FROM THE PRESIDENT'S DESK

Once again we had a special time at the State Convention. Dorothy Leelman, Carolyn Gaitlin and myself plus Trudy MaManus represented Boone County. We went to several interesting meetings on Organizing Your Clutter, Cooking Arkansas Food and Driving Arkansas.

Carolyn went to a craft class on burlap. She was very excited about the many ways to use burlap in decorating. This was taught by 4-H girls. I took a class on a flower pin cushion.

We now have a new Ozark District Associate Director. Her name is Ruth Hall. She had the cutest hand-out. She covered the word baby on a candy bar making it Vote for Ruth. She has been in EHC for 20 year.

Statewide we have 4500 members. The value of our volunteer hours for the entire state is $32,875,685. We had a total of 1,768,038 hours. There were a total of 97 project books turned in this year. We did not turn any books in but I hope we will be able to do this next year.

One of the classes I took was on apps for your phone. I have a list of them I would be glad to share with anyone interested. Some of them are on dieting, heart rate, city guides, and money. The Cooking Arkansas was interesting in that I was not aware of how many different foods we grow here and what the ranking we are in their growth. We are #1 in rice production and second in chicken. We are third in turkey production.

I have a new Curtain Call book that you are welcome to use. It has a few items that we have not seen before.

Don’t forget to sign up for the fair. As usual we need a lot of volunteers. Remember It (the yellow building) should be air conditioned this year. See you there.

- Emily Woodard
Boone County EH Council President
Date Change for EHC Fun and Learning Day

Please mark your calendar! The date for Fun and Learning Day has changed! It will be July 10th at the JPH Center beginning at 9:00 a.m. and lasting until around 2:00 p.m. We will have a guest speaker on recycling. Renee Myers will be giving a presentation on Food Preservation and the Fair. Renee Myers, Agent from Marion County, has been trained in food preservation by the University of Georgia and is part of our state food preservation specialist group. Also, one of our very own, Cindy, will be teaching a lesson titled “Dance for Your Health” and we will be dancing in our chairs. We will have a picnic theme so be ready for an indoor picnic. Watermelon and beverages will be provided but you can bring your own picnic lunch. Please call the Extension office to let us know if you plan to attend.

Complete Your Club Audit

For all clubs who have an account or any savings, please select an audit committee in your club and prepare for the audit which should take place the beginning of July. Completed audits are to be submitted to the Extension office as soon as possible after completion. These must be turned in by July 29 at the latest. Audit papers have been mailed to the club treasurer. If they are not received, please call the Extension office ASAP. Financial Audits should be from July 1, 2014 to June 30, 2015.

Dues

The state dues of $4.00 person and $5.00 per club are due by July 22nd. Clubs should collect these dues and then send in one check or total amount cash to Ann Brisco. Please check to make sure your mailing list is up-to-date and corresponds with the amount of dues paid to state AEHC.

Membership Mailing List

It is time to turn in our yearly paperwork for EHC. Clubs should have the following forms to be completed using the correct forms and returned to the Extension office by July 22. Forms were mailed to club secretaries. Please check to make sure your mailing list is up-to-date and corresponds with the amount of dues paid to state AEHC. This means the secretary must work with the treasurer in completing the mailing list. If you still need forms, contact the Extension office.

- Membership Mailing List – Make sure it is correctly updated
- Club Officer and Leader Mailing List
- Turn in total volunteer hours for the year

Yearbooks

We have planned ahead for the next two years. Yearbooks should be ready in early July. Price will be determined at that time.

Name Tags

If you would like an EHC nametag, Ann Brisco will be taking name tag orders through August. The cost per nametag is $6.25.

Needing Some Knives?

