

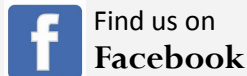


**DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION**  
University of Arkansas System



**EXTENSION  
HOMEMAKERS  
COUNCIL**

A COOPERATIVE EXTENSION SERVICE  
PROGRAM



**Newsletter Editor**

Kaye Green  
kayegreen@yahoo.com  
Cell 870-692-5695

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# AEHC Newsletter

July & August 2021

Volume 24

## President's Message



Here we are at the start of a new fiscal year for AEHC. As I said at our state meeting in North Little Rock, I would like to issue a “Call to Action” to increase our membership by at least 10% this year. We CAN do this, by just asking one person to come check us out! You could start by inviting them to our District Rallies in October.

In July, Debbie Thompson, Karen Bell Fox, Kaye Green and myself attended the NVON Conference in Owensboro, Kentucky. This was my first “in person” meeting since I became president. Debbie and myself participated in the board meetings. I prepared a display booth for AEHC. It was a humbling feeling meeting members of other states that strive for the same things AEHC does: Education, Community Service and Leadership Development. I visited with many members from other states I had met before. It was a great experience knowing AEHC is a part of over 32,000 working toward the same goals!

Arkansas presented a class on “Fad, Fiction, or Fact: What’s in your Diet?” with Debbie leading the presentation.

Karen started as Vice President of NVON January 1, 2021. Her project for her term is “BEE-CAUSE Pollinators Feed the World”, will be the focus, so start planning a program on this subject matter for next year, maybe as a Leader Training program, or as an Educational Booth at your County Fair! You can find more information at [www.nvon.org](http://www.nvon.org). Karen was also elected as CWC (Country Women’s Council) Secretary.

Kaye is the Editor of NVON “Vision” Newsletter. She has been working on the newsletter since July 2019! I am proud to announce that Kaye is the new AEHC Newsletter Editor

I look forward to seeing you at our District Rallies! Spread the word and bring members and prospective members!

**2021 NVON Conference**

Kaye Green, Cheryl Stewart,  
Karen Bell Fox & Debbie  
Thompson



*Blessings to each of you!*  
*Cheryl*

## AEHC EXECUTIVE COMMITTEE

President  
July 1, 2020 - June 30, 2022  
Cheryl Stewart  
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*aleese51@gmail.com*

Ozark District Director  
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*wattsdarla@hotmail.com*

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Roberta Shankle  
870-243-8108  
*roberta.shankle49@gmail.com*

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Kaye Green  
870-692-5695  
*kayegreen@yahoo.com*

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FCS Agent Advisor  
Tristin Bolton  
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AEHC Administrative Specialist  
Melody Curtis  
501-671-2012  
*mcurtis@uada.edu*

## DID YOU KNOW?

- ◆ 1933: The 5TH Annual State Meeting was held at Camp Pike September 6-8.
- ◆ 1934: Governor Marion Futrell spoke. 1250 were registered. 1039 stayed all 3 days.
- ◆ 1935: Thursday speaker was Senator Hattie Caraway.

# Ozark Folk Center State Park

# 2021

## Arkansas Extension Homemakers Club Craft Experience

November 3-5, 2021

### *Crafting Memories with Hands & Heart*

For more information go to our website [WWW.UAEX.UADA.EDU/EHC](http://WWW.UAEX.UADA.EDU/EHC) or call Karen Bell Fox 870-325-7238  
DEADLINE to Register is Wednesday, September 1<sup>st</sup>.

#### **Circle One**

Single Room — \$395 Double Room - \$375

Triple Room — \$355 Quad Room - \$335

Local (no lodging) - \$250— includes 4 classes and meals

A deposit of \$100.00 is due by September 1, with the balance due

October 1, NO EXCEPTIONS

Notice of any cancellation must be received by October 13, or the deposit will be forfeited.

