Relay for Life luncheon plans announced

The Relay for Life luncheon will be at 11:00 a.m. on Saturday, April 20, in the EHC building. Registration and teacup auction ticket sales will begin at 10:15 a.m. The theme this year is "Once Upon a Cure". Tables are to be decorated to represent a nursery rhyme or a fairy tale story. Tables may be decorated the afternoon of April 19 after the leadership training program (that begins at 10:00) is finished. We ask each table to donate a plant or gift basket to be used for the "tea cup" auction.

Cost of a ticket will be $17.00 and includes the price of the meal and a $10.00 donation to The American Cancer Society. Please have one person collect money for your group and turn it in to Judy Brink on the day of the luncheon. If you wish to write a check, make it out to "Garland County Extension Homemakers", and then Judy will write one check to the American Cancer Society.

Our goal this year is $4,000.00 (We raised $4200.00 last year). For more information contact me (Wilma Blair) at 767-6956 or wjmblair@prodigy.net.

Jessica's Jottings

Return to Healthy Living

Instead of relying on un-proven methods to prevent or slow down the aging process, focus on staying healthy by being physically active and eating a well-balanced diet. Here are some key factors that can impact your health as you age:

1. Calorie Needs – As you age, your metabolism can slow down. In turn, this slow-down can lead to unwanted weight gain and an increased risk for developing chronic diseases. To help lessen the effect of a slower metabolism, follow these tips:
   a. Increase your physical activity. Adults should have at least 150 minutes of planned physical activity each week. For a physical activity to count, it must increase your heart rate and last for at least ten minutes. Some examples include walking, biking, swimming, your favorite sport or gardening.
   b. Strengthen your muscles by strength training at least twice a week. Strength training can be done using free weights, hand weights, resistance tubes or even your own body weight – such as with push-ups. Not only can this increase your muscle strength, but it can also increase your muscle mass, bone density, and reduce your risk for developing osteoporosis.
   c. Practice portion control to manage how many calories you take in. You can still enjoy your favorite foods, just in moderation.
   d. Switch to low-fat or non-fat dairy. You get the same health benefits as whole-fat dairy without all of the extra fat and calories.
Feeling creative? Come to a workshop or seminar!

At the February workshop, participants will make a Victorian-inspired candlestick pincushion. Basic hand sewing skills are needed. The class will be held on February 1 at 9:00 a.m. in the EHC Building. It will be hosted by Busy Bees with Katy Weaver as teacher. The cost to members is $5 and to nonmembers is $6. Please, register by Monday, January 28 at the Extension Office.

The March 1 workshop on decoupage plates will be taught by Frances Bateman and Marge Durfee, with La Casa as host club.

The Quilt Seminar begins on January 30. Register at the Extension Office on or before January 25 and receive your supply list. The focus is on "snippets" and log cabin motifs. The cost is $30.

Sharing Our Skills

All classes will be held in the EHC building at the Garland County Fairgrounds, 4831 Malvern Rd. They will start at 9:30 a.m. and include a light lunch. The duration of each class will vary. Registration deadline will be 1 week prior to the class. The fee for each class is $10 and must be paid BY CHECK at the time you are registering. For more information on these classes, contact the Extension Office at 501-623-6841, 236 Woodbine St.

Jan 23rd       Learn the Art of Baking (Mike Wells, presenter with Cooks R Us as host club)
Feb 22nd       Homemade Soup (Linda Behm, presenter with La Casa as host club)
March 18th     Endless Gardening (Jessica Vincent, presenter with Lakeside as host club)
Apr 29th       Diabetic Health (Jessica Vincent, presenter with Loyal Ladies as host club)
May 20th       Canning (Phyllis Pipkin, presenter with Park/Heights as host club)

Leader training schedule

Each club should send a representative to these meetings so the lesson can be repeated at club meetings.

