

EHC NEWSLETTER

February 2020

Strawberry Demonstration

Howard County Agriculture Agent-Samantha Kroll will be conducting a Strawberry Demonstration/Workshop on **Tuesday, February 11 at 10:00 a.m.** at the EH Center in Nashville. She will be teaching participants how to grow juicy, ripe strawberries using container gardening. If you are interested in learning more about container gardening, you

might want to participate in this program. Call the office at 870-845-7517 for more information.



4-H Breads Workshop

4-H members will be learning to make quick bread loaves at a breads workshop scheduled for **Tuesday, February 18 at 4:00** at the EH Center in Nashville. This is a great opportunity for Extension Homemakers to complete some of their teaching hours. If you are interested in volunteering for this

program, you must let Jean know by February 14.



February Board Meeting

The February Board Meeting is scheduled for **Tuesday, February 25 at 1:00 p.m.** at the EH Center in Nashville. All Executive Board Members and Club Presidents are encouraged to attend. Any member is welcome to attend, but only voting members may vote on business items. Agenda items include:

- Committee reports
- AEHC Spring Meeting
- Educational opportunities
- Fundraising activities
- Plus much more!

Please make plans to attend this important meeting to take care of the business of your organization!



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Eating Right for Your Lifestyle

How we live our lives is our lifestyle. Making an effort to change the way one normally does something in the everyday routine is called a lifestyle change. The World Health Organization estimates that two-thirds of all diseases are the result of lifestyle choices. Staying healthier as we age should be everyone's goal! If simple changes in one's day to day activities can make us healthier, why don't we make the changes?

This month's leader training lesson, "Eating Right for Your Lifestyle" will give answers on ways to empower you to make effective behavior chang-

es. The training will take place on **Tuesday, February 25 at 10:00 a.m.** at the EH Center in Nashville.

Participants should bring a favorite recipe with them to the training. All Health & Wellness leaders are encouraged to attend the training. Anyone interested in learning to make lifestyle changes for a better you are welcome to attend.



Pruning Workshop

Have you seen any spring flowers blooming? Before long, trees will be budding and the new spring growth will give a renewed hope of warmer days. Now is the time to prune your shrubs and trees to get them ready for the spring. County Extension Agriculture Agent-Samantha Kroll will be teaching a basic pruning workshop on **Thursday,**

February 27. Mark your calendar! Time and place will be announced soon!



Get Real! Here's the Deal!

The financial program for youth, "Get Real-Here's the Deal" is scheduled for **Tuesday, March 10** at Nashville Junior High School. Once again, volunteers are being asked to help deliver this program to 8th grade students. If you are interested in helping, please let Jean know as soon as possible.

You will need to be at Junior High from 9:15 a.m. to 3:00 p.m. This is a great way to get your teaching hours for the year!



where does my money go?

Clay Pot Workshop

Deb will be teaching a cultural arts workshop on **Monday, March 16 at 5:00 p.m.** The group will be transforming clay pots into attractive Christmas Gumdrops houses. A registration fee of \$5.00 will be charged to cover program supplies. All supplies will be provided. If you are interested in partici-

pating in this workshop, you must register by March 2. Call the office to register.



AEHC Spring Meeting

The AEHC Spring Meeting is scheduled for **Wednesday, March 11** at the C.A. Vines Arkansas 4-H Center in Ferndale. Those interested in attending will leave the EH Center in Nashville by 7:30 a.m. and we will return by 5:00 p.m. This meeting allows members from across the state to network and learn ways to improve their organization. There will be break out sessions, plus speakers to give you the tools you need to implement projects back home in the county. We will also get

a first look at the educational opportunities that will be offered at the State meeting in June. A registration fee of \$26 will be charged to cover lunch and program costs. If you are interested in attending this meeting, you must pre-register by February 28. You can register by calling the office at 870-845-7517.



4-H Competitive Activities

Several 4-H Competitive activities have been scheduled and we need your help! Judges will be needed for the first food commodity contest, the Bread and Cookie Contest, scheduled for **Tuesday,**

March 17 at 6:00 p.m. If you would like to volunteer to judge, call the office and let Jean know.



Walk Across Arkansas

Teams are forming for the Spring "Walk Across Arkansas" program. Teams are composed of 2 to 10 people who keep track of their exercise minutes. While walking is the preferred exercise, almost any form of exercise can be counted toward minutes exercised. The teams designate a team leader who helps members enter minutes. Each team will walk for 8 weeks and the team with the most minutes exercised wins! The program will begin on **Monday, March 16**. For more

information about Walk Across Arkansas, go to the website <https://www.uaex.edu/life-skills-wellness/health/health-programs/walk-across-arkansas.aspx> or call the Howard County Extension Office.



Game Night - March 2

Mark your calendar for **Monday, March 2 at 5:00 p.m.** at the EH Center for Game Night. Participants will have fun playing card games, socializing and enjoying snacks. Please bring \$1.00 and your favorite snack to share with the group.



Arkansas Flower and Garden Show

“Living Color” is the theme of the 2020 Arkansas Flower and Garden Show scheduled for **February 28-March 1**. This year’s event will be held at Barton Coliseum located at the Arkansas State Fairgrounds. Cost for the event is \$10 and tickets can be purchased at the show. There will be plenty of golf carts available to transport participants from the parking lot to the coliseum, so walking should not be a problem.

The Arkansas Flower and Garden Show is the largest three day celebration of gardening in the state. Visitors will learn about gardening and have the opportunity to shop for their homes and gar-

dens. Participants will be inspired by:

- Great designs for home landscapes
- the latest new plants
- Best cultivars for our climate
- Plus much more!

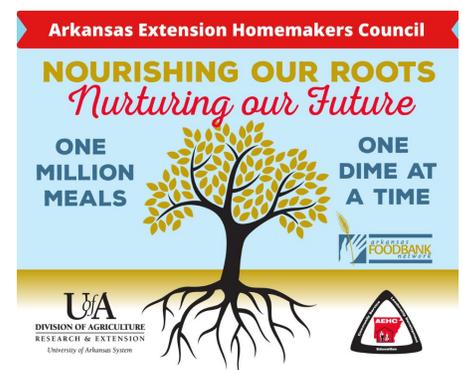
If you are interested in going to the show as a group, you will need to preregister by calling the office at 870-845-7517. The group will go on **Friday, February 28**.



Document Your Food Insecurity Projects!

Extension Homemakers across the state are working to abolish food insecurity through “Nourishing Our Roots – Nurturing Our Future” by providing meals, one dime at time. Not only are they collecting dimes to help fund food banks across Arkansas, any community service project that helps others in need will qualify. Howard County Extension Homemakers want their efforts to be recognized. If your club has completed any community

service projects please complete the form in the insert of this newsletter. Once completed, turn in to office.



The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact the Howard County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Sincerely,

Jean A. Ince
County Extension Agent - Staff Chair

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