Fall Fun and Learning Day

Get ready for a festive and exciting program with guest speakers from the Attorney Generals’ Office and Parks and Recreation. Topics include local tourism, fraud and scams, and holiday decorating. This great program will be held at the Newton County Extension office on Monday, November 9th at 9:00 a.m. Bring $5 cash for lunch. Please let Trudy know if you plan to attend by November 5 so we can plan food and make sure everyone has a ride.

Christmas Tree Decoration

Each year, the EH Council (all the members in the county) conducts a community service for those who work and pass through the Courthouse and Old Federal Building by decorating the Christmas trees in both buildings. The Council makes the ornaments each year for the courthouse tree and put last year’s decorations on the other tree. We will also be providing cookies and a hot beverage during the time we decorate the trees. Each club is asked to provide 2 dozen cookies. We will decorate at 9:00 a.m. on November 30 beginning in the Courthouse. Also, please bring shelf stable foods for a food drive for a food bank. Dress in your holiday attire and join us for this fun and festive community service!!! The more, the merrier!

Gingerbread House

It is nearly time for the great Gingerbread House sale! The holidays are coming and this is the perfect opportunity to purchase unique items and gifts for your loved ones. Various crafts, homemade breads, jelly, candy, tree ornaments, etc. will be available for purchase. Come on out and support the Grubb Springs EH Club at the Grubb Springs Community Building on Friday, November 6th between 7:00 am – 5:00 pm and Saturday, November 7th between 7:00 am – 2:00 pm. Items will go quickly so come out early! See you there!
Project Books

If you plan to do a project book this year, hopefully, you have already begun the process. You can find instructions at the new website at http://www.uaex.edu/health-living/extension-homemakers/member-resources.aspx. Look under AEHC forms to the last of the four choices titled “EHC Project Books”.

Everyone turning in a year book needs to include the following forms. One is a score sheet that can be used for your information in putting the book together. The other is an information sheet that must be filled out and sent in with the book. This is revamped from the old form. Forms are also on above website or can be retrieved from the Extension Office. All project Books are due to the Extension office by November 10th.

You're invited to Carroll County Council Meeting

Carroll County EHC Council Meeting is November 3rd. They are having a speaker from the Shiloh Museum about the history and development of rural churches in the Ozarks. It will be at the Seventh Day Adventist Church in Berryville with registration beginning at 9:00 a.m., and the meeting at 9:30 a.m. They will plan a Holiday Foods date that day so you will be privy to the first information about that event!

Sweet Potato Casserole

I love recipes that are simple and healthy. This one looks to fit the bill and is festive as well but I think I will try using a real sweet potato, probably a leftover from a previous dinner. You could also use winter squash although it would have more liquid. I love the idea that this could be a healthy breakfast! I think I will try it out and I thought you might like to try it as well. Also, this sweet potato casserole is rich in flavor and low in fat.

2 tablespoons 1% low fat milk
1 1/2 teaspoons brown sugar
1 teaspoon ground cinnamon
1/4 cup quick cooking oats (dry)
1 can low-sodium sweet potatoes (drained and chopped)

1. Preheat oven to 350°F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot or refrigerate and serve cold.
Around this time of year in England, all ages enjoy the fun and games of Guy Fawkes Night, AKA Bonfire Night........ which celebrates the time in the 1600’s when a band of rebels, led by a fellow named Guy Fawkes, very NEARLY succeeded in blowing up the Houses of Parliament, but fortunately (or unfortunately, depending on your point of view) was caught down in the cellars in the very nick of time, about to light the fuse!

Families or whole neighborhoods build huge bonfires on patches of waste ground, and little boys make scarecrow- like effigies of the wicked Guy, and wheel them round in push carts or little wagons, begging everyone they meet for pennies with which to buy fireworks. On November 5th, as soon as darkness falls, the fires are lit, with poor Guy Fawkes seated on top, and fireworks are joyfully ignited. Potatoes are put to bake in the ashes, mothers and sisters bring out gingerbread and shortbread, and everyone has a thoroughly good time (especially the fathers, who usually insist on letting off the fireworks....)

In Swaledale, in Yorkshire, they make this splendid treacle toffee, and a fair bit of this is eaten on Bonfire night, with quite a few subsequent visits to the dentist, as it is powerful stuff. The name? POSSIBLY because if eaten in quantity it is apt to have a laxative effect........

**TOM TROT TOFFEE**

1+1/4 cups brown sugar
1+1/4 cups molasses
1 stick real butter

Put all ingredients in a heavy pan, and simmer very gently for 30 minutes. Drop a little bit off a teaspoon into cold water, and if it crackles after a short time it is ready. (About 135 to 140 degrees on a sugar thermometer). Pour onto a greased slab or large dish and, as soon as it is cool enough, work it with your greased hands, pulling it into long lengths and twisting it until the toffee is bright and clear, then snip the lengths into pieces. Or, you can just pour it into a greased dish and let it set then break it into pieces with a hammer......