EHC President Johnette Jinks held a Backyard Gardening workshop on April 23 at the Farm Bureau office in El Dorado. She is presenting this workshop at the Arkansas Extension Homemaker Club State Meeting in June. This is the 1st time for Union County EHC to present a “How to Class” for delegates attending.

I went to a Food Preservation Training on April 22-23. I learned a lot of information about different types of canning. This was my first experience with canning and the training was very hands-on. I learned how to make jam, jelly, pickling, and pressure cooking. I will be hosting a jam making and food preservation workshop on May 29th from 10-12. The cost is 10.00 and 6 spots are available. Please call the extension office at 870-864-1916 if you want to attend.
DATES TO REMEMBER:

- June 2-4: AEHC State Meeting in Hot Springs
- August 29: Achievement Day at Parkview Baptist Church from 9-1.
- September 21-25: Union County Fair

EHC CLUB INFORMATION

Looking for something interesting to do with some of Union County best people, then join a Union County Extension Homemaker Club in your area. Listed below are the meeting times and locations.

**Busy Bees**—Fourth Monday Sarah Saffold—870-875-1091

**Designing Women**—Second Monday night—Johnette Jinks—870-814-3246

**Lisbon**—Second Monday night—Phoebe Sellers—870-862-5825

**Newell EHC**—Second Thursday afternoon—Julia Murray—870-862-5239

**Quilt Guild**—Day—Second Tuesday afternoon—Myra Turnage—870-862-3883. Also check newspaper for more information.

**Quilt Guild—Night Owls**—Second Tuesday night—Donna Bradshaw—870-863-2151

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Do you like to cook? The Union County Cookbooks are still available, $15 each.

Little changes in eating and activity levels have a more positive impact on weight management than drastic changes.

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