

U of A
 DIVISION OF AGRICULTURE
 RESEARCH & EXTENSION
 University of Arkansas System



**EXTENSION
 HOMEMAKERS
 COUNCIL**

**A COOPERATIVE
 EXTENSION SERVICE
 PROGRAM**

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 Dr. Laura Hendrix**

**Agent Advisor
 Diane Clement, Cleveland C.**

AEHC Newsletter

AEHC State-Wide Community Service Project, Food Insecurity. “Nourishing Our Roots, Nourishing Our Future”

Food Insecurity in Arkansas is probably at a record high, and the opportunities to conduct food drives have been almost eliminated. We adapted to the changes we would have to make and created videos for social media, had a guest spot on TV and was a guest on Farm Bureau’s pod cast to encourage members and the public to help us raise money for the State Food Banks.

To say the least, 2020 has been a challenge! Who knew when we left the Ferndale Spring Training Meeting March 11th that 2 days later we would be social distancing for the next 3 months and still need to be taking precautions as we try to get back to some semblance of normalcy in our lives.

Here are the figures I have at this time—of course, the end of our year is coming up and I’m sure there will be much more to report.

- Local donations: \$4,484.33 = 22,829 meals
- Hours reported: 5,774.5
- Local food donations: 2,742# = 2,285 meals
- On line donations: \$1,050 = 5,575 meals



These figures only represent 21 counties (less than 1/3 of our total counties). Did you know just \$1 can help provide anywhere from 4 to 10 meals? You may not be able to volunteer time in food pantries right now, but clubs and/or individual members can help provide food and resources. Please consider donating. Gifts will go directly to the food bank of your choice and may just mean the difference between someone having a meal or going without.

I think the words to describe 2020 are “It is what it is.” I so miss seeing everyone. I hope that each of you continue to stay safe and , hopefully, I will see you all at the State Convention in August.

Roberta Shankle , Statewide Food Insecurity Project Chairman

Upcoming 2020 Events

Check website periodically for
info regarding registrations

2020 Annual State Meeting

Hot Springs Convention Ctr

Potential Date August 12—13

2020 DISTRICT MEETINGS

OZARK— Oct. 20

U of A Bldg.

Morrilton

DELTA—Oct. 22

White County Ext. Bldg.

Searcy

OUACHITA—Oct. 27

Henderson Univ.

Arkadelphia

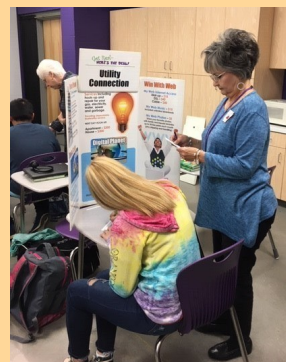
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PROJECT OF THE MONTH

Franklin County

The Pleasant View Friendly Neighbors Club has been busy with a variety of service projects this fall (2019). Their service projects include a program called "Get Real, Here's the Deal." This program consisted of donating a winter hat, coat, and gloves to a needy young girl in two schools. Pleasant View members assisted the County Extension FCS Agent during this program. Shown in the first picture are the School Superintendent, EHC Club President, Teresa McCain (holding the coat) and the school counselor. Casey Jarding also helped by staffing booths during the school program. The 8th grade students who participated in the program learned personal finance skills such as how to write a check, keep a check register, and how to prioritize spending. The second picture shows EHC member Sheila Pannell helping a student during the program.



MEMBER OF THE MONTH

Edith Deloney, Howard County



Edith Deloney is a twenty-five year member of Extension Homemakers. She is currently a member of the Twilight EHC Club in Howard County. Edith has been busy making facemasks during the Covid-19 crisis. According to Edith, she has made approximately 500 masks and donated to various organizations. Edith makes new masks daily and keeps a good supply of them with her to donate to anyone who needs one. She says, "As long as I have fabric and elastic, I will make them. Several people have donated supplies, keeping me busy and I enjoy making them."

Some organizations that she has donated to include the hospitals, clinics, nursing homes, DHS-Nashville and Batesville, lawyers, police department and state troopers, UAMS and Heart Hospital, Arkansas Game & Fish, Nashville Public Schools, Restaurants, and family and friends.

www.uaex.edu/ehc

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

www.uaex.edu/health-living/extension-homemakers/extension-homemakers-blog/

PLANS FOR 2020 STATE MEETING

August 12th and 13th are the dates set for our AEHC State Meeting at the Hot Springs Convention Center.

