

EHC NEWSLETTER

March 2020

Covid-19

The Howard County Extension Service values the health of our volunteers and wants everyone to stay safe. The state office has mandated that all Extension meetings should be cancelled at this time. This includes individual club meetings. Our office will continue to remain open; however, the only door available for entry into the courthouse is the back door facing second street. You are welcome to call the office at 870-845-7517 if you have any questions.

We do want to keep you informed of future events. The events mentioned in this newsletter are all subject to cancellation depending upon how long this health concern lasts. I will post any cancellations on the Howard County FCS Facebook page. You can like the page at <https://www.facebook.com/HowardCountyExtensionFcs>.

COMMON SENSE STEPS TO PREVENT CORONAVIRUS

Protect yourself from coronavirus and prevent spreading to others by following a few common sense steps.

 <p>Wash your hands often with soap and water. Scrub for at least 20 seconds.</p>	 <p>Encourage others to wash their hands. Help curb coronavirus by taking 20 seconds to soap up.</p>	 <p>Clean and disinfect frequently touched objects and surfaces, especially devices. Don't take your phone in the bathroom.</p>	 <p>Avoid touching your eyes, nose and mouth.</p> 	 <p>Cover coughs and sneezes with a tissue or the crook of your elbow. Toss tissues promptly and wash your hands.</p>	 <p>Stay home if you are sick with cold or flu symptoms, or any other illness.</p>	 <p>If you are sick, avoid close contact with others.</p>
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Howard County Extension Office

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Clay Pot Gingerbread

The group was small, but the fun and creativity was huge! Check out the beautiful gingerbread houses! Don't forget to enter them in the Howard County Fair this fall!



Important Papers: What to Keep and Where

We have all experienced not being able to put our hands on some important paperwork that we need. It may be a bill that needs to be paid, car license renewal, or health insurance paperwork. It may be you are drowning in mail, but don't really know what is important and what you should keep.

Every day, American businesses generate enough paper to circle the earth 20 times. Junk mail, receipts, magazines – sometimes it's hard to know what to do with all the paper. Learning to organize papers, control the clutter, and keep important records can reduce stress and help you become more productive.

The April club meeting lesson, "Important Papers: What to Keep and Where" will help answer your questions about what you need to keep, what you need to throw away and where you should put it for future reference.

There will be no leader training this month due to

the Covid-19 virus; however, the lesson will be mailed out to all club presidents. If the ban on meetings is lifted by the time your club has it's April meeting, you will have the necessary materials to conduct the educational portion of your meeting. You may also go to uaex.edu/ehc to view resources.

If your club does not meet in April and you would like the information, feel free to contact the office at 870-845-7517 and we will mail the information to you. Please wait until after your club meeting date to request the information.



March Board Meeting

There will be NO Extension Homemaker Board Meeting this month! The meeting scheduled for Tuesday, March 24 has been cancelled. Please make plans to attend the April board meeting on **Tuesday, April 28 at 1:00 p.m. This is a tentative date.**

2020-2021 Yearbook

It is time to start work on the 2020-2021 EHC Yearbook. There will be a committee meeting on **April 14 at 9:00 a.m.** at the Extension Office to plan leader training lessons, thoughts of the day, roll call and helpful hints. If you have any suggestions for educational programs, please let the office know or one of the committee members know.

Committee members are Deb K., Corliss L., Brenda J., and Tina C.

This date is subject to change.



4-H Events

Extension Homemakers assist with many 4-H programs. Several 4-H events have been rescheduled in the past few days. Here is a list of activities and dates that need your help judging.

April 10 – Poultry BBQ Contest

April 13 – Dairy Foods & Egg Preparation Contest

April 24 – Illustrated Talks, Talent and Fashion Revue

April 27 – Bread and Cookie Contest (New Date)

May 8 – 4-H Banquet (New Date)



Again these are all tentative dates dependent upon meeting status from our State office.

Spring Council Meeting

Go ahead and mark your calendar for **Friday, May 1** for the Howard County EHC Spring Council Meeting. The meeting will start at 10:00 a.m. and will conclude at 2:00 p.m. As soon as plans are finalized, I will pass along the information.

The committee meeting scheduled for Wednesday, March 18 will have to be rescheduled. If you have suggestions for programs, speakers, theme,

please let me know. I'll pass them on to the committee.

This date is subject to change.



AEHC Annual Meeting

June 2-4 will be the annual AEHC meeting in Hot Springs. This meeting provides members the opportunity to network with members from across the state, learn new information, check out the awesome craft fair exhibits and have fun! There will be plenty of opportunity for educational programs on a variety of topics.

The theme of this year's meeting is "Enriching Home & Community". Each county is being asked to provide a door prize basket with 10 similar items. It could be a quilting basket, food basket, or a fun basket. Creative ideas are welcome!

The cultural arts project will be anything that is made in Arkansas. If the item is an heirloom item, it should have a short description about the history of the item. All cultural arts exhibits will be returned to the county.

If you are interested in attending this year's annual meeting, please let Jean know as soon as possible. As more information is shared, I will pass it along.



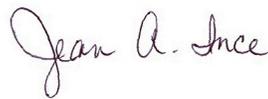
Horticulture Field Day

Plans are being made for the annual Horticulture Field Day scheduled for **Thursday, May 21** at the U of A Southwest Arkansas Research and Extension Center. Typically this has been a day where the general public can see the latest developments in fruit and horticulture development. The day starts early and concludes after lunch. One of the favorite parts of the day is learning how to use fruits and/or vegetables in recipes conducted by Family Consumer Science agents across the district. There is a small registration fee to cover program costs and lunch. As information is made available I will share, but I wanted you to put the date on your calendar, if you are interested in attending.



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