



EHC Newsletter

Spring 2019

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Thelma Gray

AEHC Website:
www.arkansasextensionhomemakers.org



DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

United States Department of Agriculture, University of Arkansas, and County Governments Cooperating



From the Pen of your President

Fellow Homemakers,

Spring is blooming all around us. Our County Council, 'Live Life in Full Bloom' was fun and inspirational. Thank you Couponistas for such a wonderful meeting!

We can both enjoy God's blessings and be a blessing to others living our lives in full bloom.

Can you believe we're about to start a new EHC year? My how time flies! Get your officers elected and membership forms and money ready for our June Board Meeting! Remember to follow Shea's instructions listed in the President's packet that was distributed during Spring Council.

Happy Spring, My EHC Family!

~Mitzi Osborne, Prairie County EHC President

Upcoming Events:

April 7-13	National Volunteer Week
May	Arkansas EHC Month
Tuesday, May 21	EHC Board Meeting and Leader Training
June 4-6	AEHC State Meeting
Tuesday, June 18	EHC Board Meeting
July 1	2019-2020 EHC Year Begins
July 23-25	NVON Meeting

"Act as if what you do makes a difference. It does."

– William James

Raising kids, Eating right, Spending smart



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Agent Update

Happy Spring ladies! The past two months have been a little hectic, but I've enjoyed catching up with some of you during your spring excursions. Here's what I've been up to.

EHC Highlights:

- AEHC Spring Officer Training
- AEHC Strategic Planning Meetings
- Board Meeting
- Creative Skills Leader Training
- Spring Council Meeting
- Club Meetings

FCS Highlights:

- America Saves Week
- SNAP Ed nutrition displays at DHS
- SNAP Ed program at Christopher Homes
- Chair Yoga at Hazen Senior Center
- Local Extension Get Fit classes
- Walk Across Arkansas
- Living Well on the Prairie Blog

4-H Highlights:

- 4-H Day at the Capitol
- 4-H Record Book Judging
- Life Skills Workshop for Teens
- 4-H Adult Volunteer Conference
- County O-Rama
- Club Meetings

~ Shea

EHC Board Meeting

The next board meeting is scheduled for Tuesday, May 21 at 10:00 a.m. at the DeValls Bluff Courthouse. Board meetings are open to all, feel free to join us. In May we will be planning for the new yearbook and program year. We NEED your ideas for programs, council meetings, and field trips!

Upcoming Leader Training

Tuesday, May 21

Topic: Miniature Gardens



EHC Month Promotion Ideas

May is EHC month in Arkansas. All of us promote the Extension Homemakers program and think we do a great job until someone says, "What is EHC? What do you do? I've never heard of it." The purpose of EHC month is to get the word out.

- Wear your EHC shirts and buttons.
- Invite a friend to a club meeting.
- Submit news articles and feature stories to local newspapers showcasing your club activities. Include some "action photos."
- Distribute EHC brochures or other promotional items to libraries, health offices, post office, etc.
- Take treats to local county officials and thank them for their support of the Cooperative Extension Service and Extension Homemaker programs.
- Check out the county EHC display and put it up at a local library or business.
- Conduct a service project.
- Plan a visit with past club members who are no longer able to attend meetings.

Do you have any other ideas? If so, please share with the board. They would love to hear them.

Milestone Members

70 Years – Irene Hampton
78 Years – Marie Price

Memorials

Lennie Holmes
Nelda Adams
Barbara Holmes

AEHC State Meeting

Make plans now to attend the 2019 Annual State Meeting June 4-6 at the Hot Springs Convention Center. This year's theme is **Better Together**. Two rooms have been reserved for our members at the Embassy Suites. If you are interested in attending, contact the office and we will send you a registration packet. The county registration deadline is May 10. Please return your registration forms and payment by that date. There will be a \$10 late fee for every registration we send in after the state deadline. Make checks payable to AEHC. If you've never been, or if you haven't been lately, consider attending. State meeting is an excellent opportunity to network with other members and bring new ideas back to our county. ****Please note that I will be traveling out of state June 6-9. If you plan to ride with me, I can only attend the meeting on Tuesday and Wednesday. I'll be traveling back to DeValls Bluff after Wednesday afternoon classes.***

Officer Elections

Clubs will elect new officers in May to serve during the 2019-2020 year. Officers typically include President, Vice-President, Secretary, and Treasurer. If you have never run for office, I strongly encourage you to do so. Everyone has ideas and talents to share. ***We need to hear everyone's voice in order to make this organization grow stronger.*** If you aren't sure what each position entails, the descriptions are listed in the yearbook or feel free to contact the office.

Council Project – First Aid Kits

The Prairie County Sherriff's Department is in need of first aid kits for eight deputy vehicles. During the March board meeting, it was suggested that each club purchase items for one kit and the council would cover the other two.

Here are the items they requested:

- Antibacterial ointment
- Gauze pads (various sizes)
- Nonstick sterile pads
- Medical adhesive tape
- Insect-sting relief treatment
- First-aid manual
- Stretch-to-conform bandages
- First-aid cleansing pads with anesthetic
- Oval eye pads
- Insect repellent
- Aspirin
- Lubricating eye drops
- Insect sting relief treatment
- Blunt-tip scissors
- Irrigation syringe with 18-gauge catheter
- Medical gloves (avoid latex)
- CPR mask
- Needle-nose pliers with wire cutter
- Medical waste bag
- Waterproof container for all medical supplies

Please bring items **June 18** and the board will deliver them after the meeting.

End of Year Reminders

It's hard to believe the new EHC year is only a few months away already. During May-June club meeting, all clubs should elect new officers, collect dues, and complete membership forms for 2019-2020. Forms and dues should be turned in at the June 18 board meeting. Remember, dues are \$5.00 per club and \$5.00 per member.

Grilled Asparagus

Asparagus is available year-round, but spring is the best season for this nutritious vegetable. Add asparagus to an omelet, stir fry, or pasta dish. It can also be grilled, roasted, or microwaved. Give this tasty side dish a try!

Ingredients:

- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon lemon juice
- 1 pound fresh asparagus

Directions:

1. Combine first four ingredients and whisk well to make marinade.
2. Trim the asparagus to remove tough, woody ends.
3. Cover asparagus with marinade and let sit for 20 minutes.
4. Remove asparagus from marinade and drain. Save marinade.
5. Grill over medium-high heat. Turn often and baste occasionally with reserved marinade.

Tip: Asparagus is done when it feels tender.

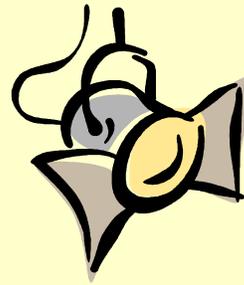
Makes 4 servings.

Serving Size: ¼ of recipe

Nutrition Facts: 84 Calories, Total Fat 7g, Saturated Fat 1g, Protein 3g, Total Carbohydrate 5g, Dietary Fiber 3g, Sodium 584 mg.

Mission Statement

*The mission of this organization shall be to empower individuals and families to improve their quality of living through continuing **EDUCATION, LEADERSHIP DEVELOPMENT, and COMMUNITY SERVICE.***



In the Spotlight



Thanks to our fabulous EHC volunteers for judging County 4-H O-Rama events in March!



If you missed Spring Council meeting, you missed a real treat. Our speaker Beth Hollingshead was funny, uplifting, and inspirational.

The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact the County Extension office as soon as possible. Dial 711 for Arkansas Relay.