EHC Council Meeting: Lunch at Tiffany's

“Do they still really have prizes in Cracker Jack boxes?” “...Oh; yes.” “That’s nice to know... It gives one a feeling of solidarity, almost of continuity with the past, that sort of thing.” – Breakfast at Tiffany’s

EHC is a lot like prizes in Cracker Jack boxes: it provides solidarity and continuity with the past. At our Fall EHC Council meeting, we will appreciate our solidarity and continuity with the theme “Lunch at Tiffany’s”.

The EHC Council meeting will be on October 20 beginning with registration at 11:30 a.m. Pot luck at 12:00 p.m. Bring a dish along the theme “lunch at Tiffany’s” with 1960’s finger foods. Also, bring heirloom costume jewelry to share with the group. The program and meeting will last until 2:00 p.m.

Club responsibilities are as follows:

- Registration - Quilters
- Decorations – Eclectic Styles
- Daily Thought – Harrison
- Set-Up – Grubb Springs
- Clean-up - Everyone

Ozark District Rally 2015

Thursday, October 29, 2015
First United Methodist Church, Clarksville, AR
Deadline to register is October 1, 2015; call your Extension office to register
Theme: "It Is Tool Time - AEHC Style"
Time: 9:30 a.m. - 2:30 P.M.
Cost: $15.00 (meal and refreshments included)
There will be a $5 late fee for registration after October 2

- Instead of a regular center piece, each county is to bring a garden or kitchen tool or gadget. You will drop it off at a table as you arrive. Other ideas in addition to kitchen or garden tools: tools for sewing, quilting, painting, knitting, etc.
- Each county is to bring (2) items for the silent auction
**Fall Fun and Learning Day**

We are planning to have a Fall Fun and Learning Day with Carroll and Newton Counties but having trouble finding a date that will work. We are currently looking at the first Friday in November but realize that conflicts with the Gingerbread House. We will have to get information out on this as it comes available. If you are not on my email list, please contact me with your email address so I may add you to my list.

**More Than a Fair**

This year’s fairs turned out great thanks to all the hard working volunteers that made it happen. Whether you entered items, checked folks in, assisted the judges, worked at the country store, prepared a display, or all of the above; you made the fairs happen. Without you, there would be no fair. Thank you for all that you do to make the fairs happen!

**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 6th and 7th 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!

**Extension Get Fit Beginning for Fall**

The University of Arkansas Cooperative Extension Service is offering a new and exciting exercise program! The Extension Get Fit Program is a community-based program, developed based on strength training research, and is designed to increase strength and flexibility at any adult stage of life or fitness level. This research-based program offers a variety of possibilities including the Strong Women and Men program and other routines. This program reaches all major muscle groups. Also, safety always comes first. Exercises may be tailored to each individual’s needs and fitness levels including a seated routine based entirely in the chair as an option. Extension Get Fit is safe, structured, and affordable. It is appropriate for all fitness levels, provides a supportive group environment, and it’s fun!

Why strength train?
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

Several Extension Get Fit programs are being offered in Harrison, Bergman, Omaha, and Valley Springs. Come check it out! To find out more, contact the Boone County Cooperative Extension office at 870-741-6168.
THE OLD TIME KITCHEN: October 2015
Written by Terry Edwards, Boone County Quilters and Newton County Pioneers

Richmond Eggnog Bread Pudding

Fall is nearly here, and the time for good old comfort food will soon be upon us –

This recipe actually comes from Philip Schulz, and concerns a thrifty lady from Richmond Virginia, who actually ended up with a surplus of eggnog after a New Year’s Day party (why does this never happen in our house?).

Needing a nice pudding for the remaining guests, she had a quick think, and this was what she came up with. (Must have had a well provided wine cellar!)

Turn a modern oven to 325osta. Butter a 1 quart baking dish that is about 2 inches deep.

Cut some nice light bread - Italian is good - into 5 or 6 1/2” slices, butter them, and arrange in the bottom of the dish.

Now, beat 3 large eggs with 3/4 cup sugar until frothy then, carefully stir in a pinch each of cinnamon and nutmeg, 1/4 cup of brandy, the same of dark rum, and two tablespoons of bourbon. Fold in 2 cups of heavy or whipping cream, and then pour the mixture over the bread slices and leave for 15 minutes, poking the slices down again if they float to the top.

Bake in the oven until firm - say about 30 minutes, and run under a preheated broiler JUST for a moment or two to brown the top. The originator of the pudding would have done this with a heated iron salamander - life is easier in these decadent days. Let it cool to just nicely warm before eating.

This is a delicious pudding, and my spouse, who ate 3/4 of it ALL BY HIMSELF, assures me that the baking would drive off the alcohol, leaving just the lovely flavor behind. Hm!