There will be no classes or craft exhibits, but we do have plans to have an evening meeting, Wednesday, August 12th, with a meal, entertainment and recognition of outgoing officers and committee members. On Thursday we will have the annual business meeting with all voting delegates to vote on officer elections, approve annual budget, and present motions for vote. All County Presidents are asked to please attend this Board Meeting (or appoint someone from your county to attend in your place).

There will be registration, cultural arts, centerpieces and product sales, all of which will be socially distanced. This meeting is to be open to all AEHC members,

Registration fees have not been finalized. Watch our Facebook page, AEHC website and others for registration information deadlines.

July 6th is the deadline set for sending Memorials and Milestone names to Melody Curtis, email address - mcurtis@uaex.edu. We would like pictures of the memorial members when possible.

Cultural Art display will be “something authentically made in Arkansas.” Please attach a card stating your county name, where your item is from and some history regarding the item.

Centerpieces will again be used as door prizes (so make one you would like to win). The committee asks that the centerpieces be no more than 10” to 12” high and the container can be a basket, bowl, flowerpot, etc. (whatever you would like to put your items in.) Your county can pick the theme: gardening, kitchen, book club (you name it, be creative). More information will be put on our AEHC website.

ANNOUNCEMENTS

- Project Books for the year 2020-2021 (for next year) will be due on October 31, 2020.
- Membership money is due and must be in to Carolyn Morris by August 1st. Dues for this year will still be \$4 each member and \$5 each club as anything different has not yet been voted on.
- Do not forget the Mt. View Retreat planned for November 4, 5, and 6.
- Do not forget the District Meetings to be held:
 - October 20th—Ozark District, U of A at Morrilton
 - October 22nd—Delta District, White County Extension Office, Searcy
 - October 27th—Ouachita District, Henderson State University, Arkadelphia(25 year Service Awards will be given at the District Meetings.)
- We will shortly have two kinds of name badges available for you to consider. We will still have the Arkansas shaped badge like we’ve had in the past and a rectangular shaped badge. We will have more information at a later date regarding prices and ordering.

PRESIDENT'S MESSAGE

As Arkansas Extension Homemakers all over the state struggle from the results of COVID-19, I think about all our members who have been affected. For some, isolation is the worst; for others, not knowing the next step to take is the worst.

For me as your President, not knowing what is best for our annual Board of Directors meeting is the worst. Many of you have asked and wondered what the “**plan**” is. As of right now the “**plan**” is to hold a one and ½ -day meeting Wednesday and Thursday, August 12th and 13th at the Hot Springs Convention Center, Horner Hall.

As a famous Scottish poet, Robert Burns, said in 1785, “The best laid plans of mice and men often go awry”. So, we shall see.

The “**plan**” would be to have an evening meeting, Wednesday, August 12th, with meal, entertainment and recognition of outgoing officers and committee members. On Thursday, we will have the annual business meeting with all voting delegates to vote on officer election, approve annual budget, and present motion to increase membership dues. After business meeting we would have a keynote speaker, awards, and recognition. There would be no classes but would have a semblance of normalcy with registration, cultural arts, centerpieces, and product sales. All of which will be socially distanced. This meeting will be open to all AEHC members.

Watch our Facebook page, AEHC website and others for registration information and deadlines.

Sometimes it is better to use someone else's words so I would like to share with you the words of Magdie de Kock, Associated Country Women of the World, World President.

“In dealing with the feeling of disappointment, I find strength in practicing Mindfulness, which I would like to share: Mindfulness is about knowing where you are (being in the moment) but also having an awareness – but not getting stuck in – where you have been (reflection) and where you are going (anticipation). Mindfulness reminds us to focus on the journey, not the destination. Try to become aware of all that is in the present and enjoy it. Mindfulness is finding the incredible in the commonplace. Mindfulness means really being present with many simple daily activities. It's an openness to the experience of taking a walk, listening to the birds, feeling the gravel underfoot, hearing the wind through the trees.”

My message is therefore: “Be mindful – choose where you focus, and focus on thoughts that nurture.”

Thank you for allowing me to be your President the last two years. It has been an honor and a pleasure to serve you.

God bless you all

Karen



Karen Bell Fox

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