

Understands where you have been,

Accepts what you have become,

And still gently allows you to grow.

Recipe Substitutions

March 2025 Minor Lesson

Source: extension.illinois.edu/food/recipe-substitutions

Save a trip to the store with these simple substitutions.

When you don't have all the ingredients the recipe calls for, check to see if there is a substitution before making a special trip to the grocery store.

Egg Substitutes for Binding

Helps hold the shape and stick together, such as in meatloaf:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water (combine and let sit for 5 minutes)
- 1 package plain gelatin + 2 Tablespoons warm water (do not mix until ready to use)

For every 1 whole egg, substitute one of the following replacements in a baking recipe. Depending upon the recipe and the function of the egg, certain options are better suited than others, as the flavor and texture may be slightly altered.

Egg Substitute for Leavening

Gives texture and a lift, such as in cookies:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water + ½ teaspoon baking powder
- ½ teaspoon baking powder + 1 Tablespoon liquid (water) + 1 Tablespoon vinegar
- 1 ½ Tablespoons water + 1 ½ Tablespoons oil + 1 teaspoon baking powder

Egg Substitute for Moisture

By leaving out the egg altogether and simply adding more moisture, such as in pancakes and quick breads:

- ¼ cup mashed banana, mashed avocado, applesauce, pumpkin puree, sweet potato, mashed beans or silken tofu
- 2 Tablespoons mayonnaise

Other Ways to Replace Eggs

Each replacement equals 1 whole egg:

- 2 egg whites
- ¼ cup commercial egg substitute

Milk

For 1 cup milk/buttermilk, substitute one of the following:

- **Instant nonfat dry (powdered) milk:** 1 cup water + 1/3 cup powdered milk
- **Non-instant nonfat dry (powdered) milk:** 1 cup water + 3 Tablespoons powdered milk
- **Evaporated milk:** ½ cup water + ½ cup evaporated milk
- **Buttermilk:** 1 Tablespoon lemon juice or vinegar + enough regular milk to make 1 cup (let sit 5 minutes)

While it may not taste the same as drinking a glass of milk, there are substitutions that work well in cooking and baking.

Fresh or Frozen Meat

To save on costs and room in the freezer, look for plant-based sources of protein, canned meat options, or simply cut the amount of fresh meat in half.

- Use beans, lentils, nuts/seeds, quinoa, tofu, and tempeh
- Choose low-sodium canned meats, such as canned fish or chicken
- Reduce meat by half and replace the remaining amount with beans or vegetables

Fresh Produce

Stock up on canned and frozen fruits and vegetables when fresh produce is not available.

- Canned fruit packed in 100% fruit juice or water or unsweetened frozen fruit
- Canned no added salt or low sodium vegetables, drained and rinsed or frozen vegetables without seasonings/sauces

Baking Powder

Double Acting: 1 teaspoon = $\frac{1}{4}$ teaspoon baking soda $\frac{5}{8}$ teaspoon cream of tartar

Cornstarch, for thickening

1 Tablespoon = 2 Tablespoons all-purpose flour

Cream of Tartar

$\frac{1}{2}$ teaspoon = 1 $\frac{1}{2}$ teaspoons lemon juice or vinegar

Half & Half

1 cup = 1 cup evaporated milk, undiluted

Heavy Whipping Cream

1 cup = $\frac{1}{3}$ cup butter + $\frac{3}{4}$ cup milk (will not whip; for baking only)

Condiments

To substitute for 1 cup of mayonnaise, ketchup or barbecue sauce, use the following:

- 1 cup sour cream
- 1 cup plain regular yogurt or Greek yogurt
- 1 cup cottage cheese puréed in a blender
- 1 cup tomato sauce + $\frac{1}{2}$ cup sugar + 2 Tablespoons vinegar
- $\frac{3}{4}$ cup ketchup + 2 Tablespoons mustard + 2 Tablespoons brown sugar

SATURDAY MAY 3, 2025
8-11 AM CLARK CO. EXTENSION
15493 N. State Hwy. 1, Marshall
One mile south of Marshall on Route 1

PLANT & BAKE SALE

ANYONE CAN SELL - ANYONE CAN BUY

Bring your seedlings, cuttings, and houseplants to sell. **PLEASE NOTE: DUE TO THE THREAT OF JUMPING WORMS, PLANTS DUG FROM THE GROUND WILL NOT BE ALLOWED TO BE SOLD.** Sell your extras or buy what you need! Bake some treats and sell them too, or just come to shop. You set your own prices. Call Edgar County Extension Office to reserve your space 217-465-8585

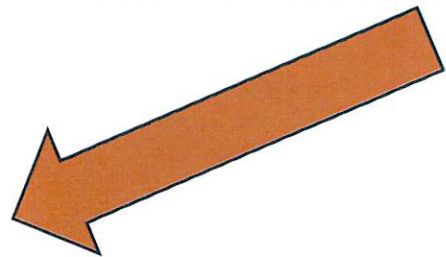
Limited booth space available indoors and outdoors.

University of Illinois | U.S. Department of Agriculture | Soil Extension
Columbia Cooperative | University of Illinois Extension provides equal
opportunity in programs and employment. If you need a reasonable
accommodation to attend, call 217-245-8686. Early requests are
encouraged to allow sufficient time for meeting your access needs.

