

ARKANSAS
EXTENSION
HOMEMAKERS
COUNCIL



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SUBMIT YOUR NEWS

To

Newsletter Editor

Kaye Green

kayegreen@yahoo.com

Cell (870) 692-5695

News submission deadline is
15th of each month

(Please include County & Club Name)



DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System

AEHC Newsletter

February 2023

Volume 40

President's Message

We were reminded in the last few weeks that it is still winter. Snow one week, freezing rain the next week. Soon it will be time to plant vegetables and flowers! Consider planting extra for friends or neighbors in need. With prices at the grocery stores rising, many of us may have to learn to garden to supplement our meals. It's always good to eat food that we have grown ourselves. Many extension offices have held canning workshops to teach us how to preserve what we grow. In early years extension agents went into their communities to teach people how safely preserve their food. Sharing that knowledge with others is what EH is about.



Remember the deadline to register for our Spring Educational Meeting is February 23. You can register online at uaex.uada.edu/ehc. Registration is \$35.00 and includes lunch. Step Out, Step Up, Step In is scheduled for March 8 at the Wyndham Riverfront in North Little Rock from 9:30 – 2:30. If you are interested in what is expected of officers, there are several sessions for various offices.

Many have asked for a Fair Judging School so Dr. Laura Hendrix, our advisor, has scheduled a class for Tuesday March 7 at the Little Rock Extension Office. You may take the class, then spend the night at the Wyndham and attend the Spring Meeting. A game night is being planned for those who do want to spend the night Tuesday in North Little Rock. The Wyndham has offered special pricing of \$ 99.00 for one or two people in a room, breakfast included. Call to reserve your room at 501-371-9000 or 866-657-4458, mention AEHC Spring Workshop for the discounted room rate.

Applications for District Directors will be available at the Spring Workshop. District Directors will be elected at our state meeting this year.

I hope all of you stay safe and warm the remainder of winter and remember Spring is very near!

Remember to check on a friend. AEHC Cares.

See you at the Spring Workshop

Debbie Thompson
AEHC President 2022-2024

AEHC EXECUTIVE COMMITTEE

President Debbie Thompson 479-234-6419 <i>dthomp9.dt@gmail.com</i> <i>July 1, 2022-June 30, 2024</i>	President Elect Deb Teague 870-637-2191 <i>debjteague@yahoo.com</i> <i>July 1, 2022-June 30, 2024</i>	Vice President Karla Wadley <i>870-623-1434</i> <i>karladwadley@sbcglobal.net</i> <i>July 1, 2022-June 30, 2024</i>	
Secretary Darlene Holliday 479-459-3011 <i>darleneholliday95@yahoo.com</i> <i>July 1, 2022-June 30, 2024</i>	Treasurer Carolyn Morris 479-495-1133 <i>camorris@arkwest.com</i> <i>July 1, 2022-June 30, 2024</i>	Immediate Past President Cheryl Stewart 479-461-7381 <i>c.d.stewart4848@att.net</i> <i>July 1, 2022-June 30, 2024</i>	Parliamentarian Sharon L. Hose 479-216-7156 <i>sharonlhose@gmail.com</i> <i>July 1, 2022-June 30, 2024</i>
Delta District Director Dot Dunn Hart 859-351-1340 <i>dotleedunn@aol.com</i> <i>July 1, 2021-June30, 2023</i>	Ouachita District Director Aleese Nichols 501-840-1110 <i>aleese51@gmail.com</i> <i>July 1, 2021-June30, 2023</i>	Ozark District Director Darla Watts 479-223.9209 <i>wattsdarla@hotmail.com</i> <i>July 1, 2021-June30, 2023</i>	

Special Projects Chairmen

Membership Marilyn Spence 479-806-2622 <i>marilynspence1847@yahoo.com</i>	EIN & Ozark Retreat Bingo/Raffle/Special Events Karen Bell Fox 870-692-4097 <i>karenbellfoxaehc@yahoo.com</i>	Product Sales/Newsletter Kaye Green 870-692-5695 <i>kayegreen@yahoo.com</i>
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State Extension

