



Ouachita County Cooperative

January 2016
Volume 1, Issue 2



Another Year or a New Year?

Family and Consumer Sciences Newsletter

Happy 2016!!!

I hope you and your family enjoyed the holiday season.

This New Year means something different to me. I was invited to take a moment and look back on my 2015 year. On this journey, I remembered the mountain peaks high and the valleys down low. I remembered my failures and I remembered my success. Then I was asked, "Would you like to have another year or a new year?"

Is there really a big difference in the two? Well, there was for me. When you ask for "another", you are asking to get the same thing again. So, when I ask my sister to pass me "another" peanut butter cookie I expect the texture, aroma and taste to be the same as my first peanut butter cookie. When you are asking for "another," you are asking for nothing to change.



This year I would like to change some aspects of my life. Therefore, I would like to have a New Year. I am preheating the oven, tying on my kitchen apron, pulling out the flour and sugar, and baking up a new batch of cookies. I am ready for a change.

Now, I would like to invite you to take a moment and look back on your 2015 year. Would you care for another one or would you care for a new one?

What's something you are wanting to change during 2016?

What's something you are wanting to continue from 2015?



What's inside?

This year is packed with fun educational programs that will benefit you and your family.

Inside this issue you will find programs and opportunities that teach on:

- ~Health
- ~Nutrition
- ~Cooking Classes
- ~Youth Activities
- ~Exercise Programs
- ~Food Safety
- ~Food Preservation
- ~Volunteer Service

Make plans to join us for a fun time!

Get your calendar and make plans to spend time with us!



Ouachita Extension homemakers clubs

Please join me in welcoming our two brand new Ouachita Extension Homemaker Project Groups

St. Mark Extension Get Fit — These ladies are excited about health and exercise. They want Ouachita County to be a healthy and thriving community. Their current project is collecting snacks to donate to students so they may take them home in their backpacks.

Ouachita Quilters—Start your sewing machines. These ladies have a passion for sewing and quilting. Beautiful, warm and heart felt quilts bind their friendship and spark community service projects for Ouachita County.

We are so happy that you're all with us!

Extension Wellness

Ambassadors

Are you interested in health, nutrition, and being active? Be part of a new Extension program teaching simple strategies to improve health.

Extension Wellness Ambassadors receive 40 hours of training in health and wellness. In exchange, they return 40 hours of volunteer service to support healthy living programs.

Learn about:

- Exercise to improve balance and flexibility
- Healthy eating and weight management
- Behavior change strategies that stick
- Preventing and managing chronic disease
- And more!

This is a great program for anyone who is interested in giving back to Ouachita County by helping teach programs on nutrition, health, exercise, and cooking

Extension Get Fit

Thank you to all those who participated in Fitness Assessments. Your results will be given to you by the end of January. If you would still like a Fitness Assessment done for you or your group, please contact the Extension Office.

The 1st Annual Get Fit Rally is February 10th at the Ouachita County Extension Office from 10:00AM—12:00PM. Meet with other Extension Get Fit members in Ouachita County. This 2 hour workshop is filled with information on fun New Exercises, Exercise Safety and Membership/Recruitment Tools. Did you win an award? Come and find out! Register by February 5th.

Walk Across Ouachita County will be starting soon! Gather your friends and family and form teams from 2-10 to see how many minutes you can spend exercising across Ouachita County. Everyone is welcome to participate. Do you think you can beat the Ouachita Extension Office team? We'll see. :)



ExtensionGetFit

Strength Training Program

Extension Wellness Ambassador Program

UofA

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System



EXTENSION WELLNESS
ambassador program



The Extension Wellness Ambassador Program trains Arkansans who want to use their knowledge in service to others - to improve their own health and the health of their neighbors.

**Union and Ouachita County
Program Cost - \$30 (includes lunch, program
materials/supplies, & T-shirt)
February 9th – Union County TAC House
February 16th-Ouachita County Extension Office
March 1st – Ouachita County Extension Office
March 8th – Union County TAC House
March 15th - Ouachita County Extension Office**

**Classes begin at 9:00 AM and are
dismissed at 3:30 PM**

Are you interested in helping others live healthier lives?

Are you interested in health, nutrition, and being active? Be part of a new Extension program teaching simple strategies to improve health.

