

**EDGAR COUNTY
HOME & COMMUNITY EDUCATION ASSOCIATION
June/July 2020**

Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
<u>HCE ANNUAL MEETING</u>			
4-H Fairgrounds		RESCHEDULED TO JUNE 23	5:30 p.m. (registration)
Reservation form is included later in this newsletter			
Please check with your unit's officers regarding June and July meeting dates & times.			
Due to remote working location, I was unable to include meeting dates for these months. Thank you. Rebecca			
June		Redmon Night	
June		Happy Homemakers	
June		Bell Ridge	
June		Stratton	
June		Chrisman Nite	

May Major Lesson: Hydrating for Your Health

Lesson can be picked up at the Extension Office when the office is open to the public.

July		Redmon Night	
July		Happy Homemakers	
July		Bell Ridge	
July		Stratton	
July		Chrisman Nite	Chrisman Christian Church

June Major Lesson: 10 Secrets to Thrifty Grocery Shopping

*Please note this is a change from the scheduled Ameren program for June. Due to COVID-19, the training had to be cancelled and this lesson substituted. June major lesson can be picked up at the Extension Office when the office is open to the public.

The Extension Office is currently closed to the public. We are following guidelines established by the Department of Public Health and University of Illinois. Please watch our website – extension.illinois.edu/cce - for information regarding the re-opening of the office. You can contact our office by leaving a message on the answering machine at 217-465-8585 or by emailing uie-cce@illinois.edu. Thank you!

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

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

pbraze@nwcable.net
silly1kate@me.com

First Vice – Paula Coombes, 465-4057

prcoombes@wildblue.net

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

cndlu347@gmail.com

Treasurer – Carole Halloran, 217-844-2374

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International /Public Relations-Marge Houghland, 217-822-7610

mhear8@nwcable.net

Cultural Enrichment/Family/Comm. Issues – Dona Hoult, 822-2419

hillcrest30@frontier.com

WHAT'S HAPPENING? WE WANT TO KNOW! WE WANT YOUR UNIT NEWS!

Please send your unit's information regarding meetings, fundraisers, pictures or activities to Rebecca at the Extension Office – 210 W. Washington St., Paris or email to schiver@illinois.edu. The due date is the 20th of each month. Thank you for your cooperation in making HCE the best it can be!



All regular memberships of \$12 were to be paid to your Unit 2nd Vice-President prior to May 1. She should then send one (1) unit check to Edgar County HCE Treasurer, Carole Halloran, 13556 N. 800th St., Paris. Please send unit membership and officers' lists with your check also. Thank you for your help in keeping the membership and officers list correct. If you have joined mid-year, your dues are \$6 for the remaining year of January until May

If you are a mailbox member, please send your check directly to Carole Halloran at the above address.



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Edgar County HCE Annual Meeting

Tuesday, June 23

Multi-Purpose Building at 4-H Fairgrounds

Registration at 5:30 Meeting at 6:00

**Please send in your reservations and money to the
Extension Office by June 16.**

Dinner, Surprise Entertainment, and Business Meeting



ANNUAL MEETING RESERVATION

Tuesday, June 23, 2020

Dinner selection; Chicken. _____ Beef Tips _____

Amount. \$10

Please make your check to: Edgar County HCE

NAME _____

UNIT _____

**Mail to: Carole Halloran, Treasurer
13556 N. 800th St., Paris, IL 61944**



From Your ECHCE Co-Presidents

Hello HCE members!

Welcome to the HCE newsletter. We hope this is finding each of you huddling in place. The U of I Extension has issued a cancellation of all events and meetings thru July 31. The Train the Trainer lesson, scheduled for May 12 was cancelled. The ECHCE Board was planning our annual meeting for April 21 but that has been cancelled. The new date for the annual meeting is Tuesday, June 23. Registration is at 5:30 p.m. with dinner at 6 p.m. If you have already made reservations, we will see you in June. If you have not, please make them for this new date. The charge is \$10. The reservation form is included in this newsletter.

We received two applications for scholarships. The Board will meet when it is feasible to make a selection.

The \$12 membership dues were due by May 1. The 4-H BBQ, scheduled for June 27, has been cancelled. The Edgar County 4-H Fair, scheduled for July 17 – 22, will be online only. No events will be held at the 4-H Fairgrounds.

We hope that you are finding unique ways of sheltering in-place. Maybe we can discuss these at the annual meeting. REMEMBER we will be having SURPRISE entertainment just for you!

Remember to WASH those hands and keep them off your face. We never realized how many times we touch our faces subconsciously!

