

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



**EXTENSION
 HOMEMAKERS
 COUNCIL**

**A COOPERATIVE
 EXTENSION SERVICE
 PROGRAM**

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AEHC Newsletter

ANNOUNCING NEW STATEWIDE COMMUNITY, EDUCATION, AND VOLUNTEER PROGRAM "ADDRESSING FOOD INSECURITY IN ARKANSAS"



2019 AEHC STATE MEETING, HOT SPRINGS, AR June 4, 5, 6, 2019

Registration forms for State Meeting should be on the website soon giving more information on the meeting. The registration fee will be \$50 and the theme will be "Better Together."

There will be some changes made to the Tuesday Noon Meeting which will begin at 1:00 PM as we will not be having a meal. There will be dessert and drinks and there will be a charge of \$10 for Tuesday. Lunch on Wednesday will still be \$20 making a total of \$80 for both days.

Table arrangements brought by each county will be an arrangement of any kind in one or all of these three AEHC colors: red, white and black (**only.**) The container can be any kind but must also be in one of the three colors listed. The arrangement should be no more than 15" high.

Our Cultural Arts project will be an item which is a Lost Art. This was explained in last month's newsletter. There will be two Early Bird classes and 5 Creative Skills classes along with other great classes and great speakers. There will also be two tours offered for Tuesday morning. Check the registration form for any cost for some of these.

Don't forget to bring two items for the Silent Auction. Try to bring items that will be worth approximately \$15.

We hope to see everyone in Hot Springs.

Upcoming Events 2019

Check website periodically for information regarding registrations for all meetings.

AEHC STATE MEETING

CONVENTION CENTER.

HOT SPRINGS, AR

JUNE 4,5,6, 2019

Registration Deadline

May 5, 2019

2019 NVON CONFERENCE

HOLIDAY INN

SPRINGDALE, AR

JULY 22-25, 2019

Registration Deadline

June 17, 2019

2019 DISTRICT MEETINGS

OZARK— Oct. 22

DELTA—Oct. 24

OUACHITA—Oct. 29

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2020-2021 EHC Educational Programs

Exciting news about EHC educational programs. Starting next year, EHC clubs around the state will offer the same lessons during the first four months of the year. Your state specialists will provide research-based lessons for use at local club meetings. Lesson titles will be announced at a later date. Training will be offered this fall. EHC will have statewide visibility and show the strength of our educational efforts. Here's the lineup:

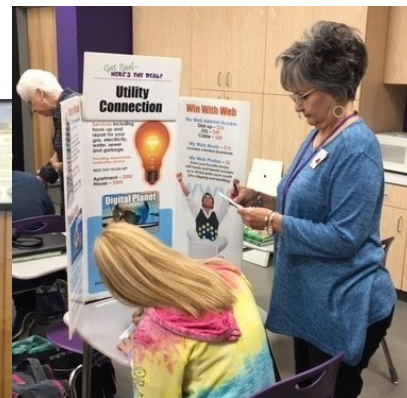
- January – Health and Wellness
- February – Personal Development and Family Life
- March – Diet and Nutrition
- April – Personal Finance and Consumer Economics

What about the rest of the year? Counties may select from a variety of other lesson guides and topics available from the Cooperative Extension Service. Education remains an important part of the EHC mission as we empower Arkansans to improve quality of life. EHC members learn, laugh, and live well.

FEATURED PROJECT FOR MARCH

The **Pleasant View Friendly Neighbors Club in Franklin County** assisted County FCS/Extension Agent, Casey Jarding, by staffing booths during a school program called "Get Real, Here's the Deal." The 8th grade students who participated in "Get Real, Here's the Deal" learned personal finance skills such as how to write a check, keep a check register, and how to prioritize spending. Pleasant View Friendly Neighbors Club has also been busy with a variety of other service projects this fall including donating a winter hat, coat, and gloves to a young girl in need in two different schools.

Picture left shows club president, Teresa McCain (middle) with the school superintendent and school counselor. The second photo shows EHC member Sheila Pannell helping a student during "Get Real, Here's the Deal."