January 18 at 11 a.m. in EHC Bldg
(Lunch 'n Learn – All members encouraged to attend but must register by Jan 14)
"Gadgets and Gizmos"
Health and Wellness

February 15 at 10 a.m. in EHC Bldg
"Communication and Listening"
Leadership Development

March 15 at 11 a.m. in EHC Bldg
(Lunch 'n Learn - All members encouraged to attend but must register by March 11)

If any school in Garland County is closed for inclement weather, scheduled meetings will be cancelled.

Yearbook Planning Meeting
Friday, March 8 at 9:00 a.m. in the EHC Building

- All of the lessons and special interest workshops that we have each year are decided on at the Yearbook planning meeting.
- As you think of things you would like to learn about or could teach others, jot them down.
- Each member is encouraged to attend so that we will have more, diverse suggestions from which to choose.
- If you can't attend, send your ideas for lessons and samples of workshop projects with your club's president or other representative.
Peace, Love, Joy

The Garland County EHC float in the Hot Springs Christmas parade featured carolers from an "age gone by" – we never quite identified which! The float was designed by Peggy Barnett and the frame was built by Bob Stout on his trailer. Janie Woods, Sally Patterson, Phyllis Pipkin, and Beth Armstrong helped them paint, string lights, add skirting and finishing touches.

On the night of the parade, Bob drove his truck to pull the float, assisted by Gladys Roberts and Selwin Pipkin. Pictured above are (from left) Jane Oliver, Judy Brink, Phyllis Pipkin, Sally Patterson, and Peggy Barnett. Walkers who gave out candy included Bob and Ingrid Planje, Beth Armstrong, Jessica Vincent and her daughter Jordan.

For once, the weather was not too cold or rainy; in fact, it was almost too hot for the carolers in their hats and capes.

Cookies at the Courthouse Lighting

When Thanksgiving was over
And the winter holidays were near,
Each club baked tasty cookies
Hoping for a night that was clear.

Jessica collected our baked treats.
Judy shopped for juices for spicy cider.
I made some plans and loaded my car
And then met up with Sally B... my rider.

Although Judy was away on a trip,
The project went on as planned.
Tables were set up under a canopy
And several folks lent a helping hand.

The cookies were arranged on trays,
The coffee and cider finally were hot.
It was time for the festivities to begin
So each person found a good spot.

Strings of light were everywhere,
Outlining all the windows and doors.
They were running along every wall—
But still were not lighted, of course.

As the sound of speeches and singing
Floated through the crisp night air,
The magic switch was finally turned
And the lights came on with a glare.

The Courthouse sparkled with lights—
A tradition EHC began years ago.
I was proud to be a part of this party
That set the heart of the community aglow.

JMW – Jan 2013

Cold weather a good time for crafting

These cold days of winter are a good time to work on an item or two to sell in the EHC Country Store at the Arts & Crafts Fair next fall. Last fall, Joan Rich apologetically brought "a few" painted items. They were a welcome addition and we learned that it would be nice if more members would bring "just a few" items. Some participants bring lots of items, but it's ok to bring "just a few" ...and we need members to do that. So put your thinking caps on and get your hands busy as you sit inside by the fire.

Now is a good time to do some internet research for ideas, too. I've seen lots of cute ideas on "Pinterest" that could be made and sold in the Country Store. Two of our "regulars" sold all kinds of knit/crochet scarves last year because they were searching for something new and trendy to make and sell...and they found it! I wished someone had made some of the cute crochet baby hats and crochet flowers to clip on baby hats and headbands...or crochet baby shoes that I saw on Pinterest. And we always sell knitted dish cloths.

So, if you're a crafter looking for something to do on the long cold days of January and February, look in a craft magazine or check out Pinterest (especially DIY & Crafts category) and other internet sites for ideas...then make a few things and put them back to sell in the EHC Country Store at the Arts & Crafts Fair.