Associate Professor Personal Finance Consumer Economics AEHC Advisor Dr. Laura Hendrix 501-671-2170 <i>lhendrix@uada.edu</i>	Program Technician Nancy Hightower 501-671-2305 <i>nhightower@uada.edu</i>	AEHC Administrative Specialist Melody Curtis 501-671-2012 <i>mcurtis@uada.edu</i>	FCS Agent Advisor Bridgett Shenoa Martin 479-394-6018 <i>bmartin@uada.edu</i> <i>July 1, 2022-June 30, 2024</i>
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Sign up for EHC text notifications! Text "ehc" to 866-527-0027.

Stay connected with EHC. See the latest news. Join our email group. You will receive the statewide newsletter, meeting announcements, & the latest updates. Go to www.uaex.uada.edu/ehc and click on the red button that shows "Sign up for E-news". We look forward to connecting with you soon.

[www.uaex.uada.edu/life skills & wellness/extension homemakers](http://www.uaex.uada.edu/life%20skills%20wellness/extension%20homemakers) <https://www.facebook.com/uaex.arkansasextensionhomemakers> <https://www.uaex.uada.edu/life-skills-wellness/extension-homemakers/extension-homemakers-blog/>

INFORMATION

AEHC SPRING EDUCATION WORKSHOP

"Step Out, Step Up and Step In"

March 8, 2023

Registration 8:30-9:15 A.M.

Wyndham Riverfront Hotel
North Little Rock, AR.

- Registration: \$35.00 includes lunch.
- **Registration deadline is February 23**
There is a \$10.00 late fee after this date.
Registration closes February 27. HURRY!!!!
- Program: 9:30 a.m. to 2:30 p.m., approximately
- No Silent Auction this time.
- Counties please bring a \$15.00 gift card to be used as a door prize.
- Book your own lodging at \$99.00 plus tax for two people. Breakfast included. (mention AEHC when you call.)
- Add this meeting to your calendar! Tell your county members. Invite a new or potential member.

https://uada.formstack.com/forms/aehcsping_2023

PRODUCT SALES

There will be t-shirts, windbreakers, flags, garment bags and other items for sale. Pre-paid T-shirt orders will be taken. You can pick them up at the June State Meeting.

EDUCATION & FUN FILLED DAY!

SPEAKERS

- Dot Dunn Hart, State Project Update.
- Carla Due, Ozark District Director, Extension, UofA Agriculture-The Role of FCS Agents (FCS Agents & EHC members working together.)
- Deb Teague, Creating an AEHC Project Book.
- Deb Teague, Craft-Origami Butterflies.
- Deb Teague, State Meeting Update

SESSIONS

1. President & Vice President-Debbie Thompson & Cheryl Stewart.
2. Speak for Yourself-Deb Teague, How to Speak Before an Audience.
3. Parliamentary Procedure-Anna Goff & Sharon Hose.
4. Membership-Marilyn Spence.
5. Secretary & Treasurer-Darlene Holliday & Carolyn Morris.
6. District Directors-Dot Hart, Aleese Nichols & Darla Watts.

Announcements & Door Prizes!



FAIR JUDGING SCHOOL

March 7, 2023

Little Rock Extension Office

- Registration is 9:30 a.m.
- Judging School 10:00 a.m. to 3:30 p.m.
- \$20.00 registration fee includes lunch and a fair judging manual.
- Registration deadline is February 27
- Bring a sample of what you want to learn to judge
- Bring samples for others if desired

Registration link:

https://uada.formstack.com/forms/ehc_fair_judging





STATE PROJECT 2022-2024

EHC CARES

Chairman Dot Dunn Hart



Dot is working on getting information and suggestions out to county councils to share with their clubs. Contact Nancy Hightower for education materials. nhightower@uada.edu. There may be a printing cost.

