March EHC Leader Training Lesson

80% of Americans wear the same type of underwear all their adult lives. Many people are putting up with underwear that does not fit well and is substandard. Underwear is the basic foundation for the rest of our clothing. While styles change and society standards change, choosing undergarments that work for you and make you look great can be a challenge.

This month’s leader training lesson, “Looking Good All Under” will help you unravel the mystery behind choosing quality, feel good, look good undergarments. We will look at choosing the right bra size, should you wear stockings or not, and just exactly what does “Spanx” mean? The training is scheduled for 10:00 a.m. Tuesday, March 29 at the Howard County EH Educational Center in Nashville. All clothing and textiles leaders are encouraged to attend, anyone is welcome to attend.

March Board Meeting

The Howard County EHC Board will meet on Tuesday, March 29 at 1:00 p.m. at the EH Center in Nashville. All executive council officers and club presidents are encouraged to attend. Any member may attend, but only voting members may vote. Items for discussion include:

- Southwest Arkansas EHC Leadership Conference
- AEHC Annual Meeting
- 4-H Activities
- Upcoming Workshops
- Spring Council Meeting

As you can see, there are several items to discuss and vote on. Please make plans to attend this very important meeting and participate in the business of your organization. If you cannot attend, you may send a representative to fill your place and vote for you.
You’re invited to attend a very special event... "EHC – Growing Through Traditions” educational leadership conference to be held **Tuesday, April 5, 2016** at Hempstead Hall in Hope. This conference will take a new look at some of Arkansas’ most treasured traditions – Quilting, Gardening and EHC.

The conference will begin with registration at 9:00 a.m. and will feature the “Underground Railroad Quilters” for the morning session. “Follow the North Star.” “Gather your tools.” “This is a safe house.” These messages and much more will be shared through quilts and song presented by the Pleasant Hill Quilt Club of Linden, TX. This group of ladies has been sharing the role that quilts played in the Underground Railroad during the Civil War. The Underground Railroad assisted slaves in the south as they made the journey to freedom in the north. They will entertain and inspire you.

The afternoon session will feature our own, Janet Carson, University of Arkansas Extension Horticultural Specialist, as she shares ideas on “Gardening in Anything”. This presentation will show you creative ways to showcase and grow your favorite plants.

A registration fee of $12.50 will be charged to cover program costs and lunch. In addition to two great programs, there will be several informational booths set up in the concourse of Hempstead Hall.

This is definitely a program you will not want to miss! Feel free to invite your friends! They do not have to be members of EHC in order to attend this program. You will need to register by March 28, 2016 by calling the office at 870-845-7517. Registration fees are due by March 28. We will be carpooling to Hope that day!

**Diabetic Workshop**

There will be a one-day diabetic workshop on **April 19 from 9:00 a.m. to 3:00 p.m.** at the EH Center in Nashville. Little River Extension Agent-Celeste Scarborough will assist in conducting the workshop. Celeste is also a registered dietitian. Participants will have the opportunity to taste new, delicious recipes and learn tips and techniques for managing diabetes. If you have diabetes or care for someone who is diabetic, you will want to attend this workshop. There will be no charge for the program. Lunch will be provided. If you are interested in attending this workshop, please call the Extension Office at 870-845-7517 to register by April 15.
Hispanic Cooking Workshop

Cristal Perez and Tammy Elliott, teachers at Nashville Jr. High, will present a program to teach us how to cook authentic Mexican food on **Thursday, March 31 at 5:30 p.m.** at the EH Center in Nashville. Several items will be demonstrated including enchiladas, gorditas, guacamole, Spanish rice, and much more. Cristal will share the culture of Hispanic people and their way of cooking.

A registration fee of $10.00 will be charged to cover program costs and supplies. Participants will be able to taste all the foods demonstrated, plus learn new skills and techniques.

Please call and register for this program by March 28. For more information, call the Extension Office at 870-845-7517.

2016 AEHC Annual State Meeting

“AEHC—Stepping Up for Education” will be the theme of this year’s annual meeting scheduled for **June 7-9, 2016** at the Hot Springs Convention Center. Several educational programs have been planned for this three day conference. Workshops include:

- Growing & Landscaping with Succulent Plants
- Understanding Food Allergies
- Iphonography – Taking Great Pictures with Your Smart Phone or IPad
- Tuning In to the Times
- Shopping and Cooking for One or Two
- Plus Much More!

For a complete list of classes available, check out the Arkansas Extension Homemaker Website at [http://www.uaex.edu/health-living/extension-homemakers/default.aspx](http://www.uaex.edu/health-living/extension-homemakers/default.aspx)

Registration for the meeting is due April 29. All registration fees should be paid by that date. Call the office for more information.

2016 Ozark Folk Center Retreat

Plans are being made for the 2016 Ozark Folk Center EHC Retreat. The retreat is scheduled for **November 2-4, 2016** at the Ozark Folk Center in Mt. View, Arkansas. This is a three day retreat packed full of cultural arts classes. Costs for the retreat vary according to how many people share a room. A deposit of $75.00 is due by August 14 with the balance due October 1.

You will be responsible for your own transportation to this event. However, if several people are interested, carpooling may be an option.

For more information, contact Jean at the office!
4-H Activities Scheduled

Several 4-H activities are scheduled for the next couple of months that you might be interested in knowing about. They are:

- Illustrated Talks, Demonstrations, Fashion Revue and Talent Contests – March 28
- Annual 4-H Achievement Banquet – April 8 – Help is needed for serving & catering
- Dairy Foods Contest – April 18 – Judges are needed for Main Dish & Party Ideas
- Howard County 4-H appreciates the support of Extension Homemakers! If you can help with any of these events, please call the office and let us know.

Sincerely,

Jean A. Ince
County Extension Agent - Staff Chair