

EH NEWSLETTER

March 2024

AEHC Spring Meeting

“Planting Ideas & Growing Our Minds” was the theme of the AEHC Spring Workshop held on March 6, 2024. Pam Wynn, Laura Dupree, Corliss Lewis, Joy Barr, and Jean Ince represented Howard County EHC. There were breakout sessions, EHC updates and State meeting information shared. All agreed the meeting was very educational and informative. It was a good day!



Howard County
Extension Office

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Jean A. Ince –
CEA-Staff Chair

Samantha Horn –
CEA-4-H

Dawson Bailey -
CEA – Agriculture

Deb Kreul –
Administrative
Specialist III

“A Green Tie Affair”

Thank you to all who volunteered to prepare and serve the meal at the recent 4-H Banquet. There were several volunteers who stepped up at the last minute! The night was super special because of yo



4-H Dairy Foods Judges

The 4-H Dairy Food contest is scheduled for Monday, March 25, 2024, at 6:00 p.m. at the EHC center. Volunteer judges include Deb, Dana, Pam, Joy, and Edith. If you would like to help, please let Jean know asap. This is a great contest to judge. There will be new, delicious recipes to try in two categories – Party Ideas and Main Dish. All judges will receive a cookbook of recipes submitted.

Yoga Basics-Breathing, Movement and Guided Relaxation

Yoga has been practiced for thousands of years. There are many different styles of yoga, but all share in common a focus on breathing, yoga postures and guided relaxation or meditation. Practicing yoga can provide physical and mental health benefits. Practicing yoga may:

- Reduce arthritis symptoms
- Improve strength, balance, and flexibility
- Improve pain management
- Lower blood pressure
- Reduce depression
- Relieve anxiety
- Improve sleep
- Reduce stress



This month's leader training lesson will teach participants about the benefits of yoga, breathing practices and simple poses anyone can do. Plus we will look at some common myths and facts about yoga. The training is scheduled for Tuesday, March 26 at 10:00 a.m. at the EH Center in Nashville. Participants are being asked to wear comfortable clothes and sturdy shoes. Sneakers are a good choice. All health and wellness leaders are encouraged to attend, anyone who wants to learn more about this subject is welcome to attend. For more information, contact the Howard County office at 870-845-7517.

March Board Meeting

Several items will be on the agenda for the March Board meeting scheduled for Tuesday, March 26 at 11:00 a.m. All council officers, club leaders and/or their representatives are expected to attend. Any member may attend, but only voting members will be allowed to vote. Items on the agenda include:

- Hospital Auxiliary Catering
- 4-H Contests to Judge
- Committee Reports
- State Meeting
- Plus, much more!

Please make plans to attend this very important meeting!



Yearbook Committee Meeting

It is time to plan educational programs for 2024-2025 program year. The committee will meet on Tuesday, March 26 at 1:00 p.m. at the office. Those on the committee are Joy, Edith, Deb, and Alicia. Anyone else who would like to participate is welcome! Please come with ideas for trainings, thought of the day, roll call and helpful hints.

4-H O’Rama Judges

The Howard County 4-H O’Rama has been rescheduled for Thursday, April 18 at 5:00 p.m. at the EH Center. Talks, Fashion Revue, and Talent will be judged by EH volunteers Joy, Pam, Dana, Margie, and Lillian. Thank you to all these great volunteers for helping make this event a success!

Jean’s Retirement

Happy Retirement!

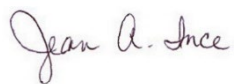
As many of you already know, Jean is retiring after 35 years on April 30, 2024. There will be a retirement reception for her on Monday, April 22, 2024, between 10:00 a.m. and 12:00 p.m. This event will be held at the EH Center. Refreshments will be provided. Please mark your calendars and come to this special event honoring Jean. If you would like to help with this event, call the office and talk to Deb or Samantha.

AEHC State Meeting

The 2024 AEHC State Meeting will be held June 4-6, 2024, at the Riverfront Wyndham Hotel in North Little Rock. The Thursday Speaker this year is The Pleasant Hill Quilters of Linden, TX. The Quilters came together for the first time in September 2004. The initial intent was to make a quilt based on the book, *Hidden in Plain View*, for a Black History program in February 2005. Their Mission: to help maintain the historical Rosenwald school building, now called the Pleasant Hill Center. Their Purpose: to use quilts as a media to entertain, educate, create awareness and healing of America’s unsavory past. Many of you will remember seeing this group at Hempstead Hall several years ago. They present a wonderful program on how quilts were used during the Underground Railroad.



Sincerely,

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

Jean A. Ince
County Extension Agent - Staff Chair

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