



February 2017

Lawrence County
Extension Office
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Walnut Ridge, AR 72476
870-886-3741

**CEA Family and
Consumer Sciences**

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Council Members:

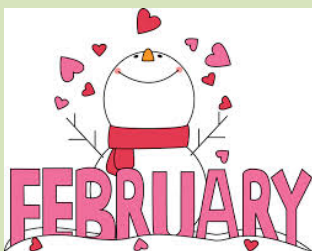
President
Elaine Stoll

Vice President
Lesia Phillips

Secretary
Catherine Richey

Treasurer
Marsha Onley

AEHC Website
<http://www.arextensionhomemakers.org>



Lawrence County Extension Homemakers

AEHC Education Workshop "Our Roots Run Deep"



Mark Wednesday, **March 8th**, on your calendar as the day to have a wonderful time of fellowship and learning at the beautiful wooded 4-H Center in Ferndale!

"Our Roots Run Deep" is the theme for the March 8, 2017 Educational Workshop at the 4-H Center in Ferndale. Our Major and Minor Educational emphases for the next two years will be decided so plan to come and be part of the decision process. Affordable lodging is available for those wishing to come the evening before. If you intend to go Tuesday and need lodging, please contact Katrina for prices.

Registration begins at 8 AM and opening session begins promptly in Reynolds Auditorium at 9:30 AM. Council Presidents are usually asked to arrive early and be seated at the front of the auditorium in seats marked with their county's chair cover. Presidents will answer roll call and give their county's membership goals. The Betty F. Oliver Memorial Drapes will be dedicated during the morning session that begins at 9:30 a.m. Rick Cartwright, Interim Associate Vice President for Agriculture-Extension will be keynote speaker.

On-line registration for the Workshop is open and will close on Feb. 24th. Please notify the Extension Office at 870-886-3741 by Feb. 22nd if you plan to attend so we can handle the online process. Registration fee and lunch will be \$23.00. If you plan to arrive early to eat breakfast, you will need to pay \$29.50. Registration fees can be brought or mailed to the Extension Office. Registration is open to all Council and Club officers, FCS agents, and members interested in becoming officers.

AEHC State Meeting is June 6 - June 8

AEHC meets at Hot Springs in June at the Hot Springs Convention Center celebrating the year's achievement and projecting for the future. Information about this year's State Meeting will appear along with on-line and paper registration in mid-March with registration deadline on May 1st. Educational, How-to, Creative Skills and Subject Matter classes, as well as awards and recognitions will highlight the meeting. We have Lawrence County members; John and Elaine Stoll, and Deborah Teague who have worked hard on state level planning committees. Glenda Johnson will be teaching a class on Quilling; Karla Wadley will be teaching "Making Tassel Necklaces"; and Deborah Teague will be teaching "Scrapbooking without Photos".

Mark your calendars and plan to attend in support of our county at the state level. As always, it will be a fun time!



Club Meeting Times

Clover Bend

As Announced

Black Rock

1st Tues. @ 1:30 PM

Eaton

As Announced

Imboden

2nd Tues. @ 1:30 PM

Smithville

2nd Mon. @ 1:00 PM

Scrappers

2nd & 4th Mon @ 6:30 PM

Krazy Kookers

As Announced

Call the Extension Office @
870-886-3741 for
locations.

AEHC Website

[http://www.arextension
homemakers.org](http://www.arextensionhomemakers.org)



Lawrence County Extension Homemakers

Spring Council Meeting

The Spring Council meeting will be May 4th with Black Rock and Eaton Clubs serving as hostesses. The location has not been determined but the meeting will begin with registration at 9:30 AM. Make your plans to bring your wonderful dishes for potluck and items for our silent auction. I will look forward to seeing you there!

EHC Friends in Spring Picnic is April 13th

The Lawrence County EHC Leadership Committee has finalized the plans for our EHC Friends in Spring Picnic! The picnic will be held on April 13th from 10:00 – 2:00 at the Lake Charles State Park Pavilion. All members attending need to bring a sack lunch. A cooler of water will be provided but if you prefer a different drink, you should bring it.

Several activities are being planned including an **adult** egg hunt. Each club should bring a dozen eggs: eleven filled with candy and one egg containing the name of their club to serve as a prize egg. Each club should also bring an adult prize to give to the person who finds their prize egg.

Remember that this is a way of bringing people together who may be interested in being a member of the Extension Homemakers. Invite your friends to attend and enjoy the day with us! Sharing a sack lunch can be fun so consider preparing lunch for you AND your friend!

4-H Banquet is March 28

The annual 4-H Banquet will be March 28th beginning at 6:00 PM. This year's banquet will be held at the Community Room beside the Walnut Ridge Library. Some changes have been made this year which include having a more casual banquet and serving pizza to the guests. It will not be necessary for the Extension Homemakers to serve. However, the extension staff and 4-Hers would like to extend an invitation for all Extension Homemakers to attend. They will look forward to sharing food and time with you on that night!