Stay safe and pray for our county and America during this crisis. We will see you at the annual meeting on June 23.

Your-sheltering-in-place Co-Presidents, Kate & Pat

From Cindy Bruce, ECHCE Secretary

Hi all HCE members. This is your board secretary, Cindy Bruce, and I wanted to give a report to you on my experience at the IAHCE Conference. The 96th Annual Conference was held March 10-12, 2020, in Effingham at the Helen Keller Convention Center. Marge Houghland, Paula Coombes, Carole Halloran, Dona Hoult, Marilyn Daughetee and I attended.

Tuesday was check-in and registration. We put our banner up, Carole put our lighthouse on display and Dona put our cultural enrichment displays up.

At the opening luncheon, the video, "Aim for the Homemaker" was presented and announcements made. Our lighthouse was Lighthouse of Genoa, Italy. The afternoon was spent at the share shops you had picked. My first share shop was *Well Armed Women*, about conceal carry and gun safety and how you need to be aware of your surroundings at all times, especially coming and going from your vehicle in large parking lots, and even walking down a street. My other share shop for the day was *Quilts of the Underground Railroad* about the myths and truths of how slaves were able to find their way out of the south before and during the Civil War. The banquet was held that evening. At the Awards Program, Edgar County representative Marge Houghland, was recognized for the Honey Bee program we sponsored. Our lighthouse was, Lighthouse of Queensland, Australia. You could participate in several fun activities that evening, if you chose.

On Wednesday morning, the voting delegates had to register. You could checkout any of the displays, the silent auction, etc. Marge and Marilyn were our voting delegates. At our luncheon, a group of preschoolers entertained us by singing and signing a couple of songs. They also played "drums" made from plastic 5-gallon buckets, a big beach ball and drumsticks. Our lighthouse was Lighthouse of Buxton, NC. Because this was my first time attending a conference, I was seated with other first timers and we were recognized, along with all new and 50+ year members. New state officers were installed at this time. "The Other Guys" a group of young men from U of I, entertained us with song and comedy routines. Wednesday evening our lighthouse was Lighthouse of Ushusia, Argentina. The "Great American Family", Dave and Mary Griggel from Gillespie in Macoupin County, presented a slide show and gave a talk on their farm and family. Sam Kuhnert's mother, gave a presentation on NubAbility. It was about men and women born without part or all of a leg or arm who wanted to be like all other people and found ways to accomplish this. My share shops were "Read a Good Book Lately?", and then to a secretary/treasurer workshop. Thursday morning you could pick up the things you had brought to share, what you had bought at the silent auction, etc. We all went to our new district meeting as some counties are now in new districts. Edgar County is

now in District 3 and our District Director is Mary Johnson. A box lunch was provided and our lighthouse was Lighthouse of Diamond Head, Hawaii. As you can tell, this year's theme was lighthouses with the caption, "Power of the Past - Beacon to the Future". I want to say Thank You to the Edgar County HCE members for voting me as your secretary this past year. Even though I didn't know the other board members when I started I feel blessed to be serving with them and feel I have made some new friends. I've only been a member of ECHCE since November of 2017 and feel I learned so much about HCE at conference and during this past year as a board officer. So, once again Thank You for your support and help you have given me this year.

Cindy Bruce, ECHCE Secretary

May 28, 2020 ECHCE Board Meeting Minutes

The ECHCE Board met at the 4-H Building with Kate Morecraft, Pat Brazelton, Carole Halloran, Marge Houghland, Dona Hault, and Cindy Bruce present.

The meeting was opened by Kate with the Pledge of Allegiance and the Homemakers Aim. The roll call was read with Paula Coombes unable to attend the meeting.

Cindy read the minutes from the March meeting. The minutes were accepted with a correction of the name of Jane Chapman listed as the State President.

Carole read the treasurer's report with the regular account having \$3,024.35 and the Premier Account having \$5,424.36 as of the end of March. April balances of the regular account was the same and the Premier Account was 5 cents more.

Today was the first meeting since March due to COVID-19.

Cindy reported sending letters to the two scholarship entries. James was told he did not receive the scholarship and that Chelsea was told she had won. Carole will contact her soon.

Carole was to send \$50.00 to NubAbility, a vocation that helps people who are born without part of a limb or more. We were shown and told about this at the annual conference in Effingham.

