Garland County Office
Garland County Extension Homemakers

Submit articles to 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

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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Jessica Vincent
County Extension Agent—Family & Consumer Science

BRING YOUR DONATIONS TO THE HOLIDAY COUNCIL

Valerie Nuckels, Resource Management leader, handed out the following list at the Board Meeting for you to use when purchasing your items for the Area Agency on Aging. Karen Sawyer from the Agency has been invited to the Holiday Council to accept the items. Make sure expiration dates are at least 2 months past Christmas.

- Instant oatmeal and cream of wheat
- Soup at Hand or other heat & eat soups
- Peanut butter (creamy)
- Canned tuna, chicken, or Spam
- Individual Fruit Cups (lite)
- Pudding cups (sugar free)
- Coffee, tea, sugar free hot chocolate
- Ensure, Boost, or similar products

Sharon Parrett, Health & Wellness leader, announced at the Board Meeting that the Hospice of Central Arkansas would like us to collect socks of any type and facial tissue for use with their clients. Volunteer Coordinator Renita Philey-Hale will also be joining us for lunch at the Holiday Council.

Wanda Felts, Family & Human Development leader, reminded us to fill our stockings for the Salvation Army according to the guidelines provided. Especially remember, no food or liquid items.

ARKANSAS EXTENSION HOMEMAKERS COUNCIL

Since 1912, members of the Arkansas Extension Homemakers Council (AEHC) have made it their mission to empower individuals and families to improve their lives through continuing education, leadership development, and community service.

The organization is one of the largest nonprofit volunteer groups in the state with a membership of 4,400 and over 350 clubs. Extension Homemakers, the Cooperative Extension Service, University of Arkansas, and the United States Department of Agriculture are partners in providing education to families throughout Arkansas.

Winners at State Fair

Phyllis Pipkin, Creative Arts Building Superintendent during the County Fair, was proud to announce at the October Board Meeting that two sweepstakes winners at the Arkansas State Fair were Garland County EHC members. Joyce Rice won for her "tuffet" and Wilma Blair won with her red daisies quilt. A member’s husband also won a sweepstakes winner -- Carmen Hale’s husband, Cameron, won for his steam punk art piece.
I would like to begin by saying a big fat “THANK YOU!” to everyone who had a part in making the Fairs a great success. Everything you do in the name of EHC is truly appreciated and we could not achieve the things we do without the help of all the members.

As the Holiday season is upon us, let us remember those less fortunate than us and give what we can to our three holiday projects: stockings for the Salvation Army, socks and facial tissue for Central Arkansas Hospice, and food items for Area Agency on Aging. All these items should be brought to the Holiday Council Meeting on Friday, December 8.

Speaking of the Holiday Council Meeting, please try to attend. We have some fun things planned and would like for this to be the largest attended Holiday Council Meeting in recent history. You don’t want to miss the 25-year milestone awards presentations.

Wrennita Cash

TO OUR NEWEST MEMBERS
Fiber Therapy – Bobbi Aldridge & Jules Kirschman
Lakeside – Linda Lambert
Loyal Ladies – Tina Criss

Holiday Council Meeting
December 8th at 10:00 a.m.
"Christmas Then, Christmas Now"
Menu includes ham, sweet potatoes and rice

$7.00 registration fee to be paid at the Extension Office by December 4th

Loretta Johnston, Janie Woods, Christina Clement, and Wrennita Cash represented Garland County at the Ouachita District Rally in Hope on October 19. They learned about the Arkansas Department of Emergency Management (ADEM) and participated in "Chair Yoga".

