

**Carroll County
Extension
Homemakers**

Every Home Counts

April 2014



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System



**2013-2015
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Greetings!

I'm not sure about you all, but I'm keeping my fingers crossed we have seen the last of winter and will move on into Spring! My yard is starting to green up and my dogwood tree buds are well on their way to blooming! I will be SO glad when it's warm enough (on a regular basis) for the kiddos to play outside! They enjoy the sun and eagerly anticipate the return of our hummingbirds! It's cute as they think it's the same birds that return each year.

Short notice! But break out your creativeness! I will have a prize at Spring Council for the "Best Hat!" We will vote the day of Spring Council.

Also, find enclosed minutes from the Board Meeting and State Meeting information. Deadline to return to the office is Monday, April 28th.

I would also like invite you to join me in welcoming our new club, the Carroll County Country Chicks!

Sincerely,

If you have a submission for the newsletter, please email it to: llmartin@uaex.edu by the 25th of the month. You may also mail it or drop it by the office.

Busy Bees Club

The Busy Bee EHC Club met on March 15th at the United Baptist Church in Green Forest. The meeting was called to order at 10 am by President Rosa Thomas.

The pledge, creed, and song were repeated. Roll call was answered by Alice, Flo, Mary Louise, Thelma, Betty, Cynthia, Geneva, and Rosa.

Alice read the timely tip and Mary Louise gave the giggle minute. The minutes of the previous meeting were read by Betty and the treasurer's report given by Mary Louise. Flo gave a report on the Ferndale trip. She told about Vol-unteer hours and how important they are, about the water purifier and how it cleaned and purified water so it is safe to drink. These are being sent to countries that don't have clean water.

Rosa told about the state meeting. It is June 3-5 and the registration is due to the state office by May 1st., so it needs to be into the Carroll County office before then. Tuesday is red t-shirt day and that night is bingo night. If you want to play bingo you need to bring a prize to donate. Wednesday night is fun night. Each county is to have an entertainment act to show off. There will also be classes on different subjects in the day time.

Rosa gave the lesson on organizing your home. You need 4 boxes, labeled trash, give away, storage, and put away. We decided you needed a fifth box labeled recycle.

March 19th at 2 pm. Is the board meeting.

April 3rd is the Spring Council Meeting with registration starting at 9:30 a.m. Busy Bees is in charge of the inspiration and Mary Louise volunteered to take care of that.

We adjourned the meeting and had lunch. After lunch we had a workshop on sheets and quilts for the Green Forest Learning Center. We made 12 sheets and 4 quilts. We also made 8 ice bag covers for the nursing home.

There were 203.5 volunteer hours turned in.
Submitted by Rosa Thomas



Spring Council will be held on April 3rd at Grandview Baptist Church (near the corner on Hwy 143.) Registration will begin at 9:30 a.m. and the program at 10 a.m. Cheryl Stewart, Ozark District Director for EHC, will be visiting and give a short program. The theme will be "Hats Off to EHC!" Members should plan to wear an Easter type hat/ bonnet/ fascinator to the meeting! (How FUN!) Lunch will be potluck.

Club Responsibilities—

Each club will be responsible for decorating their own table and Domestic Divas will be responsible for decorating the head table. Busy Bees will be responsible for the inspiration and invocation. Grandview is responsible for registration. Each club will be responsible for bringing one silent auction item and two door prizes. There will also be a plant and bulb exchange for those who wish to participate. Members should bring their own drinks.

Leader Trainings...

April 1st— Endless Gardening @ 2 PM

April 29th—Six Ways to Increase Wealth @ 2 PM

May 27th—Six Ways to Live Longer @ 2 PM

Keep Your Food Safe While Enjoying the Great Outdoors

If the number of people at garden centers are any indicator, we are looking forward to getting back outdoors and enjoying fresh air. While enjoying nature, it is still important to plan carefully to avoid food and water borne illness. Whether you are in your kitchen or enjoying the great outdoors, there are food safety principles that never change.

Keep Hot Foods Hot and Cold Foods Cold, even outdoors. Transport chilled foods, since it's hard to keep foods hot without a heat source. Refrigerate or freeze the food overnight. For a cold source, bring frozen gel packs or frozen box drinks. Block ice works better than ice cubes. Before leaving home, freeze clean, empty milk cartons filled with water to make blocks of ice. Fill the cooler with cold or frozen foods. Pack foods in reverse order. First foods packed should be the last foods used – with one exception: pack raw meat or poultry below ready-to-eat foods to prevent raw meat or poultry juices from dripping onto the other foods or keep them in a separate cooler.

Take foods in the smallest quantity needed. In the car, put the ice chest in the air-conditioned passenger section, not in the trunk. At the campsite, insulate the cooler with a blanket. When the camping trip is over, discard all perishable foods if ice has melted or the gel-pack is no longer frozen.

Keep everything clean. Bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands, or utensils. This is called cross-contamination. When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods. Always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry. Soap and water are essential to cleanliness, so if you are going somewhere without running water, bring fresh water with you, or disposable wipes.

It isn't a good idea to depend on fresh water from a lake or stream for drinking, no matter how clean it appears. Some pathogens thrive there and you do not know what might have died and fallen into the water upstream. Bring bottled or tap water for drinking. Always start out with a full bottle, and replenish your supply from tested public systems when possible. If you must use water from streams, lakes, & springs, be sure to purify it.

When it's time to cook at camp, decide how you will prepare the food. Take as few pots as possible. Will you bring a portable stove or will you build a campfire? Check availability of campfires. If a campfire is permitted, carefully extinguish the fire and dispose of the ashes before breaking camp. Likewise, leftover food should be burned, not dumped and pack garbage bags for disposing of any trash, and carry it out with you. Special care must be taken when cleaning up after cooking outdoors. When washing hands, dishes and cookware, keep soapy used/unclean water out of rivers, lakes, streams, and springs, as it will pollute. If you use soap to clean your pots, wash them at the campsite, not at the water's edge. Dump dirty water on dry ground, well away from fresh water. Pack disposable wipes for hands and quick cleanups.

Keeping food safe for a day on the boat can be a challenge as well, but when you are out on the water, the direct sunlight can be an even bigger food safety problem. Watch the "Danger Zone." Here bacteria multiply rapidly at warm temperatures, (40 – 140 degrees F.) and food can become unsafe if held in the "Danger Zone" for over 2 hours. Above 90°F, food can become dangerous after only 1 hour. In direct sunlight, temperatures can climb even higher. So bring plenty of ice, and keep the cooler shaded or covered with a blanket.


For more information about keeping food safe, contact the office at 870-423-2958

**University of Arkansas
Division of Agriculture
Carroll County Cooperative
Extension Service**

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Sincerely,



Raising kids
Eating right
Spending smart



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 (or other appropriate office) as soon as possible prior to the activity.