Answers to Name Change Game

1. k  4. e  7. b  10. h
2. g  5. i  8. j  11. d
3. c  6. a  9. f

Fair Related News

The Kitchen Resolution Committee will have recommendations at the Board Meeting on January 25 on fair kitchen related issues, including how we sign up for kitchen shifts for the County Fair and Arts & Crafts Fair.

The Garland County Fair Board is allowing us to change our kitchen hours during the County Fair. The kitchen will be closed on Monday evening to allow everyone to attend the Fair Parade. The kitchen will be open Tuesday through Friday from 4 p.m. to 8 p.m., which means the work hours will be 3 p.m. to 9 p.m. We will also close at 8 p.m. on Saturday.

Phyllis Pipkin will become our EHC representative to the Garland County Fair Board beginning January 1, 2013.
The members of Busy Bees EHC decided that a fun way to celebrate the 100th anniversary of AEHC was to have a KFC party—with twenty-five kids! In September, during the Wednesday after school program at Oaklawn Methodist Church, the group decorated the room and provided refreshments, including the very tempting cake shown in the picture. The kids, as usual, also worked on crafts, heard a Bible story and were fed the evening meal with their parents.

Party, party, party, party!

Designing People enjoyed a holiday luncheon at the Bleu Monkey in Hot Springs on December 5. A “gag” gift exchange brought a lot of laughs. The club is ready for an exciting year.

The Loyal Ladies held their Christmas Party at the World Buffet Chinese Restaurant. It is tradition that a $1.00 dollar store gift or white elephant gift be exchanged and each member donates to a local charity. $160 was raised at the party to give to Safe Haven for Homeless Women and Children.

Lakeside’s Christmas party was held at 5:30 p.m. on December 8 at Janie Woods’ home. Twenty-five were in attendance, with husbands being invited to the Mexican fiesta as a thank-you for working in the fair kitchens.

Park/Heights met for their Christmas party at Grandpa’s Catfish House. After lunch, Ingrid Planje taught the group how to make an iris paper-folding Christmas tree card.

Loyal Ladies continue coupon project

Joy Martsching (standing) explains the coupon project for the military to the Loyal Ladies officers for 2012-2013. The officers are (from left): Bert Manning—President; Dona Smith Vice-President; Bobbi Taylor—Secretary; and Jane Kunstman—Treasurer. As of November 21, 2012, $32,592.86 was the value of the coupons mailed to a US Marine base in the Pacific. The project is open to all county clubs for participation.

Rita Blackwood (right) was installed as the newest member of Loyal Ladies by Bert Manning.
100-Carat Award

The "100 Carat Award" will be presented in June at the 2013 AEHC State Meeting. The winner will receive $100.00 and a certificate.

Clubs or Councils may submit an entry about a 2012 project or activity geared toward the celebration of the 100th Anniversary. No activities reported in record books are eligible. There are several compliance rules and an entry form. Entries will only be accepted at the March 13th AEHC meeting in Ferndale.

With all of the great celebration activities and projects we had in our county, we should have some great entries as well. Contact Joan Rich or Jessica Vincent for more information.

Name Change Game

If our clubs were in an “opposite” perhaps less-friendly—universe, the names would be different. See if you can match them.

_____ 1. Lakeside  b. The Mall
_____ 2. Busy Bees  c. Carpet Layers
_____ 3. Upholstery  d. Weaklings
_____ 4. Cooks R Us  e. Deli shoppers
_____ 5. Docencia  f. Artless Aliens
_____ 6. Park/Heights  g. Lazy Spiders
_____ 7. La Casa  h. Mellow Metallurgists
_____ 8. Loyal Ladies  i. Ignorance
_____ 9. Designing People  j. Faithless Fellows
_____10. Crazy Quilters  k. Arid Destination

Answers on p. 3.

Sara Beth Waller, our Cooperative Extension Agent for 4-H in Garland County during the past few years, has left to take a similar position in the Lonoke County Extension Office. If you missed out on telling her goodbye, you may still email her at sbwaller@uaex.edu. She will be staying busy with her new job, with her animals and with work on her Master's degree.

