

ARKANSAS
EXTENSION
HOMEMAKERS
COUNCIL



Inside This Issue

Presidents Message	1
AEHC Executive Committee	2
Membership Matters Bee-Cause Project	3
Information	4
District Rallies	5
Events	6-8



Find us on

Facebook

SUBMIT YOUR NEWS
To
Newsletter Editor
Kaye Green
kayegreen@yahoo.com
Cell (870) 692-5695
News deadline
December 15, 2022

(Please include County & Club Name)

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

AEHC Newsletter

November 2022

Volume 37

President's Message

I had a great time at our EHC Ozark Folk Center Retreat and I know others who went enjoyed themselves as well. The weather was wonderful, the leaves were changing colors and the food was great!



The expert crafters taught great classes. The classes were fun and I'm sure we all went home ready to try our hand at the craft without a teacher. The staff was really wonderful and helpful. It was a pleasure to see them again.

I hope more of you will attend the retreat next year. Start now and put away \$ 40.00 a month so you will have your deposit and registration fee by September 2023. Registration includes two nights at the cabins, two lunches, two dinners and two breakfasts and four classes. If you have never gone to the Ozark Folk Center, you really need to go. You will love it!

Here we are, approaching holiday season. Soon we will all be eating too much! Remember those in need and if you are able, donate to a local food pantry or help a family with their Thanksgiving meal.

This time of year is difficult for many so keep in mind our statewide project, EHC Cares about Mental Health. Chairman Dot Hart is working on a reporting sheet for us to record volunteer hours for this project. Dot is also working on information to be added to the newsletter each month. Check on a friend who may be alone for the holidays. Dial 988 the new national suicide prevention phone number that we can share with others. There are also local centers that people can go to for help. Several of our FCS agents are working on getting information to the community.



Stay Warm!

Happy Thanksgiving to all of you.

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>
--	--	--

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>nhightower@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>
---	---	--	---

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/>

INFORMATION

MEMBERSHIP MATTERS

Marilyn Spence

Wow! The three rallies I attended were all great! We had a great turn out for each rally. I was able to visit with some members that I have emailed and spoken to on the phone. This was a delight! We are growing again and I am so proud of the clubs that have made a plan to get new members.

New Member	County	Club	Invited By
John Busch	Hot Spring	Harp EH Club	
Ellen Busch	Hot Spring	Harp EH Club	Ellen Busch
Evan Haines	Lonoke	Everything Paper EH Club	Nancy Hightower
Royce Stoker	Montgomery	Vounteer EH Project Club	
Rene English	Stone	Red Bud EH Club	Alice Craig
Vicki Lynch	Stone	Red Bud EH Club	Sarah Gurley



2022-2024

NVON PROJECT IN COMMON
(National Volunteer Outreach Network)



Bee Cause Pollinators Feed the World

Do butterflies and bees survive the winter???

You can help a butterfly survive winter, no matter how they do it, with a few simple actions.

LEARN which butterflies live in your area and grow [native plants](#) for those specific species.

SKIP [raking the leaves](#) so overwintering larvae have a place to hide.

LEAVE garden debris, particularly standing plants, until midspring.

AVOID [using pesticides](#) as much as possible.

If you find what looks like a dead chrysalis in your garage or garden shed in the winter, leave it there. The butterfly inside may well emerge when spring comes.

OFFER nectar plants in your garden in early spring and [late fall](#) to help the first and last butterflies of the season.

SO what happens to honey bees in the winter?

Unlike many other insects honey bees do not hibernate during winter. They remain active and shelter inside their hive, huddling together to keep warm and protect the queen. As winter begins, brood rearing ceases and the queen stops laying eggs. The size of a bee colony reduces significantly over winter.

If you have had an educational class or workshop on pollinators in your county please email karenbellfoxaehc@yahoo.com with information and photos for our Project in Common

For more information contact

Karen Bell Fox, NVON Vice President
karenbellfoxaehc@yahoo.com
870-692-4097 cell or 870-325-7238 home

INFORMATION

SPRING WORKSHOP

Step Out, Step Up and Step In

March 8, 2023

**Riverfront Wyndham Hotel
North Little Rock, AR.**

Registration \$35.00 Special room rate \$98.00 (mention AEHC when you call.) Add this to your calendar! Tell your county members. Invite a new or potential member.

