Council Officers

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

Calendar of Events

Feb 2  County February Meeting
Feb 20 Registration Deadline for March Meeting
March 2  County March Meeting
March 8  EHC Workshops at Ferndale
June 6-8  State Meeting at EHC

EHC Workshop at Arkansas 4-H Center in Ferndale
March 8th, 2017

The purpose of this meeting is to decide the Major and Minor emphases for the coming two years, beginning July 1, 2017. You can register through the website, I will post a link in the Facebook group or you can register with the Extension Office by February 20th.

The theme for this year is "AEHC -- Our Roots Run Deep". There will also be a dedication for the Memorial Drapes for Betty Oliver at the meeting. Registration fee is $15.00 and $8.00 for lunch.

Curtain Calls at State EHC Meeting:

Items needed: instructions, the pattern (if applicable) and the completed craft.

The crafts are given as door prizes at State unless the person who made it wants it back. Patterns and instructions are due by the middle of February to Brenda Robinson. She will work with the person about getting the completed craft to her. They can bring them to me in March at Ferndale. Anyone who wants to contribute can e-mail brendarobinson2011@yahoo.com or call me.

Home (870)247-4050. Cell (870)540-6970. If you need assistance sending in instructions, just let Karla know at the office, we’ll be happy to help you.
The newsletter will be sent out on a monthly bases. All news is due the 1st of each month to ensure it will be placed in the newsletter. News can be emailed to kdement@uaex.edu or dropped off at the Extension Office.

Message from the President

I hope everyone had a GREAT Holiday Season, now its time to look toward Spring and warmer weather. March is nutrition month, so be thinking of a food type you want to use at our potluck. If anyone has any bibs finished for our community project please bring one to the meeting for us to see. I will have the patterns from the Extension office with me for anyone that needs one. Congratulations to Jean Harvell for getting the Workhorse Award at the State Fair Convention. I don't know where the Fair would be with out the hard work of Jean and Jeralene. Thanks for all the years of hard work ladies. Your an inspiration to us all. If anyone needs me feel free to call .

President Jeannie Zirkle

Gid Club would like to congratulate Jeannie & Chris Zirkle on 30 years of marriage celebrated January 8th, and Brittany and Daniel Malloy in 8 years of marriage celebrated January 30th. Gid Club will be scheduling a "sewing night" soon for all of the members to get together and make the bibs to be donated to the nursing homes. The January meeting was cancelled but we will return to our regular meeting time in February. Everyone have a wonderful Valentine's Day!

Franklin

The Franklin EHC met on Jan. 16. We had 17 members present with 458 1/2 volunteer hours for the month of Dec. We collected our baby bottles for New Beginnings. We discussed and decided that we will be making small crafts after our meetings each month. We are looking for a bigger and better EHC at the Franklin club.

Cultural Arts Project

The cultural arts project this year will be a table runner. The table runner can be any length because everyone has a different size table. The runner can be made or purchased. If you make it, it can be pieced or made of whole cloth.

We want to use this item as an AEHC-NVON fundraiser and sell it at the state meeting. If you do not want it to be sold please let me know when you check your table runner in at the state meeting.

Cooking with Extension

Fruit & Oat Breakfast Muffins

Ingredients
- 1 cup all-purpose flour
- 2 tsp baking powder
- ½ cup sugar
- 1 cup drained and chopped canned fruit, such as peaches or pears
- ¼ cup low-fat milk
- ¼ cup water
- 1 egg, beaten
- ¼ cup margarine or butter, melted
- ¼ cup quick-cooking oats
- ¼ tsp cinnamon

Directions:
1. Preheat oven to 400°F. Coat muffin pan with nonstick cooking spray or line the paper muffin cups.
2. In a large bowl, mix flour, baking powder, sugar, salt, oats, and cinnamon.
3. In a separate bowl, mix egg, milk, water, and margarine. Stir into flour mixture.
4. Spoon batter into muffin cups. Cups should be half full.
5. Bake 15 to 18 minutes or until a fork or toothpick inserted into the center of the muffins comes out clean.

Nutrition Facts:
- Calories: 120
- Fat: 4g
- Protein: 2g
- Fiber: 1g
- Sodium: 138mg
- Carbohydrate: 20g

Canned peaches can be enjoyed year-round. Look for peaches in 100% juice. Peaches are an excellent source of Vitamin A and Vitamin C, and are full of fiber!