

**EDGAR COUNTY
HOME & COMMUNITY EDUCATION ASSOCIATION
May/June 2022**

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Meetings</u>	<u>Hostess</u>
HCE ANNUAL MEETING RESCHEDULED TO MAY 17 5:30 p.m. (registration)				
	4-H Fairgrounds		Reservation form is included later in this newsletter	
			Please RSVP to the Extension Office by May 1	217-465-8585
May 10	1:30 p.m.	Bell Ridge		Karen Nuckols
May 26	7 p.m.	Chrisman Nite Chrisman Christian Church		Mary Galway & Trudi Brinkley
May		Redmon Nite		
May 24	1:30 p.m.	Stratton		Pat Brazelton
May Major Lesson: Edgar County HCE Annual Meeting				
June 14	1:30 p.m.	Bell Ridge		Wilma Cook
June 23	7 p.m.	Chrisman Nite Chrisman Christian Church		Glenda Milam

June		Redmon Nite		
June 27	1:30 p.m.	Stratton		Pat Brazelton
June Major Lesson: Everyday Gardening for Everyone				
Lesson can be picked up at the Extension Office.				

*****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	<u>cndlu347@gmail.com</u>
Treasurer – Carole Halloran, 217-844-2374	jchalloran.jtj@gmail.com
International /Public Relations-Marge Houghland 217-822-7610	mhear8@gmail.com
Cultural Enrichment/Family/Comm. Issues – Dona Hoult, 217-822-2419	hillcrest30@frontier.com

Updated Extension guidelines: Face coverings are not currently required for entry to Extension offices. However, if you are not feeling well, we ask that you stay home. Extension offices will continue to have disposable face masks available. (Please keep in mind that guidelines can change quickly!)

A note from ECHCE Treasurer...

Don't forget 2022-2023 dues of \$12 are due May 1. Please be sure to postmark by then to get credit for Blue Ribbon Award.

Please send one check from unit treasurer or mailbox/sustaining member to:

Carole Halloran
13556 N. 800th Street
Paris, IL 61944



Please also include a complete list of members and new officers (if possible.) Your cooperation is greatly appreciated. The list will be shared with ECHCE Second Vice. If you have any questions, please feel free to call Carole at 217-251-2384.

A note from ECHCE Board:

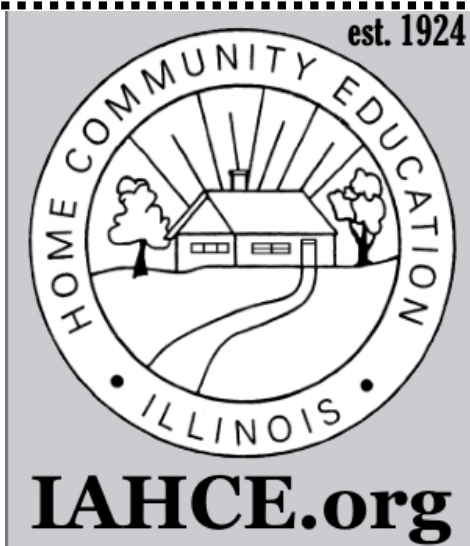
PLEASE volunteer to serve on the Nomination Committee or just volunteer to serve on the ECHCE Board. If everyone takes their turn, it helps our organization grow with ideas or helps to renew old ideas. Each unit is encouraged to have a member or two serve on the board to bring ideas and report to their unit what is being planned.

Just contact a board member (listed on first page.) Thanks for any consideration you can provide.

School Supplies....

Nothing was done this past year since only one unit sent money and no supplies were donated for the board to deliver. We are going to try and do something next year so please pick up school supplies over the summer or send a check that will be matched by the ECHCE Board.

We will deliver in January so you can bring things to our Officers Training program or during HCE Week in October.



4-H NEEDS YOUR HELP

The annual 4-H BBQ will be held on Saturday, June 25. Edgar County 4-H is asking each HCE member to donate 2 dozen cookies, brownies, or cereal marshmallow bars. Would you be able to help? Please bring your desserts to the Extension Office anytime during regular business hours (8 a.m. – noon and 1 – 4:30 p.m.) on Thursday, June 23 and Friday, June 24. You can also drop off your items at the 4-H Fairgrounds on Saturday, June 25 between noon & 3 p.m.

**THANK YOU IN ADVANCE FOR HELPING TO MAKE THE
BBQ A SUCCESS!**

Don't forget to drive-thru on Saturday, June 25 between 3 and 7 p.m. to pick-up a pork chop meal. The cost is \$10 per meal & includes two delicious boneless pork chops, green beans, chips, a hand-held dessert, and water. Tickets can be purchased from any 4-H member, at the Extension Office or the evening of the BBQ.

