

# EHC NEWSLETTER

## *Semi-Homemade Cooking*

Do you love food that tastes like you slaved over a hot stove all day, but only takes a fraction of the time to prepare? Who doesn't! We all enjoy a home-cooked meal, but most of us don't have the time to spend hours cooking. This month's leader training lesson, "Semi-Homemade Cooking" will show you how to have the taste of homemade without all the fuss.

We will explore ways to utilize mixes and some prepackaged food items to help you get out of the kitchen fast and provide your family with a delicious meal.

The training is scheduled for **10:00 a.m.** on **Tuesday, August 26** at the EH Center. This will be a demonstration type meeting; therefore, we will probably go until 12:00 noon. I expect we will also be taste testing some of the recipes that are prepared.

All Nutrition, Health & Wellness members are encouraged to attend. Any EH member is welcome.

I look forward to seeing you on the 26<sup>th</sup>!



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**August 2008**

**Jean A. Ince  
County Extension Agent-  
Staff Chair**

**Sherry Beaty  
County Extension Agent-  
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**Sherry Wenta  
4-H Program Assistant**

**Cecilia Butler  
Administrative Office  
Supervisor**



## *August Board Meeting*

The monthly board meeting for August is scheduled for **Tuesday, August 26 at 1:00 p.m.** at the EH Center in Nashville. All club presidents and council officers are encouraged to attend. Any member can attend, but only voting delegates can vote.

Items for discussion include:

- Catering/fund raisers
- Tour of Homes
- Fall Council Meeting
- End of Year Reports
- Judging at Fairs
- Plus much more!



## ***Fair Judges are in Demand!***

Howard County has been asked to judge several fairs this fall including:

**Nevada County – September 9**

**Clark County – September 10**

**Pike County September 16**

We are also scheduled to work at District Fair on **Tuesday, September 23.**

If you would like to volunteer for any of these dates, please let me or Evalou Bowles know as soon as possible.

Evalou has graciously volunteered to help organize judges for the fairs. You can call her at 870-845-2349 to volunteer.

If you would like to help at District Fair, call me at 845-7517.

Several of you participated in the Fair Judging School. This is a great opportunity to put into practice the skills you learned!

A huge THANK YOU to Evalou for all her help!



## ***Howard County Fair was a Success!***

Thank you to everyone who volunteered to check in items, work judging day, entered items in the fair or set up an exhibit. I was concerned about the dates of the fair and it being early, but the weather temperature was good and not too hot! It was a little soggy, but it always seems to rain sometime during fair week.

We had several new volunteers this year including:

*Frances Brinlee*

*Karen Vogler*

*Gerri Carter*

*Fran Harmon*

*Sarah Blue*

*Gladine Bennett*

*Judy Johnson*

Plus several seasoned volunteers:

*Evalou & Bob Bowles*

*Katie Dedner*

*Ruth Ann Jacobs*

*Teri Worthington*

*Nelda Barton*

*Annette Mauk*

*Liz Stuart*

*Voncile Bullock*

*Cindy Petty*

*Kathy Stinnett*

*Bobilea Williams*

*Deb Kreul*

*Mildred Baxley*



Thank you to all who volunteered. The exhibits looked great, and the judges had a hard time scoring the educational booths. Howard County always has great looking booths!

The fair is a tradition and I appreciate all the support you gave.



## *Christmas Decorating Committee*

The Christmas Decorating Committee will meet **Tuesday, September 2** at **9:30 a.m.** at the EH Center in Nashville to determine decorations for the Center during the holidays. Those appointed to the committee are Deb Kreul, Karen Vogler, Kathy Stinnett, Doris Ray and Liz Stuart.

Be on the lookout for holiday decorating ideas and share them with a committee member. Committee members will need to bring their ideas to the meeting. Check out the library or internet for decorating ideas.

Let's make the 2008 holiday season one to remember!



## *Strong Women – Two Times as Strong*

There have been several requests to restart the Strong Women program; therefore, I am planning on repeating the program starting **September 22** and continuing through December 10. The class will meet two times a week at 9:00 a.m. and again at 3:30 p.m. for about 1 hour each time, on Monday and Wednesday.



The Strong Women Program was developed by Miriam Nelson, PhD, at Tufts University. The program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. According to Dr. Nelson, "Strength is a critical factor in living healthier, more active lives. Strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength." The program is appropriate for both sedentary and very active women.

The class will welcome both returning members and any new person who wishes to participate. A registration fee of \$12.00 will be charged to cover the cost of the 12 week program.

An organizational meeting will be **held Monday, September 8 at 10:00 a.m.** at the EH Center in Nashville. We will complete the necessary forms and discuss program materials and supplies needed. Registration fees will also be collected that day.

If you or someone you know might be interested in participating in the Strong Women program, please contact the Extension office at 845-7517 by September 5. If you have any questions about the program, feel free to contact me.

The Strong Women program *does* work. We had a 100% increase in strength and fitness from the participants this past Spring. Why not get in shape and do something good for yourself by participating in Strong Women!



## *Fall Pumpkin Workshop*

A creative skills class has been scheduled for **Wednesday, September 17** at **9:00 a.m.** to make fall decorations using terra cotta pots. The first project we will make is a pumpkin decoration using a six-inch pot, painting it and adding embellishments.

For the second project, we will turn a terra cotta pot into a candy bowl to serve all your trick-or-treaters from.

A registration fee of \$15.00 will be charged to cover program costs. All supplies will be provided. Participants may wish to bring a hot glue gun and hair dryer to speed up the drying time.

If you are interested in participating, you must preregister by September 8. Call the office at 845-7517. Class size will be limited to 12 participants.



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. 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.

Sincerely,

A handwritten signature in cursive script that reads "Jean A. Ince".

Jean A. Ince  
County Extension Agent-Staff Chair