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If you have any questions regarding anything in this newsletter, please feel free to call 870-779-3609, email Chadley@uaex.edu or visit Room 215 in the Miller Co. Courthouse.

Sincerely,


Carla Hadley

County Extension Agent,
Staff Chair/FCS

CMH:jds



Extension Homemaker Clubs News

Merry Christmas & Happy New Year



December 2017

**A Newsletter for Extension
Homemaker Club Members**

A Letter from your Council President

As I write concerning our last event of the year, I would like to thank everyone for what they've done to make EHC better during this year. As your County President, I am always trying to make EHC a delight and a joy to be a part of. As your District Director, it is with honor that I represent our County and our District. Having said this, I would like to thank the county for their support at District Rally in Hope. This was my first big responsibility. We, Miller County, were responsible for "light refreshments" for those that wanted something before the meeting started. Audria Sewell, Nancy Peavy, Ellen Maxted, Emily Burnett, Linda Rayburn & I donated to this effort. Emily also kept the table filled with our goodies.

Springbank Ferry promised to donate \$20.00 to the treasury, since this was all a mini fundraiser for Miller County. A very special Thank You to All.

At the rally, Miller County had five (5) members to receive "25 Year Pins & Certificates"; two (2) more received theirs at Leader Training the last of October. At the state meeting in June, we will have three (3) ladies receiving "50 Plus" awards. The Rally was reported to have been a Huge Success!

The Christmas Council (Party) is Thursday, **December 7th** at the Doddridge Methodist Church. Registration will begin at 9:30 am (with Springbank Ferry in charge). The program will begin at 10:00 a.m.

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Office Holiday Schedule

The Extension office will close the following days for the holidays.

**Christmas/New Year
Dec. 22nd – Jan 1st**

**Dr. MLK Day
Jan. 15th**



Diabetic-Friendly Layered Fruit Salad

3 (9-inch) bananas or 3 cups sliced

2 (14-ounce) cans pineapple chunks in own juice

4 cups seedless grapes (1 ¼ pounds), sliced in half

Fresh mint and/or kiwi fruit, sliced (optional)

○ Slice the bananas into the bottom of a trifle dish. Pour the pineapple chunks & juice over bananas.

○ Arrange a layer of grapes over the pineapple.

○ Layer strawberries over the grapes.

○ Cover with plastic wrap. Refrigerate until ready to serve.

○ If desired, garnish salad with washed fresh mint leaves or sliced kiwi fruit.

Makes 22 servings

Calories: 58; Sodium: 1 mg; Carbs: 15g; Fiber: 2 g; Protein: ½ g, Fat: 0g

Any unsweetened fruit can be substituted. Top with a dollop of plain or fruit-flavored low-fat yogurt with non-caloric sweetener and ¼ tsp. vanilla for sweetness.

A Letter from your Council President

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As our charity for the season, we chose the **Church Pantry** because they so graciously allow us to use the fellowship hall for our monthly leader training meetings. Items such as paper towels, toilet tissue, napkins, carryout containers (small and large), dish cloths and towels, potholders, sharp knives (*no other utensils please!*) – just to list a few. The meal will be potluck. The Council is sponsoring the meat and Walter will be our cook. We will be having a Silent Auction. We decided to include baked goods along with the other items; maybe you can pick up some extra “goodies” for the holidays and help our treasury at the same time. Each club is asked to bring at least two door prizes.

We will have games, the Christmas Story, songs and lots and lots of FUN!!

Bring a guest or guests. The person who has the most guests attend will get their name put in the drawing to hopefully receive a special gift supplied by Linda Rayburn. For those wishing to take part in the gift exchange, please bring a wrapped or bagged gift valued at \$10.00 or more.

As this is our last meeting before 2017 become history, let's make it one to be remembered as we go forward.

As always, thanks for letting me serve you as your Council President!

Blankets Needed for UAMS In-Patients

Last year we were able to give every single patient of our in-patient population a blanket. This truly brightened their day, with quite a few happy tears. We are requesting blankets again.

To eliminate confusion, listed are some state guidelines and requests based on last years' experience.

○ Per state guidelines, all donated apparel of any sort must be new. This includes blankets and quilts.

○ Blankets can be anything from handmade quilts to \$5 fleece blankets. Quilts are saved for special patients, who are at the end of life or struggling with a long term stay.

○ We had previously stated lap quilts with dimensions of 36" X 36", but found that they love the blankets to be wrapped around them, providing a warm sense of comfort. We are asking that all quilts/blankets measure in at 36in-48in or larger!!

We will deliver Dec. 18th, so would love to have by **Dec. 15th**.