

EDGAR COUNTY HOME & COMMUNITY EDUCATION ASSOCIATION January/February 2022

Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
January 11	1:30 p.m.	Bell Ridge	Kate Morecraft
January 27	7 p.m.	Chrisman Nite	Mary Forsythe & Harriett Graves
Chrisman Christian Church		Unit Leader – Jennie Strebing	
January 13	1 p.m.	Redmon Night Step Station	Becky & Denise Step
January 25	1:30 p.m.	Stratton	Pat Brazelton
February 8	1:30 p.m.	Bell Ridge	Shirley Rideout
		Meeting will be held at the Extension Office	
February 24	6 p.m.	Chrisman Nite	Nancy Harper
Chrisman Christian Church – potluck meal		Unit leader – Mary Galway	
February 10	1 p.m.	Redmon Night	Joan Mattingly
February 22	1:30 p.m.	Stratton	Pat Brazelton

Private Pesticide Applicator Testing

Tuesday, January 18	9 a.m.	Clark County Extension Office 217-826-5422
Tuesday, January 25	9 a.m.	Edgar County Extension Office 217-465-8585
Tuesday, February 15	9 a.m.	Clark County Extension Office 217-826-5422
Tuesday, February 22	9 a.m.	Edgar County Extension Office 217-465-8585

These events are for testing only. No cellphones allowed. Please bring a calculator. Please note that pre-registration is REQUIRED. Please call the above phone numbers to register or register online at go.illinois.edu/ILPSEP

Mask Policy: Properly worn face coverings are **required at all times** within the testing locations. Those unable or unwilling to abide by the mask restrictions are directed to our online examination system. Seating is limited, masks are required, and social distancing will be utilized.

98th IAHCCE Annual Conference

IAHCCE – Aspire to Inspire

Tuesday, March 15 – Thursday, March 17, 2022 Registration deadline is January 31, 2022

Keller Convention Center, Effingham, IL

Find all of the conference information at:

<http://www.iahce.org/Newsletters/2022%20Conference%20Insert.pdf>

Email Rebecca at schiver@illinois.edu, if you would like a printed copy of the conference information.

VOLUNTEER!

It's a new year. Why not start the year off right by keeping track of your volunteer hours now, rather than trying to gather them all at the end of the year? The form can be found at the end of the newsletter. Please be sure to submit your 2021 volunteer hours by December 31, 2021, to Cindy Bruce at PO Box 75, Kansas, IL 61933. Remember, one of the greatest gifts you can give is your time.

IAHCCE Newsletter Information

The IAHCCE newsletter can be read for free online at IAHCCE.org. If you would like a copy mailed to you, please send a \$10.00 check, payable to IAHCCE. Newsletters are mailed three times a year (May, August & December.) Mail to Melissa Chitwood, 1408 East 2250 North Road, White Heath, IL 61884. Please include your name, address, telephone number, county, and district. Please also indicate if this is a new or renewal subscription or if your address has changed.



Edgar County H.C.E. Board Members

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

pbraze@nwcable.net
silly1kate@me.com

First Vice – Paula Coombes, 217-822-4058

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Second Vice – Becky Step, 217-264-6855

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

cndlu347@gmail.com

Treasurer – Carole Halloran, 217-251-2384

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International /Public Relations – Marge Houghland, 217-464-7610

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Cultural Enrichment/Community Issues – Dona Hoult, 217-822-2419

hillcrest30@frontier.com

University of Illinois Extension has many interesting and educational upcoming events. You can participate in several from your home computer. Find what is offered at extension.illinois.edu/cce/events

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, Illinois Extension, 210 W. Washington St., Paris.

Please include your unit news and meeting dates, times, and hostesses. We also want to know about your unit's activities and successes. Pictures are welcome. The due date is the 20th of the month before publication. The newsletter is printed bi-monthly. Thank you for helping Edgar County HCE.

