

**Carroll County
Extension
Homemakers**

Every Home Counts

January 2014



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System



**2013-2015
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President.....Cheryl Hattenhauer
Vice President.....Rosa Thomas
Secretary.....Geneva West
Treasurer.....Janet Nies
Reporter.....Sharie Taylor
Past Pres.....Rosa Thomas
Parliamentarian.....

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Greetings!

With all the crazy cold weather we've had lately, I hope everyone is staying warm and safe. Hopefully your pantries are well stocked so you don't have to get out and keep your fingers crossed we all keep power! Don't take any chances with travel, but if you must... be sure you are prepared. Tell someone where you are going. Be sure your car is stocked with blankets, extra water, and some food. Be sure your cell phone is charged. Also, keep your gas tank over half way full. These things can be very important if you slide off the road and have to wait for help to arrive.

I've had some interest in starting a StrongWomen class, so I'm going to try again to make a "go" of it. If you are interested in joining, please let me know! It will most likely meet in Berryville and the cost for the 12 week class is \$12.

It's not too early to start thinking about the EHC Spring Meeting in Ferndale. This year is will be on March 12th. It is usually a good time, so please consider coming if you've never been!

Sincerely,

If you have a submission for the newsletter, please email it to: llmartin@uaex.edu by the 25th of the month. You may also mail it or drop it by the office.

Busy Bees Club News

September— The Busy Bee EH Club met at the Green Forest City Park at 11 AM for our Picnic. After a good picnic lunch we had a short meeting. Roll call was answered by 8 members and 2 guests (which may be members in the future) with “what is your favorite fruit?” Mary Louise led the song Then the timely tip, “cuts and abrasions when washed with vinegar, are less likely to become infected.”

The Fair was discussed with everyone and all agreed it went well and hope there will be more to enter next year.

Fall Council is October 17th at the Seventh Day Adventist Church. The Holiday Tasting date will be set at that time. Each club is to decorate a table and bring two door prizes. Also bring the items for the Battered Women’s Shelter. Ann Whitely from the Shelter will be our speaker.

District Rally is October 15. Christmas Party at Leadra’s home on December 13. Bring a homemade gift for exchange. Lesson on Genealogy and crocheting workshop at our October meeting. 360 volunteer hours turned in.

October— The Busy Bee EH Club met on October 19th at the United Baptist Church in Green Forest. President Rosa Thomas called the meeting to order at 10 am. Pledge and Creed were read. Song was led by Mary Louise then Geneva gave the devotion. Roll call was answered with “What is your favorite family photo?” by seven members. Minutes and treasurer’s report were given.

Rosa gave a report on the District Rally she attended. She told about the program they gave on stroke. All members agreed to have this program at the next meeting. Rosa will get the lesson and give at the next meeting.

Nine members attended the Fall Council Meeting. Busy Bees turned in five personal kits for women and seven kits for children containing various personal items and small toys for the children. One quilt, four pillows, 2 pair of pillow cases and more toiletries were donated for the Battered Women’s Shelter and Jeremiah’s House.

June 3-5, 2014 is the State Meeting in Hot Springs. Tuesday is Red Shirt Day.

November 5th at 9:30 is the Holiday Tasting and Crafts workshop at the Seventh Day Adventist Church. Rosa will be teaching the scarf she learned at the State Meeting. Thelma will be teaching the woven hot mat. December 13th is the Christmas Party at Leadra’s Home. Remember to take a homemade gift to exchange. 251 Volunteer Hours turned in.

November— The Busy Bee EH Club met on November 16th at 10:30 am. The pledge and creed were read. Mary Louise led the song, “We Gather Together”, Alice gave the devotion. Roll Call was answered by Alice, Florence, Thelma, Mary Louise, Geneva, Rosa, and our new member, Cynthia Giger. The minutes and treasurer’s report was given.

We plan on taking part in the National Apron Tie on Day on November 27th. We are to wear an apron and use one to wrap a baked item and take it to a friend.

We plan to go to Leadra’s home for the Christmas Party on December 13th. That will count for our December meeting.