Our 2020 Annual Meeting will be June 23, 2020 at 5:30 (registration) at the 4-H Building. Our entertainment is still in line. The invitees, Mary Johnston and Kathleen Emery, have been invited. Meal is still a go. Everything for the Blue Ribbon Award has been taken care of and Redman Night will conduct the memorial for Mary Katherine Alexander who died last August. Cindy will tell her unit that they will be doing this.

The Food Stand is on hold for now. The cleaning of the kitchen will be done at a later date. A motion by Marge to purchase a new pie shelf was made. Dona seconded the motion. Motion was carried. Carole will go get a new pie shelf.

Community Outreach ideas are on hold for now.

HCE Week is October 12-16, 2020. International Night will be one of those nights. Not sure which yet.

The meeting was adjourned and Kate will call us to let us know which night or afternoon we will meet next.

Secretary, Cindy Bruce

Words from IAHCE....

The IAHCE newsletter can be read for free online at IAHCE.org. However, if you would like a copy mailed to you, please send a \$10 check, payable to IAHCE. Newsletters are mailed in May – August – December.

Mail to: Emily McDowell, 1430 Laurel St., Highland, IL 62249

Name: _____

Address: _____ City _____ Zip _____

Telephone (_____) _____ County _____

New _____ Renewal _____ Address Change _____

Email: _____

Important Resources

The impact of the COVID-19 (novel coronavirus) continues to create uncertainty and concern both globally and here in our community. Following the Centers for Disease Control and Prevention (CDC) guidelines, Illinois Extension has implemented social-distancing protocols that impact all university events. Illinois Extension, as the outreach program of the university, aligns with all policies related to public health and safety. Since we have suspended in-person programs and our offices are closed to the public, our staff continues to work remotely from home. You may contact a specific staff person by checking out our staff directory for their e-mail address by going to <https://extension.illinois.edu/cce/staff>.

There is a collection of resources to assist families and community leaders preparing for and coping with COVID-19 and is available online at <https://extension.illinois.edu/global/resources-responding-covid-19>

There are also resources specifically for families at go.illinois.edu/healthyfamilies.



The Energy Efficiency Program presented by Ameren scheduled for May 12 has been CANCELLED. This was to be the training for the lesson leaders for the June meetings. A new lesson – *10 Secrets to Grocery Shopping* – has been chosen for June. This is a package lesson and will be available for pick up from the Extension Office once the office is open. Thank you!

**Don't miss the annual HCE meeting on
Tuesday, June 23 at the 4-H Fairgrounds.
Registration is at 5:30 p.m. with the meeting
beginning at 6 p.m.**

Cost is \$10

**RSVP and send your check to:
Carole Halloran, 13556 N. 800th St., Paris
by June 16.**

Please make checks payable to Edgar County HCE.

The Wonders of Water – May, 2020 Minor Lesson

Source: webmd.com

Water is one of the most basic elements of life but figuring out how much we ought to drink hasn't always been so simple.

Most of us grew up thinking we needed to drink eight glasses of water each day, in addition to any other drinks we might choose. However, the latest recommendations say that we no longer need to worry about drinking specific amounts of water. Instead, we can simply satisfy our thirst with any beverage. As it turns out, there really was no scientific evidence for the 64-ounce daily recommendation that was based on survey data of usual consumption.

Of course, water -- clean, refreshing, and calorie-free -- is an ideal beverage of choice but studies have shown that you can be just as hydrated with coffee, soft drinks, or even beer. And some folks swear by its weight loss powers, including Mireille Guiliano, author of the best-selling book *French Women Don't Get Fat*.

To help make the facts about water crystal clear, WebMD asked experts for the skinny on just how much water we need, and whether drinking water can really help keep those extra calories at bay.

How Much Is Enough?

The IOM report makes requirements for general fluid intake recommendations based on survey data of 91 ounces (that's 11-plus cups a day) for women and 125 ounces (15-plus cups a day) for men.

Remember, these guidelines are for total fluid intake, including fluid from all food and beverages.

Approximately 80% of our water intake comes from drinking water and other beverages, and the other 20% comes from food. Assuming these percentages are accurate for most of us, the recommended amount of beverages, including water, would be approximately 9 cups for women and 12.5 cups for men.

While 20% may seem like a lot of fluid to get from food, many common food items are mostly water. Here are some foods with high water content, according to the American Dietetic Association:

Food	Percentage Water
Lettuce (1½ cup)	95%
Watermelon (1½ cup)	92%
Broccoli (1½ cup)	91%
Grapefruit (1½ cup)	91%
Milk (1 cup)	89%
Orange juice (¾ cup)	88%
Carrot (1½ cup)	87%
Yogurt (1 cup)	85%
Apple (one medium)	84%

When You Need More

Physical activity, heat, and humidity can increase our fluid needs. In these situations, keep water bottles close at hand and drink frequently to avoid dehydration. If you're going to be physically active for long periods, consider sports drinks that hydrate and provide easily usable sugar and electrolytes.

