

Garland County Office

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Garland County Extension Homemakers

Scoop



Busy Bees * Cooks R Us * Crazy Quilters * Docencia
LaCasa * Lakeside * Loyal Ladies * Park/Heights
Strong Women-HSV West * Upholstery * Yes We Can

April 2015



If you would like to be added to the list to receive your Scoop by email, contact Patti Tucker in the Extension Office.
ptucker@uaex.edu

Mark your calendars for the State Meeting: JUNE 2, 3, 4

The AEHC Annual State Meeting will be held at the Hot Springs Convention Center on June 2-4, 2015. Everyone is welcome to attend. Go to the AEHC website for more information or contact Jessica Vincent at the Extension Office. You must have your registration form and fee (in the form of a check made out to Garland County EHC) to Jessica by the Board Meeting on April 24th. The registration fee is \$30, and the Tuesday and Wednesday lunches are \$20 each. If you are a Council Board member, your registration fee is paid by the Council. All delegates are encouraged to wear their red EHC t-shirts on Tuesday.

If your club has a member who has been in Extension Homemakers for 50 years (or 60 or 70 years!) turn in the names to Jessica by the registration deadline. Also, turn in names of members who have passed away since last year's meeting.

Jessica Vincent, M.Ed. CHES
County Extension Agent
Family & Consumer
Sciences

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United States Department
of Agriculture and
County Governments
Cooperating
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Submit articles to
Janie Woods, Editor
janiewoods@prodigy.net

JESSICA'S JOTTINGS...



Don't forget to exercise your brain

Just like the rest of the body, your brain needs exercise and maintenance to protect its current and future health. In particular, your brain needs to be stimulated socially, mentally, physically, and through nutrition and sleep.

Socializing with others can provide you with an opportunity for communication, critical thought, creativity, and emotional expression. When you isolate yourself, you are at a greater risk for developing depression and even dementia. Become socially strong through these avenues – keep in touch with friends and family, connect with your community by joining a club or volunteering, get to know your neighbors, and use the internet.

Mental stimulation enhances brain cell connections and can delay the onset of Alzheimer's disease. This can be done through engaging in games and puzzles, reading and writing, continued education, hobbies, and neurobics. Neurobics is exercising a part of the brain that is not used on a regular basis. A lot of what we do is done out of routine, such as brushing your teeth. To challenge your brain to work harder, brush your teeth, eat, or do house chores with your non-dominant hand; drive or take a different route to the store or church; go new places to experience new sights and smells; and try finding things with your eyes closed such as loose change in your wallet.

Continued—See BRAIN on page 5

President's Ramblings



Spring, my favorite season, is upon us. You can actually see the grayness of winter fading away, and, in its place, comes this abundance of sunshine, color, flowers, and increased activity. Much of this increased activity is called spring cleaning (throwing out the old, cleaning, and making room for the new). Sunshine replaces the snow, ice and freezing temperatures. The colors surround us with the trees and grass greening and flowers bursting forth in bloom. As these changes in nature take place, I find myself responding the same way. I start wearing brighter colors, my step is a little livelier, and my smile is more frequent. My hope is that you are also experiencing this wonderful time of renewal. – Phyllis Pipkin

Sharing Our Skills (SOS)

Sessions to be held in the
EHC Educational Building at the Fairgrounds:

"Container Gardening"

Wednesday, May 13 at 9 a.m.

&

"Canning"

Wednesday, June 24 at 9 a.m.

Cost is \$10, with deadlines for registration at the
Extension Office one week prior to each session.

A speaker from the Arkansas Attorney General's Office will be leading the "Identity Theft" lesson on Friday, April 24 at 11 a.m. All members are encouraged to come! If you are planning on attending the preceding brunch at 10:30 a.m., be sure to make a reservation by calling the Extension Office before April 21.



Spring Council Meeting

May 15th at 10:00 a.m. in the 
EHC Educational Building at the Fairgrounds
Luncheon registration fee is \$7.
Each club should bring a wrapped door

Under the Big Top

The Relay for Life luncheon will be Saturday, April 18 at 10:30. Registration will begin at 9:30. The theme for the luncheon will be "Under the Big Top" and tables should be decorated in a carnival or circus theme. You may also come dressed in your circus or carnival attire if you want.

Tickets will be \$18.00, and checks should be made out to Garland County Extension Homemakers. The club president should turn in their club money to Judy Brink the morning of the luncheon. Do not take the money to the Extension office. The tickets were given to the club presidents at the Yearbook planning meeting on March 13.

Tables may be decorated from 10:00 until 3:00 on April 17. Each table sponsor is asked to donate an item for the tea cup auction. If possible, bring items on Friday so they will be on display during the entire time of the luncheon. Tickets will be \$1.00 each or 6 for \$5.00. **We hope to have a good attendance, so come and enjoy the circus!**

– Wilma Blair

Empowering women and communities around the world

The "Pennies for Friendship" that we collect in Extension Homemaker meetings go to the Associated Country Women of the World (ACWW). Part of the money we give goes into funds that ACWW uses to award small grants to women-led community based projects with the goals of alleviating hunger, poverty, sickness or the advancement of education. Grants may be given for the purchase of equipment to be used in making goods for sale, thus providing income; for investment in food production to feed the participants and their families; or for educational projects to increase knowledge, understanding or skills. So in short, each penny you give is helping a woman better her life and the life of her people.

–Information provided by Loretta Johnston

Pioneer Days will be held this year on **April 23-26**. Since our Board Meeting and Leader Lesson will be held on April 24, EHC will be unable to participate this year in Pioneer Days as we have in the past. Anyone wanting to participate on an individual basis or club basis, and who will not require use of our building, should contact Denise Davis at denise@ehec.org



Ann Sutton (left) and Dona Smith putting together a bookcase for Potter's clay.

