



The EHC Express



October 2008

County Council Officers

President	Shirley Black
Vice President	Marilyn Hines
Secretary	Wanda Nelson
Treasurer	Diana Wilson
Historian	Ann Reynolds
Publicity Chairman	Carolyn Lewis

DATES TO REMEMBER

Mon & Wed	Strong Women Program
Oct 10-19	AR State Fair
Oct 22	TLC Day
PLEASE NOTE DATE CHANGE	
Nov 6	Fall Council Meeting



Thought of the Month:

Happiness is the perfume you cannot pour on others without getting a few drops on yourself.

Household Hint:

Clean chrome with baby oil on a soft cloth.

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Salem, Arkansas 72576-0308

President's Corner



If you haven't had a chance to try out the Strong Women Program on Monday and Wednesday, stop by the fairgrounds at 8:30 a.m. and join the group. It is a great path to a healthier lifestyle by doing some structured exercise twice a week. The program is sponsored by the University of Arkansas, and the classes are presented by our county FSC agent, MaLinda Coffman. TLC Day is October 22nd; see article. Our Fall Council meeting is November 6th at the fairgrounds. Please join us for a fun and informative day. Bring along a potluck dish for lunch following the meeting. We are always collecting school products for our annual backpack project. Thanks to each and everyone of you who donated items for the Country Store at this years county fair. The proceeds of \$305.45 will help fund many of our EH projects in Fulton County.

Shirley Black
FC EH President

Member Information

PLEASE NOTE

EH Fall County Council Meeting

Due to scheduling conflicts, the EH Fall County Council meeting has been changed to Thursday, November 6th beginning with registration at 9:30 a.m. in the Hickinbotham-Miller building at the fairgrounds.

Club responsibilities are as follows:

- **Registration/Decorations**
- **Mammoth Spring**
- **Hostess – Salem**
- **Welcome & Pledge – Saddle**
- **Memorial & Door Prize – Heart**

There will be a potluck lunch following the meeting. All EHC members are invited to attend, please bring along a guest and introduce her to the Extension Homemakers Program.

Strong Women Program

The Fulton County Extension Office is offering the Strong Women Program on Mondays and Wednesdays from 8:30 to 9:30 at the Fulton County Fairgrounds, Hickinbotham-Miller Building. For more information, contact MaLinda Coffman at 895-3301.



TLC Day

TLC Day is Wednesday, October 22nd at 9:00 a.m. at the fairgrounds. A program on making greeting cards will be presented by Karen Langthorne. A packet of supplies will be available for a small fee. MaLinda Coffman will teach leader training for the November program on Financing Long Term Health Care and the January program on How To Brighten Your Day. Bring along a sack lunch and a friend and join us for a day of TLC.

Club News

Heart:

September news: The Heart Club met on Wednesday, Sept. 3rd with 12 members present. Gloria Waszak was the September hostess and treated everyone with a delicious yellow cake fully decorated with coconut and cherries. Her inspirational was titled "Quilts and Churches"; how appropriate. Thanks, Gloria. It was decided that October 21st will be our Christmas stocking workshop. Members will bring holiday material, a yard or two; Carolyn Lewis volunteered to go to Marshal's in Batesville to get the fusible webbing wholesale. We can always count on Carolyn to volunteer. President Shirley Black reminded us the District Fair starts Sept. 22nd with the exhibit check in. Also, Friday is Fulton County Day at the fair, and volunteers are needed for sitting in the exhibit rooms and manning the gates. The program was all about budgeting and managing money. No members present follow a budget, but all of us are careful when spending. Opal Willis and Marilyn Hines presented their show-and-tell. Opal brought in her pyramid quilt, and Marilyn showed her flower garden wall hanging. Both are lovely and show how talented they truly are. The meeting was adjourned about 2:00 p.m. with the reading of our creed. The Heart Club meets the first Wednesday of each month at the Heart Community Building, and we welcome guests and, hopefully, new members. Call Lucille at 895-3077 if you want to join us at our November meeting. Submitted: Lucille Wermes

Extra news: On Monday, Sept. 22nd, four long-time members of the Heart Club met at the Heart Community

Building to quilt, eat, and clean. They made and served pinto beans, corn bread, onions, fresh pears, and cookies. To work off this delicious meal, Freda Smith, Bobbie Mooney, Gay Williams, and Ruby Evans vacuumed, cleaned closets, threw out a lot of old stuff, etc. The Community Building never looked so good. Thank you, ladies, for the cleaning. I know you had a fun, friendly day.

