

UofA UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

EHC NEWSLETTER

**Howard County
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February 2008

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County Extension Agent-
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Sherry Beaty
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Sherry Wenta
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Are Homemade Cleaning Supplies as Good as Store Bought?

Spring is here! That means spring cleaning. This year, spend less time and money as you clean around your house. Learn how by attending this month's leader training lesson, "Recipes for Housecleaning: Are Homemade as Good as Store Bought?" The training is scheduled for **Tuesday, February 26 at 10:00 a.m.** at the EH Center in Nashville.

All financial management leaders are encouraged to attend. Any EH member is welcome to attend.

Participants will learn what common household supplies you need in order to make your own cleaning supplies.

Everyone who attends needs to bring a small jar with a lid or container with a lid. We will be making some homemade cleaning supplies, and I want you to be able to take some home.



February Board Meeting

The February EH Board meeting is scheduled for **Tuesday, February 26 at 1:00 p.m.** at the EH Center in Nashville. There are several items on the agenda that need to be discussed including:

- Council Officer Elections
- Spring Council Meeting
- AEHC Officer Training
- Yearbook Committee
 - Catering Events
 - Plus Much More!

All Council officers including club presidents or their representative are encouraged to attend. Any member can attend, but only Council members may vote.

4-H Breads Contest

The 4-H Breads Contest is scheduled for **Monday, February 25 at 6:30 p.m.** at the EH Center.

Volunteers to judge to contest are:



Deb Kreul
Voncile Bullock
Katie Dedner
Linda Johnson
Rose Dale
Mable Sanders
Karen Vogler
Mildred Baxley
Bobilea Williams



We have several 4-H members registered, so I think we will need several judges. I appreciate all those who have volunteered.

Keep in mind there will be more opportunities to judge 4-H activities in the next couple of months.



4-H Talent / Fashion Revue Judges Needed

The 4-H Fashion Revue and Talent Contests will be held Monday, **March 3 at 5:30 p.m.** at the EH Center in Nashville. I need at least two judges for talent and two for fashion revue. Bobilea Williams has volunteered to judge talent.

If you would like to help judge either of these contests, please call me. You do need to have some knowledge of clothing construction, modeling and fiber content and care for fashion revue. Judges for the talent contest should have a general knowledge of music, singing, and dance.

Of course there are scorecards to follow for all the contests. Thank you to those who have volunteered already! Call me at 845-7517 if you want to be a judge.

Howard County 4-H Achievement Banquet

The 2008 Howard County 4-H Achievement Banquet is scheduled for **Friday, March 7 at 6:00 p.m.** at the EH Center in Nashville. This year's theme is "My Sweet 4-H Centennial." This is a night to honor our outstanding youth here in Howard County.

This year, 4-H is celebrating 100 years of youth work in Arkansas. The banquet will be a formal affair in keeping with the Centennial celebration. Therefore, we need volunteers to help serve at the banquet.

EH is one of 4-H's best supporters. They help prepare the banquet meal, serve at the banquet, and help with cleanup afterward. I appreciate all Extension Homemakers due to honor our youth.

If you would like to help in any way, please call the office at 845-7517 to volunteer!



AEHC Officer Training

“EHC Opens the Gate in 2008” is the theme of the **March 11 and 12** officer training at the C.A. Vines 4-H Center. Emphasis for the training will be on marketing EHC. Joy E. Matlock, of Heifer Project International, will be the speaker in the afternoon on March 12.

Traditionally, Howard County has attended this training on just the one day, Wednesday. We leave at 6:30 a.m. and return by 5:30 p.m. that day.

If you are interested in participating in this workshop, please let me know by February 29.

If there are members who want to attend the night before, let me know so we can have a room reserved for you.

This training is usually very informative and is enjoyed by all who attend.

For more information, contact me at 845-7517.

Right Bite Cooking School



Are you diabetic, or do you live with someone who is diabetic? Would you like to learn to prepare healthy, quick-to-fix meals that the whole family can enjoy? If so, you will want to attend the four-session program, Right Bite Cooking School. The school is scheduled for four sessions all to be held at the Howard County EHC Center. The sessions will be from **9:00 a.m.** to **12:00 noon** each day.

Session 1 – ***What’s on Your Plate?*** – Tuesday, April 1

Session 2 – ***Carbohydrates: Friend or Foe?*** – Thursday, April 3

Session 3 – ***Fats: The Good, the Bad, and the Healthy*** – Tuesday, April 8

Session 4 – ***Vitamins, Minerals, and Fiber: The Good Guys!*** – Thursday, April 10

A registration fee of \$15 will be charged to cover program supplies. The class size is limited to 25 people. If you are interested, you must call the office by **Thursday, March 20** to pre-register for the class. Again, there is no charge for any of the materials. Each participant will receive a notebook of information, recipes and have the chance for daily door prizes; plus, we will taste the foods we make. The recipes will be different from last year’s class.

If there is enough interest, I will consider having a class at night. I will need at least 10 people to register for evening classes in order to offer them. Time of evening classes would be 6:30 – 9:00.

2008 AEHC State Meeting

The 2008 AEHC State Meeting will be **June 10 - 12, 2008** in Hot Springs. The theme is “Share the Gift of EHC.” Committees are hard at work planning educational workshops and speakers.

Many people plan vacations early in the year, so I thought it was important for you to have these dates on your calendar. When planning doctor appointments, visits from relatives, or vacations, you might want to keep this week open. State meeting is always a fun, educational experience.

Registration packets will not be available until March, but let me know if you might be interested. I’ll be sure to get you the information as soon as I receive it.



Cultural Arts Exhibit at State Meeting

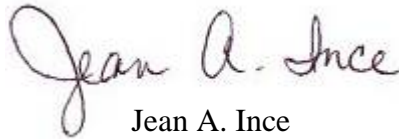
The cultural arts display will be head dressings for cancer patients with each county bringing one entry for judging that has been sewn, knitted, crocheted, etc. Awards will be given for first, second, and third places.

Even though we can only take one turban (head dressing) for the judging, I am encouraging members to make as many turbans as you want. They can be donated locally or sent to UAMS Cancer Research.

We will have a contest locally at Spring Council Meeting to choose the head dressing that will represent Howard County at the State meeting. The winner will be chosen by whoever receives the most pennies, so start now saving your pennies to vote with!

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

Sincerely,

A handwritten signature in cursive script that reads "Jean A. Ince". The signature is written in black ink and is positioned above the printed name.

Jean A. Ince
County Extension Agent-Staff Chair