

ARKANSAS EXTENSION HOMEMAKERS COUNCIL



AEHC Newsletter

September 2023

Volume 47

President's Message



This is the time of year that most of our counties are holding their fairs. Many EH members are checking in exhibits, hanging them for display and being in their buildings to answer questions from fair goers. Many are travelling to other counties to judge exhibits. It is a busy time for us, a lot of work for a few days. Remember to turn in your volunteer hours.

Polk County held their fair the last week of August. We had good weather. I hope other fairs will have good weather. The number of exhibits were down in some departments but up in others. After not having fairs during covid, people don't think about their entries as much as before.

Now is the time to register for our District Rallies. Register online at uaex.uada.edu/ehc. The Ozark rally will be held October 10 at the Workforce center on the U of A campus in Morrilton, The Delta rally will be held on October 17 at the Grand Prairie Center in Stuttgart and the Ouachita rally will be held October 24 at the U of A in Ashdown. Anyone may attend the Rally in any District or attend all three. The same information is shared at all three rallies. When you register, be sure to select your county, regardless of the rally you want to attend. We will see our District Directors that were elected in June. Sarah Gurley is the Ozark District Director, Rhonda Bogoslawski is the Delta District Director and Jeanette Deaton is the Ouachita District Director. It is always good to see members from other parts of your district or the state. If you were not able to attend the State Meeting in June, try to attend a District Rally.

I am looking forward to cooler weather now that fall is approaching. We have had some really hot weather in August. We can sure use some rain too. Take care of yourselves and check on friends and neighbors. I'm looking forward to seeing many of you at our District Rallies.

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SUBMIT YOUR NEWS

To

AEHC Newsletter Editor

Kaye Green

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

(Please include County & Club Name)



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**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Debbie Thompson
AEHC President 2022-2024

AEHC EXECUTIVE COMMITTEE

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Delta District Director Rhonda Bogoslawski 573-823-3847 r.bogoslawski@yahoo.com July 1, 2023-June 30, 2025	Ouachita District Director Jeanette Deaton 870-210-0657 jeanette_deaton@hotmail.com July 1, 2023-June 30, 2025	Ozark District Director Sarah Gurley 870-213-7256 thescentgirl@gmail.com July 1, 2023-June 30, 2025	

SPECIAL PROJECTS CHAIRMEN

Membership Marilyn Spence 479-806-2622 <i>marilynspence1847@yahoo.com</i>	Ozark Retreat Coordinator Karen Bell Fox 870-692-4097 <i>karenbellfoxaehc@yahoo.com</i>	EIN Coordinator Bingo/Raffle/Special Events Mary Margaret King 479-409-6755 <i>mkbanklady@yahoo.com</i>	Product Sales Newsletter Kaye Green 870-692-5695 <i>kayegreen@yahoo.com</i>
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STATE EXTENSION

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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/>

DISTRICT RALLIES

Check with your District Director or County FCS Agent for details

OZARK DISTRICT RALLY

October 10

UACCM Workforce Center

Morrilton

Sarah Gurley

Ozark District Director

thescentgirl@gmail.com

870-213-7256

DELTA DISTRICT RALLY

October 17

Grand Prairie Center

Stuttgart

Rhonda Bogoslawski

Delta District Director

r.bogoslawski@yahoo.com

573-823-3847

OUACHITA DISTRICT RALLY

October 24

UACC Cossatot

Ashdown

Jeanette Deaton

Ouachita District Director

jeanette_deaton@hotmail.com

870-210-0657



STATE PROJECT 2022-2024

EHC CARES

Chairman Dot Dunn Hart

Mental Health Tips



- | | |
|-------------------------|---------------------------------|
| 1) Get Active | 6) Have a Laugh |
| 2) Socialize | 7) Enjoy Some Music |
| 3) Practice Mindfulness | 8) Set Boundaries |
| 4) Eat a Healthy Diet | 9) Engage in Positive Self-Talk |
| 5) Practice Gratitude | 10) Seek Professional Help |



