From the Pen of your President

Fellow Homemakers,

2016 has been a pretty rough election year with quite a bit of negativity and disputes in the media. One thing I think we can all agree on is the positivity that EHC provides!

**EHC promises to provide:**
* Educational programs
* Opportunities for fellowship
* Creative skills activities
* Spring and fall outings
* Community service projects
* Leadership skills
* SHEA as our agent!!! (Very important)

**EHC qualifications:**
* Experience----over 100 years
* Research based and educational driven
* Part of the U of A Department of Agriculture
* Mission minded
* Non-discriminatory

I don’t know about you, but EHC has my vote every time!

~Mitzi Osborne, Prairie County EHC President

**Upcoming Events:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, October 18</td>
<td>Fall Council Meeting</td>
</tr>
<tr>
<td>Thursday, October 20</td>
<td>Delta District President’s Day</td>
</tr>
<tr>
<td>Tuesday, October 25</td>
<td>EHC Leader Training</td>
</tr>
<tr>
<td>Wednesday, November 2</td>
<td>Busy Blankets Workshop</td>
</tr>
<tr>
<td>Friday, November 11</td>
<td>Club and Council Project Books Due</td>
</tr>
<tr>
<td>November 24-25</td>
<td>Extension Office closed for Thanksgiving</td>
</tr>
</tbody>
</table>

**Reminder:** There will be no leader trainings in November, December or January!

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.
Fall Council Meeting
Theme: A-MAZE-ING EHC

We are changing things up a bit this time! Fall Council Meeting will be held Tuesday, October 18 at Hicks Family Farm, a family owned and operated farm in Lonoke County, just outside of Cabot. The Hicks family opens their farm to the public each Fall, inviting everyone to come and enjoy their pumpkin patch, corn maze, and petting zoo. There is a $7.00 entry fee to the farm.

Registration will begin at 9:30 a.m. and the meeting will start at 10:00. Each club should bring two door prizes valued at $10. Instead of having a speaker, we will play a few fun fall games and explore the farm. Lunch will be onsite at the Wagon Wheel Cafe, where you can find fresh hamburgers, cheeseburgers, hot dogs, nachos, popcorn, and more so bring extra money. Prices are very reasonable.

After lunch, we will have a short meeting. This meeting is open to all Extension Homemaker members and friends. Wear your comfy clothes and come celebrate Fall with your EHC family!

Club Responsibilities:
Host Clubs – Piecemakers and Couponistas
Registration – Idlewild
Welcome – Shea Wilson
Response – Oak Prairie
Thought of the Day – Biscoe
Songs – Busy Hands
Door Prizes – Couponistas

Thank You

Another county fair is in the books and it wouldn’t be possible without all of your hard work. From cleaning the building and taking entries, to judging and displaying, it takes a village. Big thanks!

October EHC Leader Training

The next leader training will be Tuesday, October 25 at 1:00 p.m. at Farm Bureau in Hazen. The program topic is “Edible Plants” with guest speaker Tamara Walkingstick. Don’t miss out on this FUN training!

Delta District President’s Day
Theme: We “R” AEHC

The 2016 Delta District meeting will be Thursday, October 20 at the Grand Prairie Center in Stuttgart from 9:30 a.m. to 2:30 p.m. President’s Day is offered in even-numbered years and is a great way to get to know Extension Homemakers from surrounding counties and share ideas. Those who are registered and would like to carpool, we will leave the DeValls Bluff Courthouse by 9:00 a.m. Looking forward to a day full of learning and fellowship!

Looking for a Club Outing?

Jefferson County Extension Homemakers’ annual Holiday Foods Show will be Friday, October 28 at 10:00 a.m. at St. Joseph’s Catholic Church Hall in Pine Bluff. Registration is $10 (includes cookbook) and must be paid in advance by Friday, October 14. Contact FCS Agent Mary Kizer at 870-534-1033.

Lonoke County Extension Homemakers are

November 8 at 12:30 p.m. at the Lonoke County Extension Office. Demonstrations and recipes provided. Contact FCS Agent Dianna Bowen at 501-676-3124.

Cross County Extension Homemakers will have a Tea and Vendor Show at the Cross County Courthouse in Wynne on Friday, December 9, from 9:00 am - 2:00 pm. Contact FCS Agent Millie Collins at 870-238-5745.
EHC Project Books
Project books are due in the county Extension Office no later than Friday, November 11 or you can bring them to Fall Council Meeting. Please make sure they are complete. Contact the office for a copy of the guidelines.

Busy Blankets Workshop
We have a new project to work on! Springbrook Health and Rehab contacted the office and requested 5-6 Busy Blankets for their residents. These blankets help soothe the agitated fidgeting of people with dementia. Plus, they help focus their attention, stimulate senses, exercise hand muscles, and entertain them. At the last board meeting, we voted to have a workshop Wednesday, November 2 at 9:00 a.m. at the fairgrounds to work on these. They can feature zippers, ties, ribbon, strings, buttons, snaps, closures, and different textures. If you’re willing to help, just bring your lunch, basic sewing supplies, fabric, or any other items you can find that might be helpful. If you can’t make it to the workshop but would like to make some of these on your own, see the example below. Busy blankets can be the size of a placemat— or really any size that will fit across your lap, around 18” X 20”. Feel free to customize, there is no right answer or size.

Sew with Cotton Contest
Do you enjoy sewing or quilting? The 2016 Farm Bureau Sew with Cotton Contest may be of interest to you. This year’s contest is scheduled for December 1 during Arkansas Farm Bureau’s state convention. Entry forms are due in the Extension Office by October 24. Categories for this year’s contest include Adult Division Dressy Cotton Ensemble, Cotton Sportswear, Special Category (where you sew an outfit for someone else) and the Quilt/Wall Hanging Category. All entries must be made of 100% cotton and made by the contestant. If you are interested in participating in this contest, or have questions, please contact the office for complete contest rules.

Upcoming Local Events
Saturday, October 29
Grand Prairie Rice Festival – Hazen 
10:00 a.m. – 4:00 p.m.

Fall Festival – Des Arc 
4:00 p.m. – 8:00 p.m.

Saturday, November 12
FREE movie and popcorn
6:00 p.m.
DeValls Bluff Community Center
Showing - Gods Compass
Pumpkin Bread

Healthier pumpkin bread you can enjoy without all of the guilt!

Ingredients:

5 eggs
15 oz. pumpkin
½ cup unsweetened coconut milk
1 tsp. baking soda
1 tsp. vanilla
½ cup coconut flour
½ tsp. ground cloves
1 tsp. nutmeg
1 tbsp. cinnamon
1-2 tbsp. honey

Directions:

1. Preheat oven to 375.
2. Combine dry ingredients and fold into wet ingredients.
3. Mix well, removing lumps.
4. Pour into greased loaf pan or muffin tins and bake for 40-45 minutes.
5. Devour!

Recipe Source: Lean Nutrition

In the Spotlight

“Give your hands to serve and your hearts to love.” ~Mother Teresa

Idlewild club members volunteered at the Back to School Fair. Donating school supplies for Hazen students is their club’s community service project.

Mission Statement

The mission of this organization shall be to empower individuals and families to improve their quality of living through continuing EDUCATION, LEADERSHIP DEVELOPMENT, and COMMUNITY SERVICE.

Biscoe club members deliver Love Boxes to community members in need.

The Arkansas Cooperative Extension Service 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 the County Extension office as soon as possible. Dial 711 for Arkansas Relay.