The ongoing EHC fund raiser is selling Rada knives. Rada knives are always for sale at the Extension office. We currently have a good supply of knives and a few other kitchen utensils. Come purchase and try out one of our new items we are currently carrying. Anyone can purchase these products at any time during the year so send all your friends and neighbors to the Extension office for their Rada needs!
**Fair Dates and Judging**

Calling all fair volunteers and judges! Please mark the following dates on your calendars! It is fair time! If you have been trained to judge at fairs or have experience judging at fairs, please contact Trudy at the Extension office to sign up for the fairs at which you would like to judge. The Benton County and other fairs will be here before we know it and they need judges signed up ASAP.

### August
- **11-15** Benton Co. Fair – Judging: August 10, 9:00 am
- **22-29** Carroll Co. Fair – Judging: September 1, 9:00 am
- **31-Sep 5** Washington Co. Fair – Judging: August 31, 9:00 am
- **23-30** Newton Co. Fair – Judging: August 24, 9:00 am
- **16-23** Madison Co. Fair – Judging: August 17, 9:00 am

### September
- **8-12** Marion Co. Fair – Judging: September 9, 10:30 am
- **15-19** Baxter Co. Fair
- **16-19** Boone Co. Fair
- **20-27** NW Arkansas District Fair - Harrison

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**Sew with Cotton**

The Extension office has received information on this year’s Sew with Cotton Contest so you can get instructions and registration forms from the office or from the Arkansas Farm Bureau website at [http://www.arfb.com/userfiles/editor/docs/contests/Sew%20with%20Cotton%20Booklet%202015.pdf](http://www.arfb.com/userfiles/editor/docs/contests/Sew%20with%20Cotton%20Booklet%202015.pdf)

The deadline for registration forms is October 26th so now is the time to be thinking about what you would like to enter. State judging will be **December 04, 2015** during Arkansas Farm Bureau's state convention. Prizes for 1st – 5th place range from $400.00 to $50.00.

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**EHC Community Service Projects**

- **July**: Prepare an educational booth for the fair
- **August**: Diapers for Share & Care or Sanctuary
- **Sept**: Exhibit and volunteer at the fair

**Dates**

- **July 22**: Club & State Dues
- **July 22**: Membership Mailing List
- **July 29**: Club Audits

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Sincerely,

Trudy G. McManus  
County Extension Agent – Family and Consumer Science
Here are 2 very old recipes still used all over Britain and Europe, which travelled with the settlers over here to the New World long ago. Both taste nice, and are good for you as well - more one cannot ask.....

**Elderflower Summer Drink**

Pick and wash 6 large heads of flowers from the Black Elderberry Bush. They must be just fully open, but not going over, or the flavor will be spoiled. Cut off as much of the stems as you can, and discard. Put into a very CLEAN bowl or bucket. Add 2 lemons, thinly sliced, 1 tablespoon of apple vinegar, 1/2 cup or more of honey to taste, 6 cups of water. Stir WELL, cover with a clean cloth, and allow to soak for 2 days. Strain, put into clean bottles, cork, and put in a cool place to keep for a few days (these decadent days, in the refrigerator). If you leave in a really warm place, the drink may ferment, and the bottles explode! This actually happened to me many years ago, and it made a frightful sticky mess, all over a basket of clean washing. . . . I remember it well. You can either drink it straight, or dilute to taste. Very refreshing. . .

**Elderberry Syrup - excellent for colds, flu, sore throats, etc.**

Pick some nice ripe black elderberries, wash, and put in a pan with a tiny bit of water. Simmer gently until the berries have burst, and the juice is running. Strain, discard the berries, and put the juice back in the pan with 1 3/4 cups of sugar to each pint of juice. Add a few cloves if you like the flavor. Bring to the boil, stirring gently, turn down the heat, and simmer for 30 minutes. Pour into clean, sterilized bottles, screw on the lids, and store in a cool, dark place.

You can take this syrup neat, or dilute with warm water, and it really will help with those winter infections.

NOTE: If you want to keep either of these drinks over an extended period, it is best to sterilize them as for canning fruit.