



January 2013

Happy New Year!!!

Can you believe it seems like just last month we were worried about the new year, 2000? Now it is 13 year's later and we are still moving on.

I pray that each of you had a safe and a happy holiday season. I hope that you had time to relax, spend time with family and friends and take in the true meaning of Christmas. Now that the new year is here – let's look at what we can do to make the lives of others better as well as our own. What can we do to be more healthy?

Remember if you have any ideas for this year as far as what you would like to learn and where you would like to go please let me know. I really want your input. Remember we will be celebrating 100 years of ECA in October. Please mark your calendar and consider going to the celebration in October.

Festival of Trees

Thanks so much for continuing to take this on. I hope each one of you agree this is a very small but big community effort that ECA does. It really doesn't really take a lot of energy. I know you do spend money to purchase the juice and the cookies but it is for a great cause and for many of the participants – it puts a smile on their face.

Please make note of how many cookies and juice you purchased so we will have an idea of how much it took. A bag and a half of cookies were left that was given to the seniors. Only a half of a container of juice was left. Thanks again.

Elder Cheer

Thanks to all of you that helped make Elder Cheer a success. The 4hers put together 663 baskets/tins for the seniors in our county.

As you start putting together bags of things to bring to the 4Hers for Elder Cheer 2013 please make a note of the following: they cannot use the small tins or coffee containers. They are too small. The large cookie tins and popcorn tins are wonderful. Also, large baskets work

beautifully. They are not able to use the small baskets.

Remember that when you shop and see combs and brushes on sale or clearance and men's and women's socks and slippers on sale or clearance to pick up a pair or two for Elder Cheer. Also, remember the items that we only see as Christmas approaches or soon there after like gloves, heavy scarves and toboggans. Those are really needed and, of course, during the colder months they are more expensive than they are right after Christmas. We have room to store them and that will be a great help for next year.

Once again, thanks for making the life or lives of our seniors better by contributing to this program.



Achievement Day

Remember we will not be having our Achievement Day in February but don't forget to keep up with your scrapbooks. Also, make notes of who did what training and what they taught you about. When we do our selections later on in the year for your awards – you will need to remember from January 2012 to at least July 2013.

Reports

Presidents and secretaries please remember to get your report in to me. Your new reports started in December (last month). Those reports will be due into me in June.

December meetings

Thanks so much for allowing me to join you in your December festivities. I was able to make it to three out of four of the club meetings. Meadow View had a nice breakfast/brunch at IHOP; Harmony had a nice dinner at Olive Garden and they also brought toys for Christmas Cheer instead sharing gifts like they had in the past and Sneads Ferry went to dinner at Golden Coral and then visited the Streets of Bethlehem at Bethlehem Baptist Church. Unfortunately, I had a mandatory meeting on the day Jacksonville met so I will have to really try to be with them in December.



Financial Luncheon

The financial group that ECA usually prepares lunch for would like you to do that again this year. The date for that is **Wednesday, January 30th**. I am going to ask Kathy Cook to coordinate this again this year. They would like the same menu they have had for the past few years. Please let me know who from each club will be able to help with the meal that day. A couple from each club would be great.

January club meetings

I look forward to meeting with each club in January. If you make any changes to meeting date or time – please let me know.



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



Skillet Chicken Mac and Cheese

Ingredients:

1 pound boneless skinless chicken breast,
cut into 1-inch cubes
1 teaspoon olive oil
1 (8 ounce) package elbow macaroni
2 ½ cups chicken broth
1 cup chopped zucchini
½ cup chopped onion
1 teaspoon dried oregano
1 can (14½ ounce) Italian stewed tomatoes
½ cup mild cheddar cheese

Directions:

1. In a large skillet, cook chicken in oil over medium-high heat until no longer pink.
2. Add the macaroni, broth, zucchini, onion and oregano to the chicken in the skillet.
3. Bring to a boil. Reduce heat, cover and simmer for 7 to 8 minutes or until pasta is tender, stirring occasionally.
4. Stir in tomatoes and cheddar cheese.
5. Cook and stir for 3 to 4 minutes or until heated through. Makes 6 servings.