



### **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**

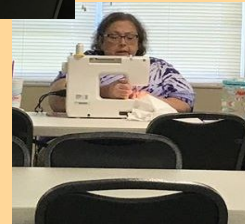
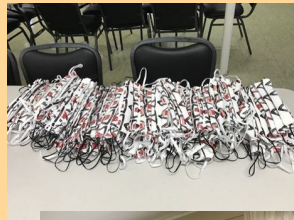
**Agent Advisor**  
**Triston Bolton**  
Crawford County

# AEHC Newsletter

## **PROJECT OF THE MONTH**

### **Saline County**

The Saline County EHC members were kind enough to volunteer to make enough facemasks to give to all members attending the 2020 State Meeting. The masks were made from a special AEHC Logo fabric supplied to them by the AEHC Executive committee. Everyone at the meeting were proud of their new AEHC masks. Thank you so much Saline County. Ladies who helped with this project are pictured below and included Kay Bumgardner, Beverly Garrett, Karen Mitchell, Katherine Pearson and Shelley Acker.



## **MEMBER OF THE MONTH**

### **ALEESE NICHOLS , SALINE COUNTY**

Due to the resignation of the current District Director of Ouachita District, Lisa Davis, Aleese Nichols of Saline County has agreed to step up from her current position of Associate District Director of Ouachita District. Aleese has been appointed to this position for the remainder of Lisa's term. Aleese has been a member of AEHC for five years and she credits Beverly Garrett of the Dabblers EH Club with helping her become interested in EHC and encouraging her to join. She loves EHC and looks forward to working for the organization in her new position.

Before becoming an Associate District Director, she was President of the Sardis Club in Saline County and was a driving force in the formation of an EH Club in the Sardis Community two years ago. Aleese also sits on the EHC Saline County Board and on the Saline County FCS Advisory Board. She's very resourceful at using her skill sets to achieve whatever task is put before her. We really look forward to having Aleese as a District Director.

Aleese and her husband, Ron, have lived in Saline County most of their lives. They have a daughter and grandson.



*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 RALLY INFORMATION**

**Theme: Reconnect to EHC**

Registration Deadline will be October 9th. Register online at [www.uaex.edu/ehc](http://www.uaex.edu/ehc) or fill out paper registration form and mail with check(s) made out to AEHC to:

Melody Curtis, Cooperative Extension Service,  
2301 S. University Ave., Little Rock, AR 72205

Be sure to send in names of your 25 year Service Awards members as these will be given at the meetings. **Cost will be \$18 which includes morning snack and lunch. Late fee of \$7 will be charged after Oct. 9th. Please bring your Silent Auction items.**

Center Pieces will be announced later (we may do the gift cards again.) A lineup of great speakers and activities is planned. Key-note Speaker will be Brittany Schrick, Asst. Prof. Family Life Specialist, U of A Div. of Agriculture, Cooperative Extension Service discussing mental health during the pandemic and managing stress. Registration at meeting will be at 9:15 AM and program will start at 9:45 AM.

**Dates & Places:**

- **Ozark District—October 20**  
U of A Morrilton Campus, 1537 University Blvd., Morrilton, Arkansas
- **Delta District—October 22**  
White County Fairgrounds Educational Bldg., 802 Davis Dr., Searcy, Arkansas
- **Ouachita District—October 27**  
Saline County Fairgrounds, 406 Fairfield St., Benton, Arkansas

**You must wear a mask. All Arkansas Dept. of Health Guidelines will be observed. Sanitizer available.**

**OTHER ANNOUNCEMENTS**

- Project Books for the year 2020-2021 (for next year) will be due on October 31, 2020.
- If your county has not yet sent your membership money to Carolyn Morris, please send right away.
- Do not forget the Mt. View Retreat planned for November 4rd—6th. Deadline for registration is October 10th. Send registrations to Karen Bell Fox.

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

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

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

## 2020 AEHC state meeting

The 2020 State Meeting looked a little different this year because of the Covid 19 regulations. However, we managed to have it and fun was had by all. Actually, it was really great and we thank everyone who worked hard on this event. Picture below shows a different Horner Hall look this year.



Our new AEHC President,  
2020-2021 Cheryl Stewart



Dr. Laura speaking  
at state meeting



Karen Bell Fox receiving a  
watch for her appreciation gift



Dt. Robert Scott, Our new U of A Sr.  
Assoc. Vice President, Agriculture -  
Extension & Director, Cooperative Ext. Service



Our great Entertainer /singer -  
Ken Goodman, Hot Springs, AR



Memorial Table Individual pictures of all



Marie Price of Prairie County,  
receiving her 79 yr. Milestone award



## PRESIDENT'S MESSAGE

Thank you, to all AEHC members for placing your faith in me to serve as your president for the next two years. Fortunately for me, I have a great support team behind me, to keep me on track.

As your president, I would love for you to take the time to support your state organization by obtaining new members and starting new clubs. With Covid 19 so active in our world right now, I know it is a little difficult to build our membership. But we can at least, all stay in touch with our current members, to maintain those members that we have.

When we are able to “move about freely”, there are a lot of ways to let people know about our organization. One of the easiest ways is to invite someone to your club activities. Sometimes we forget that others may not know exactly what EHC members do. So, we need to share our greatness all across the great state of Arkansas!



Cheryl Stewart

Speaking of Arkansas, please don't forget to keep donating food to your local food banks. I know Roberta is still watching for those volunteer hours and number of meals you donated across Arkansas. With all the people that have lost their jobs across the state, our local food banks are being leaned on heavily to keep these families fed. So please try to keep donating!

Check out our Facebook page on the AEHC website for information about our District Rallies that are coming up soon! Please wear your masks and practice social distancing! Thanks, Cheryl

**Our new AEHC Officers for 2020-2021** are: Cheryl Stewart, President, Crawford County; Debbie Thompson, President Elect, Polk County; Deborah Teague, Vice President, Lawrence County; Karen Bell Fox, Immediate Past President, Cleveland County; Bernadette Freigy, Secretary, Sharp County; Carolyn Morris, Treasurer, Yell County; Kaye Green, Parliamentarian, Cleveland County. Thank you for your service.



**DIVISION OF AGRICULTURE  
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The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other