

**EDGAR COUNTY
HOME & COMMUNITY EDUCATION ASSOCIATION
March/April, 2022**



Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
March 8	1:30 p.m.	Bell Ridge	Trudy Arrasmith Location: To be determined
March		Chrisman Nite	
March	.	Redmon Night	
March 22	1:30 pm	Stratton	Pat Brazelton Lesson Leader-Marge Houghland

April	Annual Meeting	Bell Ridge	No unit meeting
April		Chrisman Nite	
April	Annual Meeting	Redmon Night	No unit meeting
April	Annual Meeting	Stratton	No unit meeting

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

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.

Until further notice: All visitors at Extension Offices are required to wear a face covering and practice social distancing indoors and outdoors. Face coverings should remain on for the duration of your visit.

98th Annual IAHCE Conference

“Aspire to Inspire”

Tuesday, March 15 – Thursday, March 17, 2022

Keller Convention Center - Effingham, IL

Illinois Extension

Edgar County H.C.E. Board Members

Co-Presidents – Pat Brazelton, 217-822-6183 Kate Morecraft, 217-822-4956	pbraze33@gmail.com 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, 217-844-2374	jchalloran.jtj@gmail.com
International /Public Relations-Marge Houghland 217-822-7610,	mhear8@nwcable.net
Cultural Enrichment/Community Issues – Dona Houtt 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. schiver@illinois.edu, 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 list 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.

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From HCE Co-Presidents, Pat Brazelton & Kate Morecraft

WELCOME TO MARCH!! As we write this we are awaiting another weather event (snow)! It won't be long before we see little green sprouts shooting their way upward.

The ECHCE Board has been busy scheduling events for 2022 (and sending in yearend reports). We have the Annual Meeting coming up on May 17 and the 4-H Fair & Food stand in July. We will be inserting a craft day in there, too, as soon as the date is finalized. Please discuss crafts that you enjoy doing at your unit meetings and let us know your ideas. One craft will be card making. We always need cards and these are very nice!

The State Conference is March 15 - 17 in Effingham. Ideas always abound from the conference. In your discussions in your meetings, think of ways to introduce new members to our group. Ask your friends if they would be interested or if you know of a newly retired person. Have a great spring! "Aspire to Inspire" co-presidents:

Kate Morecraft & Pat Brazelton

Edgar County HCE Board Meeting February 2021 Minutes

The Edgar County HCE Board met on February 7, 2022 at the 4-H Building.

Kate Morecraft led the Pledge and the Homemakers Aim.

Cindy Bruce read the roll call with Dona Hoult and Marge Houghland absent.

Minutes for January were read and approved. They are on file.

Penny Peterson, 4-H Association Treasurer, will be the person to book the 4-H Building.

Carole Halloran gave the treasurer's report as of January 31, 2022. We have \$2,099.41 in the regular account and we have \$4,625.23 in the premier account.

Marge is to put information on the HCE scholarship in the paper.

Carole will put information on school supplies in the paper.

The board will furnish snacks for our February fun night.

The Annual Meeting will be May 17. More information will come later.

The 2022 HCE State Conference is March 15-17 in Effingham.

Meeting adjourned.

We will meet at 1 pm at the 4-H Building on March 7, 2022. All are welcome to come to these meetings so come on in!!

Cindy Bruce, secretary

ECHCE Scholarship:

Don't forget that Edgar County provides a 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 Extension Office in Paris or by emailing schiver@illinois.edu and must be postmarked no later than April 1, 2022. If you know of an eligible candidate, please encourage them to apply.

IAHCE Newsletter Information

The IAHCE newsletter can be read free online at IAHCE.org. If you would like a copy mailed to you, please send a \$10.00 check, payable to IAHCE. Newsletters are mailed in May – August – December. Mail to: Emily McDowell, IAHCE Public Relations Director, 1430 Laurel St., Highland, IL 62249. 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.

