May 2008

District Day
A big “Thanks” to everyone that participated in one way or another at District Day! The silent auction went really well and generated $612.00 which is the most ever made in our district. This shows what a group can do when they are all team players and the Onslow County members did an awesome job. Ya’ll are the best! Thank you so much. Ivy Reid sent a note which reads as follows:

“The Jones County ECA appreciates your support of their District Meeting on April 3, 2008. Hosting a meeting with 170 representatives from 11 other counties is a large task and you helped make it a success! Thanks so much for handling the silent auction at District Day. We really appreciate your efforts and support. You all did a great job and raised a lot of money for the district. Thanks again! Ivy and the Jones County ECA”

Deppe Park
What a gorgeous day in the park!!!! Once again I thank you for the food and beverages you provided for this special day and a special thanks to those that were able to help serve. It was appreciated by all in attendance. I received an email from Mac Sligh, Parks and Recreation Director and he asked that I send the following message to you:

“Please express my sincere thanks to the Extension and Community Association ladies for their help with the new park dedication this morning. As always, the food was great and the service wonderful. We are both blessed to work with many good staff members and volunteers. Thanks for all that you do. Mac Sligh”

Senior Center Request
Sarah King, OC Senior Services, has expressed a need for bibs for the adult day care center. The bibs are made of large white towels and require only a minimal amount of sewing. I’m sure some of you have helped with this project in the past so you know it requires only basic sewing skills. If you are interested in helping with this project please let me know.

Leader Training
Leader training for your June meeting will be Tuesday, May 20th at 10:00 a.m. in the Learning Center. Robin Taylor (this may be the last time you see her as ‘Taylor’ – hereafter she will be Robin Seitz!) will present the program entitled, “Safe Fun in the Sun”. Presidents: please make sure you have someone at the training.

Tarheel Homemaker Deadline
Please remember that May 5th
is the deadline for submissions to the Tarheel Homemaker newsletter. Refer to your handbook for the address.

can get it to me and I will send it all in as a group. Note: if you mail your own registration form but you want to ride with us, you will need to let me know!

**Medicine Bottles and Stamps**

I mailed 10 boxes of stamps and medicine bottles to the Franklin Graham Medical Ministries. The cost of the postal bill was $86.80. I know it sounds like a lot of money but this was an entire year’s collection. I plan to mail them more frequently this year - the walk is too long to carry so many boxes at one time.

**Spring AgriCultural Tourism Event**

This spring we have something very special planned instead of our traditional tour. We are unveiling a new book on agricultural tourism trails. Those of you that attended the Greene County tour may remember visiting the Benjamin W. Best Country Inn & Carriage House Bed and Breakfast. We will be there again on Wednesday, June 4th at 10:00 a.m. to unveil the tour book. Some of the businesses and individuals who are featured in the book will be in attendance. Everyone is invited to attend this event but pre-registration is required. The registration fee is $10.00 and includes your lunch. Since everything will take place at one location there will not be a lot of walking or getting on and off the vans. Those of you that have attended tours in the past should get an announcement very soon. Please let me know if you are interested in going and I will make sure you get the information. I will coordinate transportation from the office if you would like to ride with us. Feel free to mail your registration directly or you

**Cruise Opportunity**

How would you like to take a bus to Charleston, SC and then board a beautiful cruise ship for a cruise to Nassau, Bahamas and other islands in the Caribbean? What about a stop at Port Canaveral, Florida? As a result of many requests, we are looking into coordinating a cruise for January 2009 which would allow you to exchange January’s cool, dark days for sunny shores and balmy breezes! Please let me know if you are interested as soon as possible. We will investigate further if there is enough interest!

**Recipe Corner**

**Turkey With Honey-Roasted Carrots**

*(turkey is not just for Thanksgiving!)*

4 medium carrots, peeled and cut into pieces
¼ tsp dried thyme
1 tsp vegetable oil
1 medium red onion, cut into pieces
2 ½ Tb apple cider vinegar
2 Tb honey
1 pound boneless, skinless turkey breasts, (four 4-oz pieces)
1 ½ cup fat-free chicken broth
1/8 tsp table salt, or to taste
1/8 tsp black pepper, or to taste

Preheat oven to 400°F. In a 9 X 13-inch roasting pan, combine carrots, thyme and oil. Add ½ cup of broth to pan and cook 12 minutes. Meanwhile, mix together onion, vinegar and honey in a small bowl; add to roasting pan and cook 10 minutes more. Reduce oven temperature to 325°F. Add turkey to roasting pan and coat with remaining 1 cup broth. Season with salt and pepper and continue to roast until turkey is cooked through, about 12 to 15 minutes. Remove turkey from oven and transfer to platter. Remove vegetables from pan with a slotted spoon and place on top of turkey; cover and keep warm. Pour pan juices into a small saucepan and boil until reduced to about 1/3 cup. Drizzle over turkey and vegetables; serve. Yields 4 servings. WW POINTS® Value: 4

Roasted Fingerling Potatoes
Roasted potatoes are a wonderful side dish for burgers, baked chicken or grilled fish. Try this recipe with small red potatoes, too.

12 oz potatoes well-scrubbed, sliced lengthwise
1 medium garlic clove(s), minced
½ cup canned chicken broth, divided
1 Tb rosemary, fresh (plus extra sprigs for garnish)
1/8 tsp kosher salt, or to taste
1/8 tsp black pepper, or to taste

Preheat oven to 400°F. In a small roasting pan, combine potatoes, garlic, 1/4 cup of broth, rosemary, salt and pepper. Roast for 15 minutes (broth will evaporate); add remaining broth, flip potatoes and roast for 15 minutes more. Yields approx. 4 - 1/2 cup servings. WW POINTS® Value: 1

Fruit Smoothies
½ cup of fruit, fresh, frozen or canned
1 cup of base (low-fat yogurt or frozen yogurt, frozen juice from concentrate, or ice cubes)
½ cup of liquid (low-fat or skim milk, fruit juice, or soy milk)

Put ingredients in a blender and mix until smooth. Serve immediately. This recipe makes two servings.
Example 1
¼ cup strawberries
¼ cup bananas
1 cup fat-free yogurt
½ cup skim milk

Example 2
¼ cup pineapple
¼ cup mandarin oranges
1 cup frozen orange juice from concentrate
½ cup skim milk

Example 3
¼ cup blueberries
¼ cup peaches
1 cup frozen apple juice from concentrate
½ cup soy milk

Mother ...
You filled my days with rainbow lights.
Fairytales and sweet dream nights.
A kiss to wipe away my tears,
Gingerbread to ease my fears.
You gave the gift of life to me
And then in love you set me free.
I thank your for your tender care,
For deep warm hugs and being there.
I hope that when you think of me
A part of you you’ll always see.

Author Unknown
Hope to see you soon!
Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age, or disability. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.