

**ARKANSAS EXTENSION  
HOMEMAKERS COUNCIL**



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SUBMIT YOUR NEWS  
To  
AEHC Newsletter Editor  
Kaye Green  
kayegreen@yahoo.com  
Cell (870) 692-5695

**NEWS SUBMISSION DEADLINE IS  
THE 10TH OF EACH MONTH**

(Please include County & Club Name)



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University of Arkansas System

# AEHC Newsletter

March 2024

Volume 53

## President's Message

*It was great to see so many of you at our Spring Education meeting! Those who toured the state capital on Tuesday before the meeting really enjoyed seeing our beautiful state building. We learned some interesting things about our early government officials and how the capital building was constructed.*



*I heard great things about the Mental Health class as well. We are working to bring that class to different parts of the state so everyone can benefit from the information Dr. Schrick has put together for us.*

*The next meeting we are planning is our State Meeting. All members are encouraged to attend. We have created different options for those who can not spend all 3 days at our meeting. You can choose one day or just attend an awards luncheon. Price options will be on the information and registration when it is posted online. There are several education classes and creative skills classes planned. We have something special planned for our Thursday closing session of the meeting so don't miss it!*

*The NVON (National Volunteer Outreach Network) Conference is July 16 – 18 in Asheville, North Carolina. One of the tours available is a tour of the Biltmore Estate. There was some discussion at the Spring Education Meeting about renting a van or arranging a tour bus for EHC to attend. If you are interested in attending the NVON meeting, please talk to Dot Hart or Debbie Thompson so we can make plans. Dot Hart is Vice President of NVON and Kaye Green is the secretary. Meetings are held in different states every year. Arkansas will host the NVON meeting in 2027 and a coordinator is needed to begin planning the 2027 meeting. If you like to plan events, please talk to me and Deb Teague so Arkansas can begin planning the 2027 NVON Conference*

See you all at the State Meeting June 4 – 6

*Debbie Thompson*  
AEHC President July 1, 2022-June 30, 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 Darla Watts 479-223-9209 <i>wattsdarla@hotmail.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 Rhonda Bogoslawski 573-823-3847 <i>r.bogoslawski@yahoo.com</i> July 1, 2023-June 30, 2025</p>	<p>Ouachita District Director Jeanette Deaton 870-210-0657 <i>jeanette_deaton@hotmail.com</i> July 1, 2023-June 30, 2025</p>	<p>Ozark District Director Sarah Gurley 870-213-7256 <i>thescentgirl@gmail.com</i> July 1, 2023-June 30, 2025</p>	

**SPECIAL PROJECTS CHAIRMEN**

<p>Membership Marilyn Spence 479-806-2622 <i>marilynspence1847@yahoo.com</i></p>	<p>Ozark Retreat Coordinator Karen Bell Fox 870-692-4097 <i>karenbellfoxaehc@yahoo.com</i></p>	<p>EIN Coordinator Bingo/Raffle/Special Events Mary Margaret King 479-409-6755 <i>mkbanklady@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>Dr. Laura Hendrix AEHC Advisor Associate Professor Personal Finance Consumer Economics 501-671-2170 <i>lhendrix@uada.edu</i></p>	<p>Shannon Baker Administrative Specialist II 501-671-2097 <i>sbaker@uada.edu</i></p>	<p>Bridgett Shenoa Martin FCS Agent Advisor 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.  
Once you receive the confirmation text message, reply "yes" to confirm your subscription.

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](http://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 EVENTS



The Thursday Speaker this year is The Pleasant Hill Quilters of Linden, TX

The Quilters came together for the first time in September 2004. The initial intent was to make a quilt based on the book, Hidden in Plain View, for a Black History program in February 2005.

Their Mission: to help maintain the historical Rosenwald school building, now called the Pleasant Hill Center.

Their Purpose: to use quilts as a media to entertain, educate, create awareness and healing of America's unsavory past.

### SPRING WORKSHOP



Fellowship, Education, Workshops, Classes, Silent Auction, Product Sales, Cultural Arts Display, EBB-CAUSE, Mental Health & Good Food! There was something for everyone!