Crawford County HCE collecting plastic caps & lids

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:

medicine bottle caps
detergent caps
spray paint caps
deodorant caps
mayonnaise lids
cream cheese lids

drink bottle caps
flip-top caps (i.e. ketchup, mustard)
toothpaste tube caps
cottage cheese container lids
coffee can lids
peanut butter lids

milk jug caps
hair spray caps
ointment tube caps
Cool Whip lids
yogurt lids
ice cream bucket lids

Thank you!

It's time for getting down & dirty with spring cleaning!

Here is a list to help you get the dirt:

All rooms

Clean windows & window tracks
Vacuum curtains & window blinds
Wipe down baseboards, dust corners & ceiling
Disinfect doorknobs, handles, & light switches
Shake out and vacuum rugs & mats
Clean air vents & register, replace air filters
Remove furniture cushions & vacuum crevasses

Kitchen

Discard expired food in pantry, fridge, & freezer
Clear out cabinets & wash shelves, doors
Clean coffee pot & small appliances
Clean garbage cans & recycle bins
Clean fridge & defrost freezer
Clean oven & scrub stovetop
Clean behind & under fridge

Bedrooms

Wash comforters, blankets & pillows

Bathrooms

Dispose of expired medicine & products
Buy a new toothbrush
Scrub the grout & tile
Clean base & around toilet
Wash shower curtain & replace liner
Clean showerhead

Laundry

Clean behind & under washer & dryer

Other

Clean computer screen, keyboard & mouse
Clean out car & get a car wash
Clean patio surfaces & furniture



SPRING CLEANING

UPCOMING EXTENSION EVENTS

Small Farms Winter Webinars:

March 3 Introduction to Vermicomposting Learn the basics of vermicomposting, including soil health, building indoor and outdoor vermicompost bins, care for red wiggler worms, and bin maintenance. Crystal Stevens.

March 10 Mushroom Production Michael Hatfield, Flyaway Family Farms

March 17 Getting Started with Backyard Swine Through this presentation we will discuss the basics of swine care, selection of animals, nutrition, and fencing. Find out if swine fit into your farming operation or backyard. Presenter: Katie Bell, Local Foods Systems and Small Farms Educator

March 24 Growing Great Grapes This webinar will provide you with an introduction of the opportunities that await and the challenge you might face in grape production. Varieties, setup, disease management, and pruning will also be discussed. Presenter: Grant McCarty, Local Foods Systems and Small Farms Educator

All of the above webinars begin at noon. Register at:

<https://web.extension.illinois.edu/registration/?RegistrationID=24733>

March 5 Home, Yard and Garden Day Online event. Cost is \$10 Be inspired to grow cut flowers, learn how to properly care for your trees, or get a handle on the basics of everyday gardening at the 20th annual Home, Lawn and Garden Day. Enjoy live workshops, a Q&A with gardening experts and a keynote speech on sustainable gardening in this annual celebration of gardening hosted virtually this year by University of Illinois Extension McLean County Master Gardeners. Register at:

<https://extension.illinois.edu/events/2022-03-05-home-lawn-and-garden-day>

March 10 Return of Large Predators Online event 1 p.m. Due to the sightings of cougars, wolves, and even black bears in Illinois, this program is being offered to discuss the animals themselves and the behaviors that may be playing a part in their attempts to return. Register at:

<https://extension.illinois.edu/events/2022-03-10-return-large-predators-everyday-environment>

April 4 – 8 Soil Testing Week \$15 a sample. Bring your samples in to the Extension Office this week.

April 14 April in Paris Garden Seminar Betty Jane's Kitchen, Paris, IL Cost is \$25 Speakers and topics are: Marilyn Miller, The Apple House, Terre Haute, IN *New Arrival and Old Favorites in Annuals and Perennials*;

Ken Johnson, Illinois Extension Horticulture Educator *Growing Great Tomatoes*;

Elizabeth Barnes, Purdue University Exotic Forest Pest Specialist *Invasive Insects: What to Watch For and How to Handle Them*

Register at go.illinois.edu/aprilinparis or by calling the Edgar County Extension Office at 217-465-8585

