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Scoop
July 2013

Highlights from the AEHC State Meeting
Each one of us who attended the State Meeting at the Hot Springs Convention Center on June 4th, 5th, and 6th had our own unique experiences and probably would report it differently. However, some of the highlights for me included the following:

❖ Joan Rich welcoming the delegates to Hot Springs on "Red T-shirt Day".
❖ Garland County EHC being honored for its project book about the Relay for Life Luncheon that raises money for the American Cancer Society.
❖ Park/Heights Club receiving an award for its project book highlighting the thirty Salvation Army bears they dressed as part of our county project.
❖ Lakeside EH Club being the runner-up for the 100-Carat award for their pillowcase project that celebrated 100 years of AEHC last year.
❖ Phyllis Pipkin being reinstalled as AEHC Past President.
❖ Judy Brink becoming Associate District Director for Ouachita District.
❖ Peggy Barnett and I organizing the AEHC Craft & Trade Show.
❖ Jessica Vincent teaching us how to "garden endlessly"...and keep smiling.

If you attended the meeting, be sure to share your experiences with all of your club members. If you did not go, make plans to attend next year. - Janie Woods

JESSICA’S JOTTINGS...
Food Safety
For those who did not attend the ServSafe workshop, did you know there are four common steps to food safety? They are clean, separate, cook, and chill.

Clean – Wash your hands and surfaces frequently. Bacteria that cause illness can survive in many places such as your hands, utensils, work surfaces, and cutting boards.

- Wash your hands for at least 20 seconds with soap and running water. This should be done:
  o Before you eat
  o Before, during, and after you prepare food
  o After handling uncooked eggs, raw meat, poultry, seafood, or their juices
  o After blowing your nose, coughing, or sneezing
  o After touching the garbage
  o After using the bathroom
- Wash utensils and cutting boards after every use with hot, soapy water. This should be done after preparing each food item, before going on to the next.
- Wash or wipe down surfaces with a disinfecting cleaning solution. Always use a clean rag or paper towel.

See FOOD SAFETY on Page 5
The new Garland County EHC officers were installed during the Spring Council Meeting that was held on May 17, 2013 in the Extension Homemakers Building on the Garland County Fairgrounds. Joyce Hall, Past AEHC President, gave the officers, along with the new parliamentarian, a "pattern" that outlined their job descriptions.

The officers are Kaye Bradford (left), parliamentarian; Judy Brink, treasurer; Jo Spoerle, vice-president; Phyllis Pipkin, president-elect; Jane Oliver, president; Joan Rich, past president; and Jacquie Currie, secretary, not pictured.

Presidential Pointers

This is my first "presidential pointer" article, and I was thinking that maybe I will need some pointers from some of you! It takes everyone working together to have a successful year.

Please sign up for the Mediterranean cooking "lunch & learn" class on July 19. You will learn how to make some good and healthy food.

The deadline to sign up for the Summer Council Meeting is August 19. Don't miss this opportunity for good food and fellowship. The committees work hard to make this fun and interesting.

Remember, we will need all of you to help in the kitchen during the County Fair and the Arts & Crafts Fair. Please say "yes" when asked to work a shift.

Happy summer! . . . Jane Oliver, President

Congratulations to everyone who passed the ServSafe exam! Participants had to score at least a 75% on the exam to pass. We had twelve participants who attended the three day workshop, and ALL twelve passed. Jessica Vincent said, "I'm very proud and thank you for all of your hard work".

Those who attended the workshop and are now ServSafe certified are:

- Peggy Barnett
- Linda Bates
- Linda Bernard
- Wilma Blair
- Barbara Bradstreet
- Sally Patterson
- Phyllis Pipkin
- Dona Smith
- Jo Spoerle
- Judy Van Frank
- Janie Woods
- Ronnie Zarate

With the new slate of EHC Officers starting July 1, I hope all of our members will see fit to support the new Officers and County Leaders. Please attend the Leader Lessons and Council Meetings. Remember, people work hard to present these programs for your benefit. Education is a big part of EHC! I have really enjoyed my 2 years as President and appreciate the support all of you have given me and the Executive Committee.