Health (cont. from page 1)

2. **Calcium and Vitamin D** – Most of your body’s calcium is in your bones. Calcium is needed for your nervous system, blood clotting, and muscle contractions to all work properly. It is also necessary for the prevention of osteoporosis. However, in order for your body to absorb calcium you also need vitamin D. Our bodies generate the majority of vitamin D from exposure to sunlight. This is because it is not prominent in the foods we eat except for those that have been fortified with vitamin D. The recommendations for calcium vary, but most recommend 1,200 to 1,500 milligrams per day. The best source is through dairy products because it can be absorbed easily. If you take a supplement to help reach this amount, make sure it contains calcium carbonate or calcium citrate. The recommendations for vitamin D also vary depending on your age, but most recommend 600 international units (i.u.) to 1,000 i.u.’s per day.

3. **Dietary Supplements** – There is little evidence to support dietary and antioxidant supplements in the prevention of chronic diseases. The only exception thus far is calcium and vitamin D. The best way to get the nutrients you need, such as vitamin C and E, is through food. Increase your intake of fruits, vegetables, and healthy nuts such as almonds.

4. **Water** – Almost all of our bodily functions require fluid and most adults need 48 to 64 ounces per day. If you are not a big fan of water, consume decaffeinated beverages, fruit juices, and/or milk.

For more information on staying healthy as you age, visit [www.uaex.edu](http://www.uaex.edu) or [www.health.harvard.edu](http://www.health.harvard.edu).
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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, audio tapes, etc.) should notify the county Extension office (or other appropriate office) as soon as possible prior to the activity.

Jessica’s Schedule

Jan
14-18  In-service training in Little Rock
21  Holiday – Ext office closed
22  Nutrition lesson with Dept of Community Corrections (DCC) 8:30-9:30
23  SOS – “Baking”
24  Nutrition lesson with DCC 8:30-9:30, Small Steps to Health and Wealth 11-1 with the County courthouse employees
25  EHC Board Meeting 9-12
28  Nutrition lesson with DCC 9-10
29  Nutrition lesson with DCC 8:30-9:30 Mtg with Little Rock State Office 10-4:30
30  Nutrition lesson with DCC 2-3
31  Small Steps... at County Courthouse 11-1

Feb
1  Yoga for Kids at Lake Hamilton School 8-10
4-12 Nutrition lesson , Lake Hamilton School 9-12
Every Tuesday & Thursday in February:
Yoga for Kids program at LHS 8-9
15  EHC Leadership Development training
18  Vacation
20  Nutrition lesson with LHS 8-12
21  Small Steps..., County Courthouse 11-1
22  SOS – “Soups”
25  Strong Women Ldr Trng, EHC Bldg - all day
Every Tuesday and Thursday in March:
Yoga for Kids program at LHS 8-9
Mar
8  EHC Yearbook Planning
12-13 AEHC Spring Workshop - 4-H Center
18  SOS – “Gardening”
20  Arts & Crafts Committee Meeting 9am
27-29 Galaxy Conference at Petit Jean

EHC Dates to Remember

Please note changes from information in Yearbook.

JAN
10-16 Upholstery Workshop
14  Lunch ’n Learn registration deadline
18  Lunch ’n Learn, 11 a.m.
25  Board Meeting, 9 a.m.
30  Quilt Seminar begins, 9 a.m. – 2 p.m.

FEB
1  Candlestick Pincushion Wrkshp, 9 am
6  Quilt Seminar continues on each Wed. in February, 9 a.m. – 2 p.m.
15  Leader Lesson, 10 a.m.

MAR
1  Decoupage Plates Workshop, 9 a.m.
8  Yearbook planning, 9 a.m.
11  Lunch ’n Learn registration deadline
12-13 Ferndale AEHC leadership Training
15  Lunch ’n Learn, 11 a.m.
17  St. Patrick’s Day Parade
21-27 Upholstery Workshop