**Fall Council Meeting**  
*Monday, October 3rd*  
*Magazine Community Building, Magazine*  
*Registration: 11:00am*

**Program:**  
Presented by: Joyce Friddle

**Meal and Decorations:**  
Potluck. Each club brings one table decoration.

**Fundraiser:**  
5 Item Raffle; tickets will be $1 each or 6 for $5  
All raffle items will be provided by the Prairie View Club  
*(no one will need to bring additional raffle items)*

**Roll Call:**  
Presidents will answer with number of members  
and number present

**Duties:**  
Registration—Cane Creek  
Blessing/Flag Salute—Shoal Creek  
Inspirational Thought—Sugar Grove  
Fundraiser—Prairie View  
Co-Hostess—Subiaco  
Co-Hostess—Blue Mountain  
Program Covers—Booneville

*We have eliminated the purchasing of paper goods by the clubs and will now have two hostesses. The first hostess listed will be responsible for setting up and the second hostess listed will be responsible for clean up.*

**Please bring any of the following items to donate to the Helping Hands program in Booneville:**  
*Any canned food items especially, canned meats, veggies and fruits.*
Ozark District EHC
Presidents Day

Tuesday, October 27th
First United Methodist Church,
Russellville

Registration: 9:30 a.m.
Meeting: 9:30 a.m. - 2:30 p.m.

Cost: $15 per person (includes meals and refreshments) & is due in the Extension office by Friday, Oct. 7

Address: First United Methodist Church
304 S. Commerce Ave.
Russellville, AR

The theme is "We are AEHC" and it is open to ALL members, not just officers.

Remember that each county has been asked to bring fall flowers or a fall themed centerpiece for decorating the tables. Counties are also asked to participate in the silent auction by bringing two (2) items for the Silent Auction bidding.

Thank You!

Thank you to all who helped with the Logan County Fair in Paris and the South Logan County Fair in Booneville. I believe they were both a success!

It takes many hands to have a county fair and you’re to be commended for all the volunteer hours you spend making fairs successful!

I would also like to thank those of you who judged at the Franklin and Yell County Fairs. I know your services were appreciated.

~ Fundraiser Success ~
The County Store at the Logan Co. Fair and the Bake Sale at the So. Logan Co. fair brought in $677 for Logan County EHC. Way to go ladies!! You are to be commended for all of your hard work baking and making items, it certainly paid off!

Remember to submit your Meeting Report Forms to the Extension office after all monthly club meetings. This needs to be done EVERY month!

The Knitting for Noggins program has begun and will go through March 2017. If you have any caps that you have made, please bring them by one of the offices and I will see to it that they get to the Children’s Hospital.

Children’s asks that you use your creativity, but bright and colorful hats are always great! They also note that there is a need for boy colors as well as girl colors.

The greatest need is for large hats for school-age kids, teens and adults. Below are the sizes accepted:

- Infant size – at least 16” in circumference
- Child size – at least 18” in circumference
- Teenager size – about 21” in circumference (can be a little larger)

Knitting for Noggins
Arkansas Children’s Hospital

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Make Ahead Breakfast Burritos

Ingredients:
1 cup diced potato (1 medium potato)
½ cup diced onions (1/2 medium onion)
1 cup diced bell peppers (1 medium pepper)
8 beaten eggs
1/8 teaspoon garlic powder
¼ teaspoon pepper
1 cup low-fat shredded cheddar cheese
8 whole wheat flour tortillas (8 inch)

Directions:
1. Label freezer bag with the name, serving instructions, and use by date (3 months from preparation date).
2. Spray a large skillet with nonstick cooking spray.
3. Cook the potatoes for 6 to 10 minutes over medium heat.
4. Add onions and peppers to the potatoes.
5. Cook for 3 to 4 minutes until the potatoes are browned.
6. Add beaten eggs to the vegetable mixture.
7. Cook for 4 to 5 minutes over medium heat.
8. Stir off and on until there is no liquid.
9. Stir in the garlic powder and pepper.
10. Make burritos using diagram as a guide.
11. Use 2 tablespoons of cheese and ½ cup of the egg mixture for each burrito.
12. Wrap each burrito tightly in plastic wrap.
13. Freeze in a single layer on a baking sheet.
14. Seal wrapped burritos into labeled freezer bag when they are frozen.

To use: Remove plastic wrap from burrito. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3 to 4 minutes.

Arkansas Children’s Hospital Needlework Projects

Are you are handy with a needle and thread? Then we may have a project for you!

Arkansas Children’s Hospital provides patterns for several sewn items. These items are used to help make the children and their families’ stay at the hospital a little easier.

Here are some of the items they need: teaching dolls, pillows, tote bags, and fabric envelopes.

If you are interested in making any of these items you can go online to ar-childrens.org and find the needlework patterns, or come by the office and we will print one for you.

Once you make your items you can drop them off at the Extension office and I will ensure they make it to Children’s Hospital.
Invitation to Activities

All of the activities mentioned in the newsletter are open to everyone regardless of race, color, national origin, age, religion, gender, disability, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

Charla Hammonds
County Extension Agent—Family and Consumer Science

Find Me on Facebook:
www.facebook.com/charla.hammondsfcs
or
www.facebook.com/logancountyextension