Illnesses accompanied by increased body temperature, excessive perspiration, vomiting, frequent urination, or diarrhea can also increase our fluid needs. Be sure to drink plenty of liquids if you have one of these conditions, and see a doctor if your fluid losses are excessive or prolonged.

Water intoxication is very rare, although it has been seen in fraternity pranks. That can be very serious and result in death," says David Perlow, MD, an Atlanta-based urologist.

One recent study of Boston Marathon runners showed that one in three marathon runners was drinking too much water during a race -- probably because they were following recent advice to drink as much as tolerated.

If you follow your thirst, you won't go wrong, Perlow says. He notes that pre-modern man never ran around sipping on a water bottle. A dry mouth indicated it was time to run to the stream for a drink. "Trust your thirst instinct to make sure you get enough fluids and, of equal importance, void frequently," suggests Perlow.

Perlow says the bladder is like a balloon. When you make infrequent trips to the bathroom, it can become overstretched -- which can result in problems with incomplete emptying, he explains. He recommends 7-12 trips to the toilet daily for most healthy people.

Water and Weight Control

For years, drinking water has been recommended for weight loss -- despite the fact that fluids generally satisfy thirst and not hunger. Barbara Rolls, PhD, an expert on thirst and satiety, points out that thirst and hunger are regulated by entirely different mechanisms.

A recent study by Rolls and colleagues at Penn State University looked at whether people who drank water with lunch took in fewer calories than those who drank other low-calorie beverages. They found that drinking water had little effect on total calorie consumption at the meal.

"In all of our research, we have never been able to show that water can cause weight loss," says Rolls. The only way drinking water can help you lose weight is if you substitute it for higher-calorie beverages or foods, she explains.

However, eating foods with high water content can help dieters, by increasing the fullness factor.

"When you add water to a bowl of vegetables as in soup, the soup has greater satiety than when the vegetables are eaten alone with a glass of water," explains Rolls, author of *The Volumetrics Eating Plan and The Volumetrics Weight Control Plan*. "When water is incorporated into food or shakes, satiety is increased and subjects ultimately eat less food."

The weight loss benefits of water stem from several facts:

- Foods that incorporate water tend to look larger.
- The higher volume of these foods provides greater oral stimulation.
- Most important, when water is bound to food, it slows down absorption and lasts longer in the belly.

Saving Money – June, 2020 Minor Lesson

*Information taken from University of Illinois Extension's *More For Your Money* website: extension.illinois.edu/money

Build a Secure Future

Manage your money well by taking one step at a time. Pay your bills on time and build a good credit record. Also, buy insurance when you need it. For example, if you're renting an apartment, buy renter's insurance to protect your possessions.

Once you have done these steps, the next step is to save money.

Some reasons to save are:

- Emergencies
- Holiday or special occasion gifts
- Household items, like furniture or appliances
- Car
- Electronic equipment, such as a computer, TV, iPod or DVD.
- College for you or your children
- House



A good goal is to have three or more months of living expenses in an emergency fund. Examples of emergencies include things like an unexpected car repair bill; new glasses for your child; and living expenses if you lose your job. An emergency fund can help relieve stress and give peace of mind. Try to save 10 percent of your paycheck. If you save 10 percent each pay period, it can take up to two years to build an emergency fund. Put your emergency fund into a savings account, so the money will be available when you need it.

Easy Ways To Save

Start to save now while you have time for your money to grow.

- Begin by saving small amounts in a savings account. One way to start is to pay yourself. Think of savings as a bill that needs to be paid.
- Save lump sums of money such as tax refunds, bonus payments, and gifts as well as small weekly or monthly amounts, even loose change.
- Keep envelopes addressed to your bank together with your monthly bills. Send money to your savings account when you pay your monthly bills. In this way, you pay yourself first.

Here are some other saving tips that people have found useful.

Pay yourself. Think of savings as a bill to be paid.

Work Together. Saving for a goal is easier if all family members -- children and adults -- can agree and work together.

Use Payroll Deductions. Have your employer deposit your savings directly from your paycheck into a savings account.

Pay Installments to Yourself. Once you pay off an installment loan like a car loan (and if other loans aren't overdue), make "payments" to your savings account.

