



The EHC Express



November 2008

County Council Officers

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

DATES TO REMEMBER

Mon & Wed Strong Women Program
Nov 6 Fall Council Meeting



Thought of the Month:

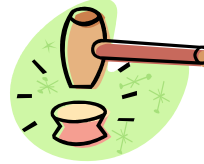
It isn't difficult to make a mountain out of a mole hill; just add a little dirt.

Household Hint:

Zap garlic cloves in the microwave for 15 seconds; the skin will slip right off.

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

President's Corner



Daylight Saving Time ends Sunday, November 2nd so don't forget to "fall" back and set your clocks back one hour. Our Fall County Council meeting is Thursday, November 6th and I hope that you will be able to attend. It should be a fun and informative day starting with registration at 9:30 am and the business meeting at 10:00 am. A potluck lunch will be served at noon so bring along your favorite dish to share. I also encourage you to bring a family member, friend or neighbor with you and introduce her to EHC. People are always amazed to see how much we do for our community and for others, especially children's hospital, schools, nursing homes, head start programs and the many other projects we support.

Shirley Black
FC EH President

Member Information

EH Fall County Council Meeting

The EH Fall County Council meeting is Thursday, November 6th beginning with registration at 9:30 a.m. in the Hickinbotham-Miller building at the fairgrounds. There will be a potluck lunch following the meeting. All EHC members are invited to attend. Please bring along a guest and introduce her to the Extension Homemakers program.

Reshape Yourself

Fulton County Extension Office is offering the Reshape Yourself program, starting October 27th at the Fulton County Fairgrounds, Hickinbotham-Miller building. For more information, contact MaLinda Coffman at 895-3301. Reshape Yourself is a 15-week behaviorally focused weight management program. Participants assess their current diet and set goals to become healthier. Throughout the program the participants learn about healthy eating; topics taught include reducing intake of high calorie and high fat foods, label reading, fad diets, etc. The participants walk for exercise and report the number of miles walked and their weight each week.

This and That

"I want to say thank you to all my friends in EHC. You all have been wonderful to me. Stay well and safe till we meet again." Barbara Darneille.

Please remember Lu Wermes, Heart EHC, in your thoughts and prayers. Lu has been laid up since June and recently had major surgery.

The Fulton County Extension Office has a new secretary. Welcome to Cecilia

Taylor who began work at the Salem Extension Office on September 16th. If you haven't had a chance to meet Cecilia, drop by the office and introduce yourself. She is a wonderful girl and will be a tremendous asset to the Extension office.

Club News

Heart:

October news: The Heart Club met on Wednesday, October 1st with 12 members present. Beverly Reeves was the hostess and treated us to apple cider, apple cake and humus appetizers. The program was on recycling, and Wanda Nelson, Beverly Reeves and Diana Wilson recycle paper, plastic and glass. Members were reminded that the Fall Council meeting will be November 6th at the fairgrounds. It was decided that our Christmas party would be held on December 5th. The main course for our meal will be Diana's delicious 4 cheese pasta; the rest of the meal will be potluck. We will choose names from the Fulton County Angel Tree; all members are asked to donate \$15 towards a gift. Beverly Reeves and Shirley Black will do the shopping. Marilyn Hines brought a quilt for show and tell, and Carol Durham brought a wall hanging. Our next meeting will be November 5th. We will be working on Christmas stockings for AR Children's Hospital. Please bring finger foods to snack on. Heart EHC meets on the first Wednesday at the Heart community building; everyone is welcome. Submitted by: Diana Wilson and Lu Wermes.

Mammoth Spring:

October news: The Mammoth Spring EHC met on October 21, 2008, at Simmons First Bank in Mammoth Spring, AR. There were five members present. We had a short meeting in order to allow a member to attend a meeting in the afternoon. We opened our meeting with the pledge to the flag. We discussed who would be able to attend the Council meeting. Mary read a letter we received from the American Cancer Society thanking us for the hats we provided. They stated that their goal for this year is 2,015 hats. We have 48 additional hats to take to them this month. We received our EIN tax number. We adjourned with the Creed. After the meeting, we enjoyed our early lunch and an early dismissal to our homes. Submitted by Dorothy Herbold, Vice President and Secretary.

