Fall Trip/EHC Educational Workshop

Sign-up today for the most fun EHC educational experience you have ever had! We have a great program for you. We will travel to Jasper and enjoy the scenery, meet at the First Baptist Church in Jasper, spend a morning of holiday decorating and cooking, enjoy a yummy lunch at the Cliff House with beautiful scenery, and return to the church to spend an afternoon doing skin care and making soap. You even get to take a bar of soap home. The cost is $5.00 at the door and then the cost of your lunch at the restaurant. All of this takes place on October 3 beginning at 9:00 a.m. Sign up today in person or by phone or email at the Extension office.

District President’s Day

*Reflections of Leaders* is the theme of this year’s President’s Day. The Fall President’s Day is October 21. It will be at the First United Methodist Church in Clarksville, AR. Cost is $12 per person, and includes lunch and snacks.

Who should attend: Club and Council Presidents and other interested club members.

- Meeting begins at 9:30 a.m. General session at 10:00 a.m. It is over no later than 3:00 p.m.
- Two excellent keynote speakers. Lots of information and loads of fun.
- Each county to bring two silent auction items.
- Also bring one patriotic centerpiece, to be given away as door prizes.

Register at the Extension office by October 8.

Great Fairs!

The fairs went smoothly once again thanks to all those who took time out of your busy schedule to work long hours at the fair. The fairs would not happen without you! You are greatly appreciated!
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 November 7th and 8th between 6:00 am – 5:30 pm on Friday and 8:00 am – 2:00 pm Saturday. Items will go quickly so come out early! See you there!

Fall Council Meeting

Mark your calendar! Our Fall Council Meeting will be November 10th beginning at 9:30 a.m. with registration at Grubb Springs Baptist Church. This will be a fun meeting, focusing on preparation for the holidays. Clubs are invited to conduct a holiday food or decoration demo. We are looking for people who would like to volunteer make-and-takes either at no charge or a very minimal cost. Please contact Jan Hickman if someone from your club would be willing to do so. Lunch will be potluck. Everyone is to bring a quick and easy holiday dish. Get your recipe for your dish to Emily via mail, email, or send it with someone. All recipes are to be turned in to Emily by the end of October so she can print them up and hand them out at the meeting.

Club responsibilities are as follows.

- Registration, Daily Thought – Harrison
- Decorations – Grubb Springs
- Set-up – Quilters
- Clean up – Everyone

Fair Country Store Report

We are pleased to announce that the Country Store made a total of $618.95! The knives made $97.50 and $521.45 was made from the rest of the items. The work of all those who contributed has paid off! We had some lovely things in the store this year and items certainly caught the eyes of buyers. Great work and great choices of items to sell!

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. You may also have them printed at the Extension office. All project Books are due to the Extension office by November 24th.
Community Strength Training Program
Restarting for Fall

The Boone County Cooperative Extension Service offers several opportunities for you to tone your muscles and build strength through the Strong Women and Men Program, an exercise program designed for middle-aged and older adults.

The Strong Women Program was developed by Miriam Nelson, PhD, an associate professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The Strong Women Program is based upon years of research on how strength training and proper nutrition improve the health at all ages. “Strength is a critical factor in living healthier, more active lives. Our research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength,” states Dr. Nelson. The program is appropriate for both sedentary and very active individuals.

Classes are restarting on the 29th and 30th of September at different locations in Harrison, Diamond City, Omaha, and Bergman. Visitors are welcome to participate in any class the first few times without using weights before officially signing up for the class or paying the $12 yearly fee. Come try it out and experience the benefits of the program! It can change your life! For a listing of times and days or more information about the class, contact the Boone County Extension office at 741-6168.

EH Club Meetings

Boone County Quilters – 4th Thursday, 10:00 a.m., First United Methodist Church
Grubb Springs – 3rd Thursday, 1:00 p.m., Grubb Springs Community Building
Harrison – 1st Thursday, 1:15 p.m., First United Methodist Church

EHC Community Service Projects

Oct: Totes for Sanctuary.
Nov: Fall Council Meeting
Dec: Enjoy the season. Send a card to someone you don’t usually.

Dates

October 3: Quarterly EHC Leader Training
October 21: President’s Day
November 10: Fall Council Meeting
November 24: Project Books Due

Sincerely,

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

The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office as soon as possible. Dial 711 for Arkansas Relay.
Time to think about ordering new plants for next year!

I would especially like to recommend three absolutely outstanding roses, which have proved completely disease-free in my own garden, with no spraying whatsoever! They are also excellent re-bloomers, given sunshine, a few applications of fertilizer, and regular deep watering (when it DIDN'T rain) these past two summers. All three make good-sized shrubs, or given a trellis or wall with some wires or vine-eyes, will be really handsome shortish climbers up to about ten feet or so.

First, from Edmunds' Roses : (www.edmundsroses.com, or phone 1-800-347-7609). "Lady Ashe", AKA "Dixieland Linda", strongly scented, a many-petalled peachy pink with a lovely old-fashioned look - She's a strong grower with attractive foliage, and not a sign of disease. I've had great success with her in both my American home gardens and in Wales.

Next, from David Austin Roses Ltd.: (www.davidaustinroses.com, or phone 1-800-328-8893). "Lady of Shalott", with absolutely beautiful sunset and gold, multipetalled flowers, which turn to a rosy peach and cream as they age - a terrific grower and bloomer, no disease, and very reliable.

And lastly – “Snow Goose”, one of the rare re-blooming rambler/climbers, continually producing elegant, heavy sprays of small, shining starry white flowers, lightly scented and almost thornless, with an attractive arching habit of growth, great on a trellis or fence, and again , disease-free.

I have had enormous pleasure from this trio of easy-care beauties, and I'm sure that you would, too.

Terry Edwards, Boone County Quilters EHC