The 2018 Quilt Seminar begins on January 24. Contact Christina Clement, Crazy Quilters president, for more information.
Classic Potato Salad (Makeover)
(12 servings)

- 6 medium red potatoes (2 lbs) peeled
- 3 hard-cooked eggs, chopped
- 2 medium stalks celery, chopped (1 cup)
- 4 medium green onion, chopped (1/4 cup)
- ¼ cup chopped red bell pepper
- ¾ cup mayonnaise
- ¼ cup sweet pickle relish
- 1 tablespoon yellow mustard
- 1 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon black pepper

1. In 4-quart saucepan, place potatoes. Add water just to cover. Heat to boiling. Reduce heat to low; cover and simmer 20 to 30 minutes or until tender. Drain; cool slightly. Cut into cubes.
2. In large bowl, mix potatoes, eggs, celery, onions and bell pepper.
3. In small bowl, mix mayonnaise, pickle relish, mustard, sugar, salt, and black pepper until well blended.
4. Add dressing to potato mixture; toss gently to mix. Cover; refrigerate at least 1 hour or until serving time. Sprinkle top with paprika.

Served at Summer Council – Recipe provided by Rita Blackwood

Swap 'N Shop

The Swap 'N Shop, an indoor yard sale organized by Lakeside EH Club as part of Fun at the Fairgrounds, was just that – FUN! Vendors included members of Lakeside, Loyal Ladies, Crazy Quilters, Cooks R Us, Fiber Therapy, Mis Amigas and Park/Heights, as well as new non-member vendors. The sale lived up to its name, in that we shopped in each other’s booths, just swapping what we took home with us by selling some things and then buying others. We benefited from customers who came to our sale from the other event bring held on the Fairgrounds. $69.55 from space rental will be given to the American Cancer Society at the Relay Luncheon.

AWESOME CUPCAKES

The October meeting of Cook R Us was one of baking and decorating cupcakes for Jackson House. We made 162 cupcakes that were to be given out with lunches. The creativity flowed and fun was had by all. Ruth Whartenby gave a demonstration on how to use an icing bag, Sharon Parrett and Ruth brought in pictures of ideas for the cupcakes and the decorating began. Jackson House was ever so appreciative of the awesome goodies. One gentleman on the front porch asked "Why do you care about us? You did this for us?" My answer was YES. He was going to make sure to come back for lunch the next day.

--Sharon Parrett

Arts & Crafts Fair visitors

Charlotte James and her daughter Tommie James visited the EHC Country Store on Saturday morning of the Arts & Crafts Fair. They are from Bryan County in Oklahoma. Tommie is an FCS Extension Education agent and her mother is a member of Busy Bee OHCE Club. The club members take back photos for the scrapbook when they visit Extension work in other counties or states. They were interested in our County Fair and our Educational Building, as well as the Arts & Crafts Fair. Tommie said maybe they can bring a group back next year for the 50 year celebration. Katy Weaver, Country Store Chairman, was proud to welcome them, and Janie Woods sent them a copy of the chili recipe they requested.
On November 18 the members of Fiber Therapy EH Club held a Fun at the Fairgrounds workshop on Kumihimo, which is a Japanese braiding technique. It was a full workshop! Adults made a beaded bracelet and the kids made a friendship bracelet. Everyone had a good time. Thanks to Cooks R Us for the generous snacks.

The club holds an informal Knit Night each month. We always post the date, time, and location on our Facebook page - Fiber Therapy Group. It is for knitters, crocheters, and anyone who would like to learn. Our most recent one was on November 20.

The group is busily making and collecting scarves, headbands and hats for Arkansas athletes who compete in the Special Olympics. If you or your club would like to share your needlework talents by participating with us in making these items, contact Rita Blackwood (rwcruz918@aol.com or 262-2411). There are certain size and color specifications. This year’s deadline for headbands is December 1, 2017, but you have until January 15, 2018 for hats and scarves. (Information provided by Anna Jackson)

The Loyal Ladies joined with West Shores and others in the annual Flamingo Arts and Crafts Fair in connection with the West Shores fundraiser for the Veteran’s Memorial in Hot Springs. The Ladies donated two prizes worth $25.00 each – an African basket and a citronella basket. Anyone who bought a bratwurst lunch could put their name in to be drawn for a prize. Kathy Nelson and Laverne Black are showing off the Loyal Ladies prizes.

In addition, as a partial fundraiser, crafts were sold to the residents. The sale of low priced crafts enabled the residents to do a little Christmas shopping. Fiber Therapy club also participated in the craft sale. All in all, it was a fun day. There was music from a live band, an alligator and a kid goat. Cotton Candy and Popcorn was available for a donation.