STATE MEETING

New Friends and Old Together We Grow

June 6-8, 2023

**Riverfront Wyndham Hotel
North Little Rock, AR.**

Add this to your calendar! Tell your county members. Invite a new or potential member. More information on registration and classes to come.

Info from Past EH State Minutes

Scrapbooks/Project Books were first mentioned as being on display at the 6th Annual Meeting and 2nd Encampment of Arkansas Council of Home Demonstration Clubs at Camp Pike. September 5, 6 & 7, 1934

- ◆ Submit your council or club news and pictures to the newsletter editor.
- ◆ Kaye Green kayegreen@yahoo.com 870-692-5695. Advertise your programs here also!
- ◆ Include if the news is council or club. Include your county name (I don't know where all the clubs are from!) The deadline is the 15th of each month.
- ◆ If you need a name and email added to receive each newsletter, send it to me. Get permission from the person first!
- ◆ Use pages from the newsletter to go into your Project Book as Media!

CAN YOU FIND IT????



AEHC Members! find the **(Turkey)** 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 December 10th. Good luck.!!!

(The October winner is Loretta Sowden)
(Tuckerman EH Club, Jackson County)

In Loving Memory

Joyce Hall

July 22, 1938-October 1, 2022

AEHC President

July 1, 2008-June 30, 2010



DISTRICT RALLIES

OZARK RALLY



Great Crowd!
&
Great Food!



Darla Watts AEHC Ozark District Director

Carolyn Morris,
AEHC Treasurer
& Debbie
Thompson, AEHC
President



Kaye Green
AEHC Product
Sales
Offering products
at each Rally!



Darla Watts,
AEHC Ozark
District Director
& Karla Wadley,
AEHC Vice
President



DELTA RALLY



Great Delta Attendance!



Dot Dunn Hart AEHC Delta District Director

Marie Price, 100
years old!
Rhoda Yost,
Delta Associate
District Director



Karen Bell Fox, Bee-Cause



Karla Wadley, Awards



Silent Auction



Deb Teague, Elections

OUACHITA RALLY



Saline Co. EH
members helped
with setup!
Thanks!



Aleese Nichols, AEHC Ouachita District Director

Ouachita Rally
Attendee's. Great
interactive
crowd!



Karla Wadley,
presenting
Member & Club
Certificates!

Rita Blackwood
Associate
District
Director



Aleese &
Marcella Grimmert

Dot Dunn Hart,
presenting the
State Project,
EH Cares!



EVENTS

ST. FRANCIS COUNTY EXTENSION HOMEMAKERS COUNCIL

QUILT OF VALOR CEREMONY

November 11, at the St. Francis County Museum, the St. Francis Extension Homemakers presented quilts to five Vietnam veterans. They all served either in the Army or Navy.

Aleese Nichols and husband Ron were taking a vacation trip and decided to stop at the Museum. To their surprise four EHC members were there getting ready for the ceremony.

They were so excited to see the AEHC Ouachita District Director. They asked Aleese to be a part of the ceremony. She readily agreed.

Aleese invited them to come to the Spring and State Meetings. When you see them, give them a big AEHC welcome.



Aleese second from the right and four St. Francis Extension Homemakers.



The five veterans.



CONWAY COUNTY PETIT JEAN EH CLUB

FINGER FOODS AT PETIT JEAN STATE PARK

On October 11 Petit Jean EH Club members prepared and served finger foods to visitors at Petit Jean State Park during Senior America Special Week.

The Petit Jean EH Club has done this for 30 odd years, missing one year during Covid.



From the left: Phyllis Adams, Mary Henderson, Gwyn Gasaway, Gina Sellers, E Kaye Jones, Committee chair Wanda Owen.

HOT SPRING COUNTY EXTENSION HOMEMAKERS COUNCIL

FALL COUNCIL

The Hot Spring County Extension Homemakers held it's Fall Council in the Malvern Chamber of Commerce meeting room.

The speaker was Boyce Mitchell from the HSC Homeless Coalition. Members presented him with 23 blankets and throws for the homeless.



Boyce Mitchell in left and middle picture. Others are Hot Spring County EH members!

EVENTS

JEFFERSON COUNTY EXTENSION HOMEMAKERS COUNCIL

HOLIDAY FOODS RECAP

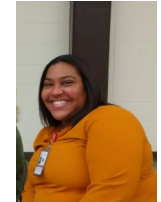
Jefferson County Holiday Foods returned with a huge crowd. The atmosphere was warm and inviting. The entrance hall and dining room were decorated with Christmas in mind. Table centerpieces were door prizes with most being a Red Christmas Truck!