- Check on your neighbors and friends. Call just to say hello.
- Give yourself some quiet time every day.
- Smile at people, it will brighten their day and make you feel good!
- Have club members share ideas of what you can do to CARE about those in your community.



MEMBERSHIP MATTERS

Marilyn Spence



WOW! Do you see all these names below? Keep up the good work and don't forget to send in your monthly reports. See you March 8 in North Little Rock for the Spring Workshop.

Marilyn

New Member	County	Club	New Member	County	Club
Linda Brumley	Jefferson	Heart & Hands	Lisa Sullivan	Washington	Loose Threads
Miriam Lester	Jefferson	Heart & Hands	Viola Sharpe	Washington	Loose Threads
Marilyn Lee	Jefferson	Lunch Bunch	Elizabeth Ray	Washington	Loose Threads
Janis Skarda Toll	Prairie	Biscoe	Tammy Smith	Washington	Loose Threads
Martha Chesser	Prairie	Biscoe	Maeleen Cunningham	Washington	Loose Threads
Cindy Price	Prairie	Idlewild	Jeanie Wyant	Washington	Loose Threads
Amanda Stark	Prairie	Idlewild	Myra Jane Biggers	Washington	Loose Threads
Opal Flippo	Prairie		Katrina Allen	Washington	Loose Threads
Rose Throesch	Randolph	Athea	Ruth Tako	Washington	Needle Arts
Judy Downs	Randolph	Attica	Janie Phelps	Washington	Needle Arts
Catrina Weaver	Randolph	Paper Crafting	Florence Johnson	Washington	Needle Arts
Nina Jones	Sebastian	Central	Kara Wells	Washington	Needle Arts
Paula Brownlee	Stone	Red Bud	Mary Jo Mosley	Washington	Viney Grove
Elizabeth Cobb	Stone	Red Bud	Betsy Reitzel	Washington	Goshen
Marion Ivey	Stone	Red Bud			

AROUND THE STATE

CLEVELAND COUNTY EXTENSION HOMEMAKERS

Corrie Lusk, Brenda Burford, and Vickie Padgett of Stitchin Sisters EH Club assisted Cleveland County FCS Agent Danielle Watson with a Sewing & Embroidery Workshop. Participants expressed their creativity through sewing by constructing their very own Aprons. Participants also learned the health benefits of sewing and how sewing also helps fight dementia, improves hand-eye coordination, and most importantly increases dopamine in the brain which brings happiness. This educational workshop was full of food, fellowship, and fun. Danielle has had several other workshops which has given the EH membership a new excitement for EH. These workshops have resulted in new members. The county is very lucky to have Danielle as their FCS Agent!



MONTGOMERY COUNTY

Submitted by Johnette Johnson



Darlene Holliday of Montgomery County was named "Person of the Week" January 30, 2023 through February 3, 2023 by KATV Channel 7. This was announced by "Good Morning Arkansas" host, Ansley Watson.

Ansley stated that Darlene was nominated by her husband, Carlton Holliday. Among the things he mentioned that Darlene has accomplished in order to earn this honor are: Darlene is very active with the Montgomery County Extension Homemakers Council. Last year at the EHC State Meeting she was elected State Secretary, she has already served at the state level as an Associate District Director and District Director of the Ouachita District, and she is a member of the State Meeting Planning Committee. On the county level she is presently the County Council President and has served in that position for the last 12 years.

In 2011 she was voted as Mount Ida Chamber of Commerce "Woman of the Year." She is active in all Montgomery County EHC projects which includes working in the Arts & Crafts Building at the County Fair, working with the County Food Pantry for 15 years, distributing Christmas Gifts to M. C. children, and school supplies for elementary school children in need. Montgomery EH Council is very proud that Darlene received this great honor.

GARLAND COUNTY EH COUNCIL

Submitted by Rita Blackwood

March 4th is craft day in the EHC Building at the



Garland County Fairgrounds. The workshop is open to the public. Register by February 24th at the Garland County Extension Office, 236 Woodbine Street in Hot Springs. Checks are payable to Garland County EHC (GCEHC).