Send registration to : Karen Bell Fox, AEHC Retreat,

5120 Hwy 212, Rison, AR 71665

karenbellfoxAEHC@yahoo.com

870-325-7238

#### Classes available are:

Sweeping Snowman Ornament,

Make a Crepe Paper Poinsettia,

Make a Wire-wrapped Bracelet,

Needle Felted Wool Ornaments,

Painting with Panache,

Print Personalized Note Cards,

Rag Dolls,

Blacksmithing Decorative Wall Hook,

Kumihimo Braid Bracelet,

Learn the Fine Art of Calligraphy,

Relax with Aromatherapy,

Basic Woodcarving Techniques,

Job's Tears,

Leather Crafting Workshop,

Corn Shuck Angel,

Make an Old-Fashioned Santa



# INFORMATION & EVENTS

## ***Upcoming Events***

OZARK DISTRICT  
October 19, 2021  
U of A, Morrilton

DELTA DISTRICT  
October 21, 2021  
White County Extension Office  
Civic Room  
Searcy

OUACHITA DISTRICT  
October 26, 2021  
Garland County Fairgrounds  
Hot Springs

- Detailed information about the Rallies is on pages 6-8.
- Product Sales will have shirts, windbreakers & a variety of other items for sale at the District Rallies.  
Cash or Check only.



## **Membership Dues Reminder**

County Presidents, Make sure your AEHC State membership dues have been paid! Some counties have forgotten! OOPS!!! Check with your FCS Agent. If you don't have an agent contact Melody Curtis. Her info is on the front page.



## **Jefferson County Extension Homemakers**

Holiday Foods Cookbook \$5.00



Call 870-534-1033 to order!



## **Jefferson County Extension Homemakers**

## Pecan Sale!



Call 870-534-1033 for selection and prices

## **NAME BADGES**

**Razorback \$8.75      AEHC Logo \$8.75**

Both have a magnetic back. Order deadlines are September 1, February 1 and May 1.

Find the form at [www.uada.edu/health-living/extension-homemakers](http://www.uada.edu/health-living/extension-homemakers).

Or type Arkansas Extension Homemakers Council and the page choice will pop right up!

Member Resources: scroll down to name badge form.

[www.uada.edu/ehc](http://www.uada.edu/ehc)

<https://www.facebook.com/uada.arkansasextensionhomemakers>

[www.uada.edu/health-living/extension-homemakers/extension-homemakers-blog/](http://www.uada.edu/health-living/extension-homemakers/extension-homemakers-blog/)

# INFORMATION & EVENTS

## WALK ACROSS ARKANSAS

Registration opened August 30. To register go to [www.uaex.uada.edu](http://www.uaex.uada.edu) and click REGISTER NOW.

The team-based event runs from Sept. 13-Nov. 7 and uses friendly competition among teams to motivate exercise.

The event isn't limited to walking. Participants can do any exercise as long as it gets their heart rates up and encourages breaking a sweat. as fall edition Changes have been made in team cap, a new scoring method, and an updated website. "The team cap increased to 30 participants per team.

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Dr. Laura Hendrix is sponsoring an EHC division of Walk Across Arkansas. A traveling trophy will be awarded to one EHC team in each district. Select "EHC" when you register.

## FOOD INSECURITY PROJECT

As of 8-10-2021 we have had 711 volunteer hours reported valued at \$16,196.58.

\$1,126.50 in monetary donations and 812 pounds of food donated to local pantries. All these totals represent approximately 121,938 meals.

What a great way to start our goal of 1 million meals this year. Keep up the good work and be on the look out for more ideas on fundraising and putting a little FUN in the fundraisings!

Roberta Shankle  
[roberta.shankle49@gmail.com](mailto:roberta.shankle49@gmail.com)  
870-243-8108



I will be making a shirt order September 20. Contact me if you would like to order one. I will email you a price & size page.

[kayegreen@yahoo.com](mailto:kayegreen@yahoo.com)  
call or text 870-692-5695



- Submit your stories (county or club) & events. Include pictures!
- Advertise your events!
- Spread the word!!!

