2016 Annual State Conference
“AEHC - Stepping Up for Education”
Hot Springs Convention Center
June 7-9, 2016

The annual State Conference 2016 is approaching quickly and I hope you are making preparations to attend. This year the Creative Skills Class, *Teddy Bear Ornament*, will be presented by Deborah Teague, our Council President.

As always, we are planning on three days of education and fun. We always come back with new ideas for future meetings, heightened levels of friendship, a little less money, and a few extra pounds. It is one of the highlights of my year!

**REGISTRATION INFORMATION**
Registration Deadline: April 22, 2016
Registration is $30
Lunches are $20 each
Creative Skills fees as listed

***Register on line or stop by the office for assistance in registering.***

**GENERAL INFORMATION**

**Silent Auction** - Each county should bring two new items valued at $15 each or more. **Thanks to John and Elaine for being Co-Chair of this committee!**

**Table Decorations** - Each county brings one which should be a regular quart fruit jar decorated and filled with a small artificial flower arrangement.

**Fifty-Year Members** - Please submit to the Extension Office the name of any member who has accumulated 50, 60 or 70 years of membership in the last year or any member who was not recognized on their anniversary. These will be recognized at the Tuesday luncheon.

**Memorial Members** - Please submit to the Extension Office the name and a photograph of any members who have deceased in the last year.

**Classes to Offered at State Meeting 2016**

**How to Classes:**
- Grow/landscape and decorate with succulent plants
- Survive caregiving
- Talk to your doctor
- Nutritional needs of persons with food allergies
- How to can prize winning fruits and vegetables
- Care for knockout roses
- Iphonography

**Subject Matter Classes:**
- Senior Summer Safety
- Protect Your Finances
- Fresh Food Safety
- Tune into the Times
- Seasonal Color Analysis
- Wills and Trusts
- How EHC volunteers can enhance FCS programs in the counties
Educational Classes at State Meeting:

- Growing a winter kitchen garden
- Living well with diabetes
- Believe in yourself
- Nutrition myths & food trends
- Birding Basics
- Shopping & Cooking for Two
- Confident Leadership

Spring Council Meeting on May 4th

Lawrence County Extension Homemakers will have their Spring Council Meeting on May 4th at the Imboden Community Center. Registration will begin at 9:30. Please remember your items for the silent auction.

Lawrence County Council Meeting April 21

The members of the Lawrence County Extension Homemakers Council will meet in the conference room of the Extension Service on April 21st. The meeting will begin at 1:00. Plans for the State Meeting, elections of officers, as well as, new procedures for completing paperwork and due for new are some of the topics for discussion.

Annual AEHC Fall Retreat Dates Released!

Save this date on your calendar: NOVEMBER 2-4, 2016!

This is the date for the annual Fall Retreat at the Ozark Folk Center in Mountain View, AR. As always, there should be many opportunities to participate in how-to-classes in historical crafting. Complete information will be handed out at the AEHC State Meeting in June.

REGISTRATION INFORMATION

Registration Fees:
- Single $380
- Double $310
- Triple $294
- Quad $285
- *** Meals, entertainment, and workshops (no lodging) is $237

Deposit of $75 due August 14th.
Balance due October 1st.

Questions should be directed to: Judy Simmons jksimmons59@hughes.net
Cell phone: 870-820-3639 Home phone; 870-226-7764

AEHC Name Badges

Several members have expressed a desire to have a permanent nametag to wear to events to increase professionalism and awareness within the community. We will be placing an order for EHC name badges from our website in August. (The ordering months are February and August.) The nametags are red and white in the shape of Arkansas personalized with your name, district, and county. The cost is $6.25 and may be submitted to the Extension Office at any time. The deadline for submission will be August 1.

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain love for one another.”

- Erma Brombeck
4-H Banquet 2016

The annual 4-H Banquet took place on Saturday, March 6, at the Lawrence County Community Room. Several 4-H members were recognized for their accomplishments throughout the year in local, district, and state events. The guest speaker, Jessica Wheeless, a past Lawrence County 4-H member, shared details of how her 4-H experience opened doors in her pursuit of a career. Jessica currently is the Director of Marketing for Chick Filet.