If your club would like to participate in this event next year, contact Karen Burchell at West Shores. — Kathy Nelson

How can we expand EHC?

Wilma Blair, Past President of GCEHC, recently attended the Ouachita District Extension Meeting where the following items were identified as priority issues for EHC expansion:

- Drawing in a younger generation and reducing the average age of members by 5-10 years
- Offering/changing meeting and workshop times to accommodate younger adults and those who work
- More participation and teaching from EHC members
- Being present in the community through community service projects
- Unity—resolving differences so GCEHC can work together across clubs as a team
Crazy Quilters had a 6-inch block swap. For three months, the members that participated brought blocks in three different color schemes. In October those that finished showed their completed work. It was interesting seeing the different things that were made. We were able to add whatever we wanted to it and could cut the blocks as we wanted. We just had to use the blocks that were provided in some way. Barbara Stroden is shown with her quilt.

LaVerna Stinnett had started and almost finished hers before she passed away. Joyce Ross took the quilt and the remaining pieces that LaVerna hadn’t gotten to and finished the quilt.

"We are all stars and we deserve to twinkle" - Marilyn Monroe

Send in information for the SCOOP about your club, so we can all see you "twinkling"!

In Memoriam

Bob Stout passed away September 30, 2017. He was president of the Upholstery Club and was on the Building Committee and Arts & Crafts Fair Committee. His sons have donated his supplies to his club. Bob was a Corporal in the United States Marine Corps Reserve and served in the Korean War. He retired from Safeway after working there for 35 years.

Words of inspiration from Peggy Barnett:

MY FRIEND FOREVER
Life is too short to wake up with regrets...
So love the people who treat you right...
Forget about the ones who don’t.
Believe everything happens for a reason.
If you get a second chance, grab it with both hands.
If it changes your life, let it.
Nobody said life would be easy,
They just promised it would be worth it.

Friends are like balloons;
Once you let them go, you might not get them back.
Sometimes we get so busy with our own lives and problems that we may not even notice that we’ve let them fly away.
Sometimes we are so caught up in who’s right and who’s wrong that we forget what’s right and what’s wrong.
Sometimes we just don’t realize what real friendship means until it is too late.
I don’t want to let that happen so I’m going to tie you to my heart so I never lose you.

CHAIR YOGA – CHECK IT OUT!
Chair yoga can help improve balance, posture, muscular strength and ability to perform daily living activities. Studies focused on benefits of yoga practice suggest an improvement in joint health, physical function and emotional well-being. Yoga is a safe and appropriate form of exercise for most people. However, it is always important to talk with your doctor before starting a new exercise plan. A core concept of yoga is to respect your body: be mindful of how your body feels when practicing yoga and accept your physical limitations. Focus on how a pose feels and discern between discomfort and pain. Stop doing any pose that feels painful.

Safety Tips
General safety tips include the following:
• Breathe. Inhaling and exhaling with movement encourages muscles and joints to relax.
• Sit upright with your shoulders pulled down away from your ears and your head in line with your spine.
• Align the knee over your ankle to avoid putting too much pressure on the front of the knee
• Keep your feet flat on the floor for stability.
• Avoid straining.
• Avoid “jerking” or bouncing.

Follow the chair yoga routine described in the MP545 YOUfit: Exercises for EveryBODY publication at www.uaex.edu. A poster of all poses is included there. Read the instructions for general guidelines on how long to hold each pose. Yoga can be performed daily to help increase strength, flexibility and balance. It is recommended to rest one day each week if engaging in strenuous exercises.

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EHC Dates to Remember

DECEMBER
2  4-H Holiday Workshop
4  Registration deadline for Holiday Council
8  Holiday Council
22 Extension Office closed until January 2

JANUARY
2  Extension Office reopens
15 Extension Office closed
17 -23 Upholstery workshop for instructors
24 Quilt seminar begins
26 Board Meeting, 9:00 a.m.
   Leader lesson, 11:00 a.m.

FEBRUARY
7  Quilt seminar continues every Wed. thru March 7
23 Registration deadline for "Everything Glass"

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