### Newsletter Editor

Kaye Green  
[kayegreen@yahoo.com](mailto:kayegreen@yahoo.com)  
Cell 870-692-5695

## Hot Springs Arts & Craft Fair

October 1, 2, 3

Friday & Saturday 9:00-6:00

Sunday 11:00-4:00

Garland Co. Fairgrounds

EHC Building



## Arkansas Trivia

Georgia Holt (born Jackie Jean Crouch in 1926), an actress, singer/songwriter and the mother of singer and actress Cher, is from Kensett in White County.

(Taken from Arkansas Living Magazine)

# Ozark District Director

## Darla Watts



Hi my name is Darla Watts and I am your District Director for the Ozark District. I live in Russellville where I was born and raised. I am single and I have 2 daughters, 4 grandchildren, and 3 great-grandchildren. I have been a member of EHC for 28 years, and I'm proud to say I am 3rd generation in EHC and hope to see the 4th and 5th generation to join soon.

I have many interests, other than EHC. I am a member of the Pope County Fair Board. I serve as the overall supervisor of the ACE (Arts, Crafts, and Education) building at our county fair. I attend the Freewill Baptist Church. I quilt, crochet, cross stitch and do embroidery work. I am an avid reader.

I love spending time with my grands and greats, and love doing anything with family.

My goals while I serve as District Director are to try to get our membership back up and to get those who are already members fired up again for EHC. I hope to accomplish this by getting in contact with all the counties I serve and find out what the individual needs of each county are. I can be contacted at anytime at [wattsdarla@hotmail.com](mailto:wattsdarla@hotmail.com) or by call or text at 479-223-9209.

The Ozark District Rally will be held October 19, 2021 in Morrilton at the UACCM workforce center from 8am-3pm. This is the same place as last year. Each county is requested to bring 2 silent auction items and a gift card for door prizes. I'll be sending out more info as it becomes available.

I look forward to serving you all for the next two years and look forward to meeting you all. Please don't hesitate to contact me with any questions or concerns no matter how big or small.

## Ozark District Rally

October 19

### U of A Community College at Morrilton

1537 University Blvd., Morrilton

Parking permits will be sent to registrants.

## "AEHC- Building a Better Future"

Registration fee is \$25 which includes lunch and snack. Deadline to register is Oct. 1. Add \$10 late fee after Oct. 1. Number allowed to attend at each meeting may vary due to covid restrictions

**Limited to first 80 registrants.**

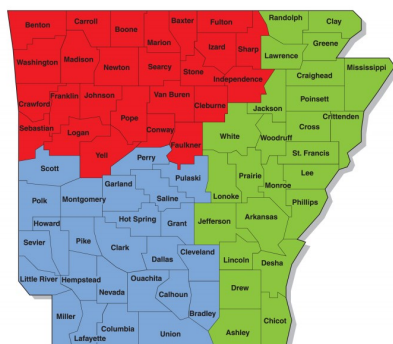
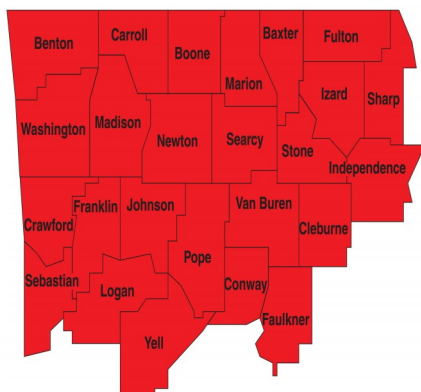
Lunch menu; pork tenderloin or chef salad (please specify if you want chicken breast on salad). You will be asked on registration which you prefer

**Driver must park in front** after dropping off passengers. Parking permit should be visible from the dash of the car. Registrants will be emailed a parking permit.

Directions: Exit Hwy 40 at Morrilton

From Poor Farm Rd. turn left onto University Blvd., then left onto Timberwolf Drive. Look for Workforce Training Center. For handicapped, drop off at back employee lot, otherwise drop off at front door.

Registration begins at 9:15 a.m. and meeting starts at 9:45.