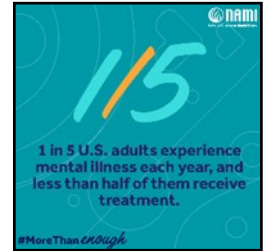
## EHC CARES



Dot Dunn Hart

### Tips to promote Mental Health Awareness in your community

Promoting mental health awareness in your community is crucial for fostering understanding, empathy, and support for those dealing with mental health challenges. Here are five tips to help you promote mental health awareness in your community:



**Organize Educational Events:** Host workshops, seminars, or informational sessions about mental health. These events can cover topics such as stress management, mindfulness, recognizing signs of mental illness, and accessing mental health resources. Invite mental health professionals, advocates, and individuals with lived experiences to share their insights and expertise.

**Start Conversations:** Break the silence surrounding mental health by encouraging open discussions. Create safe spaces where people feel comfortable sharing their thoughts, experiences, and concerns related to mental health. Initiate conversations through social media, community forums, support groups, or informal gatherings.

**Collaborate with Local Organizations:** Partner with local mental health organizations, non-profits, schools, healthcare providers, and businesses to amplify your efforts. Collaborative initiatives can include fundraising events, awareness campaigns, art exhibits, or volunteer opportunities focused on mental health advocacy and support.

**Provide Resources and Information:** Distribute informational materials, brochures, and flyers that highlight mental health resources, support hotlines, counseling services, and self-care strategies. Share reliable online resources, articles, and videos that promote mental wellness and provide guidance on seeking help. Make sure the information is accessible and culturally sensitive to reach diverse community members.

**Promote Self Care Practices:** Encourage self-care practices that promote mental well-being, such as regular exercise, healthy eating, adequate sleep, and stress reduction techniques. Organize wellness activities like yoga sessions, meditation classes, nature walks, or art therapy workshops. Emphasize the importance of self-care as a proactive measure for maintaining good mental health.

By implementing these tips, you can help raise awareness, reduce stigma, and foster a supportive community environment where individuals feel empowered to prioritize their mental health and seek assistance when needed.

The AEHC Cares Report Form is now available online

## BEE-CAUSE POLLINATORS FEED THE WORLD

### Connect with Nature



Pollinators such as bees, butterflies, and birds contribute to the beauty and diversity of natural landscapes. Engaging with nature has been linked to improved mental health, reduced stress levels, and enhanced overall well-being. Observing pollinators in gardens, parks, or natural habitats provides opportunities for relaxation, mindfulness, and connection with the environment.

**MEMBERSHIP MATTERS**

Marilyn Spence

Hello everyone! Well, it looks like we are about to come into Spring! by the time you receive this newsletter we will have had our Spring AEHC Education Meeting in North Little Rock at the Wyndham. I hope some of you came to my class and received the information that I had for you. I have been working on this for a while trying to make it short and sweet but let me tell you that is no small feat!

We have several new members from Garland County. And more in other counties. Keep reaching out and bringing in new members

Marilyn  
479-806-2622  
marilynspence1847@yahoo.com

NAME	COUNTY	NAME	COUNTY
<b>GARLAND COUNTY</b>	<b>UPHOLSTERY EH CLUB</b>	<b>ALL THINGS HOME</b>	<b>BENTON COUNTY</b>
<b>CRAZY QUILTERS EH CLUB</b>	<i>Dawn Loughlin</i>	<b>EH CLUB</b>	<i>Jodi Robinson</i>
<i>Mary Baber</i>	<i>Pete Loughlin</i>	<i>Vicki Cobb</i>	<i>Marge Mills</i>
<i>Cheri Bailey</i>	<i>Amy Guresky</i>	<i>Beverly Goodridge</i>	<b>WASHINGTON COUNTY</b>
<i>Nona Glenn</i>	<i>Mirna Guresky</i>	<i>Sharyn Cole</i>	<i>Allison Hayes</i>
<i>Natasha Lenox</i>	<i>Nancy Papacek</i>	<b>FIBER THERAPY GROUP</b>	<i>Debi Bowman</i>
<i>Wendy Munnerlyn</i>	<i>Susan Dugan</i>	<b>EH CLUB</b>	<i>Diana McGruder</i>
<i>Jeannette Synder</i>	<i>Debbie Green</i>	<i>Amy Adams</i>	<i>Joan Beyette</i>
<i>Kathy Taylor</i>	<i>Claudia Fitzgerald</i>	<b>LOYAL LADIES EH CLUB</b>	<i>Kathy Plunkett</i>
<i>Linda Still</i>	<i>Alett Little</i>	<i>Damien Pratt</i>	<i>Jenny Osborn</i>
<b>YES WE CAN EH CLUB</b>	<b>LAKESIDE EH CLUB</b>	<i>Michael Pratt</i>	<i>Judith Larsen</i>
<i>Lorra Hill</i>	<i>Phyllis Clark</i>	<i>Ignacio Tejada</i>	<i>Danthea Metcalf</i>
<i>Carole Jean</i>	<i>Dana M. Lambert</i>	<i>Irma Tejada</i>	
	<i>Toni Gray</i>		

