

Extension Homemaker Clubs News

A Newsletter for Extension Homemaker Club Members

Sept. 17th-Nov. 18th

Walk Across Arkansas

September 26th

Miller Co. at SW District Fair – 9:30 until paperwork is completed. Lunch Provided

September 28th

Registration Deadline for District Rally

Deadline for Submitting Names for Milestones Pin & Certificate

EHC Leader Training, Doddridge – 10 AM

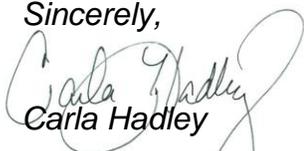
Mats for the Homeless Service Project at Leader Training

October 19th

Ouachita District Rally, Hempstead Hall, Hope

If you have any questions regarding anything in this newsletter, feel free to call 870-779-3609, e-mail Chadley@uaex.edu, or visit Room 215 in the Miller County Courthouse.

Sincerely,



Carla Hadley

County Extension Agent
Staff Chair/FCS

CMH:jds

A Letter from Your Council President

Greetings! It is time for us to prepare for our District Rally. It is being held in Hope on **October 19th**. A registration fee of \$15 is due to Carla's office by **September 28th**. It covers lunch & refreshments.

This will be my first "real" function as the Ouachita District Director so I am really hoping that Miller County will come out and support the rally – and me – as a representative of Miller County. The theme for the rally is "Ready, Set, Prepare."

Also, any EHC member with 25 to 49 years of membership will be recognized with a pin and certificate, to be presented at District Rally. We need your (or their) information by **September 28th**.

Milestones Designation for EHC

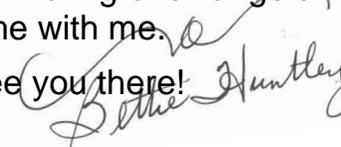
The AEHC Executive Committee established a new Milestone designation for 25-year members. Any EHC member with 25 to 49 years of membership as of June 30, 2017 will be recognized with a 25 year pin and certificate. They will be

As a point of reference, Carla has worked for 26 years. If you were a member before she came or within a year, you qualify and she needs your information.

We are asking that you bring something to leader training to put into a disaster preparedness backpack, intended to be a grab-and-go in emergencies, which you could then win. As a county, we are also being asked to bring 2 items for the silent auction.

As a fundraiser, we are providing homemade breakfast items at District Rally. Please donate muffins, breads, coffee cakes, etc. Contact me with what you will bring or arrange a drop off time with me.

Hope to see you there!



Beth Huntley

presented at District Rally.

Submit names to our office no later than September 28th so we can get them entered.

Information we need to enter them is their club name, their first and last name & how many years of membership.

Granola

Makes 8 (½ cup) servings

2 tablespoons honey

½ teaspoon vanilla extract

½ cup water

½ teaspoon cinnamon

2 tablespoons vegetable oil

¼ teaspoon salt

4 cups uncooked quick cooking rolled oats (oatmeal)

Preheat oven to 275°F. Mix honey, vanilla extract, water, cinnamon, vegetable oil, and salt in a large bowl. Stir in oats; mix well. Spread mixture on a cookie sheet, making a thin layer. Bake for 20 minutes and stir as before. Bake 5 to 20 more minutes until granola is golden brown. Break into small pieces with spatula. Cool and then store in a covered container.

Be Creative! Try adding dried fruit and nuts after baking for a tasty, healthy treat!

*Nutrition Facts per ½ cup:
240 calories, 7 g total fat, 1 g saturated fat, 0g trans fat, 0 mg cholesterol, 75 mg sodium, 38 g total carbohydrate, 5 g dietary fiber, 4 g sugars, 6 g protein*

Ouachita District Rally Lists and Information

Ouachita District Rally is scheduled for Thursday, **October 19th**, at Hempstead Hall, Hope, AR, from 9:30 a.m. – 2:30 p.m.

Cost is \$15 and includes lunch, refreshments and program materials.

Registration deadline is **September 28th**. A \$5 late fee will be charged after this date.

Each county is also being asked to bring (2) items for the silent auction. Items needed are: potted plants, tea towels, candles, etc.

Be sure to come out and show your support for your new District Director, Ms. Huntley

September EHC Leader Training

Since we weren't able to meet in August for leader training, we will do our disaster preparedness lesson in September.

With all the natural disasters we have had lately, I think this is timely and important. It is definitely a leader train-

Mats for the Homeless Project

We are working on our mats and bags for the homeless project, Thurs., **September 28th** at Leader Training. Please bring scissors, rotary cutters and mats (if you have them) so we can get the bags cut to crochet.

2018-2019 Events

2018

March 7th – Officer Training, 4-H Center, Ferndale, AR

June 5th-7th – State Meeting, Hot Springs Convention Center

October 30th – Ouachita Presidents' Day

2019

March 13th – Workshop, 4-H Center, Ferndale

June 4th-6th – State Meeting, Hot Springs Convention Center

October 29th – Ouachita Rally

ing that we all need to learn more about.

Leader Training is Thurs., **Sept. 28th** at Doddridge Methodist at 10:00 AM. Bring a potluck item for lunch. Don't forget to drop off items for District Rally.

It will take all of us to cut these bags. Even though it is an easy project, there are a lot of bags that need cut.

If you have a Q (rug needle), bring it and you can start crocheting.