COMMENTS FROM DISTRICT DIRECTORS ABOUT THEIR TERM

New District Directors will be elected at State Meeting. Nomination and nominee consent forms must be in by May 15. These forms are on AEHC Website or call (501-671-2012).

Comments from Bettie Huntley, Ouachita District

Being District Director is a great way to get involved with AEHC on the state level. As District Director (DD) you learn so much about the whole organization and you are in on the beginning and planning of everything that will be done throughout the year. If you are interested in how the "state committee" works or would like to be involved in it, running for DD would be a wonderful place to start. As DD you get to be acquainted with your county presidents and maybe even get to visit some counties and go to their Spring or Fall Meetings. You get to lead in planning your district meetings and work with the Executive Team as they carry on the business of this great organization. Granted, sometimes there is a lot of work to be done, but mostly, it is enjoyable. To me, serving and helping others enjoy themselves did not seem like work. If any of you would like to try to make a difference by helping others, or would like to help this group move forward, then I encourage you to step up and run for DD. As my term is about to end, I can say I have really enjoyed it and I have learned a lot. Taking note of what our President said in her message in the last newsletter, "4-H-ers are our future." As a former 4-H member and leader I continue to stand on their motto "To Make the Best Better!" Thanks for allowing me to serve you as Ouachita DD.

Comments from Deborah Teague, Delta District

I was so nervous about becoming Delta District Director when I was elected to the position but now I am so glad I decided to run and I have had a wonderful time. I have made lifelong friends from all areas of the state as a result and felt like I was doing a job that would help. The Executive officers have helped me any time I had a question or problem and needed some help. It has not been an easy two years mostly because of things that have happened not connected with AEHC, but, I have grown as a person and as an EHC member. I have learned more about myself and my abilities and have honed my leadership skills while doing my job. If you have the ambition to grow yourself and your clubs, then this is the position for you. You won't be sorry. **Regional Mtg.** - April 11th, 1-4 PM, Place: Lawrence County Mtg. Room, Walnut Ridge, Counties: Lawrence, Randolph, Clay, Greene And Craighead. "Taking Care of Each Other" Call 870-886-3741, deadline April 9th, Need number from each county.

Comments from Roberta Shankle, Ozark District

When Johnette first asked me to write a short note about my time as the Ozark District Director, I thought, "wow," that should be easy, but what was I thinking. As the District Director for the Ozark District, I have discovered a whole family that I did not know existed. As in any family there are multiple traits to interact with, some easier than others--but at the end of the day, it is still a family of individuals who may not always agree, but you can rely on them. I am still learning, and have enjoyed my time as DD and visiting around the district. Thank you for letting me be your Ozark District Director this term. **Quad AEHC Mtg.** -Morrilton Meeting Center, 9:30 am, March 26th. includes Counties: Conway, Johnson, Pope and Yell. More information to be sent. See you there.



PRESIDENT'S MESSAGE

Happy Spring! Our plants and trees know when it is spring but not so sure the weather does!!

If you were able to attend our "Learn, Laugh and Live Well" Spring Conference at Ferndale you would have noticed the new logo windbreakers selling as brisk as the weather.

March has gotten off to a great start for AEHC and its members. March 5th, over 30 AEHC members, wearing our logo shirts, visited the State Capitol to meet our State Representatives and Senators. A special thank you to Candes Wilson, an AEHC member from Washington County, for arranging our meet and greet. Governor Hutchinson was available for a photo op. Of course, we were thanked, by him, for all the volunteer work AEHC members do statewide. Proudly we took the praise that belongs to all of you and the members attending Tuesday.



Immediately after the capitol visit, your executive, planning, budget, scholarship and strategic planning committees met at the C. A. Vines 4-H Conference Center. Results from those meetings will be coming to you soon. March 6th over 200 AEHC members attended the Spring Educational Conference at the 4- H Center in Ferndale. Presented was the **new Educational Emphasis AND our new Statewide Project**. Please see other articles in this newsletter for more information.



And you all, that was just in the first week of March!!!

Till next time,

Karen



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