Spring Trip

Get ready for fun!! We are off to Crystal Bridges again for another exciting experience with amazing art on May 8. If you went last time, you are still in for a treat since some displays change. Tours take place each day at 1:00 p.m. as well. Our car pool will meet in the old Fashion Center Mall parking lot to leave by 9:00 a.m. If you plan to attend or if you can be a driver, please call the Extension office. The group will probably eat lunch at the food court in Crystal Bridges which runs around $10 per meal. Beautiful walking trails surround the art museum so this is also a possibility after touring the art. If you plan to attend, please contact Trudy by May 7.

May is EHC Month!

May is EHC month and this means that this is a good month to promote EHC and make an even bigger attempt to bring in new members. Share what EHC has done for you with everyone you see or have special meetings to invite others. You could also celebrate the history of EHC at your meeting. Let’s get creative! What will you do to celebrate EHC month?

NEW EVENING EHC
Interest meeting May 21

For EHC month, the Boone County Council will be beginning a new club that meets in the evenings to accommodate those who cannot meet during the day. The following article will be in the newspaper closer to the date. We need your help to spread the word!! Tell all your friends and particularly those who could better participate in the evenings! We also have flyers ready so feel free to pick some up to handout or hang up anywhere in the county. Your support is greatly valued

Boone County Extension Homemakers Clubs (EHC) have plans to begin an evening EHC. EHC is comprised of members between the ages of 19 and 100. Some potential members often work outside the home and have too many day-time responsibilities to attend club meetings during the day. The evening club aims to allow interested persons the opportunity to be a part of the educational and community service based organization.
An interest meeting for the new evening club will be held at 5:30 p.m. May 21 in the All About Me Learning Center, located across the highway from Harrison High School at 920 Goblin Drive.

The new club will offer the opportunity for homemakers to learn new skills in a wide variety of interests and topics, and share their skills and abilities with a diverse group of men and women. A light meal and childcare will be provided at the first meeting.

Some of the benefits of being an EHC member include:

- community service opportunities
- meet new friends and share with old friends
- explore new places on fun trips with friends
- utilize helpful information from the University of Arkansas
- learn and enjoy new skills and share individual skills with others
- participate and enjoy in EHC fun and educational days, which include, local, county, district and state activities.

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.

For more information, call Trudy McManus, county extension agent-family and consumer science at (870) 741-6168.

Annual State Meeting

It is time to think about the state meeting. Trudy McManus has reserved 3 rooms at the Embassy Suites in Hot Springs.

You can get the entry form on the computer or Trudy can give you a copy. April 24 was the deadline to have registration in to Trudy and money to Anne Brisco. After that date, there is a $10 late fee. The cost is $30 registration fee and $20 for each lunch for a total of $70. Evening meals are on your own.

The dates of the meeting are June 2, 3, and 4th. Remember that Tuesday is Red Shirt Day.

The theme is “My EHC Legacy”. The table decorations are to be patriotic. We need to bring the centerpiece and 2 silent auction items. If you have something to donate for this, it would be appreciated. This year the cultural arts item will be a Holiday wreath. They are judged and displayed.

- Emily Woodard
  Boone County EH Council President

Come to the State meeting with a great attitude, and let’s have fun.
Cultural Arts - Krista Brimer, Chair, White County

The entries are to be holiday wreaths.
- Each county may select the holiday of their choice to make their design.
- One wreath per county
- The wreath will go home with the county/creator at the end of the state meeting
- There will be containers in front of each wreath to "vote by money" on a winner for popular vote, there will also be a winner selected by a committee.
- The overall winner will be selected by a committee made up of individuals from the three district teams.
- The winners (both popular vote by money and committee selection) will be awarded certificates and small plaques.
- Judging will be based on the elements of: design, originality, durability, and attention to detail.
- No specifications on size, but nothing larger than will fit on a single door.
- Money raised from popular vote will go directly to the AEHC scholarship fund.

Table Decorations for Tuesday and Wednesday Luncheons- Bettye Johnson, Chair, Jefferson County

Each county is to bring a table decoration. The table decorations for Tuesday and Wednesday will have a patriotic theme. You may use silk flowers with flags, military logos, USA logos, etc. your choice . . . just so it is patriotic. Make arrangement in an unbreakable container or basket. Colors will be red, white and blue. Maximum height is 18.” Maximum diameter is 18.” Arrangements will be given away as door prizes on Thursday. District teams are in charge of the drawings. For a chance to win, each person must place his/her meeting name tag in the boxes as they enter Horner Hall on Thursday morning.

The Mabelvale Home Demonstration Club (a girl’s canning club) was the first club organized in Arkansas, and actually has the distinction of being the oldest in the nation. The building is still standing and is owned by the Mabelvale United Methodist Church (Pulaski County). Miss Emma Archer, a teacher at the Mabelvale School and later an agent, organized this very first canning club. The club was renamed Mabelvale Home Demonstration Club in 1914. A historical marker was erected on the property in 1953. Elizabeth Hill, is quoted in her book, A Splendid Piece of Work, “In Arkansas, organized home demonstration activities for women under the Smith-Lever Act of 1914 began in 1915 with seven counties . . .” One of these clubs, Sweet Home EH in Pulaski County is celebrating its 100th year June 16. Pictures of this building are posted on the Arkansas Extension Homemakers Council – UAEX facebook page.

EHC Community Service Projects

May: Celebrate Mother’s Day
June: Start making things for the Country Store
July: Prepare an educational booth for the fair

Dates
May 8: Spring Trip
May 21: New Evening Club Interest Mtg.
June 2-4: State AEHC Meeting

Sincerely,

Trudy G. McManus
County Extension Agent – Family and Consumer Science
And now for something QUITE different from the Ozarks - this recipe actually came from The Ozark Folk Center Cookbook, which Jackie Holt very kindly lent me……

Funnily enough, it is very like a salad I had in a tiny country restaurant in France years ago, but they used lettuce and endive out of the garden instead of watercress - and it was really good, though watercress would have been even better! Luckily, a couple of the hens had just laid an egg apiece, and they had their own pigs for bacon, so we had all the makings to hand. Amazing how great ideas travel, even before modern communications.

Mill Creek Wilted Watercress

2 quarts chopped watercress
2 teaspoons sugar
½ cup water
1 teaspoon salt
1/8 teaspoon black pepper

3 Tablespoons vinegar
3-4 slices bacon
2 hardboiled eggs
(Or you can soft-poach 2 eggs and put them hot, on top of the salad - sounds funny, but I like it even better)

Wash and dry the cress and crisp it in a cool place (these days, in the fridge). Fry the bacon crisp, and cut it into small pieces. Into the drippings in the fry pan, add the water, salt, pepper, sugar and vinegar and boil up. Chop the cress, and put in a bowl with the bacon, pour the dressing over, and top with sliced or hot poached eggs. Eat immediately.