Edgar County HCE Board March Meeting

The ECHCE Board met March 9, 2022, at Pat Brazelton's at 1:00 p.m.

Kate led us in the Pledge and the Homemakers Aim and also reminded us of all of the people of Ukraine.

Roll call by Cindy was called. Dona was absent.

Cindy read last month's minutes and they were approved and are on file.

We were told that when we have a meeting at the 4-H multi-purpose building, to please put the tables and chairs back where they belong.

We have received \$325 to purchase a chair rack for the chairs at the 4-H building.

Marge made a motion to get a chair rack. Becky 2nd the motion. Motion passed. Becky and Kate paid the extra \$25.00 to purchase the chair rack.

Carole has purchased an album for our meetings. We will put pictures, memos, and any other info in the album.

Carole told us we have \$2,111.41 in the regular account and \$4,625.27 in the premier account.

May 17, 2022 - Annual meeting registration will be at 5:30 and the meal will be at 6:00. Carole was to check to see if Chrisman school children could come and sing. Our caterer is Joanie Smith.

Dues are due May 1. Make sure your unit sends them to Carole.

The board members will bring two cars to make trip to Effingham for state conference.

Next meeting is at 4-H Building at 1p.m. on May 2, 2022. Then annual meeting will be May 17, 2022 at 5:30 p.m..

Meeting adjourned.

Cindy Bruce

Secretary

Edgar County HCE Board April Meeting

The ECHCE Board met April 4, 2022, at the 4-H Building at 1 p.m.

Kate led the meeting by leading us in the pledge and the Homemakers Aim.

Cindy read roll call. Marge was absent and Becky came in later.

Cindy read the minutes from last month. The listing for Maxine Cochran as memorial for chair racks was added. Paula made a motion that minutes be filed with addition. Carole 2nd. Motion passed.

Minutes will be on file.

Carole read the treasurers report. There is \$2,572.17 in the regular account and \$4,625.31 in the premier account. Carole wanted a motion to renew membership in Chamber of Commerce. Cindy made the motion to pay the membership. Pat seconded. Motion passed and Carole will pay.

If you know of anyone who you think might like to read the newsletter, please send Rebecca their name and address. We need more to send the newsletter or it will start costing more to mail.

Beth Allison is applying for the HCE scholarship. Will be more when we receive more info.

Units can use other lessons for their meetings if they prefer. They can contact other states or if they see something they can use they are welcome to use the lesson.

Annual meeting is May 17 at 4-H Building. Registration is at 5:30 and meal is at 6:00 with J. Smith serving the meal of Beef tips or Crispy Chicken. Our new District Director, Karen Cahill is to be at the meeting. There will be a memorial for Maxine Cochran at the meeting.

The State Conference in Effingham was good. The programs and side meetings were good. The food could have been lots better. Those who went still had a good time.

Dona Hoult received the Culture Arts award.

Carole is to check to see if the Choir or Bell choir can come for our annual meeting to sing a couple of songs.

DOES ANYONE KNOW OF ANY PROJECT IDEAS THAT WOULD BE INTERESTING TO DO FOR THE WHOLE COUNTY??!! If you do, let one of the board members know or bring the idea to the annual meeting.

Next meeting is May 2 at 1 p.m. at the 4-H building.

Cindy Bruce

Secretary

From Your Edgar County HCE Board Co-Presidents

Beautiful May is here! The birds are singing, and flowers are bursting with blooms. We had the very cold weather, now we will get to have the very hot weather. I think they call that, **Welcome to Illinois!** Your ECHCE Board participated in the IAHCCE State Conference in Effingham. It involved new ideas, meeting new people, learning other units have the same problems, food, laughs, and business to take care of. Edgar County came home with #2 County of the Year award.

We are looking forward to seeing all of you at the ECHCE Annual meeting on May 17. Don't forget to send in your RSVP as soon as possible. Or call the extension office (217/465-8585) and pay at the door that evening (Info. in this newsletter). **Fun! Food! Entertainment!** Come and meet our new District Director, Karen Cahill and possibly another state officer. They will be visiting us on our special night. So come and show off **EDGAR COUNTY HCE!!** Celebrate Spring, too! Let's make this a **BANNER YEAR!**

A big THANK YOU if you have sent in your dues (\$12) and that the units have sent in member name, address, phone #, email, along with your officers' names. Send your dues to Carole Halloran, 13556

N 800th St, Paris, IL. Remember after electing officers to also **send** that information to Rebecca and to Becky Step. Paper work! Paper work!

