Garland County Office

Garland County Extension Homemakers

Scoop

For the next issue submit articles to Janie Woods janiewoods@prodigy.net

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

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Jessica Vincent County Extension Agent—Family & Consumer Science

EHC shines brightly at Court House

On December 3rd, County Judge Rick Davis flipped the switch and the Christmas light display at the Garland County Court House began shining brightly. The cookies, hot cider, and coffee provided by Garland County Extension Homemakers really made it seem like a party! Thanks to each club for your delicious cookie contributions. Selwyn and Phyllis Pipkin organized the refreshments, with help from Janie Woods.

Toys + Candy = HAPPINESS

The annual Christmas parade in downtown Hot Springs began at 6:30 p.m. on Monday, December 7, at Whittington Avenue and proceeded south on Central Avenue to Orange Street. The theme was “The Art of Christmas”, with over sixty entrants.

The Garland County EHC float was titled “EHC Toyland”. Peppermint candy provided by all the EH Clubs was handed out by 4-H volunteers! The float committee was chaired by Peggy Barnett (above) with special help from Nancy Hitchcock and Bob Stout. Members who helped plan were Patricia Sitzenstock, Judy Brink, Jane Kuntzman, Olene Lévesque, Martha Wilson, Betty Middleton and Janie Woods, with help from Jessica Vincent. Special thanks to Tom Brink for driving and to James Parker for the use of his trailer once again.
"Folded Paper Wreaths"
March 4, 2016
To be taught by Mis Amigas

This craft uses a 12" x 16" frame, so you might want to start looking for one at the thrift store. You will also need a mounting board such as matboard cut to fit in the frame. You may paint the frame and/or mounting board whatever color you wish before the workshop. Glue and papers for the wreath will be furnished. You can bring a pin or medallion for the center. More information about the registration fee will be available in January.

— Valerie Nuckles

Traveling Arkansas— Seeking a Cure

The Relay for Life luncheon will be Saturday, April 16 in the EHC building. Registration and tea cup auction ticket sales will begin at 10:00. The Garland County theme this year is “Traveling Arkansas— Seeking a Cure”. Tables should be decorated to show an event or place in Arkansas. Some suggestions are state symbols, products grown in Arkansas, lake and water sports, Hot Springs attractions, festivals in Arkansas, and any other idea you have that will have an Arkansas theme. Razorbacks are fine to use as long as we don’t have a lot of tables decorated this way. Also, we are asking each table sponsor to donate one or more items for the tea cup auction.

Because Arkansas is a rural state, we would like to display antique household items that have been used in the past. If you have items you would like to share, bring them on Friday, April 15 from 10:00 to 2:00 when tables will be decorated.

Cost of the luncheon will be $18.00 per ticket. The person in charge of your table or your club president should collect the money and turn it in at the registration table on the day of the luncheon. Checks should be made to "Garland County EHC". (Do NOT take the money to the office.) Last year we raised $4005.00 and we hope to reach $4500.00 this year. Thanks to all the clubs that have been participating and we hope to make this another day of fun and celebration for the cancer survivors. For more information contact Wilma Blair, 767-6956.

FUN FRIDAYS at the FAIRGROUNDS

Round Robin Workshop
Loyal Ladies taught fabric flower pins and crocheted hem t-shirts while Lakeside taught decorated gift bags and spoons with beaded and wire-wrapped handles. A “no-eating-utensils allowed” brunch was provided by the two clubs, as well as a door prize by Lakeside. The attendees included a grandmother, mother and infant. Thanks to Lawana Whaley, coordinator.

Presidential Ponderings
"A Challenge for the New Year"

As Extension Homemakers, we are part of the largest volunteer organization in the state. I think we are a group of people who realize that helping others is the best way to also help ourselves.

If you liked what you were doing in Garland County EHC in 2015, do more of the same in 2016. If you didn’t care for some of the things you were involved in, think of a way to change them or do other things entirely. Sometimes everyone is just waiting for somebody else to take the lead to go in a different direction. If you would like to see something “new and exciting” happen in your EH club, then volunteer to take the lead on a new project.

Everyone can come to the Yearbook planning in March to help plan the lessons for 2016 – 2017 and make suggestions for workshops. Also, I encourage you to come and listen and learn how we conduct business at the quarterly Board Meetings. This year make a point of participating in an aspect of EHC that you have not done in the past. You just might learn something and make new friends as well!