This is just a partial list of upcoming Extension events. Find all of the offerings at:

go.illinois.edu/cce/events

Minor Lesson - March, 2022 – Irish Traditions

Top 10 Irish Cultural Traditions, Customs, and Their Origins

Source: <https://www.irelandbeforeyoudie.com/top-10-irish-cultural-traditions-customs-and-their-origins/>

By: Paris Donnatella Callan

Ireland boasts a characterful culture, full of unique traditions, customs, and origins so synonymous with the Emerald Isle. From Irish dancing to a love for potatoes, here are the most celebrated quirks of Irish culture. Located to the west of the British Isles, Ireland is a small island nation of some 6.8 million people.

Celebrated for its relentless charm and enchanting mysticism, Ireland is a popular destination for travelers worldwide, known for all its Irish culture and Irish traditions.

Most-known for its love of traditions and customs, Ireland is rich in its patriotism and affinity for those things so quintessentially Celtic.

Whether the topic of debate is a pilgrimage or potatoes, pubs or pagan festivals, Irish culture thrives today.

Here are the top ten customs you need to know!

10. Sport

In Ireland, sports account for much of the Irish cultural identity. Most citizens are avid supporters, and great pride is taken in donning the national colors and standing abreast with fellow fans on any given match day. By means of preserving and promoting Irish sports, the Gaelic Athletic Association (GAA) was established in 1884.

Games played throughout history in Ireland include football (soccer) as far back as the 14th century, Gaelic football, Hurling, and Camogie.

9. The pilgrimage of Croagh Patrick

Every year, thousands of people make the arduous, yet pious, journey to the peak of Croagh Patrick.

This mountain climb, which is in honor of Ireland's patron, Saint Patrick, takes place annually on the last Sunday of July.

As per Celtic history, the ancient Irish druids would make this pilgrimage each year to mark the pagan festival of Lughnasadh. Today, this remains a vital part of Irish culture.



8. Celtic pagan festivals

Pre-Christianity, the Emerald Isle was a pagan community and Irish customs reflected this. Paganism dictated key dates throughout the year; four events, in particular, divided the seasons.

The pagan festival of Imbolc marks the beginning of spring, and Bealtaine, the beginning of summer. Lughnasadh heralds autumn, while Samhain welcomes winter.

Today, these pagan festivals are still celebrated by many and are greatly attributed to Irish traditions.



7. Literature and the arts

You can't mention Irish traditions without mentioning literature. Ireland is celebrated for its wealth of artists, ranging from the fields of music and film to literature.

Some of the most iconic names on the world stage boast roots from the Emerald Isle, including W.B. Yeats, Oscar Wilde, Bernard Shaw, and Samuel Beckett, to name but a few.

Burning fervently at the core of Irish culture are these and so many other great artists from the small island nation.

6. Potatoes – *the unofficial mascot of the Irish food scene*

Although the potato was imported in the 17th century, it is a symbol of Ireland and its undisputed hospitality.

In addition to this, it has been considered the unofficial mascot of the Irish food scene throughout history. This is mostly due to its role during the Great Famine in Ireland (1845 to 1849) when the potato crop failed, leading to widespread plight and mass immigration.

5. Mythology

Mythology plays a key role in Irish culture. Indeed, Ireland is known as a mystic country laden with legends and tall tales of fairies and leprechauns, goddesses, and heroes.

Ancient folklore remains today a celebrated aspect of Irish traditions and has emboldened cultural identity throughout history. It's one of the biggest Irish customs.

4. Dancing – *for the love of Riverdance*

Irish dancing is an age-old art form. However, it popularized in contemporary culture during the 1990s, as a result of shows such as Riverdance. Jigs, reels, step dancing, and ceili dances all make this inherently Irish dance style, and its unique form and fashion are known worldwide today. It's truly one of the top Irish traditions.



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3. Trad music – *a beacon of Irish culture*

People travel from the far stretches of the globe to the Emerald Isle and enjoy trad music – one of the most thrilling traditions in Ireland.

Spanning generations, this Irish music genre sees instruments such as fiddle, piano, and acoustic guitar take center stage.