# Delta District Director

## Dot Dunn Hart



Being an Extension Homemaker is a natural fit for me because I love people, being involved in my community, helping others and learning. What is most important to me is that I am a Christian and a follower of Christ. “Some days are better than others. But I try to do my best and treat others the way I would like to be treated.”

A 13-year transplant from the Bluegrass State of Kentucky, I live in White Hall, AR, located in Jefferson County. My husband, Richard, recently retired after 33 years with the USA Postal Service. He pastors St. Andrews Missionary Baptist Church, loves to fish, and play with our Australian Shepherd mix, Cairo. Together we share two sons, Brad and Brian, seven grandchildren, and one great-grandchild.

Three years ago, I helped to form New Horizons EHC and served as President. Currently, I’m serving as Jefferson County Council President for 2021 – 2023.

Besides being active in EHC, I’m a Master Gardener, Extension Wellness Ambassador, Certified Extension Get Fit Leader, Certified Mediterranean Cooking Leader, Essential Oil Wellness Advocate, and a Certified Health Coach. At NVON 2019, I exhibited the Essential Oils and presented a program. I’m a member of the Pine Bluff Christian Women, a volunteer with Hope of the Delta, serve on the Pine Bluff Tree Board, volunteer at White Hall Food Pantry, teach Sunday School, and yes, I clean the church! Busy it may seem, but I enjoy it very much.

While serving as AEHC Delta District Director, I look forward to working with the County EHC Presidents and the FCS Agents. EHC’s mission statement inspires me to share what EHC has to offer for our communities. I will be focusing on growing and strengthening EHC with recruiting socials and activities, having a stronger presence in communities through continuing education and leadership development events, and our own community service projects. Contact me at [dotleedunn@aol.com](mailto:dotleedunn@aol.com) or call (859) 351-1340.

Delta District Rally is scheduled for Thursday, October 21, 2021. I’ll see you there!

## Delta District Rally

October 21

White County Extension Office Civic Room:  
2400 Old Searcy Landing Rd. Searcy, AR 72143

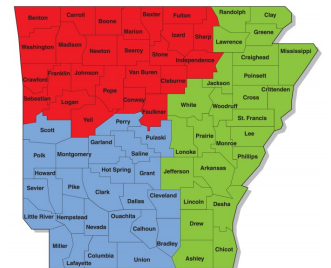
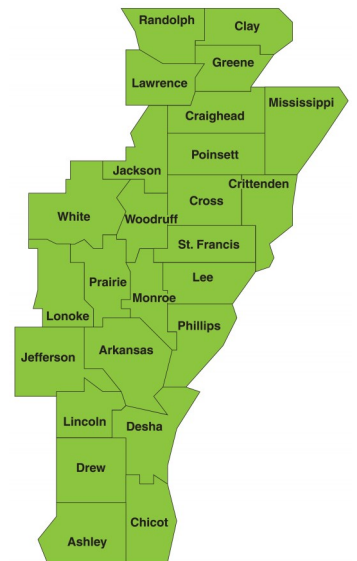
### “AEHC- Building a Better Future”

Registration fee is \$25 which includes lunch and snack. Deadline to register is Oct. 1. Add \$10 late fee after Oct. 1. Number allowed to attend at each meeting may vary due to covid restrictions.

**Limited to first 88 registrants.**

Lunch menu includes grilled chicken or green salad. You will be asked on registration which you prefer.

Registration begins at 9:15 a.m. and meeting starts at 9:45.



# Ouachita District Director

## Aleese Nichols



I'd like to introduce myself. My name is Aleese Oliver-Nichols from Saline County. I joined the Arkansas Extension Homemakers Council (AEHC) 7yrs ago. I'm a founding member of the Sardis EHC and the ComeBack Kids EHC. Currently, I'm the Sardis EHC President, on the Saline County FCS Board and the Saline County Fair Association Board. During Covid restrictions I was asked to be interim Ouachita District Director. This past July it became official as I was elected District Director for 2021-2023. This is a great honor! I'm a pastors wife, mom, and Grammy! My skill sets are learning something new, teaching it and organizing.

