Save the Date for upcoming events and activities!

March 11th– Educational Workshop at Ferndale
March 23rd– Deadline to register for State Meeting
June 2-4th– State EH Meeting at Hot Springs

Registration deadline for the Spring Workshops on March 11th at Ferndale is February 23rd. You can register yourself online on the state website or contact Karla at the Extension Office by the 23rd

Message from the President

Welcome to the New Year!!  Let's make this the best year for Izard County EHC.....Clubs your projects make a big difference in the lives of others and are appreciated by many.  Continue to work to improve your family life, your communities, and service to others.

Happy Valentines Day!!  To those of us who are chocolate lovers, it has been found that dark chocolate is nutritionally rich in fiber, iron, magnesium, copper and antioxidants.  Also, calories in gifts don't count--right??

Thanks to each of you for the gift card, I appreciate it so much.  However, you are the best gift of all, I have learned to love each of you and the special talents that you bring to EHC.

Remember March we celebrate Nutrition Month.... Potluck, so feel free to invite a friend and/or a prospective member.  Membership, Membership, Membership is still emphasized at county, district, and state meetings.

Virginia
Franklin
The Franklin EH club met Jan. 19 at our new meeting time 12:00 noon. We had 16 members present with two guests Kathy Portwood and Rhonda Lee. Kathy chose to join our club. We now have 22 members and looking for more. We had 299 1/2 volunteer hours for the month of Dec. We discussed our projects for the year. Virginia told us about Ar. 26-52-518. We each need to contact our state government officials so we can put a stop to them trying to tax our fundraiser. Helen and Joyce will be our hostesses Feb.16.

Officer Elections!
It’s that time again to elect officers for the next two years. Each candidate must have the endorsement of their club according to our bylaws. Forms will be given out to each club at the County February Meeting. The nominating committee will be chosen at the February County Meeting, if you wish to run for office you will need to contact a committee member. Nominations are due by the April County meeting, we will elect officers in April at the Spring Council Meeting.

Gid
Gid news, Our February meeting will be on the 10th at New Home Church, we will be discussing the State meeting, our educational booth for the county fair and new officers, plus we have some crafting to do for fair entries, Gid Club has donated some school supplies to the Mt Pleasant School to hopefully help out the teachers as well as the children, we took lots of single pack plus large boxes of Kleenex, large and single bottles of sanitizer, wipes, lots of crayon boxes, pencils, we will also make another delivery to the preschool. We have an Anniversary this month for Mary and Bill Zirkle of 53 years, Happy Anniversary to you both.

Nutrition Month
This year for our nutrition month we are going to do appetizers! Bring your recipes to the meeting in March and we’ll put them together in a recipe book! I’ll have them ready by the April Spring Council meeting! We’re also going to do a greeting card craft! If you want to bring a 12x12 piece of scrapbook paper and embellishment, if not, we will have some extra supplies at the meeting.

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
Valentine’s Day

Did you Know?

141 million Valentine’s Day cards are exchanged annually, making Valentine’s Day the second-most popular greeting-card-giving occasion.

In addition to the U.S., Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, Australia, Denmark, Italy and Japan.

Over 50 percent of all Valentine’s Day cards are purchased in the six days prior to the observance, making Valentine’s Day a procrastinator’s delight.

There are 119 single men (i.e., never married, widowed or divorced) who are in their 20s for every 100 single women of the same ages.

The per capita consumption of candy by Americans in 2005 was 25.7 pounds. Candy consumption has actually declined over the last few years; in 1997, each American gobbled or savored more than 27 pounds of candy a year.
## Upcoming Leader Lessons

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<td>How to Get Our Hearts Right</td>
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<td>March</td>
<td>Keep it Safe: Fun and Healthy Picnic Foods</td>
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<td>April</td>
<td>Spring Council</td>
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<td><em>Elect new officers</em></td>
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If you have any crafts that you’d like to lead the group in, contact Virginia or Karla before the county meeting.

### So Easy to Preserve Books

We are now taking orders for the 6th edition of the So Easy to Preserve Books from the University of George Cooperative Extension Service. Each book cost $20.00.

These books cover the different methods of preserving foods that are research based and safe to use when preserving foods for your families and friends. Topics included are Canning, Pickled Products, Sweet Spreads and Syrups, Freezing, and Drying Food. In addition each chapter includes a list of most frequently asked questions and a table of problems, causes, and ways to prevent the problem from happening again. Each chapter is followed by a pocket page that allows you to keep notes and favorite recipes at your fingertips.

These are filled with many wonderful recipes and information! All orders are due Friday February 27th to the Izard County Extension Office along with your $20.00 If you have any questions, contact us at the extension office at (870) 368-4323 or at kdement@uaex.edu