

EH NEWSLETTER

February 2024

Howard County 4-H BBQ Bowl

Thank you to everyone who supported Howard County 4-H at the 2024 4-H BBQ Bowl. The funds raised help the Howard County 4-Hers compete in several state and national events throughout the year. They truly appreciate your support!

4-H Bread and Cookie Contest

The 4-H Bread and Cookie contest is scheduled for Tuesday, February 20 at the EHC Educational Center in Nashville. Extension Homemakers have graciously volunteered to judge the event. Those helping are Joy, Dana, Tina, Deb, Pam, and Corliss. Please be at the center by 6:00 p.m. This is one of the largest food commodity events of the year for youth.



Time to Register for AEHC Spring Meeting

Howard County Extension Office

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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

“Planting and Growing Our Minds” is the theme of the AEHC Spring Workshop which will be held on Wednesday, March 6 at the Wyndham Riverfront Hotel in North Little Rock. Any member wishing to attend should register by February 21st to receive the \$35 registration fee. After that date, the fee will be \$45 per person. The last day to register will be February 27. Registration covers the cost of program supplies, plus lunch. To register go to <https://www.uaex.uada.edu/life-skills-wellness/extension-homemakers>. If you need help registering, please call the office.

Plans are to leave the EH house at 6:30 a.m. We should return to Nashville around 5:30 p.m.



Quilt Day



The next quilt day has been scheduled for Friday, February 23 at 9:00 a.m. Participants should bring a project you are currently working on, equipment and sewing supplies and a sack lunch. This is a great opportunity to learn more about piecing quilts and making simple projects. For more information, contact the office. We are looking at making a “Garden Star” quilt pattern. If you would like to make one along with the group, please contact the office for a supply list.

4-H O’Rama Judges

The Howard County 4-H O’Rama is scheduled for Monday, February 26 from 2-5:00 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!

Reducing Our Footprint in the World

Turn on the nightly news and chances are you will see at least one story related to the weather and global warming. Most scientists agree we can avoid the most harmful effects of climate change – worsening human health, continued loss of plant and animal species and the escalation of heatwaves, droughts, crop failures, fires and floods from superstorms and sea-level rise – if we cut our carbon dioxide emissions to net-zero by 2050.

You may be asking, “But what can I do?” This month’s leader training will look at simple ways everyone can help reduce their carbon footprint. Simple ideas including 1) turn off lights when not in use; 2) take the stairs instead of elevator; 3) do full loads of laundry; plus others.



To learn what you can do, attend the training, “Reducing Our Footprint in the World” scheduled for Tuesday, February 27 at 10:00 a.m. at the Howard County Extension Homemaker Educational Center. All financial management leaders are encouraged to attend, anyone may attend.

February Board Meeting

Several items will be on the agenda for the February Board meeting scheduled for Tuesday, February 27 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:

- 4-H Commodity Contests and activities to assist with
- Upcoming spring meetings
- Catering and Fundraisers
- Plus much more!

Please make plans to attend this very important meeting!

Spring Walk Across Arkansas

Before you know it, the weather will turn warmer, and people will be encouraged to get out and walk! The Spring Walk Across Arkansas usually begins the first week in March and runs through May. Registration is now open at <https://www.uaex.uada.edu/life-skills-wellness/health/health-programs/walk-across-arkansas>.

Walk Across Arkansas is an 8-week, team-based exercise program. The recommended team size is 3-8, but the maximum team size is 30 people. Each team sets physical activity goals and tries to meet them with some friendly competition. It is an easy, free way to get active while spending time with your family and friends!

If you need help registering your team or have questions, feel free to call the office at 870-845-7517.

EHC Garage Sale

Spring is a great time to clean out closets, cabinets, and other areas around the home. Your unwanted items are needed for the EHC Garage Sale being planned for Friday, March 1 and Saturday, March 2. Items can be dropped off any time before the sale. Please price your items before dropping them off. Contact the office to arrange for someone to let you in the center prior to dropping off items.

Volunteers are needed to work the day before the sale setting up and to work both days of the sale. If you would like to volunteer a few hours of your time, please call the office at 870-845-7517. Let us know what day and time you would like.

All proceeds from this sale will go towards maintenance and upkeep on the center. There are several projects that need to be repaired. Your donations will help preserve the building for now and in the future.

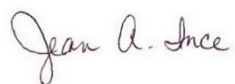
“A Green Tie Affair”



The 2024 4-H Banquet is scheduled for Friday, March 8, at 6:00 p.m. This year's theme, “A Green Tie Affair” will recognize the outstanding achievements of Howard County 4-H youth. Howard County Extension Homemakers are a huge part of this special evening. Help is needed to prepare and serve the meal. If you would like to volunteer, please call the office. More information about the banquet will be shared at the board meeting.

Howard County Extension Homemakers are the Best!! Thank you for all you do to support Extension programming throughout the year!

Sincerely,

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

Jean A. Ince
County Extension Agent - Staff Chair

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