

2025 AEHC State Meeting

“Shine Bright”

June 3-5, 2025



Holiday Inn Little Rock Airport Conference Center
3201 Bankhead Drive, Little Rock, AR 72206
<https://uada.formstack.com/forms/aehcstate>

The university plans to capture photographs and videos of this event. Be aware that if you attend, you are consenting to the possibility that your image and likeness may be shared or published by the university for marketing-communications purposes.

State AEHC Website with Links

<https://uaex.uada.edu/life-skills-wellness/extension-homemakers/training.aspx>

State Meeting Lodging – Book your own room

The Holiday Inn Airport Conference Center offers a special rate for EHC attendees during the conference. Call 501-235-2004 and mention Arkansas Extension Homemaker Council or use the website link. When using the link, be sure to enter the conference dates and reservations must be made by May 19 to receive the discount.

Memorials & Milestones

Submit all Memorials, Club Milestones and Member Milestones using the link on the website, by May 9.

Registration and Expenses: When registering, indicate all dietary requirements needed. Register early since some sessions may sell out quickly. Sessions are either one or two hours long.

To abide by fire code restrictions, with all classes, once seats are filled, the room is closed. Attendees will be told to select another session with open seats available.

Early registration **(through May 14):** Three days, including both luncheons only (not Wednesday dinner), \$100

Three days, including both luncheons and Shine Bright Dinner, \$100

One day, Tuesday ONLY or Wednesday ONLY, including luncheon \$50

One Day Wednesday ONLY, including luncheon and Shine Bright Dinner - \$50

Tuesday Milestone Recognition or Wednesday Project Books, Scholarships, & Awards Luncheon Only - \$30

One day Thursday ONLY includes Guest Speaker program - \$10

Late Registration May 15-19: Three days with luncheons - \$130 Three days – luncheon & Wed dinner \$130

One day, indicate Tuesday or Wednesday - \$65 Tuesday or Wednesday Luncheon Only - \$35

One day Thursday - \$20 **Final Late Registration Deadline: May 19 – Final day of Late Registration**

Other Things You Need to Know:

*Each county is to bring 2 items for the silent auction.

*Each county is to bring a \$15 gift card for door prizes. Be sure the gift card can be redeemed state-wide.

*Cultural Arts: Each county should bring their Quilt Block with index card (Contact Rhonda Bogoslawski for any questions 573-823-3847)

- 9 ½" x 9 ½" square block finished for show on the Cultural Arts table in June at the State Meeting. Each county is to make one up a design that represents their county.
- There is not a color scheme. Any patchwork Quilt style, it is up to each county to decide.
- Each county is to fill out an index card describing why they chose the pattern for their blocks and pin it on the block.

Tuesday, June 3, 2025

9:00 – 11:30 Registration

9:00 – 11:00 Early Bird Creative Skills Classes (fee below):

Kimekomi Ornament	Cost-\$8.00 Class size 15	Rhonda Huggins/Dianna Bowen
1800's Braid Technique Bracelet/Key Chain	Cost-\$5.00 Class size 15	Rebecca Beck/Sheila Ballard assisting

Tuesday Afternoon Options

2:30 p.m. Extension Employee NEAFCS-AR Meeting and Educational Session

2:30 – 4:30 p.m. Creative Skills **2-HOUR CLASS (NO OTHER class for the afternoon)**

Smashed Can Art	Cost-\$15.00 Class size 20	Marilyn Sutton
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2:30-3:30 p.m. & 3:45 – 4:45 p.m. (Tuesday Afternoon Educational and Creative Skills classes repeated).

Educational Subject Classes (free):

- Empowering Seniors in the Fight Against Fraud in Healthcare
- Healthy Hearts, Happy Minds
- Shabby to Chic
- Stress, Mental Health & Self Care

Creative Skills Classes (fee below):

Paper Quilling	Cost-\$10.00 Class size 12	Rhoda Yost/Alicia Yost
Wooden Crows	Cost-\$12.00 Class size 25	Debbie James

Wednesday, June 4, 2025

8:00 – until around 10:00 a.m. Board of Directors Meeting

County Presidents (or designated Voting Proxy) and District/State Officers

9:00 – 10:00 a.m. & 10:15 – 11:15 a.m. (Wednesday Morning Educational classes repeated)

Educational Subject Classes (free):

- Aging Well
- An Introduction to Managing Volunteers
- Beginner's Guide to Zoom (Bring your own tablet, laptop, or smartphone)
- Forest Fires and the Environment
- Protecting Yourself from Scams and Identity Theft

Wednesday Afternoon Options

2:30 – 4:30 p.m. Educational Subject Class: **(2-HOUR CLASS) (NO OTHER class for the afternoon)**

Health by Design... Paint, Relax, Eat Well	Cost-\$8.00 Class size 24	Mary Ann Kizer
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2:30-3:30 p.m. & 3:45 – 4:45 p.m. (Wednesday Afternoon Educational and Creative Skills classes repeated)

Educational Subject Classes (free):

- Chair Yoga for Everybody
- Food Waste: How it may affect you!
- Shake Off Those Mental Cobwebs
- Statewide EHC Project Connections

Creative Skills Classes (fee below):

Card Holder	Cost-\$10.00 Class size 12	Elaine Sanders
Sock Penguin	Cost-\$12.00 Class size 15	Kay Bensuk

Thursday, June 5, 2025

9 a.m. – noon General Session, Memorials, Guest Speaker, Officers, Door Prizes, Adjourn