2022-2024

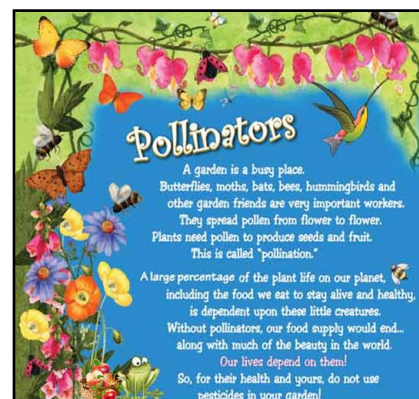
NVON PROJECT IN COMMON

(National Volunteer Outreach Network)

BEE Cause Pollinators Feed the World

As a member of AEHC you are a member of National Volunteer Outreach Network. The Project in Common "BEE Cause Pollinators Feed the World" is very important to educate and implement activities regarding loss of pollinators. Please report your club/council efforts to educate our members and the surrounding communities on this very important cause. Please use reporting form found on nvon.org and send your activities and fundraising efforts.

Karen Bell Fox NVON Vice President
870-692-4097
karenbellfoxaehc@yahoo.com



MEMBERSHIP MATTERS

Marilyn Spence

I think we are going to be seeing some wonderful new things coming down the pike. We are having more of the clubs that are working on "Interest Meetings" in order to bring in new members and perhaps bring some back that have been out for a while. I appreciate all of you who are so diligent to get the work done and those who are reporting what is going on. This is a wonderful organization, and I am so proud to be part of it! I hope that you feel the same way! If you know of any counties that are want to start a new club please contact me.

Marilyn Spence
479-806-2622
marilynspence1847@yahoo.com

NEW MEMBER	COUNTY		NEW MEMBER	COUNTY		NEW MEMBER	COUNTY
Kaye Willie	Benton		Beth Stewart	Pike		Liz Bell	Prairie
Raylene Mock	Crawford		Bonnie Johnson	Pike		Margie Speight	Prairie
Judy Hendrix	Crawford		Connie Dorathy	Pike		Opal Flippo	Prairie
Peggy Sanson	Crawford		Sylvia Evans	Poinsett		Tammy Bruce	Prairie
Edith Scroggin	Hot Spring		Kelly Davis	Polk		Braelynn Vaughn	Sevier
Darla Langston	Johnson		Dianne Paden	Polk		Rebecca Vaughn	Sevier
Tina Rimmer	Johnson		Patricia Sawyer	Polk		Tempest Vaughn	Sevier
Donna Lummus	Miller		Julie Ann Dunham	Polk		Lori Mahler	Washington
Jackie Johnston	Miller		Malea Fields	Polk		Misty Waltrip	Washington
Norma Dupree	Miller		Gerry August	Polk		Nancy Meek	Washington
						Mary S. Rothfus	Yell
						Sharon Balloun	Yell

NEWS SUBMISSION DEADLINE IS THE 10TH OF EACH MONTH

CAN YOU FIND IT????



AEHC Members! Find the **(Basket of Apples)** 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 to help pay your Fall Rally Registration.) There will be only one entry per person. Debbie will notify you if your name is drawn.

The cutoff date is October 10th. Good luck.!!!

(The August winner is Sheron Harp)
(Silent Grove EH Club, Washington County)

AROUND THE STATE

MONTGOMERY COUNTY RETIREMENT PARTY

FOR
FCS AGENT AMY MONK

September 29, 2023
11:00 a.m. to 3:00 p.m.

Montgomery County Extension Office
117 Ray Drive
Mount Ida, AR
870-867-2311

Montgomery County is having a Retirement Open House for Amy Monk, FCS Agent. It will be come and go.

Amy does not want any gifts, but any one who wishes can make a donation to Way Seekers, her non profit that is her passion.



There will be a book for everyone to sign.



ARKANSAS COUNTY

Crochet Connection EH Club

Crochet Connection Extension Homemakers Club has been busy! August 3 they delivered 126 crocheted hats to Arkansas Children's Hospital.