The food was delicious! Thank you Jefferson County EH for working so hard to make this program great for your guests.

As well as a tasting of foods everyone received a cookbook. The cookbook is available for \$5.00. Just contact the Jefferson Co. Extension Office at 870-534-1033 or Mary Ann Kizer, mkizer@uada.edu



Top picture left: Dot Dunn Hart Jefferson County EH president. Middle top: Debbie James and Jody Stout, Co-Chairmen & FCS Staff Chair Mary Ann Kizer. Other pics are guests & Jefferson County EH members, demonstrating, serving & drawing door prizes.



DREW COUNTY EXTENSION HOMEMAKERS COUNCIL

DELTA QUILT SHOW RECAP

The first Delta Quilt Show had 112 quilts on display.

Dr. Peggy Doss remarked, "This is like going to an art show, with every quilt telling its own story."

Viewers voted on the three quilts that they liked best in the show.

First Place was awarded to the Town and Country Quilters EHC of Drew County for their "Showering Stars" quilt that they made as a community service project for the Drew County Library as a fundraiser. The Showering Stars quilt was presented at the Friends of the Library meeting, on November 7.

Second Place was awarded to the Hope Quilt Guild for their "Comfort and Blessing a Civil War Sampler" quilt.

Third Place was awarded to Julie LaFleur of Monticello, for her "Reflections" quilt.

Many thanks to Joy Graham, Quilt Show Coordinator, and the members of the Town and Country quilters and friends that helped with the show.

For more information about the art of quilting or interest in joining the quilt club, please contact Judy Murphy at 870-367-2533, or Joy Graham at 870-723-1372.

First Place was awarded to Town and Country Quilters EHC. Pictured (L-R) Peggy Moffett, Judy Murphy, Melissa Benefield, Dr. Kay Walter, Joy Graham, and Constance Burch.



Club members not pictured: Susie Chadwick, Louise Godwin, Claudia Horton, Bettye Kellum, Julie LaFleur, Evelyn Lawson, and Judy Person.

Second Place went to the Hope Quilters Guild, Hope, AR, for their Comfort and Blessings quilt.

EVENTS

SALINE COUNTY EXTENSION HOMEMAKERS COUNCIL

FALL COUNCIL

The Saline County EHC Fall Council meeting was held on October 27th at the fairgrounds. Saline County EHC President, Patsy Wagner presided. There were 21 members and guests in attendance.

“Women Equipped” representatives Susie Everett and Cindy Haltom shared information about the program and introduced all to the impact it is making in our community. Thank you gifts in addition to a \$200 donation were presented from the Saline County Extension Homemakers. For more information: www.womenequippedsaline.org.

A potluck was held with lots of fellowship and fun! Board meeting followed.



Susie Everett, Patsy Wagner, Saline County President & Cindy



Saline County EH members attending the Ouachita District Rally at the Sharon Baptist Church in Benton.



Ouachita Rally

*Kat Robinson, author of Arkansas Pie: A Delicious Slice of the Natural State.

*Aleese Nichols

*Roy Hale, owner of 3H Ministries, singer, songwriter.



Ouachita Rally day before setup with Doris Whitaker, Patsy Wagner and Karen Bell Fox.

RANDOLPH COUNTY EXTENSION HOMEMAKERS COUNCIL

CANNING WORKSHOP

July 30th the Randolph County Extension Homemakers held a Canning Workshop at the St. Paul's Family Life Center. Nine members and seven participants attended. The fee for the workshop was \$10 which included hands on instruction, handouts & lunch. The workshop featured both pressure canning and hot water bath techniques. Potatoes and carrots were pressure canned. Salsa, spaghetti sauce, and blackberry jelly were hot water bathed. Connie Cloinger the workshop committee chair, gave an introduction to the basics and history of canning.

The Randolph County Extension Homemakers received a \$250 mini grant from the Arkansas Extension Homemakers Council to help put on the Canning Workshop. We were chosen by our local Taco Bell to receive canning jars as part of their community service project.

Thank you to St. Paul's Catholic church for allowing us to use their beautiful new family life facilities. Also thank you to all who helped make the workshop happen: Connie Cloinger, Mary Anne Carroll, Sue Fair, Shannon Bettis, Wendy Ward, Diane Cote, Jo Scruggs, Katrina Cloinger, Veronica Rose.

