



# The EHC Express

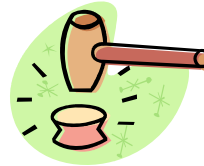


June 2008

## 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



Our Spring County Council was a great success. Thanks to all who attended and helped to make it a great EHC day. Camp Fit and Fun is June 2-6 from 9:00 a.m. to 3:00 p.m. each day at the fairgrounds. It is a wonderful learning experience for the youth of our communities, and any volunteer time you can offer would be greatly appreciated. Our board meeting will be June 17<sup>th</sup>, and I would welcome your attendance. We are always open to new ideas for activities and programs for Fulton County EHC. Some of us will be attending the State AEHC meeting this month, and I hope to return with lots of great things to share with you and filled with a new enthusiasm for EHC. Please continue to collect items for the EHC country store that we will sponsor at this year's fair. It should be a good way to raise some additional funds to support our county projects.

*Shirley Black*  
*FC EHC President*

## DATES TO REMEMBER

June 2-6	Camp Fit & Fun
June 10-12	State AEHC Meeting
June 14	Flag Day
June 17	EHC Board Meeting
June 18	Diabetic Support Group

## Thought of the Month:

*Making a living is not the  
same thing as making a life.*

## Household Hint:

*Ants will stay away from the kitchen  
or other area if it is sprayed down  
with a solution of equal parts water  
and vinegar.*

Fulton County Office  
118 W. Locust Street, Suite 107  
P. O. Box 308  
Salem, Arkansas 72576-0308

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

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# Member Information

## ***EHC Board Meeting***

The board meeting will be held on Tuesday, June 17<sup>th</sup> at the fairgrounds beginning at 9:00 a.m. All EHC members are invited to attend.

## ***Diabetic Support Group***

The diabetic support group will meet on Wednesday, June 18<sup>th</sup> at the fairgrounds beginning at 12:00 noon. The guest speaker will be Kathy Arkangel, certified diabetes educator.

## ***EIN Numbers***

Each club is requested to submit their EIN-tax number to MaLinda at the Extension office. If your club does not have an EIN#, contact MaLinda and she will help you get one.

## ***Flag Day***

Flag Day is observed every June 14<sup>th</sup>, commemorating the day Congress passed the First Flag Act, which adopted the stars and stripes as our national flag in 1777. The original flag that was said to have been ordered by George Washington and sewn by Betsey Ross had 13 stars on a blue background and 13 red and white stripes. The stars stood for heaven and all men's goals, and 13 was the number of the original states. Blue is the color of the chief, red is the color of valor and bravery and white is the color of purity. As the number of states has increased over the years, the flag has added the same number of stars. The last change to the flag was made by President Eisenhower in August of 1959 when he added the 50th star.

**Heart Club showing the 106 teaching dolls they made for Children's Hospital.**



**Fulton County Judge signs EHC Proclamation**

# Club News

## ***Heart:***

***May news:*** The Heart Club did not have a May meeting because EH Spring Council fell on Wednesday, May 7<sup>th</sup>, which would have been our club meeting day. We had a good turn-out for the Council meeting, and we won the attendance award. We also enjoyed members Marilyn Hines, Diana Wilson, Lucille Wermes and Shirley Black when they led the audience with a bouncy dancing skit. The Heart Club meets the first Wednesday of each month at the Heart Community Building. Come and see what we are all about. You won't be sorry you did. Submitted by: Lucille Wermes



## ***Mammoth Spring:***

**May news:** The Mammoth Spring EHC met on May 20, 2008, at Simmons First Bank in Mammoth Spring, Ark. There were five members present. We tacked seven lap robes. After a very enjoyable lunch, our meeting opened with the pledge to the flag. Dorothy Herbold and Mary Rucker attended the Spring Council Meeting, and Mary Rucker gave a report. We discussed another project we might pursue other than the lap robes. We closed the meeting with the creed. Submitted by Dorothy Herbold, Vice President and Secretary.