**CAN YOU FIND IT????**



AEHC Members! Find the ( ) 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 (Perhaps this will help pay your Spring Workshop Registration.)

There will be only one entry per person. Debbie will notify you if your name is drawn.

**The new cutoff date is April 6th.** Good luck.!!!

(The February winner is Carolyn Morris )  
(Yell County)

# AROUND THE STATE

## HOT SPRING COUNTY

Barbara Bradley lead the Hot Spring County Cultural Arts on February 13.

The ladies made Easter crosses. They covered crosses with lace and other items. Twelve ladies participated and thoroughly enjoyed making their crosses.



## POINSETT COUNTY

### Central Community EH Club

Central Community EH Club in Poinsett County delivered 60 Bears to St Bernards Hospital for the Pediatric patients.



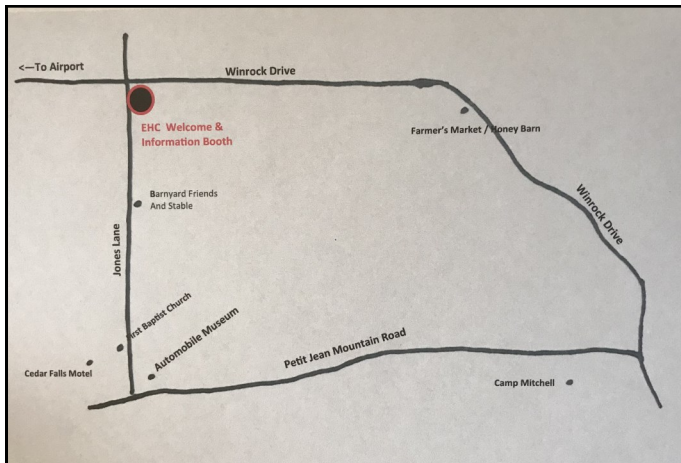
Pictured: Judy Griffin, Rosa Schill, Sandy Brust, Gerryly Curtis & Micha Drope (St Bernards), Ome Coleman, Lisa Barnhill & Judy Guthrie



### AROUND THE STATE

#### CONWAY COUNTY Petit Jean EH Club

Petit Jean EH Club will have a Welcome Booth on Petit Jean Mountain for the Solar Eclipse. They will man the Booth on Friday, Saturday, Sunday & Monday. April 5th through the 8th.



#### Conway County Hilltoppers EH Club

At the Hilltoppers EH Club meeting they collected snacks and body soap for Hope Alive.



#### DALLAS COUNTY Extension Homemakers

Dallas County EHC has done another SUCCESSFUL "Soup's On Us" with over 8 different heart healthy soups. The event was free to anyone in the community included crackers, cookies, fruit and drink. People were allowed to eat at the Extension Office or to go (all free). Close to 70 cups of soup were given out.



Debbie Ables, Debbie Russell, L. Watts, Beverly Brown, Karen Petray, Brenda Burford, Ronda Best FCS Agent



## AROUND THE STATE

### GARLAND COUNTY Extension Homemakers



The Hot Springs Arts and Crafts Fair Committee is busy preparing for another great Arts & Crafts Fair.