Rosa and Alice gave the lesson on stroke. Everyone agreed it was good lesson.

We plan a pot luck lunch on January 18th with Leadra giving the lesson. In May club day, we plan on meeting at the Community Room with a pot luck lunch and Mary Louise will take us on a tour of the museum. 245 volunteer hours turned in.

Leader Trainings...

January 27th, 2014—
Getting Our Hearts Right

February 24th, 2014—
Organizing Your House

Please note: Due to some changes in how we can use the meeting room, meetings will begin at 2 pm.

Domestic Divas

September — Domesic Diva's meeting was held September 26th at 11:30 am. 11 members, one grandchild, and one daughter present. We had lunch at the Hong Kong Inn for our annual "picnic", which over the years has been reduced to ladies only and in a restaurant. A short meeting followed at V Cooper's home.

President Charlene went over a few of the upcoming highlights. President's Day or District Rally in Clarksville on October 15th. Fall Council Meeting on October 17th.

Joyce Clayton won the Mozel Coatney award at the county fair for her baby afghan. The Country Store made \$287 and talk was heard that a grant may be written for money to air-condition the exhibit side of the main fair building. This news got rave reviews.

Billie reported we sent 20 carpenter aprons to the Learning Center for teachers of the lower grades. These were decorated by her Church ladies after they heard what we were doing with them and wanted to help. Next meeting of the Diva's will be October 25th at Charlene's home at 1 pm. We will work on Meals on Wheels tray project for Halloween. Baby jars will be spray painted orange and we will decorate them as pumpkins.

October — 10 members and one grandchild met at the Community Room. President Charlene opened the meeting. Secretary's report given and accepted. V running late, so no treasurer's report was given.

We worked on Thanksgiving and Christmas projects for Meals on Wheels and discussed what our Christmas project this year will be. We may give to an organization or a needy family. Dates fixed for our Nov. and Dec. meetings. Next meeting will be Nov. 22nd at the Community Room; will be working on a project. This will be easier on the hostess since it is so close to Thanksgiving and everyone is so busy. Either Billie or Jean will be the hostess. Janet will be having the Christmas Party at her home on December 20th. It will be a pot luck and gift exchange. Thinking for Thanksgiving, burlap squares with a greeting or picture painted on and a

Hanger to hang it up, or a cookie decorated like a turkey with candy corn. Possible Christmas favor could be a gum ball tree painted and decorated.

Holiday Foods is Nov. 5th at the Seventh Day Adventist Church, it will be a pot luck. Dec. 13th at 11 am is a Christmas Brunch at Leadra's home in Harrison, bring a home-made gift for exchange, will car pool.

Meeting adjourned and snacks enjoyed. Worked on Halloween project, a pumpkin, which were baby food jars that Janet colored orange and lids sprayed green. We decorated faces on them and filled them with candy corn, and tied a length of raffia around the neck of the jar. Sixty favors were made.

November— 10 members and two granddaughters present. Discussed and voted on our Christmas project. Will spend \$100 for Christmas presents, clothes, and food for a mother with three children and give \$50 to the food bank. Discussed upcoming Christmas activities for club. Will order new stamp because of the club's name change. Next meeting will be December 20th at 11:30 at Janet's home for the club Christmas party and a gift exchange. We also worked on Thanksgiving favors for Meals on Wheels.

December— 8 members present. Christmas lunch at Janet Nies's home and gift exchange. We wrapped gifts we bought for a mother and her three children, 11, 8, and 4. Next meeting is January 24th at 1 pm at Jean Goins home.



Giggle Minute

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering then, just how serious is my condition, because this prescription is marked *No Refills.*"

Home Heating Tips

With the COLD weather we've had lately, I'm already fretting over my electric and gas bill. Use these tips to stay warm and save money.

