January & February 2016

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EHC Leaders
Jeannie Zirkle
President
Janice Conyers
Vice President
Virginia Wolford
Secretary
Celese Brackett
Treasurer
Jeralene Love
Parliamentarian

Calendar of Events
2/4 February County Meeting
2/12 Registration due to Spring Officer Meeting
3/3 March County Meeting
3/9 Spring Officer Meeting at Ferndale
6/7-9 State EH Meeting

Reminders:
If you are interested in running for a State EH Officer, the applications are due May 10th. For more information about this see Karla.

Young Extension Homemakers Scholarship
The purpose of this $75 scholarship is to allow a young EH member to attend the AEHC State Meeting. Recipient must be under 40 years of age. Click above link for full criteria and application. These are due to the County Extension office May 1st.

Educational Mini-grants
The mini-grant's primary focus must be used for educational purposes, i.e. county-wide mammogram screening. The amount is not to exceed $500 a year for a maximum of two consecutive years. Click above for guidelines. Deadline to submit these is February 15th.

*For more information about either of these, contact Karla at the Extension Office. Applications can be found on the EH Website under member resources.
The New Year has began and with it I wish you all health and happiness. Looking forward to a new year with EHC. Our Cookbook Committee has entered, read, and proofed recipes, they have also picked the covers, the books will be in the EHC colors. Virginia says they are going to be pretty. I want to thank our Committee for all of the hours they have spent on it for us. We ordered 200 books and we have had lots of interest in them already. I think it will be a great fundraiser for us. For our February meeting we are going to have a craft after the general meeting of embroidered cards, taught to us by Jeralene. Please bring scissors, we will supply the rest for you. We also need to be thinking of what we want to do for our community project this year, so come with some ideas in mind. If anyone has any questions or concerns I am always available,

Your President, Jeannie Zirkle

News & Events
On May 16, 2016 Elizabeth Griffin Hill will be at the Marion County Library giving a presentation on her book, “A Splendid Piece of Work.” A meet & greet will be held at 5 pm with refreshments provided. Her presentation will begin at 6 p.m.

The Lonestar 4-H Club is meeting on February 20th at 10am to make the Healing Dolls for the AR Children’s Hospital. They would like some help in making these if possible. If you are interested in helping let Karla know. Bring your scissors and sewing machine if possible!

AEHC Spring Officer Training
Registration has started for the March Leadership Workshop in Ferndale. The fee will be $15.00 this year for registration plus $8.00 for your lunch. Registration is due by February 12th! I have an agenda for the meeting if you would like to see one. Registration can be done online at the EH website or I have paper forms available. If you sign up online be sure to let us know at the Extension Office. Thanks!

All meetings and activities announced 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.
Club News

Gid

Gid Club would like to extend a Congratulations to Chris and Jeannie Zirkle for their 29th Anniversary on January 8th and Mary and Bill Zirkle for their 55th Anniversary on February 14th. Gid members discussed a community project to purchase supplies for a local Volunteer Fire Department. Members are to gather information and make a decision next month. Gid Club will meet again February 9, 2016 at the Community Building in Mt. Pleasant.

Franklin

Franklin club shared a Thanksgiving lunch on Nov. 16. Hostess were Celese and Sharlee. We had 14 members present with three guest. We had 660 volunteer hours for the month of Sept. and Oct. Our Dec 21 meeting was about Christmas party. We had 16 members and 12 guest present. Our volunteer hours for Nov. were 298. After we closed our meeting with the creed. We started our party. We shared secret sister and exchanged gifts. Looking forward to the New Year.

Redbud

Our prayers go out to our member Betty Jeffery and her family on the loss of her son Robert. Also to Zion member Mary Dover and her family on the loss of her husband Ray. Redbud does not have a meeting in January but will meet February 25th at the home of Vivian Mitchell with co-hostess Norma Bruce. It will be White Elephant Sale time. We have selected giving school supplies to the Melbourne Elementary School as our State Project for this year. January birthdays were Clara (4th) Janette (29th). February Vivian (24th), Jeralene (25th). Happy New Year to all.

The newsletters will now be sent out on a bi-monthly bases. If anybody has any news or information they’d like in the newsletter just contact Karla at the Extension office.
Ingredients:
◊ 1/2 pound ground Italian sausage, turkey sausage, or beef
◊ 1 onion, chopped (about 1 cup)
◊ 1 tsp dried oregano leaves
◊ 1 can (15 ounces) spaghetti sauce
◊ 3 cups cooked brown rice
◊ 1 cup shredded mozzarella cheese (divided)
◊ 4 green or red peppers (softball size)

Directions:
1. Preheat oven to 350°F.
2. Sauté sausage and onion in a large skillet over medium heat until browned and cooked to 155°F. Pour off any fat.
3. Stir in oregano, spaghetti sauce, rice, and 1/2 cup of cheese.
4. Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13-inch baking dish.
5. Spoon sausage mixture into the peppers, mounding on the top.
6. Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining 1/2 cheese on top. Continue to cook another 10 minutes.

Nutritional Information
Serving Size 1 pepper
Serves 8
Calories 290
Protein 14g
Carbohydrate 36g
Total Fat 10g
Cholesterol 35mg
Sodium 570mg

To make a smaller meal, freeze filling in three or four portions. When ready to eat, thaw a portion and bake in two or three pepper halves!