Saddle:

October news: The Saddle Extension Homemakers Club meeting on Oct. 2, 2008, was called to order by President Ann Reynolds. The pledge to the flag was recited. Ann Reynolds gave the inspirational titled "A Prayer of Thanks." Five members answered roll call to the question, "Do you recycle paper or plastic?" The secretary and treasurer's report was given by Elsie Bailey. Unfinished business – Edna French delivered 12 more lap robes to the Legacy Hospice of North Arkansas. The club will continue to make more and bring them to the Nov. 13 meeting. New business: The Fall Council meeting will be Nov. 6, 2008. Saddle will be responsible for the welcome and pledge. Ann Reynolds will be in charge of these.

The State Fair is Oct. 10 – 19. The next TLC day is Oct. 22, along with leader training. Our next meeting will be on Nov. 13 due to the Fall Council meeting being on our regular date. We will finish the "care bears" for the Mammoth Spring Head Start children after the meeting. Also, please bring any lap robes for hospice and small quilts for Head Start. The program, Environmental Benefits of Recycling, was a group discussion. It was suggested that the member giving the program also give the inspiration for that month. Remember to turn in your volunteer hours. The meeting closed with the EHC Creed. For show and tell Liz brought her finished "Jelly Roll" quilt, which she had pieced on her "quilting cruise." Edna had quilt squares that she had entered in the fair. It is always fun to share the things members have been working on. Maybe next month each of us can bring something to share. 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:

October news: The officers met in early October for a brief meeting to discuss the jobs of each officer. We plan to do a better job of keeping records in the future. Our club has increased, and now we can have elected officers. We do welcome anyone interested to come and join us. The Salem EHC will serve as hostess for the Fall Council and need all members to attend. Barbara Coleman will purchase supplies for our club, and members should try to be there by 9:30

a.m. or earlier on Nov. 6. Each member should remember to bring their favorite dish for the pot-luck. Our club will meet the next Tuesday, Nov. 11, which will be Veterans Day. I will be the hostess, and we will have a patriotic theme. We will also be celebrating Diana Mason's birthday. We had to say goodbye to Barbara Darneille as she moved to be with her family in Florida. She spoke softly, but her words carried a lot of weight (so to speak). The club will meet in the dining area of Westside Apartments and will start at 10 a.m. If you have questions, call Alene. Submitted by Alene Bates

N. AR District Fair

Premium checks from the district fair are at the Extension office.

State Fair Best of Show Winners

Several entries from EHC members went to the State Fair in October. Unlike county and district fairs, ribbons are only assigned to 1st 2nd and 3rd place entries at the State Fair.

Congratulations to those girls who did earn ribbons at state:
Beverly Reeves got Best of Show for her pink knit tablecloth;
Wanda Nelson, 3rd place ribbon for her handkerchief quilt;
Barbara Coleman, 1st place ribbon for her red and black quilt;
Shirley Black, 2nd place ribbon for her whole cloth baby quilt; and
Gloria Waszak, 2nd place ribbon for her Christmas wall hanging.

TURKEY SAFETY

Thaw your turkey in the refrigerator, microwave, or submerged in a sink filled with cold water for maximum safety.

Use soap and water to wash all places that touched raw turkey.

Roast the turkey until the internal temperature is 165 degrees as measured with a food thermometer.

Keep cold foods cold and hot foods hot. If dinner is delayed, make sure foods are kept at temperatures below 40 or above 140 degrees.

Enjoy dinner, but don't forget to refrigerate leftovers within 2 hours.

You must eat leftovers within 2 to 4 days, freeze them, or throw them away. Use gravy within 1 to 2 days.



**The only place
housework
comes before
sewing is in the
dictionary.**



Send your news and updates for next month's issue of the EHC Express to:

mcoffman@uaex.edu with a cc to
kantus@centurytel.net

MaLinda Coffman, CEA, Staff Chair
Family & Consumer Sciences
P.O. Box 308
118 W. Locust, Suite 107
Salem AR 72576
(870) 895-3301