Beginning at 9:30, those attending can move from club to club making Jeweled Crosses and Easter Wreaths presented by All Things Home EH Club (Joy Ann Miles and Cheryl Volpert are holding the crosses and wreath), Soup in a Jar led by members of Yes We Can EH Club (that's Pam Stevens representing Yes We Can), Easter Bunny Wall or Door hanging presented by Fiber Therapy Group EH Club (as shown by Rita Blackwood and Jennifer Orr), and Etched Vases taught by Paper Dolls EH Club (Stacey Philyaw). Make and take home 5 items for just \$17.00. Refreshments served by Park Heights and Upholstery EH Club members.

AROUND THE STATE

BENTON COUNTY CENTERTON CONNECTS EH CLUB

Submitted by Michelle Adkins

Almost two years ago, in the middle of the awful pandemic, Centerton Connects EH Club was asked by one of our members to help with a charitable Christmas event being held by The American Legion Post 77 Family, to which said member also belonged. (He's a pretty good Santa Claus, too.) Because of Covid, the Post family had decided to have a "Sleigh-Thru" to replace their annual in-person Christmas Dinner and Gift Giveaway for Veterans and their children. Each family was to receive a hot meal, gifts, and pictures with Santa, all in the drive-thru of the Center for Non-Profits.

The caterer who had prepared the meal in the past free of charge, was no longer able to do so. It took our club a few weeks, but we came up with a plan to make a spaghetti dinner. The distribution of the meals was a bit of a challenge, mainly because we kept blowing the breakers in the kitchen we were allowed to use. However, we made it through and were able to serve a respectable holiday meal to 66 families.

The next year, 2022, the challenge for the Post family was the loss of their main sponsor for the toys. Somehow, they came up with enough gifts, but they still needed a meal. Of course, we agreed to help out. We all enjoyed it very much before, and knew we

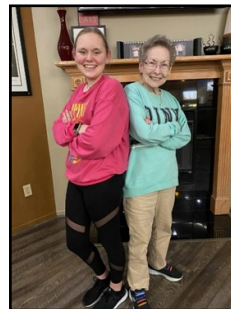
would again. The food donation wasn't confirmed until the last minute, and we still had the breaker issue, but we pulled it off once more. This year, we cooked for 83 families. We had the added bonus of a new EH member who happens to be a professional baker, so she provided some beautiful cookies, as well.



Planning for 2023 has already begun and each Centerton Connects member is looking forward to being involved. It's cliché, but you really should

never give up. You can always find a way. Even if you only help one person, it will be worth it.

GARLAND COUNTY FIBER THERAPY GROUP EH CLUB



The Fiber Therapy Group EH Club in Garland County has had a nice surge in membership this year, having added 8 new members since July 1. Pictured are Hope Smeltzer, our youngest member at age 16, and Dorothy Burns, oldest at age 85 - nearly 70 years difference.



**NVON President
1995-1998**

Louise Nichols passed away on January 29, 2023. Louise was our first National Volunteer Outreach Network President from 1995-1998. Instrumental in the formation of NVON, Louise was a guiding light to many throughout the organization. Please keep her family in your thoughts and prayers.



EVENTS

NWA Extension Homemakers**Quilt Workshop 2023****March 2, 16, 23, 30 & April 6****Doors Open at 8:30 am****Facebook Page address:****Northwest Arkansas Extension Homemakers
Quilt Workshop**Email ehcquiltcollege@gmail.comMarsha Horton, Chair (870) 715-5627marshallorton1958@gmail.com**Meeting Location
Durand Center
303 N Main St,
Harrison, AR 72601****2023****NWA Quilt Workshop
T-Shirts Design****Please! place your
t-shirt order
Tina High
(870) 480-3114****STATE MEETING**

Starting in the March Newsletter there will
be State Meeting news and plans
submitted by Deb Teague, AEHC President
Elect!

Share all this info with your club and
council members! Invite someone new to
the meeting!