All 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 list correct. (For memberships running from January until May 1, only \$6 should be collected.)

ATTENTION UNIT TREASURERS: Unit dues are due to the county treasurer by May 1.



Women Walk the World and Game Night – October 14, 2021

HCE members didn't let a little rain stop the fun at the Women Walk the World and Game Night held this fall.

Send-a-Smile Become a HCE Pen Pal!

Are you feeling cooped up and secluded from the outside world? So many people have their noses buried in their phones and on their computers. Do you enjoy getting cards and letters in the mail? Not junk mail, actual handwritten, personal correspondences! We may need to socially distance, but we don't have to emotionally distance! Let's be a HCE pen pal! This started as a multi-county group but is now open to ALL ILLINOIS HCE members (out of state mailbox members this includes you too!) To help get started, here are some ideas to write about: · Talk about your unit and county HCE · Tell about your experiences in HCE · Tell about where you grew up · If you could meet anyone, past or present, who would it be and why? · If money were no object, what would be your dream vacation · Talk about things you collect · Send a card · Any hobbies? · Do you volunteer? · Talk about your family (spouse, kids, grandkids, nieces, nephews, dogs, cats) · What was your past like (did you work outside the home?, teach Sunday school?) · Talk about holiday traditions · What is your favorite memory? (about anything, HCE, family, holiday, shows) · Favorite genre of music? What about movies? It's FREE to join! The expense depends on how often you correspond and what you send. Please write or send a card at least once a month to your pen pal. Personal information provided will be used solely for this program and will not be

shared with anyone other than someone within the HCE Pen Pal group. To join please complete the form below and mail it to Melissa Chitwood, 1408 East 2250 North Road, White Heath, IL 61884. If you have questions, please call Melissa at 217-493-4441.

Participants will be notified of their pen pal's name and address as sign-ups are received.

Sign me up to be an HCE Pen Pal!

PLEASE PRINT Your Name: _____

Birthdate (MM/DD)_____/____

Your Mailing Address _____

City _____ State _____ Zip _____

Unit _____ HCE County _____

The January package
lesson
**Grocery Shopping
Online**
has been printed & can
be picked up at the
Extension Office.

HCE SCHOLARSHIP

Don't forget that Edgar County HCE provides a \$500 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 or by emailing schiver@illinois.edu. Applications must be postmarked no later than April 1, 2022. If you know of an eligible candidate, please encourage them to apply.

ECHCE BOARD MEETING

The ECHCE Board met on November 1, 2021, at the 4-H Building at 1 p.m. Kate Morecraft led with the Pledge and the Homemakers Aim. Those present were board members. Cindy Bruce read the minutes from the September meeting and no changes were made. Minutes are on file.

Carole Halloran said we have \$3,879.03 in the general fund and \$4,625.11 in the premium account. The total income from the fair was \$6,429.00. Expenses were \$3,408.98 with net profit \$3,020.02. The speaker, Elaine Good, gave her check back to Carole. We had a good evening at International Night with great food and good speaker on Canada.

Women Walk the World and Game Night was a good turnout. We had some good food and games. The walkers were Carole, Paula, Karen, Becky and Trudi. If I didn't get you all, sorry we couldn't remember any others. But, thanks to all who walked in the rain!!!

February 15, we plan to have a plan to make Easter cards, knit or crochet or embroider something pretty. If schools are cancelled, we will cancel also. We also are hoping to have all come by 5 p.m. to

do another game night. The HCE Board will make the snacks again. Anyone with games or cards please bring them. Marge will put it in the town paper. Since none of the members from any of the units come to our board meetings, we thought one or two of the board members would try to visit some of the units' meetings. Next meeting will be December 21 at Betty Jane's at 11:30 a.m.

Respectfully,
Cindy Bruce, secretary

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 .58 each. Thank you for helping us keep costs down.

The 2022 country of study will be Italy. More information to come!