My goal for the Ouachita District is to visit with as many members, and clubs as possible. We can work together to reach our communities with classes and other outreach activities to get more interest from our younger generation. I'm learning a lot of people don't know who or what the AEHC is! We need to step out of our circle/comfort zone and invite our community in!

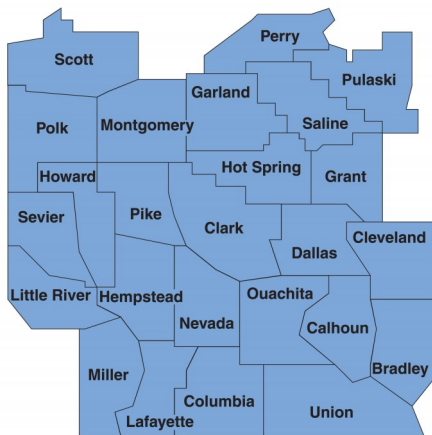
I'm excited because we were invited to have our 2021 Ouachita District Rally in Garland County.

Rally info is below.

Registration will begin at 9:15am

General Session will begin at 9:45am

Your Associate District Directors Ann Prince ; Hot Spring County, and Rita Blackwood; Garland County, and myself look forward to seeing you soon!



## Ouachita District Rally

October 26

Garland County Fairgrounds Extension Building  
4831 Malvern Rd. Hot Springs, AR 71901

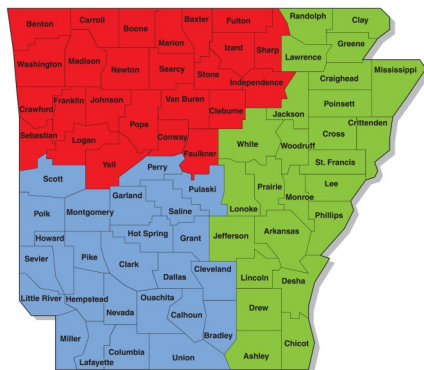
### "AEHC- Building a Better Future"

Registration fee is \$25 which includes lunch and s. Deadline to register is Oct. 1. Add \$10 late fee after Oct. 1. Number allowed to attend at each meeting may vary due to covid restrictions

**Limited to first 70 registrants.**

Lunch menu; BBQ or Salad. You will be asked on registration which you prefer.

Directions: Exit I 30 at 98B. Travel on Hwy 270 for 43.2 miles. Hwy 270 becomes Malvern Rd. Look for Mel's Southern Diner. Watch for signs and turn right at next road.





# AROUND THE STATE

## Officer Extravaganza 2021 Washington and Benton County EHC

A training event took place on July 21, 2021 for Washington and Benton County EHC. 37 members attended. Anna Goff, Washington County Extension Agent, Trudy McManus, Benton County Extension Agent and Katie Teague, Staff Chair of Washington County Extension led the training event.

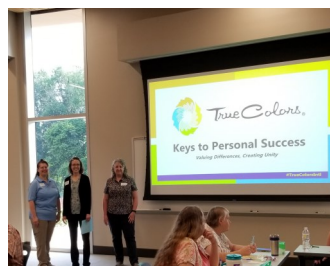
The event was held at the new, J.B and Johnelle Hunt Family Ozark Highland Nature Center in Springdale, Arkansas. The Washington and Benton County agents secured funds to cover refreshments and lunch from McAlister's Deli as an appreciation for member's dedication and hard work in EHC. A \$10 fee was charged to cover the cost of the True Colors booklet.

Katie Teague did a wonderful job explaining the gold, orange, green and blue color grouping and what each True Color represents. Understanding of an individual's color can lead to less conflict and greater productivity at work and with helping EHC succeed as a club or county.

Trudy McManus and Anna Goff presented Food Safety for Volunteers, Stress Management and Communications, Ground Rules for Meetings, Procedures for Order of Business, Proper Minutes, Positive Thinking and a copy of Washington and Benton County By-laws. The successful event concluded with numerous door prizes.



Members from both counties eager to learn and perhaps move into a leader position!