Some of the units have donated for supplies. Please check and see if your unit has. Also check and let Becky know if you had any deceased members this last year. Thank you.

The 4-H BBQ will be June 25, so we will be looking for handheld desserts (brownies, cookies, or cereal marshmallow bars.) 4-H is asking each member to supply 2 dozen of these treats, bagged two per bag.

See you at the Annual meeting on May 17.

Your co-presidents Kate Morecraft & Pat Brazelton

From Marge Houghland, International/Public Relations Director

This is the last information on lemons. There will be a quiz at the annual meeting on May 17 about this and previous information. A prize will be given to the winner.

- Lemons are packed with elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin, thiamin, riboflavin, copper, iron, potassium, zinc, phosphorus, and protein making them protect against many health problems like diabetes, high blood pressure, indigestion, infection, and constipation. They also have cancer fighting properties. The flavonoids are antioxidant compounds, great for cancer prevention and recuperation.
- Lemon juice can destroy deadly bacteria that work against diphtheria, malaria, typhoid, and cholera. A lemon's peel is effective at fighting against Parkinson's Disease. It contains the phytonutrient tangeretin, which is responsible for anti-tumor activity, neuroprotective action, and cholesterol reduction.
- The world's heaviest lemon weighed 11 lb., 9.7 oz. Aharon Shemoel grew this gigantic lemon on his farm in Kefar Zeitim in Israel. It measured 14 inches in height and 29 inches in circumference according to the Guinness World Records in 2013.
- Lemons are known for their cleaning properties. The lemon's acidity is antibacterial and antiseptic, so it acts like a bleach. It can remove stains like rust and that chalky white substance on water fixtures. Lemon halves diffed in salt or baking powder can be used to brighten up copper and clean kitchenware. Placing a bowl of fresh lemons in the room will add decoration and an aroma that will relax you.
- Scurvy, the name for a vitamin C deficiency, leads to anemia, spontaneous bleeding, swelling, exhaustion, and poor wound healing. Scurvy was a rampant disease among miners during the Gold Rush in California in 1849 so they were willing to pay a lot for lemons. Therefore California produced tons of lemons and still do.
- When sailors were affected by scurvy and stuck on ships for months with no access to foods rich in vitamin C, their only treatment was lemons. Today, every British Navy sailor is required to drink an ounce of lemon juice a day.
- California and Arizona have favorable climates to produce 95% of lemons consumed in the US.
- Fruit ripens 4-12 months after flowering and starts bearing fruit at 3-5 years old. A single tree can produce about 600 pounds of lemons annually. Trees are picked 6-10 times/year

depending on the quality of the tree and its environment. Grown in warmer temperatures have better lemon production especially with correct care.

- Fruit has 8-10 segments and about 8 seeds. Limes and oranges can have up to 12 segments and grapefruit up to 14.
- The lemon's main fiber is pectin that can reduce blood sugar levels by slowing down the digestion of sugar and starch.
- Lemons are nature's best insect repellent. You can rub the lemon peel on your skin or surfaces at home or make a concentrated spray. Throw some lemon peels outside your front door to repel unwanted pests.
- A lemon contains about 31 mg of vitamin C, about 51% of your daily recommended vitamin C intake. It has about 30 calories, 1.1 g protein, about 89% water and 9.3 g carbohydrates, 2.5 g sugar, 2.8 g fiber and .3 g fat so it is the best fruit to help you lose weight.
- ½ cup of lemon juice/day may help prevent kidney stones. The citric acid can increase the urine pH which creates an environment that deters the formation of the stones, small lumps formed when products build up in your kidneys.

Don't forget to study lemon information from this and previous newsletters as this might help you win the quiz at the annual meeting!

Cucumber Strawberry Salsa

- 1 cup fresh strawberries, diced
- 1 cup fresh cucumber, diced
- ½ cup red onion, finely diced
- ½ of a jalapeno pepper, finely chopped (remove seeds for less heat)
- ¼ cup fresh mint, rinsed and chopped
- 1 tablespoon lime juice
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper

1. Combine strawberries, cucumber, onion, pepper and mint in a bowl. Toss with lime juice.
2. Add salt and pepper and stir. Serve with baked whole-grain chips or crackers.

Note:

- Serving size is 2 tablespoons
- Look for berries that are firm, bright without browned areas, and without bruises, soft spots, or mold.
- Store them in the refrigerator for up to 1 to 3 days.
- Avoid washing strawberries until right before you eat to help shelf life.