JANUARY 2022 MINOR LESSON

How to Save Money on Food

One thing we all have in common, we need food. Likely, every week you spend money on food. How can you keep your costs down? Planning our food purchases and comparison-shopping can help. Planning your meals helps keep food costs down and decreases food wastage as well. Planning includes:

- checking what's in your cupboard, refrigerator and freezer,
- considering what's on sale,
- listing meals you want to prepare in the next week, and
- making a shopping list.

Planning and preparing meals takes time. Sometimes paying for convenience is well worth it. However, it may pay to consider how much you're willing to pay for convenience. For example, research has shown that restaurant foods are generally more expensive than foods bought from groceries: the cost per calorie is higher.

It's not all about whether you eat out or not; it's also about purchasing foods that are prepared at the grocery store. Time pressures influence how we spend money. A study by USDA ([Rahkovsky and Jo, June 2018](#)) found that households where all adults were employed spent 10% less of their food budget on non-ready-to-eat foods compared to households where the primary shopper was not employed. Makes sense; when you lack time, then you may choose to pay for convenience.

We all know that vegetables and fruit are healthy for us. However, is there a time when they're healthy for our budget too? When produce is in season locally, it is much easier to find good buys. In addition, freshly picked fruits and vegetables have more flavor and you help boost our local economy by supporting local agriculture.

Sometimes frozen or canned produce are less expensive, especially in the winter months. You can explore the cost of a cup of edible produce using an [interactive chart](#) and compare when it's better to buy fresh, frozen or canned. Of course, prices will vary by location and season too.

Our local farmers' markets have lots of fresh produce at this time of the year. You can talk to the people who grow the produce and learn more about their produce, and how to prepare it.

Many farmers' markets accept a LINK card for payment. In fact, in Urbana the market will match up \$25 each week; you use \$25 from your LINK card to buy market tokens and they will give you an additional \$25 in tokens. The Champaign Farmers' Market provides a double match up to \$20, and the second Tuesday of each month is a triple match! Get up to \$40 extra to spend on food.

You can also use WIC vouchers and Senior Farmers' Market coupons at many farmers' markets. At the Champaign Farmers' Market, if you receive WIC or Senior FMNP coupons, we will provide a triple match for your coupons.

Whether you buy your produce at a grocery store, a farmers' market, or somewhere else, keep in mind that produce in season is likely to be a better buy than produce that is out of season.

Does it really matter if we manage our food costs? Individuals typically spend about 12% of their average annual expenditures on food, according to the Consumer Expenditure Survey. About 50% of people's food dollars are spent on food away from home. (Although, households with lower incomes tend to spend a higher percentage of their incomes on food costs overall.) If you're looking for ways to stretch your dollars, examining how you spend your food dollars may help.

What strategies do you use to keep your food costs down? Some people are using phone apps to make their shopping lists, compare food prices, and find coupons.

Source: Kathy Sweedler, Consumer Economics Educator, University of Illinois Extension, sweedler@illinois.edu

FEBRUARY, 2022 MINOR LESSON

Journaling as Self-Care

Source: [Michele Crawford](#), Extension Educator, Community & Health

How many of you have kept a journal at some point in your life? A journal can take many forms including a diary, a gratitude journal, daily affirmations, or simply a space to work through life challenges or celebrate success. **Committing to writing in a journal on a regular basis can be a great way to practice self-care as journaling encourages self-awareness, mindfulness, self-confidence, and healing.**

Exactly how you might ask? Let's break each of these self-care benefits down:

- **Self-awareness** – having a safe, private place to explore our needs, fears, accomplishments and obstacles teaches one a lot about themselves.
- **Mindfulness** – Journaling can help you get to that place of being in the present moment. Simply writing down frustrations and anxieties takes the edge off and brings that wandering mind back to attention of the right here, right now.
- **Self-confidence** – Journaling about successes and positive experiences reaffirms our own strengths and abilities when that voice of self-doubt is speaking. Having a written record of the good times makes it easy to refer back to when we are finding ourselves stuck in the negative.

