The next Leader Training Lesson, "Heart Health", will be presented on January 23, 2015 at 11:00 a.m., following the Quarterly Board Meeting. It will be preceded by a light brunch as soon as the Board Meeting ends. Club Food & Nutrition leaders are asked to attend the training session and to present the information at their February club meetings. All other members are invited as well. In order for us to know how much food to prepare for the brunch, you must call the Extension office and make a reservation. Please note that the Extension Office is closed December 24th and will not reopen until January 5th, 2015.

JESSICA’S JOTTINGS...

I would like to share George Carlin’s Take on Aging:

Do you realize that the only time in our lives when we like to get old is when we’re kids? If you’re less than 10 years old, you’re so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can’t hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life...you become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There’s no fun now, you’re just a sour-dumpling. What’s wrong? What’s changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn’t think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.
The Christmas season is upon us. We’re busy shopping, baking, cleaning, decorating, wrapping gifts, attending and hosting parties, and the list goes on and on. Sometimes during this very busy season we lose ourselves. So many things to do and so little time adds stress to our already busy lives, to the point that we forget what this wonderful season is all about. So take the time to remember YOU. Do something nice for yourself; a relaxing bubble bath, a trip to the beauty salon, whatever makes you feel pampered. If you feel less stressed, everyone around you will feel less stressed, and you will be able to smile and enjoy Christmas. You will be able to share yourself with others and recognize their needs. So enjoy a very Merry Christmas this year.

Crazy Quilter’s Quilt Seminar 2015

This year’s focus for the quilt seminar is “Quilt as you go”, using the book Block by Block by Beth Donaldson. (Registrants will receive their book the first day of the seminar).

We will meet at the Garland County Fairgrounds EHC Building on consecutive Wednesdays, starting on January 28 and continuing through March 11. Morning snacks and drinks will be provided, and there will be drawings for door prizes each week.

This class is currently full, but five names will be added to the alternate list in case a registrant is unable to attend the seminar. If you want to be an alternate, you may sign up at the Garland County Extension Office between December 10, 2014 and January 23, 2015.

For further information, contact Susie Bishop at (501)609-5204.

Mark March 13th on your calendars! We will be planning the Yearbook for the EHC year that begins June 2015. All members are encouraged to attend with ideas for leader lessons, workshops and new activities. (Yes, that is Friday the 13th!)
Happy Birthday!

At La Casa EH Club’s October meeting, Jo Spoerle and Cindy Ridgway planned a very special celebration for Marlys Demry’s 90th birthday. The members also celebrated the birthdays of Yolanda Early and Cindy Ridgway. In the bottom picture is one of the club’s “famous” walker bags (left forefront). Cloe Bayer succeeds Gayle Dondersloot as the manager of this project.

From left: Yolanda, Marlys, Cindy

Standing: (L to r): Pat Ludt, Marlys Demry, Fran Rodgers, Cloe Bayer, Cindy Ridgway. Seated: Beth Hunt, Yolanda Earley, Jo Spoerle, Merry Lou Neiswander.

Teamwork Pays Off

Docencia and La Casa had a joint garage sale on November 7th and 8th. Many items and baked goods were sold. Docencia will use part of the proceeds to benefit the Garland County Humane Society. La Casa will donate to the Paul Bewie Boys and Girls Club on Hwy 7.

Cooks R Us Stir Up the Pot

Members of Cooks R Us enjoyed a rousing bake-off at their November 18th meeting. In celebration of our upcoming Thanksgiving Day, cookies were baked for the Ouachita Children’s Home and for Samaritan Ministries.

On December 17, our members gathered at Belle Arte for their Christmas party. There was a large menu from which members chose different luncheon items. Even devoted cooks deserved a day off from the kitchen!

To start off the new year, Cooks R Us will offer a seminar entitled “Éclairs—From Start To Finish” on Tuesday, January 27th. This class will be taught by Chef Mike Wells. This class will be a combination of "hands-on" and lecture. The class is open to EHC members and to the public. To reserve your spot, please call Clarice Marker at 501/760-1601. We hope to see all of you there!

In Memoriam

Jean Speer, a long time member of Docencia EH Club, died Sunday, November 9, 2014. Jean was a happy and beloved member who will be greatly missed.

Gladys Roberts, a member of Park/Heights and the Upholstery Club, passed away on November 27, 2014. She enjoyed working with the First Step students and filling stockings and dressing bears for the Salvation Army.
Watercolors and Hats

The Loyal Ladies have had two very good programs for our fall meetings. In October we enjoyed a presentation by Mary Wigley of Lakeside Club. Members made watercolor collages using rice paper and other assorted papers in combination with watercolor paint to produce pictures and designs. Francis and Dona had true works of art and had their work framed. November featured a presentation by Betty Johann. Betty presented a "History of Hats" which included not only hats but fascinators, headdresses, and various hair styles throughout the years.

In the picture above, Dona Smith looks on as Betty models a hairpiece styled from large rollers. Some of us may remember using these large rollers and trying to sleep with them in by hanging our heads over the side of the bed. The Loyal Ladies all wore hats for the day and a photo can be seen on GCEHC Facebook page.  ~Bert Manning

Naptime Helpers

The Crazy Quilters donated approximately 175 sheets and pillowcases to the CSO Head Start at Lake Hamilton. Pictured from left to right are Crazy Quilter Vice-President Susie Bishop and member Lynne Dunn who presented the items to Maryann Rogers, the acting director of the Lake Hamilton Head Start Program.

Lakeside Shares an EHC Story

When Jane Hammonds arrived at the Lakeside Christmas party on December 6, she told us that Doug, her husband, had asked her a question the evening before. The question was: "What does EHC stand for?" She told him "Extension Homemakers Council".