Joan Rich, Past President

Lunch 'n Learn Leader Lesson - Food & Nutrition

Heart Healthy Mediterranean Cooking
July 19 11:00 a.m. in EHC Building
All EHC members are invited to register!

"6 Ways to Live Longer" (August 16)
“Plan a Diabetic Diet” (September 20)

August 9
Kitchen Supervisor Training
Each Club sends 2 members
9:00 a.m. in the EHC Building

Kitchen Workers Training
All workers attend
10:00 a.m. in the EHC Building
Relay for Life luncheon report

A special "thank you" goes to all Extension clubs who participated in the Relay for Life luncheon on April 20. A total of $3550.00 was raised from the sale of luncheon tickets, luminaries, tea cup auction and the Razorback quilt made by Crazy Quilters.

The county Relay theme this year was "Once upon a Cure". The tables were beautifully decorated in nursery rhyme and fairy tale themes. Several nursery rhyme and story book characters were present to entertain the guests. Winners of the decorated tables where Lakeside "Beauty and the Beast" first place, Cooks-R-Us "Little Red Riding Hood" second place, and Upholstery "Five Monkeys Jumping on the Bed" third place.

Luncheon speakers were the Carousel Theater players and Janet Carson, U of A Extension Service, who is a 6 year cancer survivor. All cancer survivors present were recognized. The catering committee did a great job preparing the delicious meal. Thanks again to everyone for your help and creative talents in making this Relay for Life luncheon another success.

-Wilma Blair

Loyal Ladies club stays busy

Loyal Ladies EH Club has had a busy spring, starting with making and preparing 36 welcome bags for the Safe Haven residents. Next, the group sponsored four tables for the Relay for Life luncheon. Then, we had a garage sale in May that raised approximately $650.00 for our charity work. In addition, we were able to help the following groups with leftover items: Habitat for Humanity, Safe Haven, Abilities Unlimited, the GC Library, VA Hospital, Computers for Kids, and others. Thanks to those EHC members who donated items for the sale.

-Bert Manning

La Casa plans for crafts fair

La Casa's May meeting was held at the home of Marge Durfee. Marge had a workshop to teach us how to decoupage with fabric on clear glass plates. We had several different sizes of plates and very decorative and glitzy fabric. We hope to have many finished in order to sell them in our Country Store during the Arts and Crafts Fair in October. Profits from all sales will go towards helping our charities. It was a fun and very satisfying project.

-Jo Spoerle

The Yearbook says, "Each member is encouraged to exhibit at least one item in the Garland County Fair." What are you planning to enter?

SCRAPBOOK PAGES

If you do not have your scrapbook page (for the year from July 1, 2012 to June 30, 2013), pick it up at the July 26 Board Meeting. They are due back to Janie Woods at the Summer Council Meeting on August 23.

Purses for everyone!

Ingrid Planje of Park/Heights helped organize a purse workshop for her club and enlisted Joyce Ross and Laverna Stinnett, members of Crazy Quilters, to help. The purses were made using the assembly line method, with each member doing a job suited to her skill set. Judging from the smiles, it was a successful workshop.

Words from a World War II Veteran

On Saturday, May 5th, I had the pleasure and the privilege of making an Honor Flight to Washington D.C. with eighty-two other veterans, to see the new memorial for the veterans of World War II. We got a big send off from folks in Little Rock who came to the airport to see us off. They had decorated the airport gate we were to use with bunting and flags. It was really remarkable.

We were treated like kings by everyone, and everywhere, including the US Airways and all of the citizens we came in contact with. At Ronald Reagan International Airport, there was even a bigger crowd welcoming us. And everything was paid for by Honor Flights, which is financed by Walmart, Tyson Foods, and Arkansas Electrical Co-op Association. It was all free of charge to us.

The memorial is fantastic. (There are pictures of it on line). We visited other memorials while we were there, such as the Korean War, Okinawa, Vietnam, and the Air Force memorial. Then we were taken on a tour around town. It was all very exciting and rewarding. We got back to Little Rock about 8 p.m. to a reception of about 200 people who came just to shake our hands and thank us for our service in the war. There were many folks cheering, a band playing, and a lot of celebrating. It was overwhelming. Upon leaving the airport, the Little Rock Fire Department had two trucks with their ladders extended to an arch over the road with a huge American flag hanging from it. I can’t thank Honor Flight Network enough for this wonderful experience.