- **Healing** – Dr. James Pennebaker has written extensively on writing as a route to emotional, physical, and psychological healing. Studies have shown benefits including improved immune function, better sleep, as well as lower rates of stress and anxiety.

If you have kept a journal before, you know it can be tough to start and stick with a journaling habit. Journal prompts may help. Journal prompts are simple statements designed to inspire you or offer you an idea of what to write about. It doesn't matter how much you love to write, or how often you write, there will be times when you just don't know where to start.

Here are some examples of journal prompts taken from aimlief.com:

- What's something that's been a lot on my mind lately?
- What do I think about my daily habits?
- What am I willing to sacrifice to have my dream life?
- What makes me like people immediately?
- What do I dislike the most about my life?
- Name at least three things that make you feel proud.
- What's the most important thing to me right now?
- What do I need to let go of?
- What do I like the most about my life?
- When have I felt the most motivated?
- What do I see in others or others' lives that I want for me?
- What bothers me?
- Which positive things could I say to myself?
- Do I like what I do day after day? Why?
- Where will my current habits take me?
- What makes me feel useful and that I'm helping others?
- What's the root of my most recurrent feeling?

The Chrisman Nite Unit enjoyed a catered meal at the home of Nancy Harper for their December meeting. Christmas carols were sung by everyone and a Christmas trivia game was enjoyed by all. A gift exchange was enjoyed by all members present.



Find the time to write it down. It may make you feel better.

Let's Talk Lemons!!

For this next year we will be studying lemons. In each newsletter, I will be giving some facts. At the annual meeting there will be a test to find out who remembers the most facts.

Some more facts about lemons:

- A lemon gives about 2 tablespoons of juice. If a recipe calls for the juice of 1 lemon, you can substitute 2 tablespoons of bottled juice instead.
- The history of lemons is a mystery, but they are thought to have first been found in southeast Asia in a region of northeast India. Others claim they are from northern Burma or China.
- India is the largest producer in the world, growing 3 million tons per year.
- The top five lemon producing countries are India, China, Mexico, Argentina and Brazil.
- Although lemons came to Europe during the Ancient Roman period (2nd century AD,) they were widely cultivated in Genova, Italy in 1450 AD, leading to the introduction of different lemons produced in Italy – Genova, Lapithkioki and Meyer.
- Christopher Columbus brought lemon seeds to the New World in 1493. Seeds reached neighboring continents and countries during the Spanish colonization in the early 1500's.
- A lemon tree can live up to 100 years with proper care and maintenance. Being a type of evergreen tree, their colors change with the temperatures, not because of ripeness.

- Lemon trees can grow to be 10-20 feet high and have sharp thorns on their twigs. Leaves are oblong or long-ovate in shape, finely toothed and slender wings on the petioles (leaf stake.)
- The leaves of a lemon tree can be used to make tea and in the preparation of cooked seafood and meats.
- Young lemon plants have reddish leaves, later becoming dark green. Flowering happens in the spring, fruiting cycle in the summer and then the tree begins to turn green to yellow in the fall/winter.
- Lemon flowers are mildly scented (the happiest smell in the world.) The fruit has a more profound citrus scent.
- Flowers have 4-5 petals. Their buds are reddish. In full bloom, the buds are white with a purplish color outside and have yellow anthers.

Marge Houghland, International and Public Relations Chair

UNIT NEWS - Four members of the Redmon Nite HCE unit and two guests traveled to Yoder's Kitchen and then on to The Little Theatre on the Square in Sullivan for their Christmas outing on December 4th. The ladies enjoyed a delicious meal at Yoder's and then a very entertaining Christmas Show at the Little Theatre. Everyone had a great time!

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JANUARY/FEBRUARY, 2022
EDGAR COUNTY HCE NEWSLETTER

RETURN SERVICE REQUESTED
