

Izard County Cooperative Extension Service
PO Box 428
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Melbourne, AR
72556



EHC Newsletter

October 2016



Calendar of Events

- 10/27 Officer Meeting at Russellville
- 10/29 Annual EH Holiday Show
- 11/10 Project Books due to County Office

Council Officers

Jeannie Zirkle
President

Janice Conyers
Vice President

Virginia Wolford
Secretary

Celese Brackett
Treasurer

Jeralene Love
Parliamentarian

Join us for the Annual EHC Holiday Show

October 29th
8:00am-4:00pm
Izard County Fairgrounds
Free Admission

Unique Handmade Items,
Commercial Vendors & Pictures! Find all your
Christmas gifts under one roof!
*Breakfast, Baked Goods, and Lunch will be
available.*

Vendor Forms are available for pick up at the County Extension Office and the Fairgrounds. For more information about this contact Jeannie Zirkle 870.834.2314



A handwritten signature in black ink that reads 'Karla Dement'.

Karla Dement
CEA-FCS & 4-H



"The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer."



Message from the President

Another Fair season finished for Izard County. State Fair is just about to get underway. Congratulations to all of our winners. A great big THANK YOU to everyone that worked and helped out during this past week, you are very appreciated. We will have Denna Green from Survival Flight at the Fall Council Meeting along with potluck, door prizes and white elephant. Ozark Presidents Day is October 27 in Russellville, if you want to attend let Karla know asap. Holiday Craft Show is October 29th 8 to 4, be sure and spread the word! I have it on the sign at Corner Drug and i will put it on the yard sale sights this week.

Your President, Jeannie

Thank You

The Izard County Extension Office would like to Thank all that helped in the North Central Arkansas District Fair. We appreciate all of the service you provide at and the time you commit. We could not do it with out our volunteers!

Mediterranean Cooking School

\$25 per class or \$45 for both

Over the age of 60 \$20 per class

Class Location: Ozarka College (John E. Miller Building)

Eastern Mediterranean Class: October 13th

Western Mediterranean Class: October 20th

Deadline for registration: October 7th

The Mediterranean Diet is a lifestyle approach to healthy eating that includes a balanced variety of foods and daily exercise. The diet is based on the foods and drinks traditionally consumed by people living in countries along the Mediterranean Sea. The Mediterranean Diet includes an abundance of seasonally fresh fruits and vegetables; legumes and nuts; whole grains; and fish; with small amounts of poultry and meats.

If you are interested in taking a class and you miss the deadline please contact the Extension Office ASAP to check for space availability!

Club News

Gid

Gid members will meet Monday the 10th at the Mt Pleasant community Bldg. at 7 for a Halloween party-meeting. Members may dress up and enter the costume contest. It is a potluck meal and afterwards a scrap page class. We had some Best of Show winners in the District Fair, Madison won on her wood burning turkey, Jeannie on her Decorated Cake and a Holiday ornament and Mary on her Apple Pie. Good job ladies! We also have a member getting married, Ana Hargett is marrying Matthew Zirkle, Jeannie and Chris's son, on November 19th in Cushman, they will be given a shower on October 16th at the Mt Pleasant Community Bldg. all EHC members are welcome to attend.

Gid President, Kaneshia Stidham

Franklin

Franklin club met Sept. 19th with 16 members present and one guest Lucille Williams. We had 348 volunteer hours for the month of Aug. We are still going to Little Rock on Oct 17th. We have plenty of room if anyone wants to send anything to Children's Hospital, Ronald McDonald house, and the V.A. Hospital. We discussed the district fair and the up coming craft fair.

Please remember all the sick in your daily prayers.

Redbud

Redbud EHC met on September 22, 2016 with 15 members turning in 216 volunteer hours. Thanks to all who donated to our Quilt raffle. Evelyn Ward was the winner. October is the month we take caps, gloves, socks etc. to the Melbourne Elementary School to finish up our Project Workbook for State. We will decorate the Fair Building for the Fall Council Meeting on October 6. Janette, Shirley, Jean, Vivian, Evelyn, Vicki and Jeralene all worked at the District Fair. Next Redbud meeting will be October 27th with Betty Jeffery and Betty Neal as hostess.

The newsletter will be sent out on a monthly bases. All news it 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.