## ***Saddle:***

**May news:** The Saddle Extension Homemakers Club meeting on May 1, 2008, was called to order by President Diana McIntosh. The pledge to the flag was recited. Elsie gave the inspirational titled "Scripture." Eight members answered roll call to the question, "What do you eat for breakfast?" The secretary and treasurer's report was given by Betty Anders. Unfinished business: The club agreed to make lap robes for hospice and small quilts for the Mammoth Spring Head Start as this year's projects. We have nine lap robes finished and four quilts for Head Start. And we will continue working on them through the summer. New business: There was a discussion, and the club agreed upon the subject for our educational booth for the county fair. Edna gave the program, "Eating for Energy." Betty had a list of very helpful hints to share. The meeting closed with the EHC Creed. For show and tell, Marlene French brought a quilt she had finished for Head Start, and Edna brought a lap robe she had completed

for hospice. The Saddle EHC meets the first Thursday of the month at the Saddle community building at 9:30 a.m. All interested persons are invited to join. For further information, call Edna French at 895-3860 or Elsie Bailey at 856-2801.

## ***Salem:***

**May news:** The Salem EHC met at 10:00 a.m. on Tuesday, May 13, in the dining area of the Westside Apartment Complex. There were eight members present. Barbara Darnielle completed eleven doctor dolls to be sent to Arkansas Children's Hospital. After the meeting was called to order, Barbara D. gave the inspirational, which was as follows: Love makes our friends a little dearer, Joy makes our hearts a little lighter, Faith makes our paths a little clearer, Hope makes our lives a little brighter, and Peace brings us all a little nearer. Each member stated what she usually eats for breakfast. The minutes of the last meeting were read and the treasurer's report was given. Then the business session followed. Members voted to work on some more pillows during the June meeting. Those who are able will assist with the Camp Fit and Fun, which will be the first week of June. After we adjourned with the creed, Misty Biby opened her gifts; we then had a delicious lunch. Misty Biby will be the hostess for the June meeting, and the birthday girl will be Marjorie Biby. A fun time is planned for July with a picnic. Please be careful and enjoy the lovely weather. By Alene Bates

## **Fulton County Fair**

The county fair is two months away. It is time to start planning your exhibits for this year's fair. There are several new categories and some new rules in the Food Preservation division on jar sizes, etc. The tabloid will be printed in July, but a rule book is available online at [www.fultoncountyfair.org](http://www.fultoncountyfair.org), or a copy can be picked up at the county Extension office or at the county fair office. To request a copy, call Dixie at the fairgrounds office at 895.5565.

### **Educational Exhibits**

Each Extension Homemaker Club is encouraged to have an Educational Booth at this year's fair scheduled for August 5-9. All entries will receive ribbons and cash awards. They will be judged on the merit system and awarded cash prizes as follows: blue ribbon - \$15.00, red ribbon - \$10.00 and white ribbon - \$5.00. The Grand Champion booth will represent Fulton County at the North Central Arkansas District Fair in September. To reserve space call the county Extension office before August 1.

### **New Division for 4-H Centennial**

Arkansas 4-H members are celebrating 100 years of 4-H work. Fulton County exhibitors are encouraged to exhibit Fulton County 4-H memorabilia (record books, photos, awards, t-shirts, etc. (no limit on number of entries). Memorabilia must be at least 10 years old. Many EHC members have 4-H memorabilia that either belonged to them or to their children. This will be an interesting exhibit so start thinking about what you can contribute. The 4-H memorabilia is a part of the Hobbies-Collections department and will receive ribbons and cash awards.



### 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.archildren.org](http://www.archildren.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 June 25<sup>th</sup> 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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MaLinda Coffman, CEA, Staff Chair  
Family & Consumer Sciences  
P.O. Box 308  
118 W. Locust, Suite 107  
Salem AR 72576  
(870) 895-3301