- Set thermostats no higher than 68 °F when people are home.
- Lower the thermostat when you sleep or are not at home. Lowering the thermostat by 10 to 15 degrees for 8 hrs can help you save 5-15% annually on your heating bill. Energy.gov website states that if the set-back period is 8 hrs or longer than savings of as much as 1% for every degree set-back can be achieved.
- To ensure the heat gets to where it is supposed to go, use mastic or foil-faced tape to seal the seams and any cracks in air handling ducts.
- Have the heating system serviced each year to ensure efficient operation.
- Clean or replace furnace filters. Dirty filters reduce the efficiency of the furnace or heating system and waste valuable fuel. Clean or replace the filter(s) as directed by the manufacturer.
- On sunny days, open blinds or curtains, especially if windows face south. Close again at night.

Financial Security: Estate Planning

An estate plan is a plan for the disposition of resources and property after death or during crisis.

A will is one component of an estate plan. Although necessary to direct the distribution of assets after death, almost 70 percent of U.S. adults do not have wills. Many people think they do not need a will because they do not have many assets, or they think that preparing a will costs too much. Dying without a will is called dying "intestate" and means that state and federal regulations will determine the distribution of assets. A carefully written legal will, however, provides for family and others in a manner consistent with a person's desires.

In addition, a variety of other important legal documents make up an estate plan and can protect assets and ensure that financial strategies and health care decisions are made prior to death. These documents include: General [Durable Power of Attorney](#), [Health Care Power of Attorney](#), and a [Living Will](#). These documents are best completed before a crisis occurs.

For more information on any of these documents, please contact the office at 870-423-2958.

- Never use the stove for additional heat. Fumes can result in dangerous carbon monoxide levels.
- Don't place furniture and curtains over or around heat registers or in front of cold air returns. These items will block airflow.
- Put on a sweater or other warm clothing. Layer clothing. Closed cuffs and tighter collars help to retain body heat.

Extension Homemakers in Carroll County

Extension Homemaker Clubs were organized to improve the quality of family and community life through education, community service, and leadership.

Extension Homemakers are assisted with organization and education by the county Home Economist, once known as Home Demonstration Agent and clubs were Home Demonstration Clubs. EHC club programs began in Carroll County in 1932, with a club at Dry Fork. Because of the depression, agents went from home to home teaching food preservation, sewing, and ways to “make do” with what the family had.

Mrs. B. F. Greer became the first council president. Mrs. Greer stated that “the outstanding problem is how to secure from the farm sufficient income to afford the family means for an adequate standard of living.”

Projects of Home Demonstration Clubs encouraged food preservation, using wall paper instead of newspaper for wall coverings, and installing screens for windows and doors. In 1932, the Home Demonstration Agent and HD Club President, Mrs. Fannie Russ, began a library with ninety circulating books through the 18 clubs and 310 members. During WWI, the Home Demonstration Clubs worked extremely hard in canning kitchens, victory gardens, conducting Red Cross training courses, and many women became wage earners.

The Home Demonstration Club Book from 1935 lists the following clubs and also reflects the many “communities” in the county: Oak Grove, Enon, Green Forest, Black Oak, Mulberry, Indian Creek, Busch, Walnut Grove, Bunch, Maple, Farmer, Lone Star, Berryville, Carrollton, Dean, Dry Fork, Yocum, Thornton, Cove, Grandview, West Concord, Cisco, Shady Grove, Douglas, Sunny Lane, Elk Ranch, Blue Eye, and Urbanette.

Eureka Springs Women’s Club and Berryville 20th Century Club were listed as cooperating town clubs.

Focus programs in 1935 were food preservation and preparation, nutrition, clothing, home management, home furnishings, home arts and crafts, home grounds, poultry, home marketing, home dairy, parent education, community recreation and services.

In 1965 the name of the clubs was changed to Extension Homemakers. In 2003, there were six clubs: Grandview, Domestic Engineers, Cove, Denver, Dry Fork, and Busy Bees. Focus Programs in 2003 are Physical Health and Exercise, and Caregiving.




**University of Arkansas
Division of Agriculture
Carroll County Cooperative
Extension Service**

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Find us on
Facebook!

Sincerely,

A handwritten signature in blue ink that reads "Leadia Pullerton". The signature is written in a cursive style and is placed on a light-colored rectangular background.

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 (or other appropriate office) as soon as possible prior to the activity.