

# Extension Honors Volunteers

WARREN (Warren Co.)—The Warren County Cooperative Extension recently held its annual meeting and awards presentation.

Several outstanding volunteers were recognized for their service to the extension office. Gib and Sara Mae Sanford of Youngsville and Richard and Victoria Gilkinson and family were honored.

Gib and Sara Mae Sanford have volunteered and assisted with many events, activities, and programs of Warren County Cooperative Extension. They have hosted

five extension educational programs for Christmas Tree Growers in the past five years, and along with their son Paul, they were the hosts of the 1994 Pennsylvania Christmas Tree Growers summer meeting.

Sara Mae was a member of the 4-H Development Council for more than 13 years serving in many committee positions, and she also was a "charter" member of the 4-H/FFA Livestock Sale Committee in Warren County.

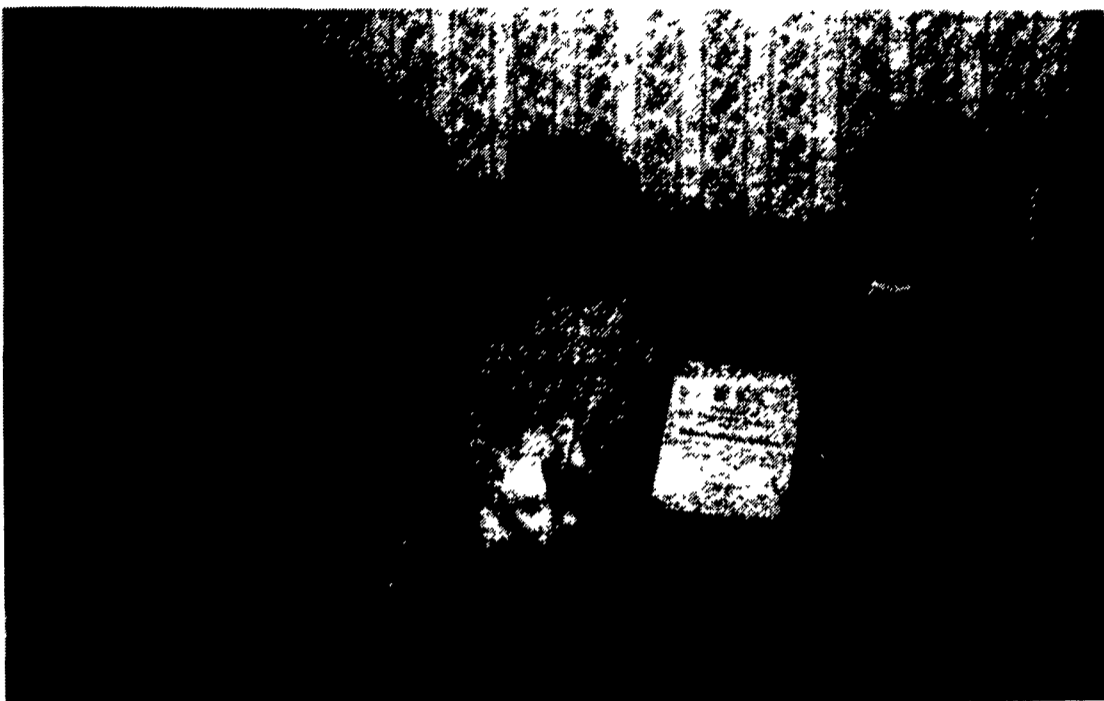
Gib was a member of the Extension Agriculture Program Advisory Committee from 1990-1992 and he has assisted the 4-H program in many ways. He has advised 4-H'ers on fund raisers and has plowed out the 4-H Center when events were scheduled.

The Richard and Victoria Gilkinson family of Lander are true volunteers who have fun giving of their time. Rich and Vicki and their five children — Tonya, Wendy, Junior, Tiffany, and Toni — have been international 4-H exchange hosts the past few years.

They have hosted three students from Japan, one from Costa Rica, and one from Germany. The Gilkinsons have made each of the exchange students feel like part of the family. They believe the students have gained an education both socially and culturally while staying on their family's farm.

But the Gilkinsons' volunteer efforts do not stop with the 4-H exchange program. This past summer, Rich allowed his intensive pasture grazing system on his farm to be part of a Penn State research project. Specialists and students studied the effect of invertebrate pests on pasture forages. Their findings are being compared to similar studies done in Pennsylvania as well as New Zealand. Rich has hosted pasture field meetings on his farm also.

The Gilkinson family has been actively involved in local ag in the classroom programs. Wendy, Junior, and Tiffany have participated in the skits, while Rich has volunteered to haul the kids to each of the schools.



The Richard Gilkinson family has volunteered countless hours to many extension programs. Seated from right, Rich, Vickie, Wendy, and, front, Tiffany and Toni enjoy the Volunteer of Distinction Award.



Gib and Sara Mae Sanford right, receive a Volunteer of Distinction Award from Pat Evans, left, president of the Warren County Extension Board. The Sanfords have conducted and assisted with many extension programs and activities.

## Time-Smart Preparation In The Kitchen

Are you looking for ways to save time in the kitchen that don't spoil the results? Below are listed some ideas that may help:

\*Make a quick stock flavoring for stews by combining onion, garlic and carrots in a blender with a little bit of water.

\*For oven-baked potatoes in a hurry, boil potatoes for 5 minutes before putting them in the oven or

put an aluminum skewer through each potato before baking. Either process reduces baking time by 15-20 minutes.

\*To cook dense vegetables (potatoes, carrots, squash) quickly without losing flavor or nutrients, cut 1/2 pound into 1/4 inch matchsticks and place in microwavable bowl or pan. Add 2 tablespoons water cover and microwave on

High for 5 to 7 minutes, stirring just once.

\*Shave off 10-15 minutes of meal preparation by using boned chicken breast halves.

\*Use your freezer and microwave oven to keep cooked pasta and rice readily available. Place 1/2 cup portions in 6 ounce custard cups, cover with clear plastic wrap and freeze. When firm, remove por-

tions from cups, transfer to freezer bags or containers and return to freezer for storage when needed. To reheat, place portions as needed.

utes. Do not add water. Source: TimeSmart Newsletter Fall 1994

back into custard cups and micro-

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