



The EHC Express



July 2008

County Council Officers

President	Shirley Black
Vice President	Marilyn Hines
Secretary	Wanda Nelson
Treasurer	Diana Wilson
Historian	Ann Reynolds
Publicity Chairman	Carolyn Lewis

President's Corner



DATES TO REMEMBER

July 4	Independence Day
July 15	TLC Day



Thought of the Month:

*Only our individual faith in freedom can
keep us free -- D.D. Eisenhower*

Household Hint:

*Keep cut flowers fresh longer by
adding 2T vinegar and 1T sugar to
each quart of warm water.*

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Summer has definitely arrived. I hope your gardens will soon be producing lots of fresh fruits and vegetables for you and your family. Take a rest during the heat of the day and maybe get a few things done to enter in the fair, it will be here soon. Tuesday, July 15th is our next TLC Day; we will start at 9:00 a.m. at the fairgrounds. Barbara Coleman will teach us how to make an apron so you will need 1 yard of material and ¼ yard of a contrasting color. Don't forget your scissors, needle, thread, pins, etc. If you have a portable sewing machine to share that would be wonderful. MaLinda will provide information for the next few monthly EHC programs. We will also fill the backpacks to be delivered to the Fulton County schools for the coming school year. Bring along a sack lunch and enjoy a fun day. This would be a great opportunity to invite a prospective member to experience EHC.

Shirley Black
FC EH President

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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Member Information

\$\$ EHC Dues \$\$

It is that time again—annual EHC dues of \$3 should be turned in during July. This process some times drags on for months as all members are not able to attend every meeting. Please contact every member in your club and ask if they are going to renew their membership for the 2008-09 year. If so, ask them to mail their \$3 or drop it off at the Extension Office. If they are not able to get their dues paid this month, maybe the club could pay for them and get reimbursed at the next meeting they attend. Please have the club secretary provide a list of members by August 1st to the Extension Office. Include the following information: Name, address, phone number, date of birth and e-mail address.

AEHC State Meeting

Share the Gift of EHC was the theme of the recent AEHC State meeting at the Hot Springs Convention Center. Six hundred people registered for the convention and an additional 100 were exhibitors and guests. Forty educational classes were conducted during the three-day event. Over 600 cancer head dressings were constructed by the volunteers from 74 counties. These head dressings were displayed during the meeting and then presented to UAMS Cancer Research Center in Little Rock following the meeting. Seventy six clubs and counties received awards for community service work that was conducted the past year throughout Arkansas' counties and communities. AEHC has added 850 new members this year.

Club News

Heart:

June news: The Heart Club met on Wed 6/4 with 10 members present. Pres. Shirley Black treated us to a delicious dark fudge chocolate cake and a big bowl of jell-o with fruit. It really was welcomed on this hot June day. We picked the date of July 9th for our annual picnic, and it will be held at the city park. Members all signed up to bring goodies. Imogene Crawford will be our cook once again on the grill. We talked about our fair booth theme for this year. It's coming along nicely. Time is flying by, and soon the fair will be upon us. Shirley went over the dates for the board meeting and the next TLC day in July. Barbara Coleman will be showing us how to make her special aprons. Yearly dues are due in June and Treasurer Lucille collected from all members present, and all gave gladly. Marilyn Hines and Gloria Waszak had plenty to show and tell. Both brought in quilts. Marilyn's was all handmade, which she did on her own. It's a log cabin design in all delicate shades. Gloria's quilt top is a showcase of forest animals in vivid shades of greens and golds. She handmade the quilt top and had it machine stitched by a shop in Mt. Home. Both quilts are just beautiful and sure to win blue ribbons or better at the fair. We closed our meeting with the reading of the creed at 1:45 p.m. We welcome guests to our monthly meetings, which start at 1 p.m. and are held at the Heart Community Bldg. Submitted by: Lucille Wermes

Mammoth Spring:

June news: The Mammoth Spring EHC met on June 17, 2008, at Simmons First Bank in Mammoth Spring, AR.

There were 7 members present. We opened our meeting with the Pledge to the Flag. We voted to retain our current officers for the coming year. Gerry Taylor reported that she had delivered some hats, which she and Mary Rucker had made for cancer patients who had lost their hair, to the American Cancer Society in St. Louis. The Society sent us all pink ribbon pens to wear as a remembrance of the fight against cancer. They were grateful to receive the hats as they had had to turn down a request the previous day because they were all out of hats. Mary Rucker gave us some information from the Woman's Day magazine concerning meals to make in 18 minutes. We closed the meeting with the Creed. We then ate lunch enjoying the variety of interesting and tasty choices our ladies always manage to provide. Submitted by Dorothy Herbold, Vice President and Secretary.

Saddle:

June news: The Saddle Extension Homemakers did not have a meeting for the month of June. We will meet at The Riverbend Restaurant July 3rd at 11:00 a.m. for lunch and meeting.

