

Winston County Self Help Co-op's First 100 Days—by Frank Taylor

The United States' 109th Congress earned an infamous name as "do nothing congress" because of lack of productivity to benefit its constituents. However, November winds swept in new leadership into both houses; Nancy Pelosi and Harry Reid were selected as leaders of their respective branch of government. Reid & Pelosi's party mantra of "the first 100 hours", mandated positive change to move the disenfranchised citizens toward a living wage by 2009, prescription drugs, health care, code of ethics and revision of Homeland Security's regulations.

Winston County Self Help Co-operative's January meeting was held on December 27, 2006 3:55pm with 80 percent of its membership present. WCSHC revealed its mantra of "the first 100 days" was to complete 85 percent of its strategic plan by April. This will require members working collectively with a fever pitch effort to achieve this ambitious goal. Each co-op member accepted individual projects with expected completion dates within the first 100 days of 2007. Derek Hopkins, co-op member "stated that our strategic plan gives each member a working road map of WCSHC's long-term goal of helping save rural America". "The first 100 days" will service as catalyst for WCSHC success in 2007. "We will con-



duct a minimum of 10 official meetings in the first 100 days which includes outreach activities & monthly meetings, women in business workshop, home buyer education workshop, health fair, Arbor Day and field day activities". This momentum will allow each member to focus on crop production and manage their farm activities during the summer months.

WCSHC's February monthly meeting convened January 9, 3:55 p.m. at the extension office in Louisville, Ms with an energized membership ready to engage in cooperative business to create positive change in rural America. A fiery Dorothy Harper led WCSHC through a tempestuous agenda for 48 minutes of business decisions too enhance the livelihood in rural America. WCSHC welcomed two new members, George Wicks and Rev. Jack Miller. Points of discussions

were the vaccination schedule for heifers, home buyers fair, USDA update, project reports, leadership training and North South Institute Conference. Mike Skipper County Extension Agent gave an overview on animal health and stated that the co-op members need to prepare for a dry summer. State's meteorologist predicts an extremely hot and dry summer, therefore, farmers need to amend their forages by implementing alternative practices. Additionally, each member should cull vulnerable animals with an anticipation of drought conditions in early spring. Elder. George Miller reported on purchasing fence post and wire as a group venture. Several individuals expressed interest in buying in bulk and a formal decision will be made at the March meeting. Harper reiterated each co-op member should adhere to information presented on today and make preparations for a hot Mississippi's summer. February's meeting concluded with announcements and prayer for a stronger cooperative. Good relationships will help build a formidable organization. Our success depends on our relationship with each co-op member. WCSHC is "committed to help save rural America".

Eat Healthier, Use Grocery List to Save Time

Perhaps you've heard that it's a good idea to shop with a grocery list. Yet even when you make a list, you still forget to buy foods you need. Do some types of lists work better than others?

Many organizational experts recommend making some type of list with similar items placed together. Grouping foods by category on your grocery list helps you remember food items and avoid return trips to the store. Also, by grouping foods together, you're less likely to double back in the store for a food missed when in a particular section.

To save time, you might develop a form you can photocopy or print from your computer for weekly use. Keep your list in a central location where your family can add to the list as needed. Some people keep it on their refrigerator with a strong magnetic clip. Other people store theirs in a cupboard drawer. Be sure there's a pencil nearby where possible and or attach your pencil to a string.

Here are some tips for developing a master list for ongoing use. Consider listing foods by categories based on the My Pyramid Food Groups. This helps assure that your meals include a mix of healthy foods.

Some people like to arrange the categories in their list around the order in which foods are found in the store. Their master list may include such headings as "canned goods," "frozen foods," "fresh produce" and so on. The best way to develop this type of list is to go up and down the aisles of your store and record headings that describe your food purchases. Use the informational signs located in each aisle as a guideline. Or, check to see if your store provides a map showing where products are located and develop your master list from this. Be aware that stores do change where they place foods. Also, this type of listing works best if you shop mainly at one store.

Add some type of catchall grouping for condiments, staples and other food items that don't fit anywhere else. Include categories for non-food items that you purchase at the grocery store such as "health and beauty aids" and "household supplies". Grouping these items together has an added benefit of helping you see how much of your "grocery" bill is going for items other than food. In reality, it may be toilet paper or toothpaste rather than tomatoes or tuna that add the most to your "food" costs. If that is the case, be sure to check for coupons in the Sunday paper. Coupons are a cost savings to you. Also, consider shopping the dollar store for both nonperishable food items, health and beauty aides and seasoning which can usually be purchased at a fraction of the cost. Remember the power of multiplication, 25 pennies equals a quarter, and quarters added eventually equate dollars, and so on.

Winston County Self Help Cooperative January 2007 Activities:

- December 27, held January's monthly meeting.
- January 9, held February's monthly meeting.
- January 11-13, member participated in leadership training-University Arkansas at Pine Bluff.
- January 14, held youth January's monthly meeting.
- January 15, members participated in Martin Luther King's Celebration.
- January 16-18, 12 members participated in North South Institute Conference-Davie, Florida.
- January 19, leadership team meeting Louisville, Ms.
- January 21, youth group attended Mississippi State University's Women Basketball game.
- January 23, youth leaders participated in 4-H volunteer workshop.
- January 26, leadership team meeting Louisville, Ms.
- January 26-28 member participated in SAWG Conference-Louisville, Kentucky.

Scenes from the WCSHC Monthly meeting



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Co-op Member Celebrates 50th Year Announcements:



The Center Hill and Mars Hill Church families honored Superintendent Isaac Harris for 50 years in the ministry at Lake Tiak O'Khata Resort with a banquet. Over one hundred sixty people were in attendance to help commemorate the milestone. Superintendent Isaac Harris is an

active member of the Winston County Self Help Cooperative.

- WCSHC's March meeting February 5, 3:55pm at extension office Louisville, Ms.
- Home Buyer Fair February 5, 5:25pm at extension office Louisville, Ms
- Usda's Outreach Meeting February 19, 4:55pm at extension office Louisville, Ms.
- April's monthly meeting March 5, 2007 3:55pm.

"Saving Rural America"