Extension Wellness Ambassadors receive 40 hours of training in health and wellness. In exchange, they return 40 hours of volunteer service to support healthy living programs.

Learn about:

- Healthy eating and weight management
- Exercise to improve balance and flexibility
- Preventing and managing chronic disease
- Behavior change strategies that stick
- And more!

FOR MORE INFORMATION CONTACT:

Addie Wilson
Family and Consumer Sciences Agent -Ouachita
awilson@uaex.edu
870-231-1160

Lauren Brown
Family and Consumer Sciences Agent – Union
labrown@uaex.edu
870-864-1916

"The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office (or other appropriate office) as soon as possible. Dial 711 for Arkansas Relay."

Leadership development. Community Service. Education.

Ouachita Extension Homemakers Club

Announcements

- A Taste of the Mediterranean Leader Training, Come experience the culture and taste the cuisine of the Mediterranean. Cost is \$5.00
- Please ensure at least one person from each club is present at this board meeting, February 4th at 1:30pm We will be discussing fundraiser opportunities for this Spring.

Dates to Remember

-January 18th—Extension Office Closed

-February 4th—Leader Training at 11:00 AM

- Board Meeting at 1:30PM

Club Meeting Times

Nite Birds—4th Monday, 6PM at the Fairview Community Center

Fairview—3rd Monday, 2PM at the Extension Office

Friendly Neighbors— 2nd Tuesday, 10 AM at the Extension Office

Maul—4th Wednesday, 1:30 PM at the Extension Office



Ouachita County Cooperative
Extension Service

Primary Business Address

2760 Mt. Holly Road

Phone: 870-231-1160

Fax: 870-231-1162

E-mail: awilson@uaex.edu

Regular physical activity is an important part of a healthy lifestyle.

EXTENSION GET FIT

A Strength training Program

Announcements

- Get Fit Rally—Make your Extension Get Fit Group even better!
Come learn fun new exercises, exercise safety, and membership/
recruitment tools. Did you win an award? Come and find out!

Dates to Remember

- January 18th—Extension Office Closed
- February 10th—Get Fit Rally at the Extension Office
from 10:00 AM-12:00PM.

Exercise Meeting Times

Chidester—Mondays & Wednesdays at 10 AM at City Hall

St.Mark —Mondays, Wednesdays & Fridays at 11 AM

First UMC—Mondays & Wednesdays at Noon

Extension Office—Mondays & Thursdays at 10 AM

ExtensionGetFit

Strength Training Program

Ouachita County Cooperative
Extension Service

Primary Business Address

2760 Mt. Holly Road

Phone: 870-231-1160

Fax: 870-231-1162

E-mail: awilson@uaex.edu

Upcoming programs

Event	Description	Date	Deadline	Special Notes
A Taste of the Mediterranean	Taste Mediterranean culture and cuisine	February 4th 11:00 AM	January 29th	Cost is \$5.00
Get Fit Rally	Learn new aspects to make your Extension Get Fit group better	February 10th 10:00—12:00 PM	February 5th	
Diabetes Cooking Class	Learn delicious recipes that are healthy for diabetics	May 17th	May 11th	Cost is \$8.00
Sewing Day Camps	Youth will learn basic sewing skills	June 28th—Beginner June 29th—Intermediate June 30th—Advanced	Volunteers Needed. Call Addie.	More information coming this Spring.
Kids Canning Workshop	Youth participants will learn basic canning principles	July 6th	Volunteers Needed. Call Addie.	More information coming this Spring.
Adult Food Preservation	Basic food preservation skills	July 13-14th	More information coming this Spring	
Mediterranean Cooking Class	Eastern and Western Mediterranean cuisine	July 19-20th	More information coming this Spring	
Kids in the Kitchen	Basic cooking skills and healthy recipes	July 26– 29th	Volunteers Needed. Call Addie	More information coming this Spring

**Ouachita County Cooperative
Extension Service**

Primary Business Address
2760 Mt. Holly Road
Camden, AR 71701

Phone: 870-231-1160

Fax: 870-231-1162

E-mail: awilson@uaex.edu

Website: www.uaex.edu/counties/ouachita

Like us on Facebook

