



Boone County EHC September 2010



Leader Training

“Fit in 10” is a research-based exercise program including the “Increasing Physical Activity as We Age” fact sheets and an exercise DVD. With this program you can get your exercise in one of two ways: 10-minute chunks throughout the day or all at once. The research-based Fit In 10 video can be done for 40 minutes or you can pick and choose the segments to create your own exercise experience. The focus of the next Fit in 10 will be on stretching. **This leader training will be on Tuesday, September 28 at 10:00 a.m. at the extension office.** Hope to see you there!

Board Meeting

A board meeting is planned for **Friday, September 3 at 10:00 a.m.** in the Farm Bureau Board Room. Further discussion on the fairs, Fall Council meeting, and fall trip will take place. All fair positions need to be filled by the completion of this meeting so come prepared to help with this please! All board members are requested to be there and each club should be represented.

Ozark District President’s Day

The Ozark District President's day will be **Tuesday, October 19 at Clarksville United Methodist Church beginning at 9:30 a.m. with registration and ending by 3:00 p.m.** The registration fee includes lunch and is \$10 for all the meetings. All counties are asked to help with the meetings by bringing a fall center piece for the door prize drawing and 2 silent auction items. The counties also need to bring 2 copies of their latest

county By-Laws and Standing Rules and should print a copy of the state AEHC By Laws and Standing Rules from the AEHC website and place in a notebook and bring to the meeting. Please hand in at registration one copy of your county By-Laws and Standing Rules.

The morning program will be devoted to Parliamentary Procedure and other matters of concern to clubs and councils. The afternoon program will give emphasis to county and state By-Laws and Standing Rules.

Joyce Hall, the chair for the District President’s Day and her committee of district directors have planned a great program that includes good information and fun.

We plan to post on the AEHC Website a list of AEHC 2010 Fall Activities. This includes your fairs, holiday food classes, and other educational opportunities that you want other counties to know about.

Betty Oliver

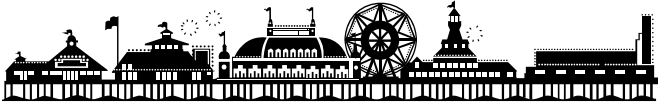
Please contact the extension office to sign up for President’s Day by Monday, September 27. Send \$10 registration fee to Phyllis Pokorny. Registration fee should be paid before you sign up.

Volunteer Hours

Please turn in your club volunteer hours and number of Ouch Dolls each month to Kathy at the extension office. We need to keep up with these numbers! Thank you!

Fair Volunteer Training

The board has voted that there will be no formal fair volunteer training this year. Department volunteers can be trained by Department Heads or anyone may visit the extension office for further help or instruction.



Fair Schedules

County Fair is September 15 – 18 and District Fair is September 19 – 26. We will need lots of help, so sign up today. We will also be needing judges for other counties so let Trudy know if and where you would like to judge.

Boone County Fair Schedule

Wednesday, September 15:

Check-in 3:00 – 6:30 p.m.

Wednesday, September 15:

Judging of Baked Goods and Flowers 7:00 p.m.

Thursday, September 16:

Judging 9:00 a.m.

Saturday, September 18:

Check-out 2:00 – 3:00 p.m.

District Fair Schedule

Sunday, September 19:

Check-in 1:00 – 5:00 p.m.

Sunday, September 19:

Judging of Baked Goods and Flowers 6:30 p.m.

Monday, September 20:

Judging 10:00 a.m.

Sunday, September 26:

Check-out 2:00 – 3:00 p.m.

County Fair Department Superintendents

If you would like to volunteer in one of the following departments, please contact the superintendent for that department or if you would like to volunteer to be a department superintendent, contact Trudy. We are in great need of department

heads in Baked Foods and Creative Writing! Please help if you can!

P.S. Those two departments will be easy ones!

Quilting – Phyllis Pokorny

Clothing – Marilyn Scroggins

Household Arts – Marge Kelly

Food Preservation – Darlene Lawrence

Baked Foods – ?

Jr. and Sr. Handicrafts – Emily Woodard

Woodworking/carving – George Cline

Art – Shirley Allen

Creative Writing - ?

District Fair Volunteers

We are in need of more volunteers for registration and check out during the District Fair. The following shows what we have and what we need. Please call the extension office to sign-up or make corrections.

Registration:

1. Sharon Chism
- 2.
- 3.
- 4.

Check-out:

1. Sharon Chism
2. Dorothy Leelman
- 3.
- 4.

Country Store Work Schedule

Store Hours: 11:00 a.m. – 9:00 p.m.

Except on check-in days which are listed below and Wednesday 22 which will be from 9:00 a.m. – 9:00 p.m.

Please have 2 people at all times. We need workers for morning, afternoon and evening shifts for every day of the fair.

County Fair

Wednesday, 9/15 – Quilters (2:30 - 6:00 p.m.)

Thursday, 9/16 – Harrison

Friday, 9/17 – Olvey

District Fair

Sunday, 9/19 - ?? (1:00 - 5:00 p.m.)
Monday, 9/20 - Harrison
Tuesday, 9/21 - Grubb Springs
Wednesday, 9/22 - Grubb Springs

Thursday, 9/23 - Olvey
Friday, 9/24 - Quilters
Saturday, 9/25 - Quilters

Fair Time

The fairs are just around the corner! Mark your calendars and let Trudy know if you would like to judge at any of the other fairs.

Baxter	September 14-18	Mountain Home
Boone (County Fair)	September 15-18	Harrison
Boone (NW AR District Fair)	September 19-26	Harrison
Carroll	August 30 – Sept. 4	Berryville
Izard (County Fair)	September 23-25	Melbourne
Izard (NC AR District Fair)	September 27 – October 2	Melbourne
Madison	August 30 –Sept. 4	Huntsville
Marion	August 30 –Sept. 4	Summit
Searcy	September 7-11	Marshall
Sebastian (AR – OK State Fair)	September 24 – October 2	Fort Smith
Stone	September 6-12	Mountain View
Van Buren	September 13-18	Clinton
Washington	August 30 –Sept. 4	Fayetteville

EHC Community Service Projects

Ouch Doll Update: The Health Department is short on Ouch Dolls and the kids miss them. Please turn in your number of Ouch Babies to the extension office each month.

Community Service Projects are:

September: Plan to bring exhibits to the fair

October: Bring children's coats and/or jackets for coat drive

November: Bring food items for Court House Christmas tree

December: Enjoy the season. Send a card to someone you don't usually.

List of Dates:

Leader Training – September 3
Board Meeting – September 28
Ozark District Rally – October 19
Ornament Workshop – October 25

Sincerely,
Trudy G. McManus
County Extension Agent –
Family and Consumer Science

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county extension office as soon as possible prior to the activity.