



Home and Heart

Howard County Extension Homemakers Newsletter

April 2026

Welcome Abby!

Hello everyone! As some of you may know, there is a new Family and Consumer Science Extension Agent. My name is Abby Gray; I am from Johnson County and received my Bachelor of Science from Oklahoma State University in Human Development and Family Science. I can't wait to get to know you and work on upcoming projects. Feel free to stop by the office and say hi or call if you have any questions!



Yard Sale

Thank you to everyone that helped with the yard sale! It was a huge success and the total amount raised was \$1574.11.

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**Samantha Horn –
CEA-4-H/Staff Chair**

**Dawson Bailey -
CEA – Agriculture**

**Abby Gray
CEA – FCS
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**Deb Kreul –
Administrative
Specialist III**

Monthly Quilt/Crochet Workshop

The quilt/crochet workshop will be held on Friday, April 24, at 9:00 a.m. at the EH Center.

April Board Meeting

There will be a board meeting on Tuesday, April 28, 2026, at 10:00 a.m. at the EH Center. There will be an educational packet for the club representative to pick up for the lesson for next month at the board meeting.

Leader Training

There will be NO leader training for April.

EH Center Cleaning Schedule

April – Moonlighters

May – New Horizon

June – Twilight

Spring Council

Our EH Spring Council will be held on Friday, May 1, 2026, at the EH Center. The theme this year is “Salads, Sage, and Sisterhood”. Registration will begin at 9:30 a.m., with the meeting starting at 10:00 a.m. Registration - Twilight, Thought of the Day - Corliss Lewis, Moonlighters, Prayer – Margie Green, New Horizon. Meal will be salads and desserts. Each club should bring a door prize. Speaker will be from Back 2 Nature Herbals Co., and we will install new officers after lunch. Eva Langley, Pike County FCS/Staff Chair, will install new officers.

State EHC Conference

The yearly state EHC conference is being held June 2 through June 4, 2026. The early registration is through May 15th but if you need to book a room, you must do so by May 8th. Either call 510-371-9000 and mention Arkansas Extension Homemakers Council or use the link

<https://www.wyndhamhotels.com/wyndham/north-little-rock-arkansas/wyndham-riverfront-little-rock/rooms-rates?&checkInDate=06/01/2026&checkOutDate=06/04/2026&groupCode=053126AEH>.

Recipe of the Month

This month’s recipe comes from the University of Purdue Extension network. If you would like the nutrition information, you can find it on Purdue’s Extension Foodlink.

Apple and Chicken Salad

Ingredients:

2 red apples of your choice

2 celery stalks (diced)

2 c. cooked skinless chicken breasts (about 2 breasts)

½ c. plain non-fat Greek yogurt

½ c. raisins

¼ c. mayonnaise

¼ tsp. salt

1/8 tsp. black pepper

16 lettuce leaves such as bibb, romaine, green or red leaf

Directions:

1. Cook chicken by grilling, roasting, or pan frying. Allow chicken to cool, then cut into half-inch cubes. You can cook chicken ahead and refrigerate it up to three days before serving.
2. Cut apples in quarters, remove core, and cut into half-inch cubes.
3. Add the yogurt, mayonnaise, salt, and pepper to a medium mixing bowl. Stir or whisk until combined.
4. Add the apples, celery, chicken, and raisins to the bowl and gently stir them into the yogurt mixture until they are well coated.
5. Arrange lettuce on serving plates and top with chicken/apple mixture to serve and enjoy.

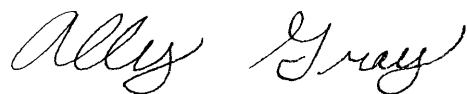
Arkansas Extension Homemakers Council Creed

I believe in the Extension Homemakers Club program and accept the responsibilities it offers to be helpful to others and to provide for continuous improvement in all levels of living.

I believe that through working together in a group we can enlarge the opportunities, enrich the life of our people, and create a more contented family and community life. I believe in my own work as a homemaker.

I believe that the greatest force that molds character comes from the home, and I pledge myself to create a home which is morally wholesome, spiritually satisfying, and physically healthful and convenient.

Sincerely,

A handwritten signature in cursive script that reads "Abby Gray". The letters are fluid and connected, with a prominent capital 'A' and 'G'.

Abby Gray
County Extension Agent – FCS

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