Loyal Ladies Quarterly Report

Several of the Loyal Ladies EH Club's activities during the first quarter of 2015 centered on projects for Potter's Clay. Valentine gifts bags containing crochet necklaces, hand cream, hand sanitizer, potpourri sachets, cedar sachets and microwave popcorn were presented to the adult residents. The club purchased and put together four bookcases that were presented to Director Pastor Mike Brakebill. Dona Smith was the project leader and she was helped by Francis Bateman, Ann Sutton, Bert Manning, Rita Blackwood and Bobbi Taylor. The members collected over 200 children's books to be used by the twenty children who are currently at Potter's Clay. Other activities this quarter included making air fresheners and washable dusters to fit the Swiffer duster and collecting coupons. As of February, \$330,000 worth of coupons has been mailed to military bases overseas.

—Bert Manning



Life on the farm

At Park/Heights' March meeting, Ingrid Silvester presented a program on "A Day in My Life on the Farm". Her computer slide show included pictures of her pond with ducks, a donkey and its "surprise" baby, rabbits, and goats. The members were treated to samples of fresh goat milk.

—Peggy Barnett

BRAIN (cont. from page 1)

Physical activity can be a big brain booster, especially exercises that increase your heart rate. When your heart beats, it pumps oxygen rich blood to the brain. So, the more fit your heart is, the more effectively it will feed your brain which can aid in decision making and conflict resolution skills.

Nutrition plays a large role in brain development and function. A brain-healthy diet encourages good blood flow to the brain and protects the heart. Foods that are high in antioxidants and omega-3 and low in calories, sodium, and cholesterol are recommended. Avoid or limit foods that are fried or high-fat, high in sugar, or processed, refined grains, alcohol, and caffeine.

Sleep is essential for brain function. While you are asleep, your brain is preparing for the next day by creating new pathways to help you learn and remember information. Being sleep deprived can decrease your ability to make decisions, solve problems, and drive a car. Try these tips to improve your sleep habits: set regular bedtime and waking hours – even on the weekends, avoid exercising within a few hours of bedtime, avoid reading or watching television in bed, if you don't fall asleep within the first 20 minutes of going to bed get up and do something until you are ready to fall asleep. Your lifestyle is a huge influence in determining your brain health. Establish or maintain healthy lifestyle behaviors to ensure optimal aging.

Two Village clubs to make organizational change

La Casa and Docencia EH Club members have been meeting together during the past year and are making plans to consolidate into one new group. They are planning on naming the new club Mis Amigas, which is "my friends" in Spanish.

—Jo Spoerle

Sharing by sewing

Lakeside members got together in February for a fun day together to make pillowcases for My Father's House, Potter's Clay and Recovery Point. We met at Marilyn Fendley's "log cabin" workshop and matched, ironed, cut, sewed, and serged fabric from various members' stashes. We used the "jellyroll" technique for the band because it gives such a nice finish to the pillowcases. At the end of a four-hour period, we had made thirty-six pillowcases! We worked assembly line, with even non-sewing members having a job.



Workshop participants were Linda Bernard(front, left), Janie Woods, Mary Wigley, Jane Hammonds (back, left), Mary August, Ruby DeBoer, Marilyn Fendley and Sally Baker (not shown).

In memory of Sandy Sandberg

Warren "Sandy" Sandberg passed away on January 23, 2015 in Santa Cruz, California. He belonged to the Upholstery Club for nineteen years, serving as its president for many years. He was a charter member of Cooks R Us and was also special to Lakeside, which was his wife Clarice's club.

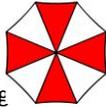


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Jessica's Schedule

April

- 2 Annual 4-H Banquet
- 3 Good Friday, off
- 7-8 Nutrition lesson for HIPPY
- 10 EHC Executive Committee Meeting
- 13 4-H Big B O'Rama
- 14 Nutrition lesson for DCC
- 15 Lake Hamilton Intermediate School Ag Safety Day



- 16 Chemo
- 17 Off
- 18 Relay for Life
- 21 Nutrition lesson for DCC
- 22 EHC Yearbook Meeting
- 23 Nutrition lesson for DCC
- 24 EHC Board Meeting and Leader Lesson
- 28 District County Agent Meeting
- 29 Lake Hamilton Intermediate School Cooking Class

May

- 1 Extension Get Fit Training at 4-H Center
- 6 EHC Yearbook Meeting
- 7 Chemo
- 8 Off
- 13 Yoga for Kids Agent Training at 4-H Center
- 14 Support Staff In Service Exercise Presentation
- 15 EHC Spring Council
- 18 Growing Healthy Communities Meeting
- 20 Arts & Crafts Committee Meeting
- 25 Holiday – Office Closed
- 28 Chemo

EHC Dates to Remember

April

- 17 Set-up for Relay for Life luncheon, 10 to 3
- 18 Relay for Life luncheon, program begins at 10:30 a.m. with registration at 9:30 a.m.
- 24 Board Meeting at 9 a.m. followed by Brunch & Leader Lesson, "Identity Theft"
- 24-25 Pioneer Days

May

- 11 Registration deadline for Spring Council
- 13 SOS, "Container Gardening", 9 a.m.
- 15 Spring Council Meeting, EHC Bldg, 10 a.m.

June

- 2-4 AEHC State Meeting
- 24 SOS, "Canning", 9 a.m.
- 26 Officer & Leader Training, 10 a.m.

June

- 2-4 AEHC State Meeting
- 10 Extension Get Fit Volunteer Leader Training
- 16 District 4-H O'Rama
- 17 Arts & Crafts Committee Meeting
- 18 Chemo
- 19 Off
- 26 EHC Officer and Leader Training

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