Happy Valentine’s Day!

Cruise

I wish that all of you could have been with us on the cruise! We had good weather, good laughs and a really good time! We each did different excursions and the ones I did were great … I can’t decide which was my favorite – swimming with the dolphins or going to the Kennedy Space Center! I do know that it was a “not nice” surprise when we got off the ship in Charleston to find ice on the outer decks of the ship when we had been swimming and lying on the beach just a couple days before. I was ready to tell the captain to please turn around!! 😊 Many thanks to all of you that went with us. I have already been asked “when will we go again?” We will probably look at coordinating another one in a couple of years.

Scholarship

I have not yet received any scholarship applications. They are due February 1st and I hope to receive some in the next week. Please make sure you spread the word if any of you know anyone that is in school. I am sure $200 to $800 would come in handy – at least for a book or two.

$5 Master Farmer Luncheon $$

Thanks to the following: Kathy Cook, Ida McNamara, Nettie King, Ruth Clifton, Bernice Guthrie and Faye Gould for making the Master Farmer luncheon a success. Kathy Cook said that county council profited $75.50. That is not bad for a few hours of work and the farmers really loved it. Thanks again.

Perfect Attendance Pins

Please get me your old perfect attendance pins as soon as possible if you are due to receive another one this year. We are running out and need to pass them on to others due to receive them. Some of you have said that you have several so please take time to dig them up and give them to me.

Achievement Day Theme

Your calendars should be marked with two dates, February 23rd at 3:00 p.m. to decorate tables and February 24th at 10:00 a.m. for Achievement Day. We have a wonderful day planned for you which includes our speaker, installation of new officers and passing it on to their members.
entertainment.

Meal: Remember, we are having the meal catered this year. Each club or club member will need to pay for all club members attending, county council will pay for special guests and I will pay for Extension staff attending. The cost is $6 per person.

Officers: Officers will have special responsibilities during the program so if Ida has not called you yet – she will!

Reports: ALL reports and scrapbooks should have already been turned in! I will review my check list the last week of January and if I don’t have everything I will be calling the club president. Presidents – please don’t make me have to call you. I sound like your mom, huh?

Leader Training

Leader training is scheduled for February 26, 2009 at 10:00 a.m. in the Learning Center. The topic is “Make a Difference – The NVON Project in Common.” I will present this information. Several asked during the January meetings what NVON meant and the answer is in your new materials for this year. I will be explaining it during the training in case you didn’t look it up.

Tarheel Homemaker

The deadline for submissions to the Tarheel Homemaker is February 23rd. Please send something in to let others know what wonderful things you are doing.

Many people love to be negative and complain about their life, children, job, marriage, or just about anything. As a matter of fact, rarely do you find an advocate for contentment and thankfulness in this busy life we live. Thank God we can choose to listen or tune out negativity and constant complainers. Whining and complaining doesn't change conditions, circumstances or people. Only when we learn to be thankful and content regardless of the situation, by looking at what is good in it, will things start to change.

Negative thoughts will come every day, but choosing how you will respond to them is the key. If negative thoughts are controlling your daily behavior, think on whatever is good about your job, relationship, life, health, height, weight, home, car, child, and finances. Then breath in, exhale and relax! Being thankful and content is a great feeling, and puts you in a mindset of "counting your blessings."

Contentment means you don't have to compete with friends and family. You can enjoy and appreciate what you've got without feeling guilty and ashamed. Contentment doesn't chase after things, but prepares, and watches blessings and opportunities unfold in due season. Contentment is happy for other's success, joys, and accomplishments. Contentment brings sound sleep, better health, less stress, and can save you a whole lot of money by just being satisfied.

Are you content with your partner, singleness, home, car, or earnings? Someone somewhere is doing a lot worse or better than you, but who cares? Are you happy with what you've got? Being content isn't always easy. It means getting rid of a
negative mindset, behaviors, and feelings, then replacing those negatives by showing feelings of pleasure, satisfaction, joy, and thankfulness. Do you find it hard to be thankful and content?

**How to find contentment:**
- Develop a thankful heart,
- Develop a daily prayer life,
- Enjoy life’s simple pleasures,
- Pursue your passion and purpose,
- Make goals and plans – yearly,
- Discover nature and our beautiful earth,
- Love and treasure people, not things;
- Appreciate your life now,
- Be excited about your future.

**FROM A MATHEMATICAL STANDPOINT**

What equals 100%?
What does it mean to give MORE than 100%?
Ever wonder about those people who say they are giving more than 100%?
We have all been in situations where someone wants you to give over 100%.
How about achieving 101%?
What equals 100% in life?

Here’s a little mathematical formula that might help you answer these questions:

If:

```
ABCDEFGHIJKLMNOPQRSTUVWXYZ
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Is represented as:

```
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24 25 26
```

Then:

- H-A-R-D-W-O-R-K
  
- 8+1+18+4+23+15+18+11 = 98%

And

- K-N-O-W-L-E-D-G-E
  
- 11+14+15+23+12+5+4+7+5 = 96%

BUT

- A-T-T-U-D-E
  
- 1+20+20+9+20+21+4+5 = 100%

And, look how far the love of God will take you

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L-O-V-E-O-F-G-O-D
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12+15+22+5+15+6+7+15+4 = 101%
```

Therefore, one can conclude with mathematical certainty that:

While **Hard Work** and **Knowledge** will get you close, and **Attitude** will get you there, it’s the **Love of God** that will put you over the top!

**Recipe Corner**

**SEAFOOD IN PASTA SHELLS**

- 6 ounces large whole wheat pasta shells
- 1 cup coarsely chopped, cooked shrimp
- 1 cup coarsely chopped, cooked lobster meat
- 1 cup chopped celery
- 1/4 cup thinly sliced green onion
- 1/2 cup low fat cottage cheese, blended
- 2 tablespoons chopped pimientos
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon white pepper
- 1/8 teaspoon dried dill weed
- Dash hot pepper sauce
- Paprika
- Salad greens

Cook pasta according to package directions; drain and cool. Combine remaining ingredients in medium bowl. Spoon shrimp
mixture into shells. Sprinkle with paprika. Serve on salad greens.

BLACK & WHITE FONDUE

- 2 oz. baking chocolate, chopped
- 18 oz. semisweet chocolate, chopped
- 14 oz. can sweetened condensed milk
- 1 tsp. vanilla
- 4 oz. white chocolate, finely chopped
- fruit for dipping (strawberries, raspberries, blackberries, apple and pear wedges, kiwi and mango slices, other favorites)

In 2 quart crockpot (crockette), combine baking chocolate, semisweet chocolate and sweetened condensed milk and mix well. Cover and cook on LOW until chocolate is melted, about 1 hour. Stir well, add vanilla. Mix well. Sprinkle white chocolate over the melted chocolate mixture, cover, and cook 10-12 minutes on LOW until white chocolate is melted. Stir gently to marble, then serve.

Peggie L. Garner
County Extension Director

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