

**ARKANSAS
EXTENSION
HOMEMAKERS
COUNCIL**



Inside This Issue

Presidents Message	1
AEHC Executive Committee AEHC Chairmen	2
State & NVON Projects	3
Spring Education Workshop Fair Judging School	4 & 5
Around the State	6 & 7
Events & Can You Find It	8 & 9
State Meeting	10
Multi County Rallies	11



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Facebook

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

March 2023

Volume 41

President's Message



It was great to see so many members attend the Spring Educational Workshop March 8. There were so many in attendance and after the pandemic years, it is wonderful to see more of our friends able to meet with one another. Thank you, Vice President Karla Wadley, and our District Directors for the planning it takes to have a successful meeting.

Your officers are already working on having more meeting and dining space as we feel all we can do is grow in attendance.

Thank you to Dr. Laura Hendrix, Nancy Hightower, and Melody Curtis for planning the Fair Judging School on March 7th at the Little Rock office. It was very informative, well presented and well attended.

Don't you love to see the daffodils and tulips in bloom? They are announcing that spring is near. We still have some cold weather to deal with while trees are starting to bud and blossom. I hope the skies will save some rain for the summertime when we really need it.

Keep working on your project books. We are able to do more volunteering now so document what you have been doing since July 1, 2022, and share it. Our fiscal year ends June 30 so finish your project, put your book together and to send to the Little Rock office by October 31. At the Educational Workshop, Deb Teague talked about what is needed in your book and the order everything needs to be in. Thanks, Deb, for your presentation.

I'm looking forward to our State Meeting. I hope you are making plans to attend June 6, 7, and 8th. All committees are hard at work to make our state meeting bigger and better than ever.

Remember, at this meeting we will elect new District Directors for all three districts. We are looking for leaders to take over for Dot, Darla, and Aleese.

Also, keep saving for our Mountain View Retreat at the Ozark Folk Center November 1, 2, and 3rd. It is always a fun time to get away, learn different crafts and socialize. I know those who attend every year really look forward to the retreat. If you have never been, you don't know what you are missing. Give it a try, you will love it!

*Debbie Thompson
AEHC President 2022-2024*

AEHC EXECUTIVE COMMITTEE

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

Special Projects Chairmen

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

<p>Associate Professor Personal Finance Consumer Economics AEHC Advisor Dr. Laura Hendrix 501-671-2170 <i>lhendrix@uada.edu</i></p>	<p>Program Technician Nancy Hightower 501-671-2305 <i>nheightower@uada.edu</i></p>	<p>AEHC Administrative Specialist Melody Curtis 501-671-2012 <i>mcurtis@uada.edu</i></p>	<p>FCS Agent Advisor Bridgett Shenoa Martin 479-394-6018 <i>bmartin@uada.edu</i> July 1, 2022-June 30, 2024</p>
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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_skills_wellness/extension_homemakers) <https://www.facebook.com/uaex.arkansasextensionhomemakers> <https://www.uaex.uada.edu/life-skills-wellness/extension-homemakers/extension-homemakers-blog/>



STATE PROJECT 2022-2024 EHC CARES



Chairman Dot Dunn Hart

- Dot is already working with several counties to organize EHC Cares Walk-a-Thons. She wants to coordinate EHC Cares with Walk Across Arkansas. Jefferson County is sponsoring an EHC Care Walk on May 6 (May is also AEHC Promotion Month). Cleburne and St. Frances Counties will have EHC Care Walks at later dates. If you want to sponsor an EHC Cares Walk in your county, contact Dot.
- Dot is asking for information and suggestions on ways to share EHC Cares with clubs/councils state-wide. She is calling for collaborators. Contact Dot at dotleedunn@aol.com, or 859-351-1340. You may contact Nancy Hightower nhightower@uada.edu at the LRSO for EHC Cares educational materials. There may be a printing cost involved.
- Dot Hart says, "If nothing else, remember, call '988' for mental health emergencies."
- Contact Nancy Hightower for education materials. nhightower@uada.edu. There may be a printing cost.

