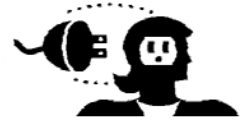




EHC Connection



Clark County Extension Service
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March 2008

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Upcoming Events

Leader Training

April's leader training will be "Scrap-booking" in the area of Cultural Arts by Amanda Shelton. Training will be held **Wednesday, April 5**, in the Outback Kitchen, starting at 9:30 a.m. Invite friends and potential members to come with you.



Board Meeting

The next meeting will be **Wednesday, March 5**, beginning at 10:30 a.m. All club presidents are council officers are expected to attend.

Country Cookin'

Clark County EHC will host a Country Cookin' Beans & Cornbread lunch **Thursday, April 24**, at First Methodist Church in Arkadelphia. This will replace the Salad Luncheon that had been planned earlier. Details can be found on the following page of this newsletter.

Spring Council Meeting

The Spring Council meeting will be **Thursday, May 22**. The theme is "April Showers bring May Flowers." The meeting will be at the fairgrounds in the Arts & Crafts Building. Dorsey's will be catering the meal. The cost of the meal will be given in a later newsletter.

Kitchen Cleaning

There is a new cleaning list posted on the pantry door of the Outback Kitchen. Please check off items as they are completed. Check the new list, because there are a few things that only members need to handle (doing laundry of cleaning towels & purchasing supplies, etc).



Country Cookin'

Clark County EH will host a Beans and Cornbread lunch at the First Methodist Church in Arkadelphia, Thursday, April 24, from 11:00 a.m. to 1:00 p.m. Tickets will be pre-sold for \$5 each.

Committees have been set up for publicity, tickets, desserts, new member promotion, decorations, set-up, cooking, and cleanup. There is a job for every member.

The meal will consist of beans, cornbread, the fixings and your very own homemade desserts. A dessert auction begins at 12:30 p.m.

Country Cookin' reminders for each club:

- **April 23:** Two or three members are needed to help prep food and set up the room
- **April 24:** All members to help; there will be a variety of jobs for all people (with various levels of ability)
- Bake Cakes & Pies
- Tickets will be available at the April Board meeting but can be picked up from the extension office during the last week in March.
- Support this event to help offset Council losses in the kitchen during fair week.

Sack it & Grab it Nine Patch class

Materials you will need:

- 380 rotary cut - 3 1/2" squares of 100% cotton fabric.
- Sewing machine
- Thread and scissors.
- Lunch will be provided, but you will need to bring your own drink.

You will need to divide and bag patch squares. The amount of bags you will need will depend on how many participants we have. For example, if we have 10 participants, you will be bagging your squares in 10 bags of 38 each. We will set up a date with the extension office to have the kitchen available on a Saturday in May.

The **deadline** for signing up for this class is **March 30**. To sign up for this class, call Debbie Page at 870-246-6290.

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. This is an Affirmative Action/Equal Opportunity Employer. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

Community Service

Clark County EH sponsored a Community Service Sewing Day in February. The day was a great success. Fifty dialysis pillows were made and donated locally. Volunteers also made 28 Arkansas Children's Hospital teaching dolls that will be delivered in March at the training held at Ferndale. Great Job!

I love spring anywhere, but if I could choose I would always greet it in a garden.



EHC Board Meeting Minutes

Roll Call: Hartsville, Manchester, Red Springs, Whelen Springs.

Salad Luncheon Fund Raiser – Waynette Shuler, chair person, reported on the event. She reminded us that the idea for this luncheon came about at the leadership training/planning seminar a year or so before, as a way to raise money and awareness for EHC. After much discussion and by group consensus, it was decided not to have the salad luncheon fundraiser this year as presented by Waynette, at least not at the same magnitude as it had been originally presented.

Instead, the group thought a better idea at this time would be a “scaled-down” version of the luncheon. It was decided that a beans & cornbread meal would be more manageable. The EHC Council would buy the food, with EHC clubs being responsible for homemade desserts. The ticket price would include beans, cornbread, tea/water and dessert. The First Methodist Church (kitchen/fellowship hall) is reserved for April 23 & 24.

Waynette volunteered to be the chairperson. Publicity: Kris Elliot, Ticket Sales: Gwyn, New Members: Nedra, Decorations: Dorothy (Manchester), Desserts: Dorothy. Lynn also agreed to be on the planning committee. This committee will meet on Monday, March 10, at 10:30 a.m. in the EHC Kitchen to continue planning.

Project Workdays – Fifty dialysis pillows were made and delivered by Nedra. Twenty-eight teaching dolls were also made. Dolls will be delivered to Arkansas Children’s Hospital by Kris, Gwyn, Nedra, or Dorothy on their trip to Leader Training in Ferndale. Dresses for “Hemmed in Prayer” are being made on an individual basis.