Native instruments, including the bouzoukis, uilleann pipes, and the Celtic harp further celebrate the culture of Ireland.

2. Pub Culture – *one of the top country-defining Irish customs*

Pub culture is one of the country's defining customs and characteristics.

Whether you're in a small town or big city, you'll be spoiled for choice – from lively bars to quiet locals.

Some of the most authentic local experiences can be had in an Irish pub.

Guinness plays a lead role in the pub scene and is one of the top undisputed Irish customs in itself.

1. Saint Patrick's Day – *the annual, global celebration* Each year, millions of people around the globe come together on the 17th of March to celebrate Saint Patrick's Day. It's truly one of the top traditions in Ireland.

As Ireland's annual holiday, the day in question celebrates national culture, and its global observance is a humbling reminder of the impact of the culture of Ireland across the world.



Minor Lesson - April 2022 – Gardening in April

Source: [Nicole Flowers-Kimmerle](https://extension.illinois.edu/blogs/rhonda-ferrees-ilriverhort/2018-04-13-gardening-april), Agriculture and Natural Resources (Horticulture) Educator
<https://extension.illinois.edu/blogs/rhonda-ferrees-ilriverhort/2018-04-13-gardening-april>

Spring has sprung, and it is time to get out in the garden. The average last frost date for central Illinois is mid-April. Therefore I wait until about Mother's Day before planting tender plants such as impatiens, basil, tomatoes, and tropicals. Even though I can't plant most of the tender plants yet, there is still a lot to do.

GENERAL

- Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September.
- Add compost to the garden. If needed, till garden when the soil is dry enough.
- Continue spring lawn and garden clean up.

LANDSCAPE (Lawns, trees, shrubs, and flowers)

- The last Friday in April is National Arbor Day. Plant a tree, or support an organization that does.
- Lawn: Consider replacing some lawn areas with groundcovers. Mow lawn to 2-3 inches removing no more than 1/3 of the leaf blade at any one mowing. Establish or renovate turf with seed or sod, if needed. If appropriate, apply a pre-emergence herbicide to control crabgrass when forsythia begins to bloom. Read and follow all label directions.
- Flowers: Scatter annual poppy seeds in flower borders without covering for early summer flowers. To extend the blooming period of gladiolus, plant early, middle, and late season selections each week until the middle of June. Plant pansies and hardy annuals. Begin planting and dividing most perennials except bearded iris and peony. Cut down ornamental and native grasses to the ground before growth starts. Finish pulling back protective winter mulch from around perennials and roses.
- Woodies: Examine trees and shrubs for winter injury and prune as needed. Prune spring flowering shrubs such as forsythia soon after bloom. For multi-stem plants, use renewal pruning by removing oldest stems at soil level. Prune summer and fall blooming clematis. Fertilize trees if not done in fall and if soil test or reduced growth indicates the need. Continue planting trees and shrubs, and consider using native plants.

GARDEN (Vegetables, fruits, and herbs)

- Plant bare root plants before they leaf out, soak plants in warm water for 2 hours before planting.
- Plant seeds of frost tolerant plants such as spinach, lettuce, carrot, beet, chard, parsnip, and radish.
- Continue planting or dividing rhubarb and asparagus.
- Continue planting fruit trees, grapes, and brambles such as raspberry and blackberry.
- Plant strawberries. Pinch off first-year flowers to encourage strong root systems.

Don't forget to register for:

APRIL IN PARIS GARDEN SEMINAR

Brand in to the Light

Thursday, April 14

Betty Jane's Kitchen, 1249 N. Main St., Paris

Speakers and topics include:

Mary Miller, The Apple House *New Arrivals and Old Favorites in Annuals & Perennials*

Ken Johnson, Extension Horticulture Educator *Growing Great Tomatoes*

Elizabeth Barnes, Purdue University Exotic Forest Pest Management

Invasive Insects: What to Watch For & How to Handle Them

Cost is \$25 which includes all speakers, a delicious breakfast, handouts, and horticulture-themed vendors offering interesting & useful products.

