Garland County Extension Homemakers

For the next issue submit articles to Christina Clement angelwings3@cablelynx.com
Deadline for next Scoop is December 1, 2016

If you would like to be added to the list to receive your Scoop by email, contact Patti Tucker in the Extension Office. ptucker@uaex.edu

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COUNTRY STORE

The EHC Country Store is available for EHC members and their spouses to sell their handcrafted items during the Arts & Crafts Fair, Oct. 7, 8 & 9, 2016.

The EHC Country Store is the largest exhibitor at the Arts & Crafts Fair with many of our members selling their own items. A small percentage goes to the EHC to defray expenses. It is located directly across from the EHC kitchen with the large garage door in the Creative Arts Building as our main entrance.

Those who wish to participate should notify the coordinator, Katy Weaver, 767-2620, 617-4280 or tiredmail@sbcglobal.net. Deadline is Sept. 30, 2016.

JESSICA’S JOTTINGS

Tips on How to Talk to Your Doctor:

• Write down your questions and symptoms ahead of time. Don’t withhold any information. The more you share with your doctor, the better he will be able to treat you. Make sure you are specific with the details.

• Take someone with you. This can help with both moral support and understanding. They can help you remember which questions to ask and also help you to remember what the doctor said and his instructions after you leave.

• Speak up. Don’t be afraid to ask questions, especially if you don’t understand what the doctor is telling you. Have him explain it again until you understand completely. You don’t just have to answer his questions. If there is something you want to talk about that he hasn’t brought up, don’t be embarrassed to start that conversation.

• Take a list of your current medications – both prescription and over the counter. It’s best to take the actual bottles, but if that’s not convenient, make sure to write down the prescribing doctor, the full name of the medication, the dosage/mg, and how often you take it. This is important. You don’t want your doctor to prescribe any new medication that interferes with something you are already taking.

• Be sure to find out if you need a follow-up visit. Sometimes the doctor forgets this step.
SUMMER COUNCIL MEETING

Your Life is a Trip, Write it Down.

Jenny Carlisle presented the program "Your Story is Worth Telling" through oral history, written journals, and photo scrapbooks.

President, Janie Woods, was recognized as well as other officers. Everyone did a great job from preparations and decorations to food and games. Thank you all!

Gold Star Awards (top-left)
Janie Woods opening gift. (top-middle)

Member of the Year Awards (top-right)
Janie recognized those she served with. (bottom)

PRESIDENTIAL PONDERINGS

What a busy summer this has been for all Extension Homemakers club members. We have had lots of activities and programs for all clubs. I am sorry that I missed the Summer Council luncheon. I heard many nice compliments about the entire program. I appreciate Wrennita doing the meeting for me and inviting the speaker. It would have been much more fun being there, than home dealing with the pain of shingles. Note: Get the shot so you don’t get them. The kitchen training workshop was very informative. Thanks to everyone who participated in the program. It is always good to be reminded of kitchen management and food safety. I appreciate the hard work everyone did in the kitchen during the fair. Remember why we do this: to raise the money we need to finance the expenses needed to keep our EHC building ready for all the activities we do. Now we need to get organized again and get ready for kitchen shifts during the Arts and Crafts Fair coming October 7-9.
I want to thank everyone who worked in the Creative Arts building during the county fair. We could not do this without your hard work. The rest of the year will be filled with holiday activities for all clubs. Let us end the year with fun and fellowship.

--Wilma Blair

AEHC Retreat 2016 – Ozark Folk Center

Don’t forget that balances are due October 1.

The retreat starts with lunch on November 2nd and ends on November 4th right before lunch. There will be workshops on Wednesday afternoon, on Thursday morning and afternoon, and on Friday morning. The cost per person (which includes meals, two nights lodging and workshops) is $380 for a single, $310 for a double, $294 for a triple and $270 for a quad. A deposit of $75 was due by August 14th to Judy Simmons, 15960 Hwy 189, New Edinburg, AR 71660. The balance is due October 1st. Notice of cancellation must be received by October 15 or the deposit will be forfeited. Need more information? Contact Judy Simmons at jksimmons59@hughes.net or 870-226-764 or 870-820-3639.
SPECIAL ANNOUNCEMENT

Sept. 6, 2016 Martha Ray Sarter announced Dr. Laura Hendrix will be the new AEHC Volunteer Coordinator. In addition, Dr. Hendrix will also continue her work in the personal finance program area.

