

EHC Newsletter

January 2019



Message from the President

Well, another Christmas has come and gone and if you missed our Christmas party, you missed a fun time. We had a "ugly sweater" contest and I discovered some new and not so good things about some of our members.

Some are very competitive, guess that includes me. We did have a great time and Julie Praytor was the big winner with her drunken goat sweater. Way to go Julie!!!! A big "thank you" to our judges, Addysyn Kinion and Kane Johnson. These young people did a great job. After a delicious meal we played a game passing our gifts to Grandma got run over by a Raindeer.

Since we have welcomed in 2019 I guess it's time to get started. We have a lot to do this year. Happy New Year to each one of you and I look forward to working with all of you this year.

Council Officers

Shirley Ross
President

Jeannie Zirkle
Vice President

Virginia Wolford
Secretary

Barbara Leonard
Treasurer

Jeralene Love
Parliamentarian



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Club News



Redbud

On Dec. 10th, 17 members met at the home of Imogene James, with Jerlene Love as co hostess for our Dec. meeting and Christmas party. After a few business items taken care of we moved on to the party.

Everyone enjoyed a great meal

We then revealed who our secret pal was and opened our gifts. We decided to not draw secret pals for next year.

We then repeated the EHC Club creed and dismissed until Feb when we will meet at Vivian Mitchell's house.

Franklin

The Franklin club had a great Christmas Party/meeting Dec. 17th. Had a great turn out eighteen members and eleven guest plus SANTA. We had 277 1/2 volunteer hours turned in. Great day, bad ending. We were cleaning up getting ready to leave and Mrs Marie Berryhill took a fall hitting her head. She was taken by ambulance to WRMC. She broke her left wrist. Keep her in your prayers for a speedy recovery. Next meeting Jan. 21st hostess are Susan, Julia, and Cindy. Happy New Year everyone.

GID

Gid members met December 17th at Mt Pleasant community building for a Whoville Christmas Party with all members present plus four guests. After Kanasha brought the meeting to order with the pledge, Brittany said a blessing over our meal and the party began. Jeannie had an eye opener of Christopher on an ornament she had ordered. Members had a Christmas sock exchange dirty Santa game and the ball made with plastic wrap! It was lots of fun, laughing, and screaming with plastic wrap flying. After all the fun and food the Creed was read and meeting adjourned. Next meeting for Gid will be in February with "Diy" facial scrubs and bath balls. ~Jeannie~



White Bean & Kale Soup

Ingredients:

- 1/2 pound lean turkey Italian sausage
- 2 cups frozen carrot, onion, and celery blend
- 1 (15.5 ounce) can no salt added or low-sodium white beans
- 12 ounces frozen chopped kale (or one bunch fresh kale, chopped)
- 1 (15.5 ounce) can no salt added or low-sodium diced tomatoes
- 4 cups low-sodium chicken broth
- 1 tablespoon italian seasoning

Directions:

1. In a soup pot, brown sausage over medium-high heat. drain any excess fat left after cooking.
2. Add the remaining ingredients and bring to a boil.
3. Reduce heat to a simmer, and cover pot. Allow to cook 20-30 minutes.

Nutrition Information per Serving:

Calories 196, Fat 5g, Protein 17g, Fiber 6g, Sodium 321mg, Carbohydrate 24g

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Karla Dement
CEA-FCS & 4-H



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