Strawberry Spinach Salad with Candied Pecans

2 tbsp butter
1 cup pecan halves
2 tbsp brown sugar
6 oz. baby spinach leaves
1 ½ cups sliced strawberries, stems removed
¾ cup crumbled feta cheese
Balsamic vinaigrette

Melt the butter in a small skillet over medium heat. Toss in the pecans and brown sugar, stirring the coat. Cook over medium heat until the sugar begins to caramelize (about 3 minutes). Spread pecans on a wax paper lined baking sheet to cool.

In your salad bowl layer the spinach leaves, strawberries, feta cheese and pecans. Don’t pour dressing on salad until ready to serve.

This red and green salad is perfect for the holidays.
Loyal Ladies’ attract new members

Loyal Ladies membership drive over the past six months has netted ten new members. Showing off four varieties of beet jelly that the club made are some of the new members. From left are Laverne Black, Renea Garrett, Wanda Mahn and Jules Kirschman. New members not pictured are Leah Cochran, Jessica Loper, Ellen Meadows, Joy Ann Miles, Kathy Nelson and Jenny Raney.


— Bert Manning

Quilt Seminar

The Quilt Seminar taught by Crazy Quilters EH Club will be a nine-week series of classes beginning on Wednesday, January 13, 2016 and continuing each Wednesday through March 9.

The lessons will focus on pineapple paper piecing and dimensional flowers, with patterns and a book being furnished as part of the $40 cost. A supply list is available at the Extension Office at the time of registration. There are still a few spots available.

— Susie Bishop

What’s Happening With Cooks R Us

Using funds from a fundraiser and donations by individual Cooks’ members, we were able to contribute “food for a day” for more than 32 needy Garland County seniors. Chicken fettuccine alfredo, beef ravioli, peanut butter, oatmeal, Honey O’s, mixed fruit bowls and shelf stable milk. These items will be part of the Council’s food contribution to the Area Agency on Aging at our Holiday Council Meeting.

Continuing our holiday festivities, Cooks R Us will celebrate Holidays 2015 on January 8th at the home of Max and Clarice Marker. I am sure Cooks R Us will live up to their name on that occasion.

Not too long ago there was an article in the Arkansas Democrat Gazette that stated more than 20% of our state’s seniors are ‘food challenged’. . . . they don’t know where food for the next day will come from. An even higher percentage of Arkansas’ children face the same situation. Max and I were traveling thru Indian Tribal lands in New Mexico where we saw a bill board informing us that 30% of their children were in need of food. Does that not make us sit back and think . . . in the middle of our two biggest ‘feast days’ of the year?

Cooks R Us will host a foods program on Saturday, February 20, from 10 a.m. to 1 p.m. Offered by Carol Scholp, the topic will be ‘Cooking Matters’. Contact Clarice Marker, 501/760-1601, for more information.

— Clarice Marker

HEALTH & WELLNESS LEADER LESSON

"Aaachoo! Managing & Preventing Illness"

EH Building at the Fairgrounds

January 22, 2016 at 11:00 a.m.

(Immediately following the Board Meeting and Brunch)
**EHC Dates to Remember**

**January**
- 8 — Exec Committee Mtg (Ext Office)
- 13 — Quilt Seminar Begins (Continues on each Wed. thru March 9)
- 14-19 — Upholstery workshop (Instructors only)
- 22 — Board Meeting, 9 a.m.
- 22 — Leader Lesson, 11 a.m., “Aaachoo! Managing and Preventing Illness”

**February**
- 3 — Quilt Seminar continues each Wed. thru March 9
- 17 — Arts & Crafts Comm. Mtg, 10 a.m. Extension Office

**March**
- 2 & 9 — Quilt Seminar
- 8 & 9 — AEHC Spring Workshop at Ferndale
- 11 — Yearbook Planning, 9 a.m., EHC Bldg
- 11 — Exec Committee, Scholarships, 11 a.m.
- 17 — St. Patrick’s Day Parade

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**Jessica's Schedule**

**January**
- 6-10: Denver, CO for 4-H competition
- 13: Nutrition program at Senior Center
- 14: Off
- 20: Extension Get Fit Meeting
- 22: EHC Board Mtg & Leader Lesson
- 25: Growing Healthy Communities Mtg

**February**
- Off

**March**
- TBD

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