

Yell County Extension Homemakers' Newsletter

January 2014



Dates to Remember

- ◆ Jan 1- New Year's Day
- ◆ Jan 2- Extension Office reopens
- ◆ Jan 20- Martin Luther King Jr Day
- ◆ Jan 24- Train the Trainer for February
- ◆ Jan 24- Name Tag orders due
- ◆ Jan 28- County Council Meeting 5:00 Extension Office
- ◆ Feb 14- Registration due for Officer Workshop

Holiday Fun!

We missed many of you at the Cookie Exchange and the Christmas Brunch. Those who attended had a lot of fun. The food and cookies were delicious. We still have the recipes for the cookie exchange at the Extension Office if you would like a copy.

Thank you to all the clubs for providing food for the

brunch. Thank you to Sharon Pyle, Inspirational Leader, for the Christmas devotional and leading the ornament exchange game.

The Extension Employees would like to thank the council for the Christmas gifts. It was sweet of you to think of us this year. It is an honor to serve you!

Make Plans to Attend the Officer Training

The AEHC Officer Training will be held on March 12th at the 4H Center in Ferndale. This is an excellent opportunity for County Council and individual club officers to learn more about their positions and gather new ideas from other officers in those positions.

Official information will be available later in January. The cost has been \$10 plus lunch (or bring your own). Deadline to register will be mid-February. Contact me for more information. I'd love to see Yell Co. represented with a large group this year.



Train the Trainer Meeting for February

The February program:
How to Plan a Healthy Diet
for People with Diabetes

Train the Trainer for the

February meeting will be
Friday, January 24th at 9:00
in Danville at the Extension
Office.



Volunteers Needed for Winter Workshops

We are looking for some
winter workshops. If you
have something interesting
to share with all of us we
would love for you to
conduct a workshop for us.

Maybe you would like to
share a Snowman or a

Valentine craft with us or
maybe a crochet, knitted or
sewing project to share.

Contact me for more
information on conducting
workshops. Let's have some
winter fun together!

Fair Book Changes Needed

We will be having a
meeting soon with
Educational Exhibit chairs
and volunteers to discuss
changes for the Fair Book.

Please turn in suggestions
for changes to the Extension
Office by the last week of
January. More chairs are
needed, volunteer now!

Turn in Mailing List Update Notices

If you received your
mailing list update and
would like copies of other
newsletter, please get the

notices returned ASAP.
Email members—Yours will
be attached this month.

*"The Twelve
Months.....Snowy,
Flowy, Blowy,
Showery, Flowery,
Bowery, Hoppy,
Croppy, Droppy,
Breezy, Sneezy,
Freezy"—
George Ellis*



Candle Making Workshop



Christmas Brunch Participants

Name Badge Orders Due January 24

If you are interesting in ordering an EHC Name Badge you will need to place your order by January 24th. Cost is \$5.75. EHC Logo Pins and Officer Drops are also available. Contact me to order.



Brain Games— Wuzzles

TEMPERATURE	PAR 2	CHANCE
HEART	COLLAR HOT	THE HEAD SAND

What's a wuzzle you ask?

A wuzzle is a saying or phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.

January Recipe: Vegetable Soup with Kale and Lentils

Ingredients

2 tablespoons vegetable oil 1 med. onion, chopped (1 cup) 1 med. carrot, sliced 1/8 inch
 2 teaspoons garlic, peeled and minced (3-4 cloves) or 1/2 teaspoon garlic powder 4 cups water
 1 cup dry yellow or brown lentils 1 can (14.5 ounces) reduced sodium chicken broth
 1 tablespoon dried basil or Italian seasoning 1 can (14.5 ounces) no sodium added diced tomatoes
 1 bunch kale (about 7 ounces) 1/8 teaspoon black pepper 1/4 teaspoon salt

Directions

Makes 6 serving of 1 1/2 cups

1. Heat oil in a large pot over medium heat.
2. Add onions, carrots and garlic. Cook 5 minutes.
3. Add water to veggies in pot. Heat to boiling.
4. Rinse lentils in colander with water. Add lentils to pot and simmer for 20 minutes. Do not drain.
5. Add chicken broth, dried basil or Italian seasoning, and tomatoes. Cover and cook for 5-10 minutes.
6. Rinse kale leaves, cut out the main stems and discard. Cut leaves into 1-inch pieces.
7. Stir kale, salt, and pepper into lentil mixture. Return to boiling. Reduce heat, cover, and simmer for 3 minutes.

Nutrition Facts: Calories 200, Total Fat 5g, Saturated Fat 0g, Sodium 290mg, Total Carbohydrate 30g, Dietary Fiber 10g, Sugars 6g, Protein 11g Each serving has 150% of Vitamin A and 90% of Vitamin C requirements.

Answers: 1. Falling Temperature, 2. Two under Par, 3. Fat Chance, 4. Broken Heart, 5. Hot Under the collar, 6. Head in the sand

Yell County EHC NEWSLETTER!

We're on the Web!
WWW.UAEX.EDU/YELL/EHC

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All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the County Extension office as soon as possible prior to the activity. Please call 479-495-2216 or 479-229-4441, if you have any questions.

Sincerely,

A handwritten signature in blue ink that reads "Joy West".

Joy West

County Extension Agent, Family and Consumer Science