2022-2024



NVON PROJECT IN COMMON
(National Volunteer Outreach Network)
BEE-Cause Pollinators Feed the World



By donating \$1 per member, you are helping others. If all AEHC members donate \$1 it would mean there would be \$3200 sent to Heifer International WHICH Heifer International will double for the purchase of a honeybee gift. Your donations should be sent to AEHC Treasurer, Carolyn Morris, P O Box 275 Danville, AR 72833. Thank you to those who attended the AEHC Spring Educational Program your donations bought 9 honeybee gifts!!!

Honey bees sweeten a family's financial future

A Heifer honeybee gift donation includes a bee package, hive, box, and training in beekeeping techniques. When you buy bees for a family in need, your gift:

- Increases the global honeybee population to support the environment
- Boosts income through sales of honey, wax, and pollen
- Stimulates growth of the family's crops through pollination
- ◆ Sometimes it is the smallest gifts that make the largest impact. Healthy beehives can double fruit and vegetable yields of small farms.
- ◆ When women have control over their assets and incomes, they reinvest in their families.
- ◆ Everyone eats more nutritious food. Kids go to school. Families get better access to health care.
- ◆ That is why we invest in women farmers and business owners, equipping them with the tools and expertise they need to make their businesses thrive and grow.

MARCH WORKSHOP HIGHLIGHTS



Vice President Karla Wadley along with the Education Committee did a wonderful job of making the Spring Workshop a success!



Featured Speaker Pamela Pruet "In Step Together"

Great group of EH members!



Secretary & Treasurer Class
Darlene Holliday, AEHC Secretary
Carolyn Morris, AEHC Treasurer



District Director Class
AEHC District Directors
Aleese Nichols, Ouachita
Darla Watt, Ozark
Dot Dun Hart, Delta



President & Vice-President Class
Cheryl Stewart
AEHC Past President
Debbie Thompson
AEHC Immediate Past President



Speak for Yourself Class
Deb Teague
AEHC President-Elect



Membership Class
Marilyn Spence
AEHC Membership Chair



Parliamentary Procedure Class
Anna Goff
FCS Agent Washington County



Delta District Director
Dot Dunn Hart

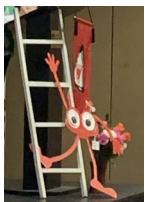


Ouachita District Director
Aleese Nichols



Bee-Cause
Pollinators Feed the World
Karen Bell Fox
NVON Vice President

Ozark District Director
Darla Watts



Meeting Mascot "Arehca"
4 (Erica)



Origami Butterfly



Product Sales
Roberta Shankle
Kaye Green, chair
Carolyn Morris
Dot Dunn Hart

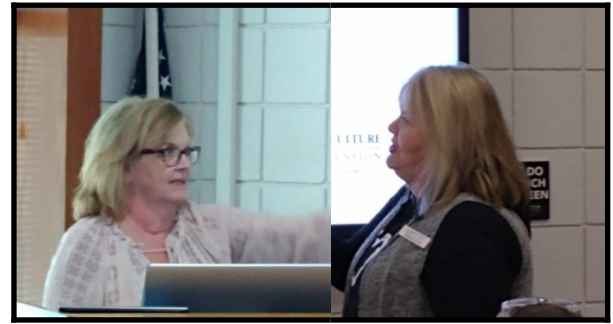
FAIR JUDGING SCHOOL HIGHLIGHTS



Nancy Hightower
Welcome



Kayla Machen & Melody Curtis
Registration



Marsha Horton & Tamy Allen
Education Booths



Anna Goff
Photography



Chris Meux
Fine Arts



Jean Ince
Judging Basics & Clothing



Fair Judging School Attendees



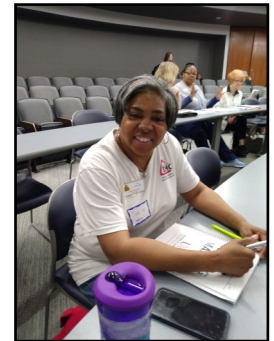
Shaw nee Tichenor
Baked Goods



Allison Crane
Household Art & Crafts



Karen Bell Fox
Past President



Dot Dunn Hart
Delta District Director



Michelle Carter & Terrie James
Food Preservation



Brenda Cox & Millie Collins
Needlework & Quilting



Jenny Wright, Debbie James
& Sarah Mitchell



??????? She's excited!

