

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



**EXTENSION  
 HOMEMAKERS  
 COUNCIL**

**A COOPERATIVE  
 EXTENSION SERVICE  
 PROGRAM**

**Cheryl Stewart  
 Crawford County  
 AEHC President**

**Debbie Thompson  
 Polk County  
 AEHC President Elect**

**Deborah Teague  
 Lawrence County  
 AEHC Vice President**

**Bernadette Freigy  
 Sharp County  
 AEHC Secretary**

**Carolyn Morris  
 Yell County  
 AEHC Treasurer**

**Karen Bell Fox  
 Cleveland County  
 Immediate Past President**

**Kaye Green  
 Cleveland County  
 Parliamentarian**

**Marilyn Spence  
 Crawford County  
 Membership**

**U of A AEHC Advisor  
 Dr. Laura Hendrix**

**Agent Advisor  
 Triston Bolton  
 Crawford County**

# AEHC Newsletter



## CONGRATULATIONS TO ALL 25 YR. SERVICE AWARD WINNERS!

### OZARK DISTRICT

#### Independence County

Elizabeth Broughton

#### Johnson County

Janie Page

Mary Potter

#### Madison County

Maxine Dennis

Jeanie Pemberton

#### Sharp County

Fredamae Gamblin

### OUACHITA DISTRICT

#### Cleveland County

Kaye Green

#### Garland County

Linda Bernard

#### Hempstead County

Jean McAlister

#### Montgomery County

Liz Aikin

### DELTA DISTRICT

#### Mississippi County

Corrine Fondren

#### Prairie County

Vanessa Graham

## LAWANA STONE, WHITE COUNTY, MEMBER OF THE MONTH

Lawana has been a member of the Little Indian Creek EHC in White County for the last 17 years. Her mother was an EH member in this same club and, as a teenager, she attended the meetings with her. Therefore, she has been very familiar with EH most of her life. Lawana has lived in White County most of her adult life and is widowed with no children. She lives with her 95 year old dad.

Lawana has been President and Secretary of her Club and President and Vice President of the White County Council. She served as an Associate District Director for Delta District 8 years ago and in 2019 was elected to District Director. During her term as County President, she was instrumental in getting an inactive club to become active again. She also does whatever she can to keep the EHC name in front of the public in her county and has helped clubs become stronger by helping get workshops started in the area. She loves volunteering with EHC, her main volunteer group, but she also volunteers some with Quilts of Valor. She also judges at county fairs in neighboring counties.



She thoroughly enjoys meeting and working with EH members on all levels all over the state and has friendships that have grown through the years.

*Upcoming  
2020 Events*

Check website periodically for info regarding registrations

**2020 DISTRICT RALLIES**

**OZARK DISTRICT**

**OCTOBER 20**

**U of A Building**

**Morrilton, AR**

**DELTA DISTRICT**

**OCTOBER 22**

**White County Fairgrounds**

**Searcy, AR**

**OUACHITA DISTRICT**

**OCTOBER 27**

**Saline County Fairgrounds**

**Benton, AR**

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**2020 DISTRICT RALLIES**

**Reconnect to EHC**

We are pleased to report that our three District Rallies were a great success even though our attendance numbers were way down because of Covid-19. We are so sorry some were not able to attend but we thank those who were. Comments from the members who were able to make the trip were very complimentary. Our District Directors did a wonderful job at all meetings with their great M.C. skills and the great decorations. The food was great at each location. We thank Dr. Brittney Schrick, (Below left) Asst. Professor for the Cooperative Extension Service specializing in Family Life Education who attended each meeting. She gave her wonderful presentation on "Connecting the Dots: Combating Loneliness & Social Isolation during Covid-19" which was so relevant during this time. We also thank the speakers who were special to each of the three meetings. Our program was full of special speakers who were interesting and gave us lots of information.



Dr. Laura Hendrix and Dr. Martha Sartor were there to help out and, as always, (left below) Roberta Shankle was there for our Statewide Project of Food

Insecurity.



The other pics show some of the decorations made for our meetings by our talented District Directors

Right: Delta District.



Below left: Ozark District.

Below right Ouachita District.



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## 2020 AEHC DISTRICT RALLIES

### “RECONNECTING WITH EHC”

#### Ozark District, U of A Morrilton Campus, Morrilton, Arkansas - Betty Davis, District Director

Picture shows (standing in the background) all of the Officers speaking to the members together. L to R: Cheryl Stewart, President; Debbie Thompson, President Elect; Deb Teague, Vice President; Bernadette Frelgy, Secretary; Karen Bell Fox, Immediate Past President; and Betty Davis, District Director, Picture to the right: Kaye Green models the new black jacket available from Product Sales. You can email or phone Kaye for more info. 870-692-5695 OR kayegreen@yahoo.com



#### Delta District, White County Fairgrounds, Searcy, Arkansas—Lawanda Stone, District Director

First picture shows Lawanda Stone as she welcomes the members. Next picture, the Mayor shows up to welcome AEHC to Searcy. Last picture, Registration in Searcy the morning of the meeting.



#### Ouachita District, Saline County Fairgrounds, Benton, Arkansas—Aleese Nichols, District Director

First picture: Aleese Nichols welcomes the members to the meeting. Next picture, Heather Jackson, Agent in Pike County, shows up to help out with the program. Kaye Green is presented with her 25 year service award by Cheryl and Debbie. Kaye was the only 25 yr. member present.



## PRESIDENT'S MESSAGE

As you all know, AEHC just finished our three District Rallies last month. They were all a great success despite the fact that only approximately 100 people were allowed to attend due to the State mandate for COVID-19 safety rules. I am sad that some of you could not attend either by choice or due to the registration cap, but we want you to know that you were all missed very much.

We were able to get a peek of Dr. Martha Ray Sartor's "personal MASK collection." She had at least 15 masks from a variety of organizations. These included one that she received from our AEHC Immediate Past President, Karen Bell Fox. It was a limited-edition printing with our AEHC Logo printed all over it. Can you imagine!



Cheryl Stewart

Then, the members of Saline County (Kay Bumgardner, Karen Mitchell, Katherine Pearson, Beverly Garrett and Shelley Acker) went to work to make masks for everyone who attended our state meeting in late August. It was INCREDIBLY special! We also want to announce that at this point there have now been a total of 50,928 masks made by our members statewide. Thank you to our members for this spectacular effort.

Our 25-year Service Award Member Recognition was very brief this year since, as I said earlier, a lot of our members were unable to attend. But not to worry, our Vice President, Deb Teague, will see to it that these certificates and pins get out to these ladies.

Dr. Brittney Schrick was our keynote speaker. Her presentation was on Loneliness and Social Isolation during COVID-19. PLEASE reach out to your club members to check on them! We all need a little human contact even if it is by phone. "Reconnect to EHC" was our theme this year and Dr. Laura Hendrix gave a wonderful speech on just how we can do that. We can text, email, and phone a friend to name a few ways to connect. Can you think of any others?

God willing, our State Meeting will be June 8 – 10, 2021. We will be electing our District Directors at this meeting, so if you know of anyone (including yourself) that might like to run for District Director, please let Deb Teague know. The deadline will be announced.

Our State-wide Project Chair, Roberta Shankle, once again inspired us to help with our Arkansas Food Insecurity Project. Please donate food (or money) to your local food banks and fill out the form that you can find on our AEHC website with your volunteer hours and the money amount you contributed.

PLEASE continue to be safe and wear your mask if you must venture out . Thanks, Cheryl



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