This program is now available to all veterans of World War II, and will be for veterans of other wars soon. Go to the Honor Flight Network website where you can get a complete description of the organization that sponsors the program and find out how to apply for a chance to have this wonderful honor, if you qualify.

– Warren "Sandy" Sandberg of Upholstery Club

Lakeside members educate students about pioneer life

Dressing up and playing house? It’s not just for kids anymore! Recently some fellow members of Lakeside EHC and I had the opportunity to do just that! For Pioneer Days we recreated a pioneer homestead cabin with period furnishings and dressed in period costume to introduce students to life in Garland County in the late 1800s. Our presentation depicted sisters (Janie Woods and Lawana Whaley) who had travelled to the area by wagon with their husbands from the Carolinas and now lived on adjoining farms. They were joined by another neighbor (Clarice Sandberg) and a visiting cousin (Linda Bernard) from St Louis, who had arrived via the new train line into Hot Springs.

Students were greeted as though they had entered a real home and found the ladies in normal conversation. Occupied in what would be common activities for women during this period, the "pioneer women" covered such topics as the upcoming wedding of one sister’s daughter, how quilts were made, food preparation, cooking and heating with only a fireplace, “gathering aprons” and how food was grown and preserved.

Students were given the opportunity to ask questions and to handle many of the items displayed. Quite often the portrayal was so convincing we had to remind them that we were just “acting”. Many found it hard to imagine life without electricity, indoor plumbing, central heat/air, telephones and computers. They could not understand why it might take days to travel to a neighbor’s house. Hopefully the visit to our pioneer "homestead" gave them a greater appreciation for their lives today. –Lawana Whaley

Learn 2 Paint

Learn 2 Paint has some exciting plans for August! We are having a "paint in" called Learn 2 Paint. The date is Monday, August 5 at 9:00 a.m. in the EHC Building at the Fairgrounds. The registration deadline is July 29, and the cost is $3.00 payable by check to "Designing People" at the Extension Office.

Participants will learn some basics about supplies and brushes. The project will be painted on a clay flower pot (included in cost). This is an easy, fun project to use on your patio or porch. Come and see if you’d like to paint. We do!!! – Joan Rich

"Pioneer woman" Lawana discusses her herb garden.
Arkansas Extension Homemakers Retreat

Do you like to travel? Do you get excited about craft classes? Then the AEHC trip to The Ozark Folk Center in Mountain View, Arkansas, on November 6, 7, & 8 is for you! The retreat starts with lunch at 12:00 noon on November 6 and orientation at 1:00 p.m.

The entire craft village will be open this year. Workshops that will last at least two hours each will be offered on Wednesday and Thursday. They include garden hypertufa pots, broom tying, stain glass, jewelry, corn shuck dolls, snowman, apothecary shop, print shop, leather, copper shop, whittling, blacksmithing, candle making, and chicken scratch embroidery. The maximum in any class is 10, and the minimum is 4. When you register you will be asked to pick four classes in the event one of your choices is not available. Class assignments are "first come, first serve".

Transportation to Mountain View is on your own. You may reserve a single room for $345, a double room for $275 each, a room for 3 for $260 each, or a room for 4 for $250 each. The prices include your room, three classes, six meals, entertainment, snacks, and bus rides from cabins to the top of the hill.

Registration, with a deposit of $75.00, is due August 16, with the balance due on October 1. (Checks are to be made out to AEHC). The form and money are to be sent to Valerie Stoll, whose address, phone number and email address are on the registration form that is available now at the Extension Office or at the July 26 Board Meeting. Remember, the sooner you register, the better chance you have of getting the classes you want!

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What is 45 years old in October, but better than ever?

If you guessed the Hot Springs Arts & Crafts Fair, then you were right. Be sure to join in the celebration on October 4th, 5th, and 6th!

Also, contact Katy Weaver for information about selling your craft items in the Country Store.