Have a "Nothing Week." Occasionally have a week when you don't spend any extra money -- don't go to the movies, don't go out to eat, don't go bowling. Save the money you would have spent.

Collect Loose Change. Once a week empty your pockets and wallet and put the change in a jar.

Participate in an Employer-Sponsored Retirement Plan. Some employers will match the amount you put into the savings plan.

Save in a Tax-Deferred Retirement Plan. Self-employed people (and others) can save in tax-deferred plans like IRAs (Individual Retirement Accounts).

Shutting Down the Energy ‘Thieves’ in your Home

On the hunt for another \$100.00 (per year) to stretch your budget? One study found a surprising number of “Always On” electrical devices in our homes:

Coffee makers and other small appliances with built-in clocks

Cable/satellite, game and other TV connecting boxes- plus the TV’s themselves

Many things connecting to a home computer

In addition, start the search for things draining your electricity in the basement, attic, garage and unused/little-used rooms. If something displays a small glowing light or clock... it’s always on! I found dehumidifiers and an automatic, thermostat-controlled room fan left on all winter. A year ago, I gained the courage to dispose of a second refrigerator and started using LED (energy saving) light bulbs to cut electricity costs. Remember a rule-of-thumb... if out of a room for more than fifteen minutes, turn lights and stuff off. Un-plug things in guest rooms.

All power converter and re-charger plugs are consuming electricity... un-plug them when not charging the device/phone/camera. A good practice is to plug electronic, entertainment devices into power strips where one switch each night turns off multiple things. The same can work pretty well in the kitchen too.

One would hope that all equipment makers were focused on helping you save electricity but that just isn’t true. Except for larger appliances using the energy-star or similar standard, most devices in your home have had little scrutiny about lowering your operating costs. Smart meters supplied by your electric company, LED lighting and some monitoring devices are notable exceptions.

Vigilance is your best cost-cutting strategy. So, remember that anything that glows or remains plugged in should be questioned. If it adds to your safety, leave it on. If it is simply a convenience, ask “what is it worth”? Tour your living space six times per year just to be sure that you have everything the way that you want it. Plan ahead to make larger, energy-saving purchases.

Steven Groner
Extension Educator

Upcoming Illinois Extension Events

Plant & Bake Sale Cancelled

Edgar County 4-H BBQ Cancelled

Let’s Talk Money Webinar Series June 11, 18, 25 and July 9, 16, 23, 30

6:30-7:30 p.m. Register at: <https://forms.illinois.edu/sec/9047566>

What’s in My Backyard Webinar – Weed Identification June 11 1-1:30 p.m.

Register at: <https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22156>

Edgar County 4-H Fair July 17-22, 2020 Virtual event only this year

For more information about any of these events contact
Illinois Extension, Edgar County at 217-465-8585 or
see our website: web.extension.illinois.edu/cce

Do you want to learn something new? Brush up on an old interest?

Webinars offered by Illinois Extension can help.

I ILLINOIS Webinars are viewed over your computer or you can phone in and listen to each presentation.

Extension Here are a few topics offered:

Canning at Home: Fill Your Pantry Online Webinar:

June 10	Freezing Foods	June 17	Fermenting Foods
June 24	Drying Foods	July 1	Making Jams & Jellies
July 8	Pickling Foods	July 15	Preserving Apples
July 22	Processing Tomatoes		

For more information and to register:

<https://extension.illinois.edu/events/2020-06-03-canning-home-fill-your-pantry-online-webinar>

For a complete list of webinar offered by Illinois Extension, visit:

<https://extension.illinois.edu/global/webinars>

Many other webinars have been recorded & posted to YouTube. Simply go to youtube.com & type in Illinois Extension webinars in the search box.

Pineapple Pretzel Salad

2 cups crushed pretzels
1 cup butter, melted
1 (8 oz.) cream cheese
1 cup white sugar

1 (8 oz.) container frozen whipped topping, thawed
2 (20 oz.) cans crushed pineapple
½ (3.4 oz.) package instant vanilla pudding



Directions:

*Preheat oven to 350°F

*Place crushed pretzels in bottom of a 9 x 13 pan. Pour melted butter carefully over top. Bake in preheated oven 10 minutes.

*Cream together cream cheese and sugar. Fold in whipped topping. Spread over cooled crust.

*Combine pineapple and pudding and mix. Spread over whipped topping layer. Chill until serving.

Source: www.allrecipes.com/recipe/24046/pineapple-pretzel-salad/print?recipeType=Recipe&servings=18&isMetric=false



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JUNE/JULY 2020 NEWSLETTER