Kaye Green
Past President
Newsletter Editor
Product Sales
Picture Taker!!!



AROUND THE STATE

SALINE COUNTY SUNSHINE & SHARON EH CLUBS

Submitted by Aleese Nichols

Saline County project Club Sunshine and Sharon EHC club recently made teaching dolls for Arkansas Children's Hospital. Pictured are Patsy Wagner, Traci Hankins, Lucille Bagley, Karen Mitchell, Kay Bumgardner, Dana Henson, and Betty Wagner. Thank you ladies for your volunteer hearts !



ARKANSAS COUNTY PRAIRIE GEMS EH CLUB

Prairie Gems EH Club enjoyed lunch at Papaw's Pizza along with a Christmas Carol gift exchange and fellowship. They all had a great time together!



MILLER COUNTY

In January members from the Miller County EHC Council learned to crochet hats for babies, using a loom. Jeanette Deaton from Pike County came down and taught us how. She brought 17 red caps for us to add to what we were able to finish in time to donate to local hospitals in February for Heart Month. Members Bettie Huntley and Valerie Pilgreen took 19 hats to a local hospital, and then Springhill EHC members Lana Jones, Sherry Harris, and Bettie Sutton took 17 caps to a local hospital.



The nurses who received the caps were so delighted, and it was such a joy to deliver them. As Nancy Hightower shared on the Extension Homemakers Blog page in December, 2022, we all have talents to share. We would like to thank Jeanette Deaton for coming down to Miller County and sharing just one of her many talents with us. Meeting, sharing, and learning from other Extension Homemakers truly is one of the best things about EHC.

LAWRENCE COUNTY SCRAPPERS EH CLUB

Lawrence County EH members have been very busy sharing these little hearts all over the state. Keep your eyes open and let the Scrappers EH Club Sharing Our Heart know! They are on Facebook.



AROUND THE STATE

CLEBURNE COUNTY

Over the past two years, the Cleburne County Extension Homemakers Council has scheduled educational class trips to Arkansas State Parks and museums that are within a two-hour drive from Cleburne County.



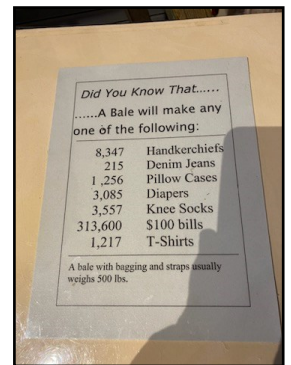
On February 16th, 13 members from Cleburne County’s Good Springs, Seven Springs, Stacy Springs, and Todays Homemakers EH Clubs and three members from White County’s Floyd EH Club met for lunch at Charlotte’s Eats & Sweets in Keo, Arkansas. The pie was awesome. After lunch everyone drove the ten miles to the Plantation Agriculture Museum in Scott, Arkansas.

The main building at the Plantation Agriculture Museum showcased Arkansas’s farming history. Members learned how crops were grown and harvested in Arkansas from the time of statehood in 1836 through World War II. Exhibits included a 1916 cotton gin, a seed warehouse, historic tractors, and a draft animal mule exhibit.

Cleburne County has traveled to Mammoth Spring State Park in Mammoth Spring, the Plantation Agriculture Museum in Scott, Woolly Hollow State Park in Greenbrier, the Ozark Folk Center in Mountain

View, and toured the Tugboat Huga & USS Razorback submarine at the Arkansas Inland Maritime Museum in North Little Rock. We also visited The Black House Museum in Searcy. Upcoming scheduled trips are the Louisiana Purchase State Park in Brinkley and Jacksonport State Park in Newport.

Many members enjoy having their State Park passports stamped, logging their travels to Arkansas state parks. We carpool and enjoy eating & shopping at new places. As these educational trips are popular with our members, even more trips will be planned.



