

EH NEWSLETTER

March 2023

Spring AEHC Meeting

Howard County was well represented at the AEHC Spring Meeting in North Little Rock. Those attending included: Tina Conzel, Dana Newberg, Joy Barr, Tempe LaMothe, and Corliss Lewis. The group learned how to be better leaders in their club and county. A fun time was enjoyed by all who attended



4-H Dairy Foods

The Howard County 4-H Dairy Foods contest is scheduled for Monday, March 27 at 6:00 p.m. Volunteer judges are Tina, Deb, Joy, Dana, Gladine, and Corliss. Please be at the Educational Center by 5:50. There are two categories to judge – Party foods and Main Dish. 4-H members will bring their prepared recipe to be judged.

**Howard County
Extension Office**

**421 N. Main Street
Nashville, AR 71852
870-845-7517**

**Jean A. Ince –
CEA-Staff Chair**

**Samantha Horn –
CEA-4-H**

**Dawson Bailey -
CEA – Agriculture**

**Deb Kreul –
Administrative
Specialist III**

Controlling Insects Outside

If you live in Southwest Arkansas, you know insects are a constant battle in the yard. They show up around April and set up home until late fall. How do you control them? This month's leader training will feature Dawson Bailey, County Extension Agent-Agriculture. He will share tried and true recommendations for controlling annoying insects in the yard.



The training is scheduled for Tuesday, March 28 at 10:00 a.m. at the Howard County EHC Educational Center in Nashville. Anyone is welcome to attend. For more information, contact the Extension office at 870-845-7517.

March Board Meeting

The March Howard County EHC Board Meeting is scheduled for Tuesday, March 28 at 11:00 a.m. at the EH Center in Nashville. Several items are on the agenda including:

- Update from Committees (building, meetings, fundraising)
- Spring Council Meeting
- AEHC State Meeting
- Scheduled Workshops
- Much more!

All council officers are expected to attend including club presidents or their representative. Any member may attend, but only voting members will be allowed to vote.

4-H Achievement Banquet

Once a year, Howard County recognizes outstanding 4-H members at the annual 4-H Achievement Banquet. This year's banquet is scheduled for Friday, March 31. Volunteers are needed to help with the meal. Those who have volunteered include Deb, Dana, Edith, Tina, Joy, and Corliss. If you would like to help, please let Deb know by calling the office at 870-845-7517. Howard County EHC is a huge supporter of 4-H Youth programs in the county. They appreciate all you do!



Get Real, Here's the Deal

Howard County EHC members are needed to help teach 8th grade students at Nashville Jr. High how to manage money and make financial decisions in the Get Real, Here's the Deal program. Students will receive an occupation and a family situation, married, single, children or no children. They will learn to balance a check register and make financial decisions at 11 different stations.

The simulation will be held on Tuesday, April 4 from 9:20 – 3:00 p.m. Lunch will be provided for volunteers. If you would like to help, please let Jean know as soon as possible. This is always a great program and EHC members make it that way! Call the office at 870-845-7517 to volunteer!

"Cook Your Way to a Healthier You" DASH Diet

A two-session workshop, "Cook Your Way to a Healthier You" is scheduled for May 2 and May 16 at the Howard County EH Center in Nashville. The program focuses on one of the top-rated diets – The Dash Diet.

The DASH Diet was developed to fight high blood pressure, not as an all-purpose diet plan. It received high marks for its nutritional completeness, safety, ability to prevent or control diabetes, and its role in supporting heart health. It's widely considered a balanced dietary approach for anyone desiring to lose weight, help control high blood pressure and improve overall health



One of the easiest and best way to eat healthy is to cook at home. You can control your sodium intake by experimenting with different herbs and spices in place of salt. They add flavor without adding sodium to the foods you eat.

If you are interested in learning how to cook with herbs and spices and ways to lower your blood pressure, you will want to attend this program. It will be held on both days from 1:00 to 4:00 p.m. A registration fee of \$30 will be charged to cover the cost of program supplies. This fee covers both sessions. Interested persons should register by April 25.

For more information, contact the Extension Office at 870-845-7517. All participants will receive recipes, tips for lowering sodium intake, healthy eating information and hands-on experiences learning to cook with herbs and spices, plus you get to try what you prepare!

Spring Council

The committee has met and made plans for the Spring EHC Council Meeting scheduled for Friday, May 5. Registration will begin at 9:30 a.m. with the program starting at 10:00. More information about plans for the day will be shared at the board meeting. Go ahead and mark your calendar for this date. You will not want to miss this meeting!



AEHC Annual Meeting

“*New Friends and Old Together We Grow*” is the theme of the AEHC Annual Meeting which is scheduled for June 6-8 at the Wyndham Riverfront Hotel in North Little Rock. This meeting is packed with three days of educational sessions, renewing friendships and a time to recognize outstanding programs conducted by EHC members from across the state.

Mark your calendar and plan to attend this meeting. Howard County usually has a great group of members attend. Please let Jean know if you are interested in attending this meeting. As information becomes available, it will be shared.

Registration is due by May 5. A registration fee of \$90 will be charged to cover program supplies. Creative Skills classes will cost extra. There will be an Early Bird class Tuesday morning, with Opening Ceremony at 12:00 p.m. New this year, on Tuesday night you have a choice of a Creative Skill or Bingo. On Wednesday evening you have a choice of Talent Contest and Karaoke.

On Thursday morning, Kat Robinson, Arkansas’s food historian and most enthusiastic road warrior will be the guest speaker.

There will be lots of educational opportunities to choose from throughout the meeting. Online registration will be soon.

Other Things to Know About State Meeting

There will be a cultural arts exhibit. Each county is asked to bring at least one cookbook that is five years or older. Two recipes from each county should be submitted prior to the meeting.

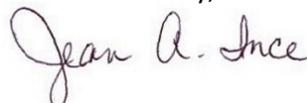
Milestone members, those who have been in EHC for 50+ years, should submit their names to the Howard County office no later than May 11. Recognition will be given to 50-year, 60-year, 70-year members. If possible, please provide a picture.

Clubs and councils who have been meeting for 50 years, 75 years or 100 years should also submit their anniversary by May 11.

Memorial names are also due by May 11 in the office.

****Note: All meetings and activities are subject to change.**

Sincerely,

A handwritten signature in cursive script that reads "Jean A. Ince".

Jean A. Ince

County Extension Agent - Staff Chair

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to 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.