The 55th Annual Arts & Crafts Fair will be held on Oct. 4, 5, and 6 at the Garland County Fairgrounds, 4831 Malvern Ave. The show is open on Friday and Saturday from 9 a.m. until 6 p.m., and on Sunday from 11 a.m. until 4 p.m.

More than 200 vendors representing 11 states will be in place to sell their handmade items. Among the many handmade items you will find soaps and lotions,

beautiful jewelry, indoor and outdoor furniture, clothing, pottery, candles, wood crafts, photography, quilts, pet clothes and treats, T-shirts, toys, freeze-dried candy and veggies, olive oils, and home décor including seasonal.

The Hot Springs Arts and Crafts Fair is sponsored by the Garland County Extension Homemakers Council with Jane Oliver as chairman of the nine-person Committee. This all-volunteer committee works year-round to make this show one of the best! We have been chosen by our vendors and followers as one of the top three festivals in The Sentinel-Record's Readers Choice Awards the past three years.

The Country Store is a special place for the members of the Extension Homemakers to sell their handmade items. The Country Store, located in Building 5, is organized by Katy Weaver. This is a favorite of many shoppers.

The Extension Homemakers Kitchen will be open serving home-cooked foods including ham and beans with cornbread, chili, burgers, hot dogs, chicken salad sandwiches and french fries. For dessert, there are homemade cakes and the famous doughnut holes. There is a variety of soft drinks, tea, lemonade, and coffee available.

There will be food trucks on the grounds with corn dogs, corn on the cob, funnel cakes, pork rinds, Philly cheese sandwiches, barbecue and fish. The very popular kettle corn, roasted nuts, and Texas Twister fruit drinks will be available.

Complimentary golf cart rides are available to bring shoppers from the parking lots to shop and again to help them get their purchases to their vehicles. Multiple trips are welcome! Wheelchairs are available at no charge. There are ATMs on the grounds.

There are five buildings and two covered barns to explore, so wear comfortable shoes and plan to spend the day shopping and enjoying great food. The Extension Homemakers will welcome you and have hostesses in each building to help vendors and shoppers.



**AROUND THE STATE EVENTS**

**LAWRENCE COUNTY**



**CRAFT & EDUCATION DAY**

Join us in welcoming Spring! You are cordially invited to the Scrapppers EHC Spring Craft & Education Day, where we will enjoy crafting, share laughter and learning, and create precious memories together. Only \$10.00 for the day & Lunch will be provided.

**PRE-REGISTER**  
870-886-3741

**MARCH 16TH 2024**

**Limited Seating**

**9:00AM**

- Enjoy
- 2 Craft Projects-Spring Planting Information
- Cell Phone & Tablet Information
- Cooking in an Air Fryer

**Walnut Ridge AR  
Lawrence County Meeting Room  
Beside Lawrence Co Library**

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.

### AROUND THE STATE

#### PULASKI COUNTY Mabelvale EH Club

In December club members collected throw blankets for UAMS cancer patients. They were turned in to the state office December 13, 2023. We also collected coloring books, crayons, toys, word find books, and storybooks for Children's Hospital "Festival of Stars" program. December 14th.

Club members enjoyed our Christmas finger foods luncheon with the pastor of the Mabelvale Methodist Church, Pastor Bob and Joy Marble and the church secretary, Brenda.



Left to right: Diane Watson, Eva Spaul, Linda Ross, Brenda Gross- President, Nancy French, Linda McHughes, Kathy Phillips.  
Not pictured, Jane Robinson, Lori Mitchell.