Mammoth Spring:

September news: The Mammoth Spring EHC met on September 16, 2008, at Simmons 1st Bank in Mammoth Spring. There were six members present. We also had two guests from South Fork River Therapy and Living Center of Salem, AR. They were Cindy McKinnon and Linda Wahl. We enjoyed having them and hope they will come again. They joined right in, with Linda cutting some squares for a laprobe and Cindy tacking a laprobe. Some of the members cut patterns for the hats we are making for cancer patients, and others tacked. It was a very productive meeting. We had a good lunch and so many selections for dessert. I think almost all of us over-indulged in that area. We opened our meeting with the pledge to the flag. During our meeting we discussed the Council Meeting, which is Nov. 6th. We closed with the creed. Submitted by Dorothy Herbold, Vice President and Secretary.

Saddle:

September news: The Saddle Extension Homemakers Club meeting on Sept. 4, 2008, was called to order by President Ann Reynolds. The pledge to the flag was recited. Edna French gave the inspirational, titled "Hugs for

Everyone." Five members answered roll call to the question, "Do you have a monthly budget?" The secretary and treasurer's report was given by Betty Anders. Unfinished business: Liz and Elsie delivered 17 lap robes to the Legacy Hospice of North Arkansas. The club will continue to make more and have them ready by Nov. New Business: The Fall Council Meeting will be Nov. 6, 2008. Saddle will be responsible for the welcome and pledge. Ann Reynolds will be in charge of these. Due to two missed meetings the club held belated election of officers. They are as follows, President, Ann Reynolds; Vice President, Diana McIntosh; Secretary/Treasurer, Betty Anders; Historian/Reporter, Elsie Bailey; Community Service Chairman, Marlene French; Education Chairman, Edna French; and Leadership Development Chairman, Liz Walton. It was decided members would take turns giving the programs. The leader or person that attends TLC will see the program information is given ahead of time to the members. Oct. – Betty Anders; Nov. – Marlene French; Dec. Christmas Party; Jan. – Elsie. Edna gave the program, Money Traps That Keep You Broke. The meeting closed with the EHC Creed. For show and tell, Marlene French brought a quilt top she had completed, Edna brought 12 lap robes she made, Betty brought a beautiful quilt her daughter had made and given her for her birthday, and Ann had a silk flower centerpiece she had made. Nice things, ladies!! The members sorted fabric that had been donated to the club. Several members took fabric home to make more lap robes for Hospice and small quilts for Head Start. The Saddle EHC meets the first Thursday of the month at the Saddle community building at 9:30

a.m. All interested persons are invited to join. For further information, call Edna French at 895-3860 or Elsie Bailey at 856-2801. Submitted by: Elsie Bailey

Salem:

September news: The Salem EHC met in the Westside Apartments dining area at 10:00 a.m. on Sept. 9th. Barbara Darneille brought 31 pillows that she had sewn, and Barbara Coleman brought her sewing machine and sewed them after the other members stuffed them. They will be sent to the AR Children's Hospital in LR. Our regular meeting was held, and we had all members present plus a new prospective member, Sandra Pennington. We celebrated Barbara Coleman's birthday, which was actually last month but we didn't have a meeting due to the fair dates. The program was given by Alene and was entitled "Money Traps That Keep Us Broke." The new and old business was discussed last. Barbara Darneille resigned as secretary; Diana Mason will replace her. The officers plan to meet on Oct. 1 at 9:30 a.m. to check the books and do an audit. Our club will be hostess for the Fall Council Meeting on Nov. 6th. This means setting up the table for the potluck and cleaning up the kitchen. We need everyone to help with this project. Diana Mason will serve as hostess for the next club mtg., which will be on Oct. 14 at 10:00 a.m. The meal will be pot luck, and members should bring their own table service. There are no birthdays in Oct. so we will have a Halloween party. We extend a warm welcome to Sandra, who moved here from Kentucky. Take care and please remember Fall Council is right around the corner. Submitted by Alene Bates

Fulton County Fair

Some of you will have exhibits qualifying to go on to the Arkansas State Fair, and they will be transported to Little Rock on September 29. They will be judged prior to the opening of the fair on October 10 and will remain on display for the 10-day fair. Those exhibits will not be returned to Fulton County until the last week in October.

District Fair Best of Show Winners



Congratulations to:
Food Preparation
Cakes – Diana Wilson
Cookies – Diana Wilson
Household Arts
Quilt Blocks & Tops–
Gloria Waszak
Knitting – Beverly Reeves
Swedish Weaving – Lu Wermes

Send your news and updates for next month's issue of the EHC Express to:

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University of Arkansas, United States Department of Agriculture
and County Governments Cooperating.

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