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FOOD SAFETY from page 1

Separate – Do not cross-contaminate. Even if you wash your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods unless you keep them separate. A ready-to-eat food is something that doesn’t require any further preparation such as salad and pre-made sandwiches.

- Use a separate cutting board for produce and for your raw meats, poultry, seafood, and eggs.
- Don’t contaminate food at the grocery store. Keep raw foods separate from all other foods in your shopping cart and shopping bags.
- Bacteria can also spread in the refrigerator. Place raw meats, poultry, seafood, and eggs below ready-to-eat foods.

Cook – Did you know there is a food temperature danger zone? The bacteria that can cause food poisoning multiply the quickest between 40° and 140° F.

- Use a food thermometer to make sure food has been cooked to a high enough temperature to kill harmful bacteria. What is a safe food temperature?
  - 145° F for at least four minutes for roasts of pork, beef, veal, and lamb
  - 145° F for at least 15 seconds for seafood, steak, pork chops, veal chops, lamb chops and game
  - 155° F for at least 15 seconds for all ground meats, injected meats, tenderized meats, and ground seafood
  - 165° F for at least 15 seconds for all poultry, all stuffed meats and seafood

Chill – Make sure you refrigerate unused or uneaten foods promptly. Illness-causing bacteria can grow in perishable foods within two hours. During the summer when the temperature is 90° F or higher, the time to get foods refrigerated is decreased to one hour.
Jessica's Schedule

JULY
1-7  Vacation
10  LRSO Planning Meeting
11  LRSO
12  EHC Executive Committee Meeting
23-25 State 4-H O’Rama in Fayetteville
31  Fair Judge Training in Ashdown

AUGUST
6-9  4-H County Camp – Clearfork
9   EHC Kitchen Trainings
12  Presentation for Quorum Court
13  Nutrition Lesson at DCC
15  Nutrition Lesson at DCC
20  Presentation at Garvan Gardens
22  Nutrition Lesson at DCC
23  EHC Summer Council Meeting
30  Yoga Training at Lake Hamilton School

SEPTEMBER
3   Presentation in Cleveland County
6   Yoga Training at Lake Hamilton School
7-14  Garland County Fair
10  Presentation in Bradley County
11  4-H Foundation Meeting
13  Yoga Training at Lake Hamilton School
14  Presentation at Lake Hamilton Parent Cntr
16  Presentation in Pine Bluff
Starting Sept 17 – Yoga for Kids until 8:30 at Lake Hamilton School every Tues and Thurs

EHC Dates to Remember

JULY
15  Upholstery Pie work day from 8 a.m. to 12 noon
19  Leader Training (11 a.m. Lunch ‘n Learn) Food & Nutrition - Mediterranean Cooking - Heart Healthy
26  Board Meeting and SOS meeting 9 a.m. at EHC Bldg.
26  Gold Star and Member of the Year reports due
29  Upholstery Pie work day from 8 a.m. to 12 noon

AUGUST
5   Mix Day - Designing People - Corn dog mix
8   Mix Day - Lakeside - Chili
9   9:00 a.m. Kitchen Supervisor Training at EHC Bldg.
10:00 a.m. Kitchen Workers Training at EHC Bldg.
12  Mix Day - Upholstery - Pies
13  Mix Day - Crazy Quilters - Chili
15  Mix Day - Loyal Ladies – Donuts
16  Leader Training "6 Ways to Live Longer" (mailed out)
19  Summer Council Registration Deadline
20  Mix Day – La Casa and Docencia – Cakes
23  Summer Council Meeting
26  Mix Day - Upholstery - Pies
27  Mix Day - Cooks - R - Us – Cakes
30  Clean Up Day -9:00 a.m. (Two from each club)

SEPTEMBER
5   Mix Day - Busy Bees - Beans
7   County Fair Entry Day - 9 a.m. to 2 p.m.
9   Baked Goods Entry Day; Judging Day
15  Pickup Day - 2:00 p.m.to 4:00 p.m.
20  Leader Training “Plan a Diabetic Diet” (mailed out)
23  Mix Day - Upholstery - Pies
27  Clean up for A & C Fair 9:00 a.m. (Two from each club)

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The meetings listed 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.