Sheriff’s Youth Ranch – Council voted to donate a lawnmower/yard equipment (up to \$500), which will be delivered on April 2. All EHC members are and invited for the 1:30 p.m. presentation and tour of the ranch.

Fair Board Meeting – Gwyn attended & reported that the kitchen in Arts & Crafts building is being remodeled. This building and kitchen can be rented through Fair Board.

EHC Kitchen bathroom cabinet – The ladies’ restroom cabinet needs replacing due to previous water damage to the particle board. The repairs will be made with funds from the council treasury. Gwyn will bring an estimate to the next meeting.

Spring Council Committee – Jean Toland and Lynn LeMay, as co-vice-presidents, will chair. Meeting scheduled at EHC Kitchen for Monday, March 10, at 10:30 a.m. The committee is made up of club vice-presidents.

Fair Kitchen Committee – Gwyn asked for one volunteer from each club to be on this committee. Lynn volunteered from Whelen Springs. Other clubs need to recruit additional volunteers at their next club meetings and notify Gwyn of the volunteers’ names.

Quarterly Special Events – Kris reported that idea of **basic embroidery** has been mentioned for a quarterly special event. Class will be May 1, at 6:30 p.m.

ANNOUNCEMENTS:

- Next Board Meeting – April 2, 10:30 a.m.
- Next Leader Training – April 2, 9:30 a.m. (Cultural Arts, Scrap-booking)
- AEHC Officer Leader Training – March 12
- March Kitchen Cleaning – Manchester

The Switch from Analog to Digital TV

After February 17, 2009, full-power television stations will broadcast only in digital. Digital broadcasting allows stations to offer improved picture and sound quality, and digital is much more efficient than analog. Broadcasters are able to offer a super sharp "high definition" (HD) digital program or multiple "standard definition" (SD) digital programs simultaneously through a process called "multicasting."



Multicasting allows broadcast stations to offer several channels of digital programming at the same time, using the same amount of spectrum required for one analog program.

For viewers who have one or more televisions that receive free over-the-air programming (with a roof-top antenna or "rabbit ears" on the TV), the type of TV you own is very important. A digital television (a TV with an internal digital tuner) will allow you to continue to watch free over-the-air programming after February 17, 2009.

However, if you have an analog television, you will need a digital-to-analog converter box to continue to watch broadcast television on that set. This converter box will also enable you to see any additional multicast programming that your local stations are offering. Households that receive their programming through cable or satellite are unaffected by this change.

To help consumers with the DTV transition, the U.S. Government established the Digital-to-Analog Converter Box Coupon

Program. The National Telecommunications and Information Administration (NTIA), a part of the Department of Commerce, administers this program. Every U.S. household is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible digital-to-analog converter boxes.

The coupons may only be used for eligible converter boxes sold at participating consumer electronics retailers. The coupons must be used at the time of purchase.

Manufacturers estimate that digital-to-analog converter boxes will sell from \$40 to \$70 each. This is a one-time charge.

For more information on the Digital-to-Analog Converter Box Coupon Program and to request a coupon, visit the NTIA's Web site at www.dtv2009.gov, or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY). Note that the coupons expire 90 days after being mailed, so only request a coupon if you are confident that you will use them within 90 days.

Embroidery Basics Class



The special quarterly event class will be **Thursday, May 1**, in the Outback Kitchen beginning at 6:30 p.m. The class will be \$10, and will teach six stitches, which are the basic stitches for most projects. All supplies/materials will be provided. Class participants will take home a kitchen towel. Participants can bring their own scissors.

*"Spring is nature's way of saying,
"Let's party!"*



~ Robin Williams

FREE DENTAL SERVICES

Statehouse Convention Center
Next door to the Peabody Hotel in downtown Little Rock



May 2–3, 2008

No Eligibility or Income Requirements
No Appointments - First Come, First Served

Children and Adults

Services Include:

Fillings

Extractions

CLEANINGS WILL NOT BE PROVIDED

Paid parking is available in the River Market parking deck at 500 East 2nd Street and the Robinson Center Parking deck beneath the Doubletree Hotel. Other parking may be available in the River Market area. Patients can ride the trolley from the River Market area for a small fee.

**Doors Open
at 7 AM**

Lite Coconut Cake

- 1 (18.25 ounce) package white cake mix
- 1 cup white sugar
- 1 (8 ounce) container fat free sour cream
- 2 cups flaked coconut
- 1 1/2 cups lite frozen whipped topping



Prepare cake mix according to directions, using a 2 egg carton of egg substitute if desired. Bake in two 9-inch round layers; split layers horizontally when cool to make 4 layers. Blend together sugar, sour cream and coconut and chill. Spread all but 1 cup of this mixture between the layers. Blend the remaining cup of mixture with the whipped topping and spread on the top and sides of the cake. Seal cake in airtight container and refrigerate for at least 1-3 days before serving.