More questions followed, that resulted in her explaining how EHC is under the umbrella of the Cooperative Extension Service, which is headed by Jimmy Driggers in Garland County. She explained that Jessica Vincent is a Cooperative Extension Agent in the area of Family and Consumer Science who works with EHC and the community at large.

Jane even gave Doug a history lesson and explained how EHC got its start in the early 1900's with canning groups that were organized into the first Home Demonstration Clubs.

Before we played our gift exchange game, we asked all of the other non-members who were our guests if they knew what EHC stands for. Some may have been hesitant to say, but Mary August's sister, Millie, spoke up and said "Extension Homemakers Council". She said she felt a connection to EHC because their mother had been a member of a Home Demonstration Club when they were kids.

The lesson learned from this experience is that we should continually explain what EHC is, even to people we think already know. After all, Jane has been a member almost twenty years. Before that she knew the president of Grant County Home Demonstration and wanted to join, but worked outside the home. But still, her husband Doug wasn't quite sure of the "EHC facts" and how everything fit together.

So, remember, we all need to keep sharing the "EHC facts" with the public and our friends and families.  ~Janie Woods

Sweets and Eats

Ten members of Yes We Can EH Club met in the Extension Homemakers Building to make Christmas jam. Forty-eight jars of jam were made in preparation for the holidays. Cranberries and strawberries were combined for a very tasty result.

The group met at Longhorn Steakhouse on December 10 for their Christmas luncheon.
Reflecting on Our City's History

The Miracle of "Hot" Springs was the theme of Garland County EHC's entry in the 2014 Hot Springs Christmas parade. The native Americans, who originally enjoyed the benefits of the springs of hot water in the area, were portrayed on the float by (from left): Phyllis Pipkin, Judy Brink, Jane Oliver, Peggy Barnett, Sandy Brown, and Bob Stout. Tom Brink was their skillful driver.

Extension Service Welcomes New Team Member

Mary Barrentine, who is a native of Bismarck, has joined the Garland County Extension Office team. When you walk into the office she is the first person that you will see. You will find that she is soft-spoken, pleasant and quick with a smile. If you need assistance while in the office, she is one of the go to people. Be sure to drop in and say Hi!

She is the married to Larry, and moved to Arkansas from Jupiter, FL. She has 4 children and 4 grandchildren. She likes to travel, sew, cook, and decorate.

The deadline for the next SCOOP is March 15, 2015.

CANDY CANE QUIZ

Here is a game we didn’t have time for at the Holiday Council Meeting.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 1 |   | C |   |   |   |   |   |
| 2 |   | A |   |   |   |   |   |
| 3 |   | N |   |   |   |   |   |
| 4 |   | D |   |   |   |   |   |
| 5 |   | Y |   |   |   |   |   |
| 6 |   | C |   |   |   |   |   |
| 7 |   | A |   |   |   |   |   |
| 8 |   | N |   |   |   |   |   |
| 9 |   | E |   |   |   |   |   |

Fill in the blanks above with the candy names that fit the following descriptions. They are not in order!

- Best selling candy bar in the world.
- A clumsy customer submitted the winning name for this bar.
- Chocolate milkshake anyone? That is what this was designed to taste like.
- Ronald Reagan kept a container of these on his desk.
- "Gimme a Break" is the theme song for this candy.
- This is the sister product of Mounds. Eat it when you "feel like a nut".
- The inability to make this dairy rich candy round led to its name.
- A 1941 Broadway show called Junior Miss inspired this candy's name.
- Sales of this candy spiked 65% after E. T. went gaga for them. (Answers on page 2)

Aging (cont. from page 1)

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and every day is a complete cycle:
You HIT lunch; you TURN 4:30; you REACH bedtime.
And it doesn't end there.
Into the 90s, you start going backwards; "I was JUST 92."

Then a strange thing happens.
If you make it over 100, you become a little kid again.
"I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!
Jessica’s Schedule

January
6 - Nutrition Program at DCC and ChangePoint
8 - Nutrition Program at DCC
9 - EHC Executive Committee Meeting
13 - Nutrition Program at DCC and ChangePoint
13 - Lifeskills Program at Langston Elementary
15 - AEHC “Zoom” meeting
19 - MLK Holiday - Office Closed
20 - Nutrition Lesson at ChangePoint
21 - A&C Committee Meeting
22 - Cooking Class at Lake Hamilton Intermediate
23 - EHC Board Meeting and Leader Lesson
27 - Snap-Ed “Zoom” Meeting
27 - Nutrition Program at ChangePoint
27 - Lifeskills Program at Langston Elementary

February
2-6 & 9-13 - Nutrition Program at Lake Hamilton Int
3-6 - Yoga for Kids Training at Oklahoma State Univ
10 - Lifeskills Program at Langston Elementary
12 - Cooking Class at Langston Elementary
13-15 - Yoga for Kids Trng at 4-H Youth Summit in Washington D.C.
16 - Yoga for Kids Training in Maumelle
18 - A&C Committee Meeting
19 - Cooking Class at Langston Elementary
23 - Cooking Class at Lake Hamilton Intermediate
24 - Nutrition Program at ChangePoint
24 - Lifeskills Program at Langston Elementary
26 - Cooking Class at Langston Elementary

EHC Dates to Remember

January
23 EHC Board Meeting, 9 a.m. in EHC Bldg
Leader Lesson, 11 a.m. in EHC Bldg
28 Quilt Seminar begins (see article)
February
4 Quilt seminar every Wed thru March 8
March
10 AEHC Spring Workshop, Ferndale
13 Yearbook Planning, 9 a.m.
20 Spring Workshop to make tote bags
23 SOS --“Yeast Bread Making”
26 Public Upholstery Workshop (thru Apr 1)