They stopped by Charlotte's Eats & Sweets in Keo, Arkansas for a delicious lunch and did some yarn shopping on the way home.

There was lots of fellowship, fun and crocheting on this trip!! Call the Extension Service at (870)659-2058 for more information about Crochet Connection and the Arkansas County Extension Homemakers.



CLEVELAND COUNTY EXTENSION HOMEMAKERS



EH members attended an Officer Training Workshop led by Cleveland County Staff Chair/FCS Agent Danielle Watson and Lincoln County FCS Agent Amy Shepherd. Kaye Green, AEHC Past President 2012-2014 and Karen Bell Fox, AEHC Past President 2018-2020 spoke about being a club, county and state officer.

AROUND THE STATE

SCOTT COUNTY BUSY HANDS EH PROJECT CLUB

In June, 12 members and helpers of Scott County the Busy Hands Extension Homemakers Project Club Busy taught 18 children attending Waldron Elementary School Summer Program how to sew a Patchwork Pillow.

Members cut fabric for the 4 patch squares the children sewed together. The sewing machines used were also inspected to make sure they were in top condition.

Over six days, 12 helpers and Busy Hands members assisted the children with operating the machines, sewing the blocks together, then the front and back, inserting a pre-sewed bag with stuffing and finishing the pillow.

The club spent 44 hours preparing for and teaching the children how to sew.



Project Chair
Reita Plummer
and helper
Brenda Cummings



President
Leanna Harper



Connie Crotts



Scott County FCS
Kaitie Golden

HOT SPRING COUNTY

EH participated in the annual Brickfest Quilt Show in Malvern, AR!



(Front left to right)
Pauline Waldroff, Lillie
Dvorak, Mary Reeves
(Back left to right)
Glenda Holmes, Dee
Wood, Ellen Busch



Lillie
Dvorak



Pauline
Waldroff



AROUND THE STATE

JEFFERSON COUNTY

Holiday Foods

"Nutcracker"

Jefferson County Extension Homemakers are preparing for their annual Holiday Foods. It is a wonderful program. Full of recipe demonstrations, door prizes and of course a tasting menu! If you attend it will be an ongoing event that you will put on your calendar every year!

The event will take place Friday November 10th at the St Joseph Catholic Church, 412 West 6th Street, Pine Bluff, AR.

Tickets are \$20.00. This includes one cookbook. Extra Cookbooks are \$5.00. With your ticket you can enjoy a holiday foods tasting and receive a cookbook featuring the recipes. You can also purchase additional cookbooks. You can call the Extension Office to purchase tickets. 870-534-1033.

They also take orders for pecans. So plan to attend and make a pecan order in preparation for holiday baking!



AROUND THE STATE

POLK COUNTY Back Country EH Club

In July, Back Country EH Club hosted a community-wide "Cooking with Pollinators" class where attendees used the recipe booklet from the Bee-Cause materials to do a hands-on cooking class. All recipes highlighted foods that require pollination. We also invited the Ouachita Beekeepers Association to come make a presentation about honeybees and they brought along their live observation hive for the demonstration. The honeybees were a great teaching tool which allowed everyone to safely get up close and view the inner workings of a beehive. The beekeepers gave an enlightening, fact-based talk about how important honeybees are to our food chain.

The attendees learned how many foods are dependent on pollinators and why it is important to support pollinators and how they can help support pollinators. Everyone enjoyed a lunch prepared by food requiring pollination. The attendees left with lots of information including a beautiful notebook-bound recipe book, a colorful poster, and lots of handouts about pollinator-friendly plants.

We had 18 paid attendees and were delighted to learn that they were not members of any Extension groups, so we succeeded in reaching out beyond our home base and introducing our community to what Extension Homemakers Clubs are all about -- education, socialization, and fun times.

New members: Kelly Davis, Dianne Paden, Patricia Sawyer, Julie Ann Dunham, Malea Fields & Gerry August.

