November Board Meeting

The December EHC Board Meeting will be held Tuesday, November 29 at 10:00 a.m. at the EH Center in Nashville. All executive board members and club presidents are encouraged to attend. Any member may attend, but only voting members may vote unless you are representing a regular board member.

Items on the agenda include:
- Christmas Decorating
- Christmas Council Meeting
- Catering events
- Bake sale
- Plus much more!

Please make plans to attend and take care of the business of your organization. Also, plan to stay after the board meeting to help with Christmas decorating. There will be no leader training in November or December. If you have any questions, feel free to call the Extension Office at 870-845-7517.

Christmas Decorating

It’s time to pull out the Christmas decorations and transform the EH Center! Several events are being planned for the next few weeks and we need to get the house ready! Therefore, a Christmas Decorating day has been scheduled for Tuesday, November 29 right after the board meeting. We should be able to get started at 11:00.

We need as many people as possible to help with the decorating. The more people we have the sooner we can get finished. If we can’t get everything done on Tuesday, we will need to come back on Wednesday.

This year, the committee chose burgundy and gold for decorations. Wear your comfortable clothes and help out where you can! I look forward to seeing you there!

Sew with Cotton Contestant

Jeanette McConnell will represent Howard County at this year’s Sew with Cotton contest! Jeanette constructed this beautiful Christmas quilted wall hanging and will compete in the Quilt category. The competition will be held in Hot Springs on December 1. Let’s wish her luck at this competition!
EHC Bake Sale

The Christmas Bake Sale is scheduled for **Friday, December 9**. Items will be accepted on Thursday, December 8 from 12:00 to 4:00 p.m. Please drop off your items at Western Auto.

Each member is being asked to make and donate three recipes of baked items. A variety of items will be accepted including cakes, pies, muffins, cookies, candy, breads, etc. Please do not send any items that will need refrigeration including cream pies or meringue topped pies. Fried pies are great along with fruit and nut pies!

Please package your items attractively! They seem to do better! This is a major fundraiser for Howard County Extension Homemakers that involves all members. If you can help the day of the sale, please be at Western Auto by 8:30. Drop by the sale and help support the work EHC does in Howard County!

---

Christmas Council Meeting

The Christmas Council Meeting will be held on **Monday, December 12** with registration at 5:45 p.m. and the program starting at 6:00 p.m. The meeting will be held at the EH Center in Nashville. The council meeting is a fun time for all members in all clubs. Everyone is invited!

The committee has planned some new things for this year. The Nashville High School Jazz Band will perform a selection of Christmas music to get everyone in the Christmas spirit.

There will be a gift exchange. All who wish to participate should bring a Christmas theme gift item valued at $10.00.

Each member is also being asked to bring their favorite finger food: sandwiches, chips, dips, appetizers and desserts. Please visit with your club members in order to have a good variety of items.

There will also be an Ugly Christmas sweater contest. Each member is being asked to wear their ugliest Christmas sweater. It may be one they have received. Now is your chance to show it off! You might be creative and design your own ugly Christmas sweater! It is sure to be lots of fun!

Mark your calendar and plan to attend this fun meeting! It is a week later than usual due to conflicts with catering. I hope to see all of you there!

---

Extension Get Fit!

The weather is turning colder and sometimes it is difficult to get out and exercise like we should. Extension Get Fit is a program where people come together and exercise using low weights. The twelve week program will meet on Monday and Thursday **beginning January 23 at 9:00 a.m.** at the EH Center in Nashville. We will exercise for about 1 hour each time. A registration fee of $12.00 will be charged to cover program costs.

Participants will learn and participate in exercises that will help improve balance, flexibility and strength. The exercises are easy to do and almost anyone can participate.

We all want to be independent! The new year is a time to make the resolution to improve your health and become active!

For more information regarding this program, contact the Howard County Extension Service at 870-845-7517.
**Pecan Pound Cake**

This recipe was the winning recipe at the Sevier County Fair. Howard County judges asked that the recipe be shared. Terrie Jacobs, Sevier County EHC member entered this award winning recipe. She was also kind enough to share. Sounds delicious and perfect for the holidays!

**Ingredients:**
- 4 sticks butter, softened
- 4 cups sugar
- 8 ounces cream cheese, softened
- 8 large eggs
- 4 cups all-purpose flour
- 2 Tablespoons vanilla extract
- 1 cup brown sugar
- 1 cup pecans, chopped
- 1 jar caramel ice cream topping

Preheat oven to 300 degrees. Grease and flour Bundt pan.

Cream together butter, sugar and cream cheese until smooth. Add eggs one at a time. Add flour, 1 cup at a time. Mix in vanilla extract.

Pour cake batter in pan. Sprinkle pecans and brown sugar on top of batter. Lightly press into the batter. Bake for 1 hour and 15 minutes or until a wooden skewer inserted comes out clean. Remove from oven and allow to cool for 10 minutes.

Invert onto cake plate. Drizzle a jar of caramel topping on top. Decorate with pecan halves.

*Notes from Terrie: You may want to tent the top of the cake with foil to prevent overbrowning. She also says – As you can see there are some ingredients missing that are in most cakes such as milk, baking powder, baking soda, salt. Feel free to tweak your cake to your liking, but this is what I found works best.*

---

**Tis the Season for Giving**

For the next couple of months, you will receive several phone calls, mail solicitations, etc. to give to charities. Many charities are worthwhile and it can be fulfilling to help. As you consider giving, keep these tips in mind:
- Be an informed giver. Ask questions before you give.
- Know who you are giving to.
- Ask for written information.
- Avoid making contributions online or over the phone. If they want the money, they will send you information.
- Never give or pledge in response to a telephone solicitation until you have checked them out.
- Search the Arkansas Charities database for information about the charity.
- Watch out for similar sounding names. Scam artists often try to take advantage of names that sound or look like those of respected, legitimate charities.
- Do not send cash. For your security and tax records, make your donation by check or credit card.
- Be wary of a group that offers to pick up your monetary donation.
- Scrutinize fundraising appeals for police, firefighters and veterans. Most charities have paid companies that solicit their funds. A very small percentage of what you are giving may actually make it to the charity. Ask how much will the charity receive.

It is great to give! Just know who you are giving to, how your money will be used and how much the charity is actually getting!
The University of Arkansas System Division of Agriculture 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.

Sincerely,

Jean A. Ince
County Extension Agent - Staff Chair