POLK COUNTY

Polk County EHC presents a class the third Saturday of the month to “Learn Something New.” In February we made corn husk dolls. In March we will be making seed bombs. In April we will have a special guest, Dr. Carmen Jones presenting a fermentation workshop. In past months we have made quilt blocks, microwave bowl holders and one month we made homemade ice cream. For future months we are planning to make tamales, mug rugs, tea cup pin cushions, Christmas ornaments made from buttons and a lesson on gluten free cooking. These sessions are open to the community. Most sessions are free or have a small supply fee. We encourage everyone to “Learn Something New.” For more information call Polk County Extension office at 479-394-6018.



EVENTS

NWA EXTENSION HOMEMAKERS

Quilt Workshop 2023

UPDATE

We had a Red, White, and fa"Blue"ous start at it's Northwest Arkansas EHC Quilt Workshop at the new venue, in the Signature Bank Community Room. The Corporate Sponsor for the day was Anstaff Bank. We had over 110 quilters at the March 2nd opening of the Quilt Workshop.

The guest speakers for the day were Wapiti Mefford, 4H State Office of Newton County, Rachel Whitker - Shiloh Museum of Ozark History discussing Quilt History and Newton County Sewphisticated Scrapy Quilters - EHC Club. Sewphisticated Scrapy Quilters discussed "Saving Our Memories in Quilting."

The wonderful vendor for the day was "Remember Me Quilt & Fabric Shop" of Mt. Home. We were so excited to have them!! They brought materials to continue their shop's traditional commitment to serving our quilters and community at the workshop. They strive to make quilting the creative, relaxing, and rewarding event it should be!

Come, enjoy, and become an "All American Quilter." We share and learn something new at every session.

The next presentation will be March 16 from the Boone County Quilter at the Signature Bank Community Room. We will have an afternoon session with this workshop. They will be discussing Landscape Quilting. The workshop is always free and registration begins at 8:30 A.M.

The next vendor will be "Grana's Front Porch" from Conway. Workshops will continue March 16, 23, 30 and April 6 with new topics each day.

STONE COUNTY

Stone County EH Council is putting on a play benefitting our EH Council and the Mountain View Meals on Wheels. The play "The Reunion" will be shown on April 13, 14, & 15. You can purchase tickets by calling the Stone County Extension office starting March 20.

The show will be held at the Senior Center, 210 School Ave, Mountain View, AR

This is also Folk Fest Weekend in Mountain View!! We would love to see you here!

4/13 & 4/14: dinner @ 6pm, show @ 7, \$15/ticket

4/15: matinee @ 1pm, dessert bar only. \$10/ticket

4/15: dinner @ 6pm, show @ 7pm \$15/ticket

If you have any questions please contact, Sarah Gurley at 870-213-7256



CRAWFORD COUNTY



**GRANT COUNTY
EHPHESUS EH CLUB**

Ephesus EH Club has been very busy at our meetings! Below are a couple of the projects we have worked on recently. Be assured they will be entered into the county fair!



Valentine Heart Door Hangers



EASTER WREATHS



MEMBERSHIP MATTERS

Marilyn Spence

New members will be listed in the April newsletter.

I want to say what a wonderful job everyone did to make the Spring meeting in North Little Rock at the Wyndham a success. A special thank you to Vice President Karla Wadley, District Directors and Associates.

The singing at the beginning of the meeting by all of the ladies in the room was beyond words. The harmony of the National Anthem was amazing. I was on a front row seat and I had to turn around and look at all of the beautiful ladies in the room singing so beautifully. It made you so proud!! How I wish everyone in our clubs everywhere could have been there and heard it !!

Deb Teague and Karla Whatley did a wonderful job of decorating and having games there for us to play. The food was amazing as well. Booths, displays and Product Sales were great! I guess I could write a book on the meeting it was so great.

I hope that everyone will try to attend more of these meetings and join in the fun and fellowship.

**YOUR
MEMBERSHIP
MATTERS**

CAN YOU FIND IT????



AEHC Members! Find the **(Leprechaun)** 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 April 10th. Good luck.!!!

(The February winner is Rosa Schill)
(Central Community EH Club, Poinsett County)

AEHC STATE MEETING

“New Friends & Old, Together We Grow”

June 6-8, 2023

Wyndham Riverfront Little Rock Hotel, 2 Riverfront Pl North Little Rock, AR 72114

Call 501-371-9000 or 866-657-4458 to book your room and mention AEHC State Meeting Rate: \$104 + tax for two to a room. \$10 a person for more in a room. Breakfast is free.