SCHEDULE**March 2 Sewphisticatd Scrppy Quilters-Newton Co.**

Shiloh Museum & Memory Quilt Projects
Community Service Project Announced
4-H State Officer-Wapiti Medford
Un-Veil 2023 Mystery Quilt Design and Rules
Vendor: Remember Me (Mt. Home)

March 16 Boone County Quilters-The Original GQ's

Landscape Quilts & Applique-Jackie Holt
Vendor: Grandma's Front Porch (Conway)
Afternoon Session 12:30-3:30
Free special afternoon session
Beginning Quilting-an introduction to basic skills

March 23 Material Girls Sewciety, Boone Co

Courtenay Hughes, Missouri Star Quilter's Academy
Quilted Wheelchair/Walker Bag & Project Bag-
Joanne Rowland Country Corners Quilt Shop.
Afternoon Session 12:30-3:30
\$50 for special afternoon session with template
Curved Piecing class with Missouri Star Quilt Co.

March 30 Searcy & Marion County Quilters

Dresden Plate-Bonnie Landis
Quilt Show Judging
Vendor: Sew Simple (Ozark) Follows MSQ Patterns

April 6 Nightingales Quilters, Boone County

Mystery Quilts-Anne Brisco & Faye Carter
Barn Quilt Trails & Don's be a Quilt Snob-Hill and
Hollow Quilters

Workshops each morning are FREE
(Donations Appreciated)



Everyone Welcome
From Beginner
to Expert

INFORMATION

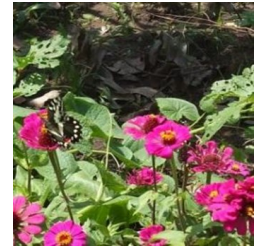


2022-2024

NVON PROJECT IN COMMON

(National Volunteer Outreach Network)

BEE-Cause Pollinators Feed the World



Protecting bees from other environmental dangers

A significant threat to bees is loss, fragmentation and deterioration of habitat. Landscapes which are dominated by monocultures are unsuitable for bees as they need a diverse diet to remain healthy, and they require plants which flower at different times of the year - so there is always food available. Forest and bush fires and opportunistic honey hunting that destroys the bees' nests can also have a negative impact on the survival of individual colonies. A thriving beekeeping industry is central to protecting habitats as it encourages people to act as advocates for the bees and their environment. It also establishes a cash value which can help others to understand the value of the bees to those who exploit them. Some of this cash value can be measured in the extra crop yield that nearby farmers will enjoy because of the bee's pollination activity.

Bee's Plants & Pollination

Bees and flowering plants have a mutually dependent relationship which has developed over the millennia in a way that benefits both the plants and the insects; they both need each other. The bees' food is provided entirely by the plants they visit. To attract the bees to the plant (and consequently as a reward for their pollination services) plants provide bees with nectar and pollen. Nectar is a food source rich in energy, and pollen is a source of protein, used by young bees. Honeybees turn the nectar into honey and store the pollen in the cells of the honeycomb. Storing food allows honeybees to survive in times of scarcity and across a wide range of habitats and climatic conditions, making the honeybee one of the earth's most adaptable species.

While honeybees and other insects are visiting flowers to feed, they spread pollen from one plant to another. This enables flowers to be fertilized and for seeds and fruit to form. People benefit greatly from the natural relationship between bees and plants. Insect pollination is the mechanism that allows us to harvest crops and seeds throughout the world and people frequently harvest surplus honey stored by bees. Other wildlife is sustained also so people are enriched in other ways too.

CAN YOU FIND IT????

♥ AEHC Members! Find the **(Heart)** hidden in this newsletter and contact **Debbie Thompson by email (dthomp9.dt@gmail.com)** to let her know your name, club, county, address and where you found it in the newsletter. (page, place etc.) Your name will be put in a drawing to receive a \$25.00 cash award. There will be only one entry per person. Debbie will notify you if your name was drawn. The cutoff date is March 10th. Good luck.!!!

(The January winner is Marcell Knighten)
(Glenwood EH Club, Pike County)