EHC at Work in Our Communities

Special thanks are issued to those of you who so willingly assist with extension community programs as well as service projects throughout your communities. The Smithville club has adopted the Children's Shelter and is collecting items to donate monthly. They have taken food, paper goods and laundry supplies this year. The Imboden club adopted two kids – a boy and a girl - from the Exceptional School and provided Christmas presents



Calendar of Events

Feb. 24

Flower and Garden Show
State House Convention
Center

Feb 26

Walk Across Arkansas
Begins

March 8

AEHC Spring Workshop

March 28

4-H Banquet

April 13

Friends of Spring Picnic

April 15

Register: AEHC State Mtg.

April 20

EHC Board Meeting

May 1

Deadline for AEHC State
Meeting

May 4

EHC Spring Council

May 18

4-H County O'Rama

June 2-4

AEHC State Meeting

for them. Black Rock Extension Homemakers, Helen Blackburn, Sheri Schreider, and Peggy Doll prepared and served cupcakes to students and employees at the Lawrence County Cooperative School.



I will be conducting several programs for children during the next few months. Some of you have expressed an interest in working with the children in our county. Many programs in the past could not have happened without the Extension Homemakers. Your assistance in our future programs is always welcome and seems to strengthen the impact. Please contact Sandra, at 870-886-3741, if you wish to assist with any of the upcoming programs. The first two are preschool programs and the remainder is for school age participants.

Food Fun & Reading	March Thursdays	Mornings TBD
Grow It Try It Like It	May Tuesdays	Mornings TBD
Babysitting Basics	May 2, 9, 16, & 23	6:00 PM – 8 PM
Kids in the Kitchen	June 1 & 2	10:00 AM – 2:30 PM
Jams & Jellies for Kids	June 22	TBD

Walk Across Arkansas to Begin February 26th

Walk Across Arkansas kicks off on February 26th and continues for eight weeks through April 22. This is an eight week campaign and fitness challenge from the Arkansas Division of Agriculture Research and Extension where you track the number of exercise minutes you have over the time period. Even though the event is called “Walk Across Arkansas”, other types of exercise are included as long as they raise the heart rate for at least 10 minutes. Participants should form a team of 2 -10 people of any ages. On-line registration is required to chart exercise minutes of each participant. If you would like to form a team and need help with registration and documentation, please notify Katrina Burch at 870-886-3741. Prizes will be awarded to the Lawrence County team who has the most minutes on average per member.

Extension Get Fit with Stretch Bands in June

An Extension Get Fit Exercising with Stretch Bands class is forming to begin in June! The class will meet two days a week to work toward increasing strength, endurance, and flexibility. Everyone should be able to participate at their own level without making costly purchases. This will be a good opportunity for us to enjoy visiting with our friends in a cool environment while working on improving our health. Please contact the Extension Office to participant and share your input on locations and/or times.



Recipe Corner

**Try this this low-fat, low-calorie recipe which requires little time and no cooking. It is a healthy choice to satisfy that "sweet tooth".*

Lemon Velvet Supreme

Yield: 6 servings

INGREDIENTS

2 cups vanilla yogurt, fat-free
3 tablespoons instant lemon pudding mix
8 squares graham crackers, crushed
1 can (4 ounces) mandarin orange slices, drained (or your favorite fruit)

INSTRUCTIONS

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin oranges slices or your favorite fruit.

Serving Size: 1/6 of recipe
Nutrition Facts per Serving:
Calories 150
Total fat 1g
Saturated fat 0g

**Look for additional recipes in future newsletters.
Stay warm in heart and body!
Your Extension Agent,**

Lawrence County Extension Homemakers

Gardening Phores for February

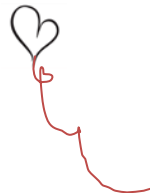
February is pruning month. Late in the month, prune back all ornamental grasses, (monkey grass included), fruit trees, blueberries, crape myrtles as needed, along with other summer flowering shrubs including butterfly bush, summer spirea, althea and vitex. Roses are also pruned this month, except for climbers—let them bloom before pruning. Before you begin to prune, have a reason to do so.

Winter weeds continue to thrive in spite of the weather. If you only have a few weeds, hand weed them or use a weed eater and zap them low. It won't hurt your dormant lawn. If they are taking over the lawn and you want the lawn weed free, you need to use a herbicide to kill them. You need to do so soon, before the lawn awakens and the weeds set seeds. You can also mow the weeds to keep them from blooming.

Vegetables that were planted in late fall have overwintered quite nicely depending on how well they were established and/or protected, but February is the time to begin planting English peas, broccoli and cabbage transplants, onions, kale, greens, lettuce, bok choy and carrots. If you planted a cover crop in the garden, mow it down low and work it into the garden.

February is the last official month of dormancy and as you can tell by your garden, dormancy is breaking in many plants. If you have shrubs or trees that need to be transplanted, get it done this month to make the move easier on your plants. Be careful if you transplant on a windy, cold day. Roots can dry out quickly or get damaged by cold weather.

Spring bulbs are up and growing and a few are even blooming. When you see the flower bud beginning to show that is a great time to fertilize with a general fertilizer. Bulbs can bloom from now through April, but remember that the foliage needs to grow for at least six weeks after bloom to ensure flowers again next spring.



Blast from the Past

*Check out Lawrence
County AEHC Council
President Elaine Stoll with her Favorite
Valentine, at the
2016 AEHC State Convention!*

