

EHC NEWSLETTER

**Howard County
Extension Office**
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March 2008

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A Huge "Thank You!"

Thank you to all who helped with the 4-H Banquet. The food was great. The service was wonderful! The 4-H members and parents all had a great time, and I heard lots of compliments. Howard County 4-H and I thank Extension Homemakers for all the support you give to the youth in our county. You make us all feel special!



Parliamentary Procedure Training

Little River County Extension Homemakers are hosting a parliamentary procedure training, "How to Have an Effective Meeting," **Monday, March 17**, at noon at the Cossatot Community College, U of A, Ashdown.

John Turner, county Extension agent – agriculture for Miller County, will present the program. John presented a similar program at State AEHC meeting last year. It was an excellent program.

Little River County Extension Homemakers have extended an invitation to area EHC members. Lunch will be provided by Little River EHC. They do need a head count in order to prepare lunch.

If you are interested in attending this training, you will need to register by March 13. You can call our office at 845-7517 to register. I'll be glad to pass on the information. You will be responsible for travel to and from Ashdown. If several are interested in attending, car pools may be formed. Let me know if you are interested.



Spring Council Committee Meeting

The Spring Council Meeting will be here before you know it. In order to plan for the event, a committee meeting has been scheduled for **Tuesday, March 18 at 11:00** after the leader training meeting. Those serving on the committee are: Willy Alice Castleberry – chair, Deb Kreul, Voncile Bullock, Karen Vogler and Kathy Stinnett. Be sure to bring your ideas to share with the group. We will need to choose a theme, decorations, menu and speakers. Feel free to call me at 870-845-7517, if you have any questions.

Reviving Houseplants for Spring!



Quick! Someone call 911! My houseplants need drastic help now! Chances are your plants are not in as bad shape as mine are, but how have they fared over the winter? Soon the weather will be warm enough to carry our plants outside to let them soak in the warm sun.

If your plants have to start off on the back porch because you are too ashamed to put them on the front porch, then you will not want to miss this month's leader training lesson, "Reviving Houseplants for Spring," scheduled for **Tuesday, March 18 at 10:00 a.m.** at the EH Center in Nashville.

Bernie Snyder from the Red Dirt Master Gardeners of Texarkana will be the guest speaker. He will teach us how to care for houseplants and will even do a diagnosis of our ailing plants that we bring in. So, bring those sick plants with you and find out how you can have beautiful plants all year long.

March Board Meeting

The monthly board meeting for March is scheduled for **Tuesday, March 18 at 1:00 p.m.** at the EH Center in Nashville. All board members (executive council officers, club presidents, and subject matter chairs) are encouraged to attend. These officers have a vote in the business of Extension Homemakers. If you are unable to attend, you may appoint another member to take your place. Please let Voncile know before the meeting who your representative will be.

Items for discussion include:

- State Meeting
- Spring Council Meeting
- Possible Yard Sale
- Upcoming Events

For more information on this meeting, feel free to contact me at the Extension office.

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 take only 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 which one receives the most pennies, so start now saving your pennies to vote with!

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 and recipes and will have the chance for daily door prizes; plus, we will taste the foods we make. The recipes will be different from the ones in 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.

Items of Interest

*** Hometown Health Fair – April 12 – Nashville City Park – 9:00 – 12:00**

- Health Screenings
- Informational Booths
- Door Prizes
- Plus Much More



*** Miller – Bowie Quilt Show – Four States Fairgrounds – Barbara Glebloff Arts Building – Texarkana – April 11 & 12**

- Workshops
- Vendors

Call Marian Bigbee at 870-216-2526.

*** Judges Needed for 4-H Contests**

- April 17 at 6:00 p.m. – Talks & Demonstrations
- April 28 at 6:00 p.m. – Dairy Foods & Egg Preparation

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.

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 dark ink that reads 'Jean A. Ince'. The signature is fluid and cursive.

Jean A. Ince
County Extension Agent-Staff Chair