#### GARLAND COUNTY Lakeside EH Club

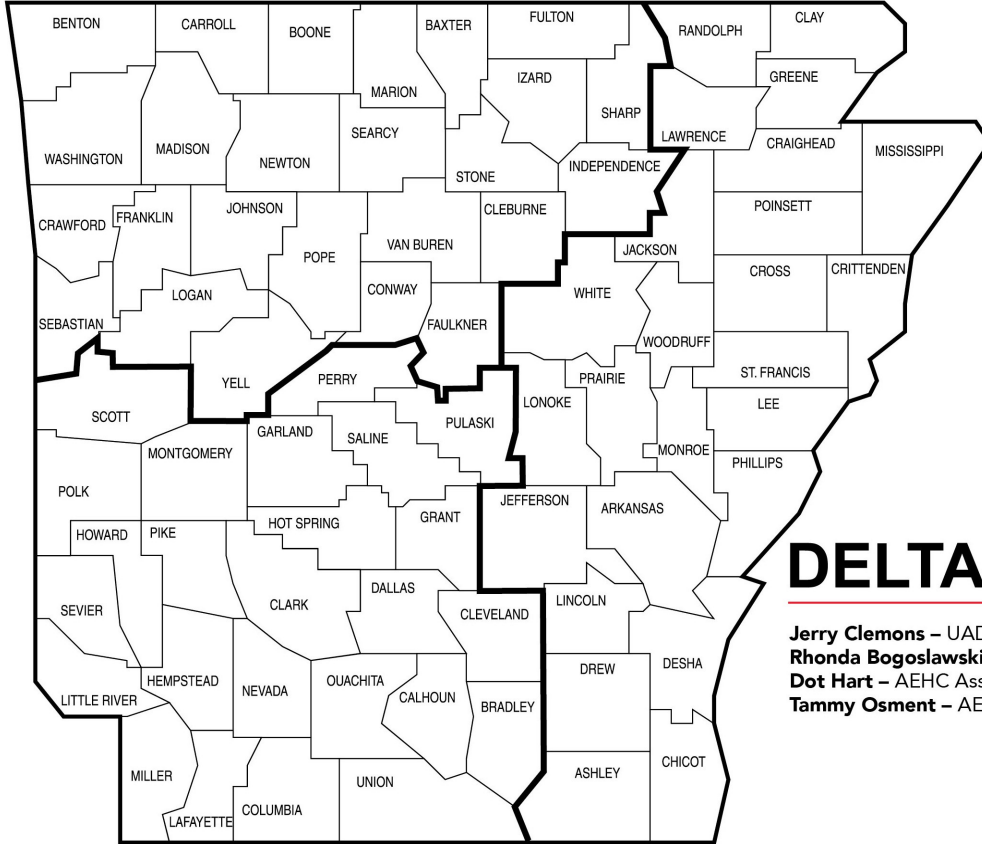
Show and tell at our last meeting was exciting! Old items repurposed and new items completed.



# INFORMATION

## OZARK

**Kevin Lawson** – UADA District Director – 501-671-2016  
**Sarah Gurley** – AEHC District Director – 870-13-7256  
**Shannon Davis** – AEHC Associate District Director – 479-689-9838  
**Mary Willard** – AEHC Associate District Director – 479-493-2471



## DELTA

**Jerry Clemons** – UADA District Director – 501-671-2024  
**Rhonda Bogoslawski** – AEHC District Director – 573-823-3847  
**Dot Hart** – AEHC Associate District Director – 859-351-1340  
**Tammy Osment** – AEHC Associate District Director – 870-557-4393

## OUACHITA

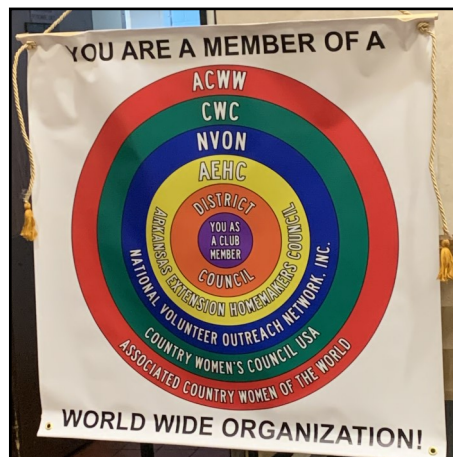
**Carla Due** – UADA District Director – 501-671-2020  
**Jeanette Deaton** – AEHC District Director – 870-210-0657  
**Mary Reeves** – AEHC Associate District Director – 501-337-4550  
**Valerie Pilgreen** – AEHC Associate District Director – 903-276-8169

### FUNNIES

I came, I saw, I forgot what I was doing.  
 I retraced my steps, got lost on the way back, now I have no idea where I am or what's going on.



### You are a member of all these organizations!



### GOOD ADVICE

Smile, it's free therapy.



DEAVITA