Anna Goff, Washington Co.  
FCS Agent

Trudy McManus, Benton Co.  
FCS Agent

Katie Teague, Washington  
Co. Staff Chair

## Fairhills EH Club

### Visiting 2 state parks in one day

written by Lenora McWilliams

Several members of the Fairhills Extension Homemakers Club enjoyed the live sights and sound of White Oak Lake State Park between Bluff City and Camden, Arkansas. June 20 was a perfect excursion day with an overcast sky and the refreshing coolness of a recent rain. The group enjoyed an up-close viewing of the little Grand Canyon of Nevada County, which was an awesome experience.

After eating a sack lunch and enjoying Bonnie Smiths delicious pecan pie in the luxurious pavilion in the park and then touring the huge lake, we visited the museum and some live and some no-so-live critters that might be found in the area.

The bunch loaded up and traveled on to another state park in the region which took place in the spring of 1864.

Most of the members stretched a little and then took to the walking trail that circled alongside the running spring throughout the park. The crystal clear water trickling over a layer of sand was a sight to behold and not one thirsty person sampled the abundance of liquid to see if it was poison

Submitted by Marcia Lasiter

(Hopefully pictures will come later & the story will be reposted)

**(This sounds like a good Staycation Trip!!!!)**

## Crawford County

This summer Crawford Co. Extension Office with along with help from volunteers and EHC members held sewing camp and craft camp for our 4-H Members.

The youth in attendance were able to create hydro-dipped mugs & plates, pillow cases, scissor holders, hand stitch canvas painting, and how to apply iron-on and vinyl decals.



## MEMBERSHIP MATTERS

Marilyn Spence

What a wonderful state meeting we had this year, I loved the Wyndham hotel it was so nice to have everything so handy without a ton of walking and all. I was able to visit with a lot of our members and that was a real thrill. Some of you I had met at other times but we were able to get to know each other more. Some of you came to the photo area and had your fun pictures taken be sure to send to Kaye Green so she can put a few in the next newsletter ! That was a lot of fun!! If you are a membership chair in your county for your county and you are not listed here please contact me .

Remember to send new member information to me on a sheet that I have generated so that I am able to get their membership card and welcome letter sent to them. There is a form that goes to the state office and the dues go to Carolyn Morris state treasurer. If you do not have my forms please email me at marilynspace1847 @yahoo.com so I can send that to you . Keep up the good work, see you all later and don't forget the Oct. rallies are coming!!!



Bettie Huntley  
Little River Co.  
Kaye Green  
Cleveland Co.



Mitzi Osbourne  
Prairie Co.

*God Bless you all!! Marilyn*

### Added to the list: County Membership Chairs

Garland Co: Rita Blackwood *Ouachita Associate District Director*  
and Bert Manning

Jefferson Co: Delores Kelley

Pulaski Co: Marcella Grimmett

Sebastian Co: Lynn Meeks *Ozark Associate District Director*

Drew Co: Joy Graham *Delta Associate District Director*

Johnson Co: Linda Pearson

Craighead Co: Glenda Griffin

Hot Spring Co: Mary Reeves

White Co: Vicki Pennington

### **NEW MEMBERS!**

Johnson Co: Linda Verwiebe, Sue Hughes, Hope Hill

Saline Co: Kimberly Nash, Katie Barnes, Lacey Golden,

Tahirih Macklin, Olivia McClure, Virginia McClure

Prairie Co: Connie Smith

White Co: Susan Taylor

Montgomery Co: Priscilla Rowland, Nancy Zlotnik

Sebastian Co: Regina Guerrer

### **CAN YOU FIND IT???**

Find the (Pumpkin). Be in the first 10 to find the (Pumpkin) hidden in the newsletter and contact Cheryl Stewart by email (c.d.stewart4848@att.net) to let her know where you found it. (page, place etc.) The first 10 will have their name put in a drawing to receive \$25.00 toward their District Rally Registration. There will be only one entry per person and the cutoff date is September 15. Good luck.!!!