Illinois Extension

Bake Sale

**THE PLANT SALE
IS BACK!!**



Keeping rain where it lands

April 2025 Minor Lesson

Source; Jamie Viebach, Extension Horticulture Educator

Rainwater is frequently treated like a waste product – gathered up, hustled off our yards, and into the nearest body of water. But instead, what if we kept it where it fell, used it, and directed it back into the ground. We could help mitigate flooding, conserve water, and be rewarded with a beautiful garden!



Tracing the path of a raindrop

When rain falls from the sky, it might land in a pond, on our grass, on our rooftops, or on a parking lot. These spaces are divided into “pervious” and “impervious” places. Pervious surfaces are those through which water can flow, such as gardens and turf. Impervious surfaces block the infiltration of water, like sidewalks, parking lots, and buildings. When water hits one of these surfaces, it gathers and flows to the lowest point it can find. When our infrastructure is working well, this water will travel to a storm drain and come out into a nearby body of water like a pond, stream, or river. Along the way, however, it might have picked up pollutants, bringing motor oil, lawn chemicals, and sediments along for the ride.

Capturing rainwater

Homeowners can do their part to help prevent this pollution from entering our local waters by keeping rain where it falls. Fortunately, there are several methods we can use to do this. The easiest way is using a rain barrel under a downspout on the house which, instead of sending water to the storm sewer, collects it in a container. That water can then be used instead of tap water for flowers, washing tools, or many other yard tasks. Water from a roof should not be used in a vegetable garden, however, as it may contain contaminants from wildlife or debris from shingles.

Using rain gardens

A rain garden is a little more complicated, but a very rewarding way to capture rainwater. A garden is built intentionally in the path of water, or downspouts are directed into a depression in the yard where water can stay for a short amount of time (ideally less than a day) to filter into the soil. This traps any pollutants that may have been hitching a ride with the water and stores them in the soil. Rain garden plants not only like being in wet soil, but they also can act like sponges, taking up excess water. They have longer roots, which can poke through clay soils, giving water channels to follow to drain deeper into the soil. Because the water should drain quickly, it will not be a breeding ground for pests like mosquitoes. Any eggs that are laid in a rain garden will not survive because it will dry up, preventing any larvae from reaching adulthood. There are many beautiful choices for native plants in your rain garden, too, all of which will help add color and beauty to your yard, while also managing water, feeding pollinators, and improving the soil!

For more information on rain gardening, visit the University of Illinois Extension website at extension.illinois.edu/rainfall-management and check out the [University of Illinois Extension Horticulture YouTube Channel](#) for videos on other horticulture topics.

APRIL IN PARIS GARDENING SEMINAR

Thursday, April 10 8:00 a.m. registration, Program 8:30 a.m. – noon
Lake Ridge Christian Church, 122 E. Steidl Road, Paris

Speakers and topics include:

Treva Cook, TLC U-Pick Flower Farm

Gardens for Cut Bouquets

Sara Vogel, University of Illinois Extension

Eight Great Alternatives to the Invasive Callery Pear Tree

Erica Shannon, Master Gardener

Landscape Design for Foundation Gardens

Ryan Pankau, University of Illinois Extension

Pruning for Tree Health

Cost is \$30 which includes all speakers, a delicious breakfast, handouts, and horticulture-themed vendors offering interesting & useful products.

Register at: go.illinois.edu/aprillinparis or
call the Extension Office at 217-465-8585

Crawford County HCE is collecting plastic caps & lids again

Crawford County HCE continues to collect plastic caps & lids to have benches made to place throughout their county. We are accepting these at the Edgar County Office. Why not save your caps to help your fellow HCE members, while helping the environment too? Please be sure to wash the caps before bringing them to the office. Here is the list of accepted items:

Only Lids with Recycle Numbers 2, 4 or 5

medicine bottle caps(minus cardboard inserts)

drink bottle caps

detergent caps

spray paint caps

deodorant caps

mayonnaise lids

cream cheese lids

ice cream bucket lids (smaller than 8 inches in diameter)

milk jug caps

flip-top caps (i.e. ketchup, mustard)

toothpaste tube caps

cottage cheese container lids

coffee can lids

peanut butter lids

hair spray caps

ointment tube caps

Cool Whip lids

yogurt lids

Not Acceptable

Metal of any kind with the plastic

Fast Food Drink Lids

Soap Pumps & Lotion Pumps

Coffee Cup Lids

Trigger Sprayers

Unclean lids & caps

Thank you!



**Collection sites: Clark, Crawford & Edgar
County Illinois Extension Offices**

APRIL 14-18, 2025 | COST: \$20 per sample payable to KSI Labs

Put your soil to the test! Collect samples on your own and drop them off at one of our Extension Offices.

Collection bags are available for pick up. Results and recommendations will be sent to you.

Questions? Call 217-465-8585, 618-546-1549 or 217-826-5422.

Visit go.illinois.edu/soil to learn when and how to take a soil test.

WHY SOIL TEST?

- Support healthy plant growth**
- Grow beautiful landscapes**
- Protect the environment**