The Leader of the Year Award was presented to Cassie Lawson, leader of the Shutterbug Club.

The Gene Wheeless Friend of 4-H Award was presented by Charlotte and Jessica Wheeless to Debbie Lamb representative of the Lawrence County Conservation District for their support of the program.

Special thanks were extended to EHC members, Lana Foley and Catherine Richey for serving the meal at the event!

Crafty Ideas Workshop Hosted by “Scrappers”

The Crafty Ideas Workshop, hosted by the Scrappers Club, has become a favorite for many and the Spring Workshop was no exception. The event was held at a new venue - the Black Rock Cafeteria. Sandwiches were served for lunch with homemade desserts at the all-day event. Those attending took home 7 completed crafts which included Pinecone Zinnas, String Art, and Magnetic Cork Planters. Several beautiful door prizes were distributed which had been crafted by members of the Scrappers Club. A highlight for the day was John Stoll’s demonstrated recycling old buttons into beautiful button rings.

Newest Lawrence County EHC Club is Cooking Like Crazy!

“Krazy Kookers” is the name of our newest Lawrence County Extension Homemakers Club and they have been having great fun cooking scrumptious crockpot meals. They meet and prepare meals to freeze and share with their families on busy days. A favorite recipe has been the Slow Cooker Cranberry Pork Roast which is shared in this newsletter.

Special thanks are extended to the Black Rock Church of Christ for allowing the ladies to utilize their kitchen and the purchasing committee for shopping for the best deals on food each month. Also appreciation is given to Leslie Ginn, Johnna Due, and Lana Foley, who have agreed to serve as President, Vice-President and Secretary, respectively.

There are currently 18 members of the club who meet on the third Saturday morning of each month but there is room for more cooks in the kitchen. Throw on an apron and join this fun-loving group of Krazy Kookers!
Babysitting Basics
Are you interested in health, nutrition, and being active? Do you want to help others live healthier?

Be part of a new Extension program teaching simple strategies to improve health.

Ambassadors receive 40 hours of training in health and give back 40 hours of service in their communities in support of healthy living programs. There is no cost for training materials. Lunches and snacks are provided each day of training.

Sessions set for May 2, 9, 16, and 23, 2016
9:00 AM – 2:30 PM
Sessions will be held at Community Center, Paragould AR

WANTED: HEALTH EDUCATORS: WE need Wellness AMBASSADORS to serve their communities in providing health education. If you are interested in training for this position, contact the extension office. (See above for details and contact your extension office to participate.)

WANTED: Volunteers to spend time with young babysitters assisting them in becoming responsible, effective caregivers. Also need participants. (See above for details and contact your extension office to participate.)

Betty Oliver, AEHC Volunteer Coordinator, Health Update

Betty Oliver, AEHC Volunteer Coordinator, had emergency surgery Sunday night, March 27th. She had a small section of her bowel removed is doing well at home. She is planning to return to work soon and would love to receive cards from the EHC clubs! You ladies are a very important part of her world and could offer much encouragement to her during her recovery. Her home address is: 3405 North Hills Blvd., North Little Rock, AR 72116-8501
Slow Cooker Cranberry Pork Roast

**Ingredients:**

- 2 1/2 lb boneless pork roast
- 1 can whole berry cranberry sauce
- 1/4 cup honey
- 1/4 cup dried minced onion
- Cooking spray (optional)

**Directions:**

1. Place pork roast into a 1-gallon freezer bag.
2. In a medium-sized bowl, combine the cranberry sauce, honey, and minced onion.
3. Pour over pork roast, label and freeze.
4. When ready to cook, thaw pork roast in refrigerator.
5. Spray your slow cooker with cooking spray and add the pork roast.
6. Cook on low for 10-12 hours.
7. Shred and serve!

**Serving suggestions:**

Serve with sides of brown rice and roasted green beans.

**Source:**