- Registration fees are \$90 a person. This includes lunch on Tuesday and Wednesday. Creative Skills cost extra, which you will pay when you register.
- Tuesday morning is Early Bird classes.
- Tuesday Opening Ceremony is at 12:00 p.m.
- Tuesday night you have a choice of a Creative Skill or Bingo.
- Wednesday evening you have a choice of Talent Contest or Karaoke.
- We have such a wide range of classes available, there will be something for everyone.
- Thursday morning, Kat Robinson, Arkansas’s food historian and most enthusiastic road warrior will be entertaining us. At the end of the morning program, we will have another short craft class for those who want to stay.



OTHER THINGS YOU NEED TO KNOW

- Deadline to Register: May 5 Deadline with \$15 late fee after May 15. No registrations accepted after May 15. Online registration will be available soon.
- Deadlines for Memorials, Milestone Members and Council/Clubs: May 15.
- Each county is to bring 2 items for the silent auction.
- Each county is to bring a \$15 gift card for door prizes. Be sure the gift card can be redeemed state-wide.
- Cultural Arts: We ask each county to bring at least one cookbook that is five years or older. Email two favorite recipes to aleese51@gmail.com no later than Wednesday, May 10.
- Memorial names along with their district and county are due to Melody Curtis by May 15. Please submit photos, so our beloved members can be included in a PowerPoint presentation on Thursday morning.
- Submit names of your Milestone members with anniversaries for 50-year, 60-year, and 70-year+. We would like photos of each one to be included in the program. We also need the names of councils/clubs, along with their district with anniversaries of 50- year, 75-year and 100-year. Submit information and photos to mcurtis@uada.edu.

EVENTS

**AEHC MULTI-COUNTY RALLY 2023
Southeast Delta & Northeast Ouachita**

**SELF CARE, LOVE YOURSELF
MENTAL HEALTH AWARENESS WORKSHOP**

AEHC Delta and Ouachita District Directors
Dot Hart and Aleese Oliver Nichols

Thursday, April 13, 2023
10:00 AM-2:30 PM

Pursuit Church
1400 Centennial Lane, White Hall, AR 71602
Jefferson County

- RSVP at 870-534-1033, Jefferson County Extension Office
- Registration: 9:30 a.m.– 10:00 a.m.
- Lunch: Soups Salads and Sandwiches
- Registration closes end of day on April 7
- Bring: 1 Silent Auction item

Arkansas, Ashely, Bradley, Chicot, Cleveland, Dallas, Desha, Drew, Grant, Jefferson & Lincoln

Each county will be contacted and asked to provide, either soups, salads, sandwiches, or desserts for this event.

For additional information Contact: Dot Hart– at 859-351-1340 or dotleedunn@aol.com

Featured Speakers

- Sarah Shelton James, BWG Yoga and Herbal Tea
- Lauren Robertson, LBR Fitness
- Stephanie Winegand, Bloom Advanced Aesthetics
- Karen Bell Fox, BEE-Cause Pollinators Feed the World
- White Hall High School. NAMI Suicide Prevention
- Aleese Nichols, Ouachita District Director & more

(Door Prizes)

**AEHC MULTI-COUNTY RALLY 2023
SPRING CLEAN YOUR MENTAL COBWEBS**

APRIL 27, 2023
1:00 PM-4:00 PM

Jackson County Extension Center

- Deb Teague -Welcome
- Tori Fowler - Spring and Summer Container Gardens
- Joy West - Organize Your Space
- Pamela Ray - Shake Off Those Mental Cobwebs
- A Craft to Relieve Stress
- AEHC State Meeting Update

Participating Counties Clay, Greene, Jackson, Poinsett, Lawrence, Randolph, Craighead, Mississippi.

Please Register by calling Lawrence County at 870-886-3741

Light Refreshments will be served.

Jackson County Extension Center
649 Jackson 917 Newport

The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution.

If you require a reasonable accommodation to participate or need materials in another format, please contact your Lawrence County Extension office as soon as possible. Dial 711 for Arkansas Relay