NEW CLUB NEWS

ALL THINGS HOME is off & running. We have 14 members. We have made an herb garden in a pot, citronella candles from wine bottles, learned to make several of varieties of pesto, learned to make crepes, and took a field trip to the rehab center. We are going to learn to make some body scrubs in October. A field trip is planned for November and a Christmas field trip & dinner. And, of course, we made time to work at the County Fair in September. We have been having fun & learning new things.

LAKESIDE

Lakeside had their September meeting on Marilyn’s front patio at the farm. There were cows bellowing in the field and a tractor waiting in the distance. A beautiful day with great friends!

ARTS & CRAFTS FAIR

The Arts & Crafts Fair is quickly approaching. Please make note of the dates below and also the kitchen schedule on this page. Let’s have some crafting fun!!

OCTOBER
5th - Arts & Crafts Fair Workday
6th - Arts & Crafts Fair Set Up
7th-9th - Arts & Crafts Fair
12th - 9:00 Clean Up Day (2 from each club)

OUACHITA DISTRICT RALLY

This year’s AEHC President’s Day will be held on October 25, 2016. It’s being held in Hope on the University of Arkansas Community College campus - Hempstead Hall. The address is 2500 S. Main St, Hope.

The cost to attend is $15 per person and the deadline to register is October 12th. Please make sure to go by the Extension Office (236 Woodbine St.) no later than noon on Wednesday, October 12th with your check made out to Garland County EHC to allow Jessica ample time to get the registration in. Our county treasurer will write one check for the total amount due from our county.

Conducted in even-numbered years, Presidents Day is open to council, club officers, club members who are interested in becoming officers, and to all FCS agents. The theme for this year’s meeting is, We “R” AEHC. The table centerpiece is fall flowers, and each county is to bring two (2) silent auction items.

We do have a new state leader, Dr. Laura Hendrix. If you have not already met Dr. Hendrix, this would be a good time to do so.

ARTS & CRAFTS KITCHEN SCHEDULE

Friday, Oct. 7th:
7am-11am: Loyal Ladies
11am-3pm: Mis Amigas
3pm-7pm: Lakeside

Saturday, Oct. 8th:
7am-11am: Cooks/Busy Bees
11am-3pm: All Things Home
3pm-7pm: Park Heights/Upholstery

Sunday, Oct. 9th:
11am-2pm: Crazy Quilters
2pm-6pm: Master Gardeners

Please contact Sharon Parrett at sparrett@msn.com or 617-3237 with any questions or if you need help filling your shift.
Loyal Ladies Are Off to a Good Start for 2016-2017

The Loyal Ladies started the new EHC year with a new set of officers. Serving as officers are treasurer- Jenny Raney, secretary- Kathy Nelson, vice-president- Bobbi Taylor and president- Kay Bradford with the assistance of Jane Kunstman and Bert Manning. Laverne Black is the new inspiration leader. Joy Miles, Anita Moore, Joy Martsching, and Jane Kunstman are serving in the leader lesson positions. Winnie Manning is historian and Rita Blackwood is Scoop. Laverne and Joy are the clubs craft leaders. The club’s July activity was making citronella candles, August activity was making fair donut mix and September activity was making items for the country store at the A & C Fair. Several members plus the club will be selling items at the country store.

--Bert Manning

GARLAND COUNTY FAIR

There are a lot of preparations that go into the Garland County Fair, also the Arts & Crafts Fair. Preparations start long before the fair. EHC Clubs start making chili, preparing bean seasoning bags, donut mixes, cakes and chicken for chicken & dumplings. Clubs participate in clean up days before and after the fairs. The Fair Board also starts early with preparations. There are also a lot of “behind the scene” volunteers!

EHC is represented on the County Fair Board by Peggy Barnett, Pip Pipkin and Phyllis Pipkin. Phyllis is the official Fair Board Liaison.

 Buyers for the GCEHC are Tom and Judy Brink.

LFor Creative Arts there was early entry and regular entry days, set up, judging day and pickup day, as well as keeping the building open for the public to view all the articles. All these take time and a lot of volunteers. Thank you to all the Superintendents, judges, club members and friends that volunteered in helping out. Plus a special thank you to Farm Bureau Women for decorating for us and helping tag and hang many of our youth entries.

Busy Bees did a great job setting up and decorating the tables to the theme of, “Life’s a Trip, Write it Down”. One of the newspaper photos dated 1919 showed one of the Busy Bee’s father standing with his horse drawn wagon.

