

# The EHC Express



February 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

Jan 24	Diabetic Support Group
Jan 28	Strong Women Program
Feb 14	Happy Valentine's Day
Feb 29	Happy Leap Day

## Thought of the Month:

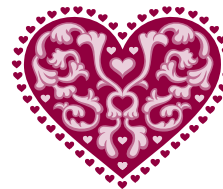
*There is a reason a dog has so many friends: he wags his tail instead of his tongue.*

## Household Hint:

*To clean windows and mirrors, mix 1 tbs corn starch in 1 quart cold water.*

As we begin to turn a corner on winter, EHC activities will begin to gear up. While it may be a little soon to bake those apple pies for the 5K race, it's never too soon to get started on your entries for the fair. These cold days give us some extra time indoors to work on the projects that get put aside when there is work to do outside. Our Spring Council Meeting will be here before you know it so check your yearbooks to see what duties your club will be responsible for. I hope you will take advantage of the Strong Women exercise program that begins on January 28, and for those who need it or are just interested in the information, the Diabetic Support Group. Kind of like the free spot on a Bingo card, February 29 is a **FREE** day, so do something you have wanted to do for ages and always say you don't have the time.

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*Thank You  
Shirley Black,  
FC EH President*

# Member Information

## ***50 Year Members***

At the Executive Planning Meeting of the FCS agents and county EH presidents on January 8, they decided to honor 50 year members with a special award presentation. If you have been a member of EHC for 50 years or more, please bring a current picture of yourself, plus one as a child and young adult to the Extension office. The pictures will be scanned and returned to you.

## ***Diabetic Support Group***

A diabetic support group is being formed, and the first meeting is scheduled for January 24, at 12:00 noon, at the Higginbotham-Miller exhibit building at the fairgrounds. A healthy meal will be served at each meeting free of charge. Monthly meetings will be held the fourth Thursday at noon and will be conducted by MaLinda Coffman. For additional information, contact the Extension office.

## ***AEHC 2008 Officer Training***

"EHC Opens the Gate in 2008" is the theme of the March 11 & 12 Officer Training at the C. A. Vines 4-H Center. Counties that need to spend the night should plan to arrive on Tuesday, March 11, between 3:00 and 6:00 p.m. at the 4-H center. Counties coming on Wednesday, March 12, should plan to arrive for registration between 8:00 and 9:00 a.m. The program begins at 9:00 a.m. and should conclude around 3:00 p.m. Emphasis for the training will be on marketing EHC. Joy E. Matlock of Heifer Project International will be the speaker in the afternoon. Please

remember, the deadline for your county check and registration form is March 3, 2008. Also, we are asking all counties that are spending the night on Tuesday, March 11, to please bring one creative idea to share on the concourse. Contact MaLinda for registration and cost information.

# Club News

## ***Heart:***

Our January meeting, to start out the New Year, was held on Wednesday, January 2. Eleven members braved the cold and were treated to a delicious luncheon courtesy of Diana Wilson. A large pan of penne pasta, with four cheeses and Italian sausage all melted and bubbly hot. She also served her homemade garlic bread and a crisp green salad. For dessert she made an almond amaretto cake. Need I say more, other than the meal was so satisfying, and we thank you, Diana, so much. Diana was January's hostess, and her inspirational was titled "A Volunteer's Prayer." We discussed our duties for the Spring Council Meeting. We have decorations and registration. There are many ideas to consider. Carolyn Lewis and Bev Reeves volunteered to make name tags with a spring-like theme. At our March meeting we will start at 9:00 a.m. and make doctor dolls for AR Children's Hospital. We enjoy these workshops. Our lesson for this month was on skin care. President Shirley Black talked about using luke-warm water, gentle soaps and a healthy diet, which will help our face keep that young glow. Our meeting closed at 1:30 p.m. with the reading of the EH creed. We welcome all guests to our first Wednesday of the month Heart Club meetings, which are

held at the Heart community building. If you need more information on what EH and the Heart Club does and stands for, please call Lucille at 895-3077. Submitted by Lucille Wermes

### ***Mammoth Spring:***

The Mammoth Spring EHC met on January 15, 2008, at Simmons First Bank in Mammoth Spring, AR. There were six members present. It was a lovely day to start the new year. We were able to tack six lap robes. We had a good variety of delicious dishes to choose from at our meal. Opal brought a lovely coconut cake that tasted as good as it looked. Our meeting opened with the Pledge to the Flag. We had a short business meeting. We took the opportunity of starting a new year to discuss the purpose and focus of the club. We closed with the Creed. Submitted by Dorothy Herbold, Vice President and Secretary

### ***Saddle:***

Saddle EHC did not have a meeting in January. When seven members arrived the building was locked up and it was too cold to meet outside, so they were only able to visit for a few minutes.