Salem:

June news: The Salem EHC met at 10:00 a.m. on Tuesday, June 10, in the dining area of the Westside Apartments. There were eight members present and Misty Bibys' children, Hunter, Heather and Shannon. Barbara brought her sewing machine, and we spent some of the time stuffing pillows. Mary Fox, a friend of Barbara, made 6 premie pillows and about 40 small pillows, and we completed 88 square pillows to send to the Children's Hospital. We did receive

a letter of thanks from the AR Children's Hospital for our contributions. A large bouquet was sent to Barbara Darneille and Barbara Coleman for helping make the Fit and Fun week go smoothly for the 4-H youth in Fulton County. Marjorie celebrated her birthday with some very nice gifts. There are some birthdays to celebrate in July: Christine Dennis, Judy Floyd and Phyllis Lybolt. Our July meeting is planned for the July 8th at 11:00 a.m. at the Salem City Park. In case of rain, we will go to our regular meeting place. Members please remember our dues are \$5 a year and need to be paid next month. We had an idea for an ed. fair booth and will discuss it. The program was "Busy Meals for Busy Days." Please try to set aside at least two hours for our next meeting. We all need to slow down and enjoy each other and learn together. We plan to have hot dogs and side dishes plus a cake or cupcakes for the birthday girls. Take care and please be careful, whatever your plans are. Submitted by Alene Bates

July EHC Program Picnic Time

Most of you know what it's like when you try to pull some foil or plastic wrap



out of the box and the roll comes out instead. Then you have to put the roll back in the box and start over. The darn roll always comes out at the wrong time—especially while getting ready to go on a picnic and attempting to cover up that salad or dessert. I got this e-mail the other day telling me something I never knew, and I have used foil for 50+ years.

I went to throw out an empty aluminum foil box and for some reason I turned it and looked at the end of the box. Written on the end it said, "Press here to lock end". Right there on the end of the box is a tab to lock the roll in place. How long has this little locking tab been there? I then looked at a generic brand of aluminum foil and it had one too, so did my box of Saran wrap! I can't count the number of times the Saran wrap roll has jumped out when I was trying to cover something up.

Did you already know this? I went right to the kitchen and checked 3 boxes, the foil and plastic wrap has a tab scored into the cardboard box at both ends. The wax paper did not. And you know what, it really works!

Submitted by: Kathy Antus

Fulton County Fair

I want to encourage all EHC members to have at least one exhibit in the fair. Last year, we had over 300 more exhibits than we did in 2006. Let's have an increase again this year. Check the Fulton County Fair Tabloid for a listing of exhibits and start planning your exhibits now. Everyone should receive a fair tabloid in the mail with a complete set of rules. The tabloid is scheduled to be mailed the week of July 7. If you have internet, the tabloid is online at www.fultoncountyfair.org.

Family Living exhibits will check in on Tuesday, August 5th from 10:00 a.m. to 6:00 p.m. Baked foods and candies can be checked in between 8:00 and 9:00 a.m. on Wednesday, August 6th. Exhibits will be judged on Wednesday, August 6th.

If you want to complete a Family Living entry form, your entry tags will be available when you register at the fair, or you can make arrangements to pick up entry tags

before the fair starts and have your items already tagged before bringing them to the fair. If you exhibited last year, you will have an Exhibitor ID number. Check with Dixie at the fair office, 895-5565, to find ID number.

Volunteers are needed---We can always use more volunteers. If you can help check in exhibits or be a hostess, call Shirley Black at 895-2347 or the fair office at 895-5565. The county fair is a fun-filled time for everyone. We work to improve the Fulton County Fair each year, and the many volunteers are a real asset to a successful fair.

The Fulton County Fair is considered one of the best small fairs in the state, and let's continue to keep it that way. Start planning your exhibits now. If you have any questions, call me at 895-2491.

EHC Country Store

The Fulton County Extension Homemakers will have a "Country Store" at the Fulton County Fair August 5 – 9. Monies from the store will be used to fund EHC educational and community service projects.

We are in need of **good clean** items for the store such as household items, jewelry, books, collectibles, crafts, baked items, etc. We ask that you not bring clothing and no shoes unless they are new. Good used purses and tote bags will be accepted. Bring your items to the Hickinbotham-Miller Bldg. on Monday, August 4 or on Tuesday, August 5. It is suggested that you have your items priced when you bring them in. In addition to saleable items, we need volunteers to man the store. Call Shirley at 895-2347 and let her know what hours you can work. We will need someone in the store for all five days of the fair and until 8:30 pm each night. It will take a lot of volunteers. **Remember this is a county project so all club members should participate.**

Carolyn Lewis, Fulton County Fair Manager
The Mayonnaise Jar and 2 Cups of Coffee

When things in your life seem almost too much to handle, when 24 Hours in a day is not enough, remember the mayonnaise jar and 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."

The professor then produced two cups of coffee from under the table And poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things — God, family, children, health, friends and favorite passions — things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, house and car.

The sand is everything else — the small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

So... Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18.

There will always be time to clean the house and fix the disposal.

"Take care of the golf balls first — the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked".

It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Technology Corner

University of AR Extension website
Click on families & consumers for EHC info
www.uaex.edu

Extension Homemakers Website
<http://www.arextensionhomemakers.org>

Fulton County Fair website
www.fultoncountyfair.org

North Central AR District Fair
www.ncadistrictfair.org

Little Rock Children's Hospital website
Click on Volunteers for projects, patterns, etc
www.archildrens.org

Preserving FC Heritage Committee e-mail
heritage@salemAR.com

Salem Chamber of Commerce
www.SalemAR.com

Send your news and updates by July 25th for next months issue of the EHC Express to: mcoffman@uaex.edu with a cc: to kantus@centurytel.net

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