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

What's the Buzz About Illinois Bees?

University of Illinois Extension – Gardener's Corner

Mention bees, and for most people the image of a golden-yellow honey bee comes to mind. But in reality, there are some 500 species of bees native to Illinois alone (and over 20,000 species worldwide!)

Though honey bees live in large colonies-often with human help, in hives-that can reach 60,000 individuals, and bumble bees live in smaller groups of up to 400, 90% of our native bees are solitary. Among honey and bumble bees, a division of labor means the queen lays eggs and her offspring perform other jobs (caring for young, foraging, etc.); with solitary bees, the females do all of those jobs by themselves.

Most solitary bees (70%) nest in the ground, though some nest in wood or in hollow or pithy branches. Once a female has selected a place to build her nest, she creates nest cells. She places a ball of pollen mixed with nectar inside each cell and lays an egg on the pollen ball. When the egg hatches, the larva feeds on the pollen ball. Generally these bees do not emerge until the following year.

These are four of the more common native bees in Illinois:

BUMBLE BEES: Named for the buzz they produce while collecting pollen, bumble bees are social insects, living in colonies of 50 to 400 individuals. At the end of summer, colonies die off and the mated queens hibernate. Bumble bees are cavity nesters, generally choosing abandoned underground rodent burrows. Active from spring through late fall, these robust bees are hairy, with yellow, black, white, brown, or orange bands.

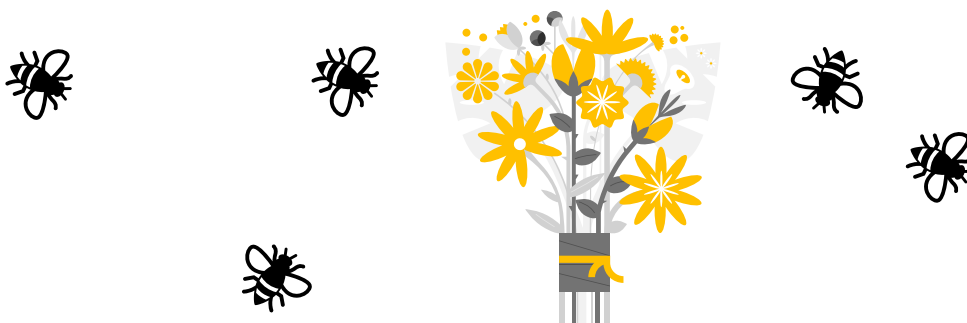
EASTERN CARPENTER BEES: Active from spring through fall, Eastern carpenter bees are often considered pests for their habit of constructing nests in the wood of homes and other buildings. (Painting the wood can help prevent this activity.) Due to their large size, Eastern Carpenter Bees primarily visit large and open-faced flowers. They look similar to bumble bees, but the top of the abdomen is bare, black, and shiny.

LEAFCUTTER BEES: Cutting pieces of leaves or petals to line the walls of their nests, leafcutter bees are solitary nesters; they create their nests in already existing cavities in wood and other plants. Active from early to late summer, leafcutter bees are medium to large in size, with smoky-colored stout bodies with pale bands on the abdomen.

SWEAT BEES: Many bee species are attracted to human sweat, which they consume for the salt it contains. Most sweat bees nest in the ground and can be found from spring through fall, with most species being active in summer. Small to medium-sized, sweat bees are often brightly colored and metallic, with colors ranging from green to red and yellow.

Other native bees include yellow-faced bees, mason bees, small carpenter bees, long-horned bees, mining bees, cellophane bees, and squash bees.

Native bees are generally much more reluctant to sting compared with honey bees and wasps. They are also important pollinators. Native bees are often more effective and efficient pollinators than honey bees, especially when it comes to native plants. So don't flee the bees – take a moment to enjoy them instead.



U of I Extension, Edgar County
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Paris, IL 61944

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MARCH/APRIL, 2022
EDGAR COUNTY HCE NEWSLETTER

RETURN SERVICE REQUESTED



“Aspire to Inspire”