February 2012

Why Didn’t I Think Of This One ????

I have a friend who used her solar lights inside at night when her current was off during the hurricane. She stuck them in a jar or bottle and said they gave off plenty of 'free light'. She put one in each room and would put them back outside in the daytime and bring them in at night as long as the current was off. They are safe to use and cheaper than batteries. Bring in a solar light one night and test it.

Due to a thunderstorm, we lost power for about 5 hours. We were scrambling around in the darkness, looking for matches, candles, flashlights, etc. We looked outside, and noticed our solar lights shining brightly all around our patio, stairs, dock, etc. They were beautiful. My wife walked outside, and brought several of the solar lights inside.

We stuck the solar light pipes into plastic drink bottles and they made the nicest, brightest, safest, lighting you could ever imagine.

We put one in the bathroom, the kitchen, the living room, etc. There was plenty of light. There are all types of solar lights available. We bought ours at Harbor Freight. We put them all around our yard. They look nice and they do not attract flying bugs like the outdoor lights around our doorway.

The lights we have fit into the small (20-oz.) water bottles and they also fit into most of the larger liter bottles. If you need a weight in the plastic bottle to keep them from tipping over, you can put a few of the pretty colorful "flat marbles" that they put in aquariums and vases. (You can also use sand, aquarium gravel, etc., whatever you have available.)

The lights we have were perfect inside our home. They burn all night long if you need them.

The next day, you just take your solar lights back outside and they will instantly recharge and be ready for you to use again any time you need them.

Perfect for power outages, hurricanes, etc. I never thought of it and now you don't have to.
Achievement Day
Please remember we will set up for Achievement Day at 1:00 pm on Monday, February 6, 2012. It should not take us long to set up. Please remember to bring your decorations for your tables.

Achievement Day is Tuesday, February 7th at 10:00 am. Please make your plans to be with us. As I have said before – it is hard to ask guests to attend if you do not attend yourself. If you have not sent in your money ($10.00) for lunch please remember to do so.

Cultural Arts Contest
Our cultural arts contest is scheduled for Wednesday, February 8th at 10 am. Please bring any item you have made in the last year for the competition. Remember that scrapbook pages can be entered so after you receive your scrapbooks from Daily News at Achievement Day – you may want to enter some of the pages for the contest.

Leader Training
Leader Training is scheduled for February 29th at 10:00 am in the Learning Center. The topic will be Matter of Balance. I will be the presenter of the information. Presidents: please make sure you club is represented.

District Day
Plans and work towards District Day continue to happen. The registration form is attached. Please make sure you fill it out and send it to me or bring it on Achievement Day.

We will meet at 1 pm on March 6th to put our table favors together. Several of you said that you are checking into consumable items to go into the bags so please get those to me as soon as you can so I will know what size of cellophane bags to purchase. We will also meet on Monday, March 12th at 1 pm to set up for the 13th. There is a committee that will go with me on the 12th in the morning to purchase the hospitality food. We should be back and unpacked by 1 pm.

Remember that each member is asked to donate three bagged or wrapped door prize gifts. The value should be $5 - $10 dollars. Several of them have been brought into the office already. Thanks!

We are going to need all hands on deck on the 13th. There will be something for everyone to do. It may be working at the registration table, showing folks where to take their silent auction items, showing where to take their cultural arts items, bathrooms, etc.

Remember we will be collecting items for the girls cottages at Lake Waccamaw. We are collecting new items for the girls and gently used items for the thrift shop.

Are You a Member at Large????
Several of you are a Member at Large and we need to remind you that you are
invited to attend our Achievement Day and our District Day. Achievement Day is when we recognize our own members and our accomplishments and District Day is when we invite members from our district to spend a day with us.

The cost of Achievement Day luncheon is $10.00 and registration for District Day is $15.00. We would love to have you join us.

Also, Members at Large are also invited to enter items into our Cultural Arts Contest. The items are judged locally and then all blue ribbon winners will advance to the District Cultural Arts Contest.

**Pepsi Cake**
Do you remember getting this recipe in last month’s newsletter? Well, a couple of the members have made it and it is really good. Just wanted to share that with you. You may want to try it.

**Spotlight for February**
**Heart Disease is America’s Number One Cause of Death**
About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2011, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. February is heart month and the perfect time to learn more about you risk and what you can do to lower that risk.

For more information on heart disease and stroke, visit CDC's Division for Heart Disease and Stroke Prevention at [www.cdc.gov](http://www.cdc.gov) or contact your local Cooperative Extension office.

**To All Members**
I know we have a lot going on right now but it will all be worth it when it is all said and done. We will look back at the end the March and say it is over and a job well done.
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

Peggie L. Garner
County Extension Director

Chocolate Raspberry Truffles

Deep chocolate and luscious raspberries are paired in this delicious chocolate raspberry truffle recipe. The ganache filling of these truffles stays fairly soft, so they seem to melt in your mouth with each bite.

This recipe calls for candy coating, which stays hard at room temperature. You can use real chocolate, but you will want to temper the chocolate so that these soft truffles have a hard outer shell. Like many truffle recipes, this recipe requires several extensive chilling periods, so be sure to plan ahead and give yourself plenty of time.

Ingredients:

- 1 package (10 oz) frozen raspberries, thawed
- 1/4 cup powdered sugar
- 1 lb semisweet or bittersweet chocolate, finely chopped
- 3/4 cup cream
- 2 tbsp light corn syrup
- 1 lb chocolate candy coating, for dipping
- 1/4 cup red candy coating, for decoration (optional)
Preparation:

1. Place the raspberries in a blender or food processor, and process them until they are liquid. Pour the raspberry puree into a small saucepan through a strainer or cheesecloth to remove the seeds.

2. Add the powdered sugar to the raspberry puree and heat it over medium heat, stirring frequently, until it is thick and syrupy and reduced by about half. Remove the puree from heat and set aside for now.

3. Place the chopped chocolate into a large bowl. Place the cream in a small saucepan until bubbles start to form around the edges, but do not allow it to come to a full boil. Once simmering, pour the hot cream over the chopped chocolate and allow it to sit for a minute or two to soften and melt the chocolate.

4. Whisk the chocolate and cream together gently, until the chocolate is melted and the mixture is smooth and homogenous. This is your “ganache.” Add the corn syrup and raspberry puree to the chocolate mixture, and whisk it all together. Cover the surface of the ganache with cling wrap, and refrigerate until it is thick enough to scoop, at least 3 hours.

5. Cover a baking sheet with foil or waxed paper. Using a candy scoop or teaspoon, scoop the ganache into small balls and place them on the prepared baking sheet. Once all of the ganache is scooped, freeze the balls for 2 hours or until firm.

6. Place the candy coating in a large microwave-safe bowl. Microwave in one-minute increments until melted, stirring after every minute to prevent overheating. Stir until the coating is completely smooth. Allow the coating to cool until it is barely warm. Do not let it start setting up, but let it cool down so that it does not melt the truffle fillings.

7. Using dipping tools or a fork, dip a truffle into the chocolate. Bring it out of the chocolate and allow the excess to drip back into the bowl. Place the dipped truffle back onto the baking sheet and repeat with remaining truffles and chocolate.

8. Place the truffles in the refrigerator to set the candy coating for about 30 minutes. If desired, you can melt red candy coating (or tint white coating with red candy coloring) and drizzle a small amount over the truffles decoratively.

9. Chocolate Raspberry Truffles can be stored in an airtight container in the refrigerator for up to two weeks.