### ***Salem:***

The Salem EHC club met on Tuesday, January 8, at 10:00 a.m., in the dining area of the Westside Apartment Complex. There were seven members present and a guest. The inspirational reading was provided by Alene, who read a poem written by Erma Bombeck after she found out she had cancer. She said we should seize every minute, look at it and really see it, live it and never give it back. STOP SWEATING THE SMALL STUFF!!! Think about what God has blessed us with, and what we are doing each day to

promote ourselves mentally, physically, and emotionally. After the business session a short program was given on "How to Maintain Healthy Skin." Marjorie Biby was back, but moving a little slow. She was the hostess and supplied a lovely cake for Loretta Knapp on her birthday. The meal was served and then the gifts presented, and Loretta cut the cake and shared it with us. Barbara Coleman brought some more squares to stuff for the AR Children's Hospital. Members assisted with this project, as well. We were happy to see Marjorie back, and we gave her a pillow to use as she recuperates from her stroke. Next month, we will not celebrate a birthday but do something special for Valentine's Day. Diana Mason will be the hostess and supply a cake. Marjorie and her daughter-in-law will make chili, and everyone else can bring crackers, cheese or finger foods. We sure would like everyone to come. Barbara Coleman will present a show-and-tell on how to make the apron project for the TLC Day. Take care and keep warm. Submitted by Alene Bates



## **Why do we have Leap Day?**

Our solar year (the time required for Earth to travel once around the sun) is 365.24219 days. Our calendar year is either 365 days in non-leap years or 366 days in leap years (Feb. 29 inserted). A leap year every 4 years gives us 365.25 days, sending our seasons off course and eventually in the wrong months. To change .25 days to .24219, we need to skip a few leap days (Feb. 29ths) every century marks not divisible by 400. So with a few calculations tweak the calendar by skipping 3 of 4 century leap years to

average out our calendar year to **365.2425**, which is pretty darn close to the solar year **365.24219**.

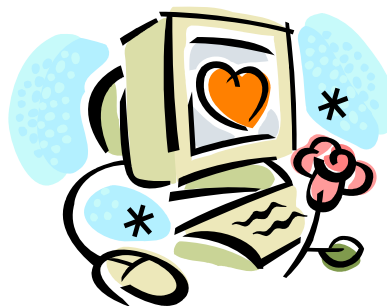
**February EHC Program**  
**What is your favorite type of exercise?**

The Fulton County Extension Office will be offering the Strong Women Program, a 12-week exercise program for middle-aged and older women, on Mondays and Wednesdays from 8:30 a.m. to 9:30 a.m. at the fairgrounds beginning January 28. The series will be led by MaLinda Coffman, who will demonstrate strength training each lesson. For more information, contact the Extension office at 895-3301.

**Report Your Volunteer Hours:**

<p><b>EHC Volunteer Hours</b></p> <p><b>Name:</b> _____</p> <p><b>EH Club:</b> _____</p> <p><b>Month:</b> _____</p> <p><b># of Hours:</b> _____</p>
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Carolyn Lewis has just returned from the state convention and has the dates for the county and district fairs. They are scheduled for:  
Aug. 5-9, 2008, Fulton County Fair  
Sept. 22-27, North Central District Fair  
There will be several new exhibits in the Family Living department. The website is being updated with the new information and will be available soon.



**Technology Corner**

**University of AR Extension website**  
**Click on families & consumers for EHC info**  
[www.uaex.edu](http://www.uaex.edu)

**Extension Homemakers website**  
<http://www.arextensionhomemakers.org>

**Fulton County Fair website**  
[www.fultoncountyfair.org](http://www.fultoncountyfair.org)

**North Central AR District Fair**  
[www.ncadistrictfair.org](http://www.ncadistrictfair.org)

**Little Rock Children's Hospital website**  
**Click on volunteers for projects, patterns, etc.**  
[www.archildrens.org](http://www.archildrens.org)

**Preserving FC Heritage Committee e-mail**  
[heritage@salemAR.com](mailto:heritage@salemAR.com)

**Salem Chamber of Commerce**  
[www.SalemAR.com](http://www.SalemAR.com)

Don't forget to send your news and updates by February 25 for next month's issue of the EHC Express to:  
[mcoffman@uaex.edu](mailto:mcoffman@uaex.edu) with a cc: to [kantus@centurytel.net](mailto:kantus@centurytel.net)

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