EDGAR COUNTY ASSOCIATION
FOR HOME AND COMMUNITY EDUCATION
86th ANNUAL MEETING

Aspire to Inspire



Tuesday, May 17, 2022

4-H Building, Paris, IL

Registration 5:30 p.m. – Meal 6 p.m.

Name: _____ Phone: _____

Unit: _____ Years in HCE: _____

_____ Beef tips

_____ Crispy Chicken

Guest: _____ Beef Tips _____ Crispy Chicken

\$15 each Please make checks to: ECHCE

Please mail checks to:

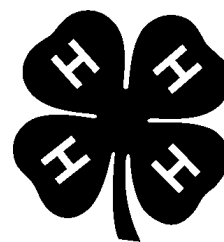
Carole Halloran, 13556 N 800th St, Paris, 61944

DEADLINE: MAY 10

Bring a friend to the...



2022 Edgar County



4-H BBQ

Menu: Two Fresh Roosters Farm Market Boneless Pork Chops, Green Beans, Applesauce, Chips, Cookies, Bottled Water

Saturday, June 25

4:00 to 7:00 PM

Edgar County 4-H Fairgrounds

DRIVE-THRU ONLY!!

All Tickets \$10.00

***Tickets are available from any Edgar County 4-H'er
and the Edgar County Extension Office, 210 W. Washington St., Paris***



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

If you need a reasonable accommodation to participate in this event, please contact the
Edgar County Extension Office at 217-465-8585.

University of Illinois – U.S. Department of Agriculture – Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

2022 Edgar Co. HCE members attend Illinois State Conference



Marilyn Daughhette and Marge Houghland



CONGRATULATIONS ARE DUE!

Edgar County was selected as second runner-up 2021 County of the Year at the IAHC Annual Conference held in March. Marilyn Daughhette, long-time Edgar County HCE member, was selected as the 2021 IAHC Member of the Year – District 3. Pictured left to right are Kate Morecraft accepting the 2nd runner-up award for Edgar County HCE, Angela Hicks, IAHC President, and Marilyn Daughhette, accepting her member of the year award. CONGRATULATIONS county members and Marilyn!



Thank you Volunteers!

Every HCE member is a volunteer in some way. We want to take this time to thank you for all you do for Edgar Co. HCE and the many other organizations you help! You are appreciated!



Upcoming Illinois Extension Events

Certified Food Protection Manager Course Friday, May 13, 1-6 p.m.,
Saturday, May 14, 9 a.m. – 2 p.m., Monday, May 16, 1 – 5 p.m. \$75
More information and registration can be found at:

<https://web.extension.illinois.edu/registration/?RegistrationID=25355>

Edgar County 4-H BBQ Saturday, June 25 4-H Fairgrounds Serving 4-7 p.m.
Edgar County 4-H Fair July 16, Aerospace & Shooting Sports judging
July 22 – 27 All other 4-H events

There are MANY webinars and events scheduled covering a variety of educational topics. See this link for details and to register:

<https://extension.illinois.edu/cce/events?tid=All&page=%2C%2C%2C0> Phone the Extension Office with questions or assistance – 217-465-8585.

SCHOOL SUPPLIES DONATED

The Chrisman Nite HCE recently took school supplies to the Chrisman Elementary school. The supplies were collected by members at their March meeting.



Pictured are some of Chrisman Nite HCE members with Chrisman Elementary teachers. Susan Wyatt, Bobbie Haton, Betty Lewis, Gail Pruitt, Vickie Hollingsworth, Nancy Harper, and Diane Romoser.

Extension Office if you have questions.
U of I Extension, Edgar County HCE
210 W. Washington St.
Paris, IL 61944

U.S. Paris, IL 61944
Permit 308
Non-Profit Organization

RETURN SERVICE REQUESTED

MAY/JUNE 2022 NEWSLETTER

Answers to Take Care of Your Brain Activity on page 11:	•
Know it all Test:	•
Niagara Falls	•
dwell, dwarf, dwindle	•
Minnesota	•
Lettuce, kiwi	•
What are you watching?	•
Mission Impossible	•
Three's Company	•
The Americans, America's Funniest Home Videos	•
Beverly Hillbillies	•
Everybody Love Raymond	•
Sky King, King of Queens	•
Family Ties	•
In Living Color	•
Big Bang Theory	•
Match Game, Game of Thrones	•
Make the Connection:	•
Keys	•
Deck	•
Trunk	•
Pupil	•
Case	•