BUSY BEES

Loaded Baked Potato Salad

8 potatoes, cubed (half peeled or half with skin)

- 2 teaspoons salt
- 6 slices bacon, diced & crisp cooked
- 6 green onions
- 2 cups cheddar cheese, shredded
- 16 ounces sour cream
- 1/4 teaspoon pepper
- 1 cup Miracle Whip

Directions: Cube and boil potatoes with salt
-drain
-Crumble bacon and slice onions (including tops)
-Combine sour cream, pepper and Miracle Whip, Add to potatoes
-Add bacon, onions and cheese (reserve some of each for top), Mix with potatoes
-Pour into baking dish
-Top with reserved cheese, onions, and bacon
-Bake 350 for 10-15 minutes (until cheese melts)
HOLIDAY COUNCIL DONATIONS

As we are moving past the fairs and with the holiday season’s fast approaching it is time to start thinking about our Holiday Council Donations. The clubs will be busy dressing bears, filling stockings, collecting non-perishable food for Area Agency on Aging and socks for seniors. Let’s get started collecting items to fill stockings, thick, warm socks (these can be skid resistant but don’t have to be), and food. Remember that all food items must be non-perishable and, in general, low-sodium and low-sugar/light is best. We will bring all these items to the Holiday Council Meeting in December. The Executive Committee chose 10 different food items to collect. The food list is below:

- instant oatmeal, cream of wheat
- creamy peanut butter
- canned chicken
- individual fruit cups/Light
- pudding cups/sugar-free
- heat and eat soups
- canned/packaged tuna
- Spam
- Ensure, Boost or similar products
- coffee, tea, sugar-free hot chocolate

Relay for Life Quilt Winners

The Crazy Quilters were finally able to place the last Razorback quilt where it belonged, in the arms of Allison Miller, at our August meeting. Allison won the drawing at the Relay for Life luncheon for the red Razorback quilt. Johnette Jinks won the drawing for the pink Razorback quilt. We did have a difficult time arranging times to get the quilts to the new owners. Both ladies have been going through some medical issues with themselves and loved ones. (Let’s please lift them up in prayer.) Betty Chatham and Cynthia Ford were nice enough to get the quilt from us and present it to Johnette, who lives in El Dorado. Both ladies have told us how much they love their quilts! We were so happy to put a smile on each of their faces!

--Christina Clement

Johnette Jinks (in middle) with her quilt.

Allison Miller (in red) with her quilt.
Jessica’s Schedule

Oct 6: Lake Hamilton School Nutrition Program
Oct 7-9: Arts & Crafts Fair
Oct 12: Senior Center Nutrition Program
Oct 14: EHC Executive Committee
Oct 15-16: Conference in Little Rock
Oct 19: Meeting in Little Rock
Oct 20: Lake Hamilton School Cooking Class
Oct 21: Meeting in Little Rock
Oct 25: Meeting in Little Rock
Oct 27: L H School Nutrition Program
Oct 28: EHC Board Meeting/Leader Lesson
Nov 3: LH School Nutrition Program
Nov 5-6: Training in Hot Springs
Nov 9: Senior Center Nutrition Program
Nov 10: Meeting in Little Rock
Nov 15-17: Training in Little Rock
Nov 28-30: LH School Financial Literacy Program
Dec 1: Lake Hamilton School Nutrition Program
Dec 2: LH School Financial Literacy Program
Dec 3: 4-H Holiday Workshop
Dec 6-8: Meeting in Little Rock
Dec 9: EHC Holiday Council
Dec 14: Senior Center Nutrition Program
Dec 15: Lake Hamilton School Cooking Class
Dec 19-Jan 2: Off

EHC Dates to Remember

**OCTOBER**
5 Arts & Crafts Fair Workday
6 Arts & Crafts Fair Set Up
7-9 Arts & Crafts Fair
12 9:00 Clean Up Day-2 from each club
14 9:30 EHC Exec Comm. Meeting, Ext. Office
24 Deadline for Leader Lesson
25 EHC Presidents Day
28 9:00 Board Mtg./11:00 Leader Lesson
31 Deadline for Round Robin

**NOVEMBER**
4 9:00 Round Robin
24-25 Thanksgiving – Office Closed

**DECEMBER**
3 4H Holiday Workshop
5 Deadline Holiday Council
9 10:00 Holiday Council
23-Jan 2 Office Closed