Happy New Year!

I hope you all had a wonderful 2015 and are looking forward to a fantastic 2016 in EHC! I know this year will be our best year yet! Within the newsletter you will find several dates to put on your 2016 calendar as well as events and other information to help you get your New Year started out on the right foot.

If you are new to EHC, here is some information about our state organization.

Arkansas Extension Homemakers Council

Since 1912, members of the Arkansas Extension Homemakers Council (AEHC) have made it their mission to empower individuals and families to improve their lives through continuing education, leadership development, and community service.

The organization is one of the largest nonprofit volunteer groups in the state with a membership of 4,400 and over 350 clubs. Extension Homemakers, the Cooperative Extension Service, University of Arkansas, and the United States Department of Agriculture are partners in providing education to families throughout Arkansas.

Winter Tri-County Leader Meeting/ Fun and Learning Day

We have a wonderful Tri-County meeting planned and we are hosting so please plan to attend. On January 11th from 9:00 am – 2:00 pm we will have a variety of program topics and a couple different speakers as well as lunch from Neighbor’s Mill. Bring $5.00 cash for lunch and let your agent know if you are planning to attend for an accurate lunch count.

Our day will begin at 9:00 am with a presentation on Project Books so that we can all begin collecting the information needed to make a project book during the year. Next, Dr. LaVona Traywick, Associate Professor – Gerontology with the UofA Cooperative Extension Service, will be presenting her Keys to Aging lessons “Home Safety” and “Tuning into the Times”. Following lunch, Dr. Traywick will also lead us on her Deskercise program which is seated exercises that everyone should do on a regular basis to improve overall health. We have some wonderful decorations planned so feel free to come early to help decorate or register participants. Our snow date is January 25th should we happen to get snowed out on the 11th so put both dates on your calendar. I am excited about this meeting and believe that everyone will really enjoy it so I hope to see all of you there.
County Board Meeting

The county Executive Committee, county educational program chairs, and president or representative from each club make up the county board but all are welcome to attend meetings. To start out the new year, we will be doing some planning during a board meeting on January 13th at 9:00 am. Let’s plan another fun year in EHC.

Officer Training

- Next Officer Training-- County Council Officers training will be **March 9, 2016**
  4-H Center, Ferndale, AR
- Open to all Council and Club officers, and members interested in becoming officers, and FCS agents. Information about this training and registration will be available in January 2016 on the website. The 4-H Center is located west of Little Rock, nestles in a wooded serene country setting, which makes for a wonderful, short vacation get-away. Affordable lodging is available for those wishing to come the evening before the Training.

Annual State Meeting

- June 7-9, 2016
  Hot Springs Convention Center, Hot Springs, AR

Celebrating the year’s achievements and projecting for the future, AEHC meets at Hot Springs each June. Mark your calendars now with this date! Around mid-March information about this year's State Meeting will appear here along with online registration and instructions for paper registration. Deadline for registering for State Meeting will be May 1. Educational, How-to, Creative Skills and Subject Matter classes, as well as awards and recognitions will highlight the meeting. Everyone is encouraged to attend.

District Presidents Day

- October 18, 2016  Ozarks Presidents’ Day
  Conducted in even-numbered years, Presidents Day is open to council and club officers and club members who are interested in becoming officers, and to all FCS agents.

Boone County Quilter’s EHC Quilt Workshop

This year’s Quilt Workshop is sure to be a great one! The Quilters have been working hard to plan another fantastic program for this year! The theme is *Traveling the Ozarks*. Workshops are each Thursday, February 4 – March 10, 9:00 am to noon, at the First Methodist Church Family Life Center on Bower Street. Our snow day is the 17th.

We will have demos and patterns and one vendor each week. The workshop is free but freewill collection will be taken for expenses. Come and enjoy!
Extension Get Fit in the New Year

The holiday food days are finally over and it is time to burn those calories off and get back into shape! One of the best ways to stay dedicated to an exercise program is to enjoy exercise with the comradery of a group. A great and inexpensive group program is the University Of Arkansas Division Of Agriculture Cooperative Extension Service’s Extension Get Fit strength training program! Whether you have been trying to stay fit or you have been too busy with other things, the Extension Get Fit program can meet your strength training needs. Find out more about the Extension Get Fit program at an orientation on January 8th from 9:00-11:00 am at St. John’s Episcopal Church. Classes begin accepting new participants on January 11. Six classes are being offered throughout Boone County. Times vary depending on class. To pre-register or learn more about the program, contact the Extension office at 741-6168.

Why should you consider strength training? 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

EHC Community Service Projects

**Jan.:** One box signed children’s Valentines per club for distribution at nursing homes.

**Feb.:** School supplies for Eagle Heights, Lead Hill & Woodland Heights.

**Mar.:** Begin making items for Mother’s Day (nursing homes) and sugar free candy for Father’s Day.

**Dates**

- January 8 – Get Fit Orientation
- January 11 – Winter Tri-County Meeting
- January 13 – County Board Meeting
- February 4-March 10 – Quilt Workshop
- March 9 – County Council Officer Training
- June 7-9 – Annual State Meeting
- October 18 – Ozarks Presidents Day

Sincerely,

Trudy G. McManus
County Extension Agent – Family and Consumer Science
THE OLD TIME KITCHEN: January 2016
Written by Terry Edwards, Boone County Quilters and Newton County Pioneers

STEAK AND KIDNEY PIE

Come January and February, life in Britain usually gets cold, damp, and downright nasty, often with heavy snowfalls, icy roads, and frozen pipes, so traditional recipes usually concentrated on hot, sustaining comfort food, especially for farmers and outdoor workers who really appreciated a good, hot, substantial meal when they finally made it home...... One of the great favorites was Steak and Kidney Pie (renamed by our local butcher, Mr. Clark, as Snake and Pygmy Pie, to the joy of all the local small boys).

This is how it was made:
First take 2 lbs. of stewing beef and about ½ lb. of kidney, two large onions, seasoning and flour. Cut up the meat into bite-size pieces - the kidney is to enrich the gravy, but you CAN manage without it if you add ½ lb. of extra beef - not so good though.... Then roll the meat well in plenty of seasoned flour, and brown in a little hot fat on top of the cooker. Transfer to a suitable Dutch oven or casserole dish, and add the chopped onions plus a little thyme if available. Pour on plenty of good beef stock and add a glass of beer if you have it, plus any nice leftover gravy if available. Cover, and cook slowly in a medium oven until really tender, and the gravy has thickened - say about 2 ½ to 3 hours at 350°F. Allow to cool, and put in a cold larder overnight (these days in the refrigerator). This allows the flavors to blend and deepen.

Next day, turn the oven to 400°F, and make some of your best short crust pastry using about 8 oz. flour, and 4 oz. lard or shortening. Cover the meat with a nice pastry lid, making a hole for the steam to escape, and put the whole thing into the oven, turning down the heat to 350°F after 15 minutes. Cook for about ¾ of an hour to 1 hour, covering the pastry with greased paper if it starts to get too brown. Oh boy! The wonderful smell - I can still hear my Dad, stamping the snow off his boots, and opening the door into the warm kitchen, a smile spreading over his face, “Eh! Snake and Pygmy Pie tonight lass - Well done!”