EHC Quarterly in Harrison

Mark your calendar for January 23rd! It is time to get excited about the next EHC Quarterly Fun and Learning Day which we will host. We will have lessons on Clean and Green, Brain Games, Understanding Personalities, and Gluten Free. A committee of Boone County EHer has volunteered to plan extra activities for this program so it is sure to be fun and exciting. If you would like to be on the committee, we welcome you! I hope each of you plan to attend this fun day which will also be packed with information to help you, your club members, and your community. Each club should send one or more representatives and bring friends! The more, the merrier! Let’s try to have as many members attend as possible since our county is hosting! This meeting will be at the JPH Center. Details will be available a couple weeks before the event so be sure to ask for your registration form!

A little about the lessons:

Should You be Eating Gluten-Free?
What is gluten and why are people avoiding it? Find out why and how people are eating gluten-free? This lesson includes instructions for eating gluten-free including recipes.

Understanding Personalities
One of the biggest challenges we face when communicating with others is that individuals often have very different approaches to life. A highly organized person may become frustrated with a co-worker who is creative but disorganized. An abstract thinker may be dismissive of a task-oriented person who cannot see the big picture. These differences can lead to conflict and communication problems. Understanding personality types provide one way to see how people make decisions and why they sometimes clash. They help us understand what situations are likely to stress particular people. And they can help us communicate more effectively based on a better understanding of ourselves and how we relate to others. Credit to Michelle Collins & Julie King, 2004

Brain Games
Regularly stimulating your brain with mental exercises will improve your brainpower. It will increase your alertness, creativity and thinking speed. What this means is that you’ll be better able to remember where you parked your car or when is your next doctor’s appointment. You may even be able to help your grandchildren with their homework. Studies show that your brainpower can improve by up to 10 years simply by stimulating your brain with games. This lesson is about brain games. Brain games is a fun term for mental exercise.
Clean and Green

Using appropriate cleaning tools and supplies will do a better job, will save time and may cost less. Read labels on cleaning supplies and know the job each ingredient is best for. For example, alkalis are good grease removers, while acids can remove hard-water deposits.

Many commercial cleaners are expensive and can be duplicated with products commonly found at home. Products made at home are usually not as “strong” as commercial ones. Additional time or a little bit more elbow grease may be needed for the homemade product to clean efficiently. However, in return, you have just as clean a home without the hazards to the environment or to your health. Plus you can also involve children in helping you clean.

Educational Workshop
March 11, 2015 – 4-H Center, Ferndale, AR

Open to Council and Club officers, members interested in becoming officers and FCS agents. Registration and program information will be available here in February 2015. This wooded serene countryside location is west of Little Rock, makes for a wonderful short vacation get-away. Affordable lodging available for those wishing to come the evening before the training. Look for complete information and registration around first part of February.

Annual Quilt Workshop

Each year the Boone County Quilters EHC puts on an extensive quilting workshop. It is normally held each Thursday in February and some Thursdays in March. If you are interested in quilting, plan to attend this great workshop. Details will be available at a later date.

EXTENSION GET FIT

The new year brings new resolutions for doing something different. Let your something be getting involved in strength training. It seems many individuals have barriers to doing strength training. See if any of these barriers seem familiar to you: too busy, don’t feel like it, have an injury that doesn’t allow me to exercise, take care of my grandchildren, health isn’t good enough to exercise. These are all important priorities but strength training should also be a first priority because having an active lifestyle or recovering from an injury isn’t possible if you lose your strength.

Why strength train?

Strength training improves:

- Muscle mass
- Strength and balance
- Bone density
- Arthritis symptoms
- Metabolism
- Blood sugar and Cholesterol
- Mood and attitude
- Decreases depression
- Allows you to sleep more soundly
- Increases energy level
- Socially, allows you to enjoy others’ company and build a new circle of friends

Are you getting the amount of the right types of exercise?

I often hear people say they do not need to strength train because they walk or garden. Walking for exercise is great as are household chores but they are not enough to keep your current level of strength. Current exercise guidelines recommend that adults regularly engage in three types of physical activity:

1) cardiovascular, aerobic or endurance (75–150 minutes per week of walking/ jogging, etc),
2) strengthening or resistance training (2-3 times per week of weight lifting, stretch bands, resistance machines, etc.),
3) stretching or flexibility (performed every day or at a minimum after completing above exercises).

In addition to the general guidelines, older adults should add balance exercises to their fitness routines.
**Why Extension Get Fit?**

This research-based program offers a variety of possibilities including the Strong Women and Men program and other routines using equipment such as stretch bands, stability ball, medicine balls, free weights, floor mats, etc. This program reaches all major muscle groups and can also include emphasis on lower back or small joints. Also, safety always comes first. Exercises may be tailored to each individual’s needs and fitness level. Extension Get Fit is safe, structured, and affordable. It is appropriate for all fitness levels, provides a supportive group environment, and it’s fun!

**How do I find out more about Extension Get Fit?**

Attend an orientation meeting on January 20th at 9:00 a.m. at St. John’s Episcopal Church in Harrison. You may also call the Extension office at 741-6168 for more information.

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**OLD TIME FOOD and RECIPES: JANUARY 2015**

Written by Terry Edwards, Boone and Newton County EHC Quilters

Ladies, I thought you’d be ready for a change from garden articles, and might enjoy reading about the old-time food - some VERY old-time indeed - made and eaten in Britain, America, and elsewhere. Some of the recipes are just included for interest, but many are still being used in modified form today. Some will be from very grand homes indeed, but most are from the families which formed the backbone of our countries: pioneer settlers, hunters, farmers, craftsmen, quarrymen, miners, spinners, weavers, fishermen and such.

Since most work done in the past was much harder physically and frequently performed for long hours out in the bitter cold, the food often contained a much higher proportion of animal fats and sweeteners than we would use today - they needed it! But as most families, rich or poor, grew and ate as many vegetables and fruits as they could to add variety and help eke out the meat, their diet was more balanced than you would think at first sight……

At any rate, this simplest old recipe of all comes from the British Isles and is still used today for young children, the elderly, or anyone feeling a little frail. In Wales it is known as 'Pobbies', ("Here luvvy, Mam's made some lovely pobbies for you! Now you COULD manage to eat a bit of that, couldn't you?")

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**POBBIES**

Take some nice white bread slices, cut into small squares, put into a porridge bowl, and sprinkle with sugar and a few tiny dabs of butter here and there. Pour on warm milk, let it soak in, and then eat with a spoon.

This is real comfort food, and made a feverish child tucked up in bed feel very special…… and I am sorry to say that in our house there was always the current resident kitten tucked under the blanket, waiting to help clean up the last tiny bit that the invalid couldn't manage…… ("That dratted cat! How did it get in here again? Come on Pussy, there's a nice saucer of fish for you in the kitchen…..")
EHC Community Service Projects

**Jan:** 1 box of signed children’s Valentines per club for nursing homes

**Feb:** School supplies for Eagle Heights & Lead Hill

**Mar:** Begin making items for Mother’s Day and Father’s Day for nursing homes

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**Dates**

**January 20:** Extension Get Fit Orientation

**January 23:** Quarterly Fun and Learning Day

**February-March:** Annual Quilt Workshop

**March 11:** Educational Workshop

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Sincerely,

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