

EH NEWSLETTER

September 2023

Howard County Fair

A BIG “Thank You” goes out to all our fair volunteers! We had another wonderful fair and appreciate all their hard work.



**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**

Living Alone Without Being Lonely

Everyone has felt lonely at some point. We all know what it feels like. The effects of loneliness can lead to several health problems including heart disease, stroke, and hypertension. Not to mention mental effects. The good news is there are ways to combat loneliness and bring joy into your life or the life of a loved one. This month’s leader training lesson will look at ways to overcome feelings of loneliness. The training is scheduled for Monday, September 25 at 10:00 a.m. This training is open to any EHC member. At least one member from each club is encouraged to attend.



September Board Meeting

The September Board Meeting is scheduled for Monday, September 25 at 11:00 following the leader training lesson. All board members including club presidents are encouraged to attend. Any member may attend, but only voting members will be allowed to vote. Items on the agenda include:

- Fall Council Meeting
- Crocktober
- Old Fashioned Christmas
- Plus, much more!

Please make plans to attend this very important meeting! Your input is needed.

Quilt/Crochet Day

A quilt/crochet day has been scheduled for Friday, September 29 at 9:00 a.m. For this month, the group decided to work on “gift” projects. Therefore, we will be making a box bag and a soup cozy.

For the box bag, you will need: 2 matching fat quarters or scraps of fabric (11x8-inches) for the outside, 2 matching fat quarters or scraps of fabric (11x8-inches) for the lining, 1 piece of lining fabric 2 ½ x 8 inches, 10” of ¾” wide ribbon, and a 14-inch all-purpose zipper. You will need to bring a zipper foot attachment to your sewing machine. Coordinating thread.



For the soup cozy, you will need: 2 fat quarters (one for the top and one for the bottom) or 2-10” pieces of scrap fabric. You will also need matching thread.

You will need to bring a sewing machine, owner’s manual, fabric cutting scissors, tape measure, pins.



Fall EHC Council Meeting

The Fall EHC Council Meeting is scheduled for Monday, October 2 from 2:00 p.m. to 4:00 p.m. at the EH Center in Nashville. This will be a day to recognize outstanding EHC members and the contribution everyone gives to the Extension Homemaker program. It will also be a day to have fun and social interactions with members from across the county. All EHC members are encouraged to attend this meeting. There will be door prizes and games for members to participate in. Food assignments will be made at the September board meeting. For more information, contact the office at 870-845-7517.



Crocktober

The annual “Crocktober” fundraiser event will be held on Tuesday, October 17 from 11:00-1:00. This is a major event for Howard County EHC. Proceeds will go towards upkeep and maintenance on the building. It will benefit both Extension Homemakers and 4-H Youth.

“Crocktober” is a lunch soup event featuring delicious homemade soups, desserts, and cornbread. Help will be needed on October 16 to decorate and prepare the soups and desserts. Mark your calendar to assist with ticket sales, preparation or just come and support Extension Homemakers.

You must have a ticket in order to participate. Tickets are on sale now at the office or will be available at the September board meeting. Call your friends, enjoy a lunch together, and receive some new recipes for delicious soups!



Ouachita District EHC Rally

The Ouachita District EHC Rally will be held on Tuesday, October 24 at UA Cossatot in Ashdown from 10:00 a.m. to 2:00 p.m. District Rally is held every fall to bring EHC members from across our area (25 counties) together to learn, socialize and have fun.

“Growing for Our Future” is the theme of this year’s rally. A registration fee of \$25 will be charged to cover program costs and lunch. Registration is due by October 2.

25-Year Members will be recognized at this event. If you or someone in your club has been a member of Extension Homemakers for 25 years (joined in 1998 or earlier and have not received recognition) should submit your name to the office, no later than October 2. These members will receive a special pin and certificate.

If you have any questions regarding this meeting, contact the office or register online at <https://www.uaex.uada.edu/life-skills-wellness/extension-homemakers/default>

Ol Fashioned Christmas

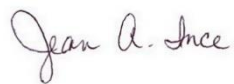
Gingerbread, cranberry and popcorn garland, memories of days gone by will be the theme of this year’s “Old Fashioned Christmas Event” scheduled for Saturday, November 4 from 2:00-4:00 p.m. Plans are being made now for this special event. There will be party ideas, decorations, and delicious foods to taste.

Mark your calendar and make plans to attend! Please let your family, friends, and anyone you who would be interested in attending. Tickets will go on sale soon.

Your help is needed to make decorations, prepare tastings, and decorate the center before the big event. The week of October 30 will be set aside for preparations. Members will meet each day to transform the EH Center. Maybe you can’t help every day, but can devote a day or two, please come! As many hands as possible will be needed to make this event happen. There will be jobs for everyone contribute. More information about the event will be discussed at the September Board Meeting.



Sincerely,

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

Jean A. Ince
County Extension Agent - Staff Chair

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