



April 2022

IMPACTING YOU

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties

Planting a garden? Think canning!

Pressure canning is a safe way to preserve low-acid vegetables, such as potatoes and green beans, meats, and other foods at home. University of Illinois Extension recommends testing dial-gauge pressure canners each year for accuracy. Over time, the needle on the gauges can move out of place. When canning foods, having an accurate gauge means safer canning and lower risk of foodborne illnesses.

This Spring, University of Illinois Extension will test your dial-gauge pressure canners for free. Canner lids can be dropped off during business hours at any of the local offices listed below:

- Coles County Extension Office, 809 Broadway, Mattoon, 217-345-7034
- Shelby County Extension Office, 1125 W. North 2nd St, Shelbyville, 217-774-9546
- Moultrie-Douglas Extension Office, 304 E. Progress, Arthur, 217-543-3755
- Cumberland County Extension Office, 102 S. Meridian, Toledo, 217-849-3931

Testing is designed for dial-gauge pressure canners. Weighted-gauge pressure canners do not need testing. For additional resources on canning, visit the Food Preservation Resources page from University of Illinois Extension online at <https://extension.illinois.edu/food/food-preservation>



Exercise Your Brain at Wits Fitness

Extension Educator Cheri Burcham and her Wits Fitness Brain Exercise class participants in Sullivan, Shelbyville, Arthur and Mattoon celebrated “Brain Health Awareness Week” during the whole month of March. Participants in the classes were given extra resources on brain health and memory, with additional brain challenges to work on at home. Awareness of brain health and challenging the brain to improve cognitive functioning are the primary factors of the Wits Fitness classes that occur monthly (except July and December) in five locations across Unit #19. Please contact Cheri at cburcham@illinois.edu or by phone at 543-3755 with any questions about the classes.



Sullivan Wits Fitness Brain Exercise class participants working hard on a short-term memory challenge.

"Through learning how to improve our gardening, we also improve our environment."

-Master Gardener Volunteer Glenda Fitzgerald

Master Gardener's 12th annual Spring into Gardening event was held Saturday, March 5. Revenue from the event helps Master Gardener volunteers present workshops and other learning opportunities to the community throughout the year. Total from the auction, sales, and donations was \$1,250.00. With registrations, a total of \$3,198.00 was raised to help continue to provide those opportunities this next year.

An attendee following the event was quoted, "All the presenters were knowledgeable and have a great sense of humor! Great event! Loved learning and networking!"



There is No Place Like 4-H



Cumberland County celebrated their annual 4-H Week, March 6-12. This year's theme was, "There is No Place Like 4-H" - a spin-off of the Wizard of Oz and was just as magical as its inspiration.

Sunday: 4-H Federation members held the annual 4-H Leader and Superintendent Banquet.

Monday: Jaylynn, Cumberland 4-H program coordinator, escorted three judges to judge five window displays across the county.

Tuesday: Everyone wore green to celebrate 4-H!

Wednesday: Members created fleece t-blankets. Ten members worked together to create five blankets that will be donated to DCFS for at-risk youth.

"Thank You" Thursday: Celebrated to show appreciation for leaders, community businesses, organizations, individuals, and all who support 4-H!

Friday: Over 20 members and leaders let their creative side run wild making tie-dye shirts.

Saturday: 4-H went bowling at Silver Dollar Lanes in Effingham.

4-H week is celebrated to bring awareness of what 4-H is, show our appreciation for those who support us, foster belonging and creativity in our members, and remind ourselves why we continue to support this program. If you saw the smiles on the faces that week, you would understand why...There is No Place Like 4-H!

Shelby County 4-H Public Speaking Contest

Shelby County 4-H held its Public Speaking Contest on Saturday, March 19. There were eight 4-H members who participated in the contest. Awards were as follows: Original Works - **Esmi Small**, champion; Illustrated Speech - **Zach Shelton**, champion; **Delaney Nation**, reserve champion Participants: **Caden Perry**, **Corbin Perry**; Formal Speech - **Kristin Partlow**, champion, **Tyler Vonderheide**, reserve champion Participant: **Tynlee Lehn**; **Kristin Partlow** was named the overall grand champion and was awarded the Grand Champion Public Speaking trophy sponsored by Shelby County 4-H. **Zach Shelton** was named the reserve overall grand champion. Those advancing to the Illinois State Public Speaking Contest on April 30 were Kristin, Zach and Delaney with Tyler being the alternate.



Coles Office
217-345-7034

Cumberland Office
217-849-3931

Moultrie and Douglas County
Office 217-543-3757

Shelbyville Office
217-774-9546



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

University of Illinois · U.S. Department of Agriculture · Local Extension Councils
Cooperating with University of Illinois Extension provides equal opportunities in programs and Employment. If you need a reasonable accommodation to participate in this program, please contact your registration office. Early requests are strongly encouraged.