ARKANSAS EXTENSION HOMEMAKERS COUNCIL

AEHC Newsletter

January 2023 Volume 39

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SUBMIT YOUR NEWS
To
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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

President's Message



A NEW YEAR! Welcome 2023! I hope everyone had a great holiday season and were able to spend time with friends and family. I hope everyone arrived at their destinations safely!

Your executive board met in January and are busy planning our March Educational Workshops. Make plans to attend Wednesday, March 8 at the Riverfront Wyndham Hotel in North Little Rock. Our University of Arkansas advisors are working to schedule a fair judging school on Tuesday, March 7 at the State Extension Office in Little Rock. Scheduling and costs are being worked out. Those who wish to attend may spend the night at the Wyndham and be ready for the March meeting the next morning. Registration will be $ 35.00 for Step Out, Step up, Step In. The information will be on the AEHC website soon.

Plans are also being made for our State Meeting June 6, 7 and 8. The theme is "New Friends and Old Together We Grow". This meeting is also at the Riverfront Wyndham Hotel in North Little Rock. More information on the state meeting will be coming as plans are finalized but save the dates! At the state meeting this year we will elect new District Directors. We need nominations by May 1. We will elect a District Director for each of our 3 districts, Ouachita, Delta and Ozark. Talk to your current District Director for more information about the position.

Keep working on volunteer projects and keep records to make a Project Book to be turned in before October 31.

Remember to turn in events your club is doing to Kaye Green, our newsletter editor so she can publish them and let everyone know what's going on with EHC around the state.

Have a great 2023! Remember to check on a friend or neighbor.

Debbie Thompson
AEHC President 2022-2024

AEHC EXECUTIVE COMMITTEE

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July 1, 2022-June 30, 2024

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 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
- Program: 9:30 a.m. to 2:30 p.m. ,approximately
- Counties bring a $15.00 gift card to be used as a door prize.
- No Silent Auction this time.
- 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.

GREAT OPPORTUNITY

For Fun and Fellowship

MEMBERSHIP MATTERS

Marilyn Spence

Baby it's cold outside! I sure hope all of you have made new goals for the upcoming year for new membership in your clubs. In my club the Bond Special EHC we have added three new members in the last two months.

I just received a lot of new members forms from Washington County. (YEAH!) Kaye Green who publishes the newsletter had surgery and won't be able to get this information into the January newsletter.

Please share this article with your clubs and your membership chairs to realize that I need those monthly reports sent to me ,please!!

Next month I will not have room to write anything special since there will be so many new members to report. Please get the reports to me and don't wait about turning in new members. I need you all to use the form I have generated because it tells me who invited the new members so that I can put their names in the State Newsletter!

Happy New Year and set those goals high!

CAN YOU FIND IT????



AEHC Members! Find the **(Snowman)** 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 February 10th. Good luck.!!!

(The November winner is Rheta McKnight)
(Pisgah EH Club, Pike County)

INFORMATION

STATE PROJECT 2022-2024

AEHC CARES

Chairman Dot Dunn Hart

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

STATE MEETING

"New Friends and Old Together We Grow"

June 6-8, 2023

Riverfront Wyndham Hotel

North Little Rock, AR.

Cultural Arts:
An old cookbook at at least 10 years old. Bring your favorite recipe to share.

2022-2024

NVON PROJECT IN COMMON

(National Volunteer Outreach Network)

BEE-Cause Pollinators Feed the World

Resolutions for 2023

1) I will plant native flowers, grasses, shrubs and trees in my yard and garden, promote the use of native plants to other gardeners in my area, and collect native seed from my garden to share with neighbors.
2) I will provide food for pollinators all year by having spring, summer, and fall blooming plants in my garden and yard.
3) I will leave leaf litter, stems, twigs and logs in my garden for nesting bees and for butterflies to lay their eggs and overwinter.
4) I will take steps to reduce or eliminate pesticide use on areas within my control.
5) I will learn about invasive plants and do what I can to manage or eliminate them from my local landscape.
6) I will make environmentally-friendly decisions to reduce my carbon footprint in order to help improve pollinator health and habitat quality.
7) I will support pollinator-friendly farmers by buying local organic or low-spray produce.
8) I will support my local beekeepers by buying local bee products like raw honey.
9) I will volunteer to plant a pollinator garden in my community, and take part in local citizen science initiatives.
10) I will continue supporting pollinator conservation organizations through my donations.

AROUND THE STATE

CLEVELAND COUNTY
STITCHIN SISTERS NEEDLE ART EH CLUB

The Stitchin Sisters Needle Art EH Club met December 6 at the Cleveland County Meeting Room for a wonderful time of Show & Tell, crafting ornaments, a gift exchange and potluck! Corrie Lusk brought a mountain of ribbons, trims & baubles to decorate ornaments with! What would the club do without her leadership and guidance! After we all made ornaments and exchanged some wonderful gifts, Cori Drye blessed the food and we had a wonderful lunch! Thanks to all for a great time!



Cheryl Watkins, Vickie Padgett, Cori Drye, Brenda Burford & Fran Davis



Betty Smith, Corrie Lusk, Judy Sanders Thompson, Karen Petray & Sharon Rogers





Below left: Sharon Rogers, table runner made by Betty Smith
Below right: Cheryl Watkins





CRAWFORD COUNTY
DECEMBER COUNCIL MEETING





RANDOLPH COUNTY
ATTICA EH CLUB

Attica EH club hosted a Gnome workshop today at the Extension Office. Mrs. Jo Scruggs led the workshop. There were 14 participants. The club surprised all the participants with a bonus Gnome ornament! They also provided all the ladies with a wonderful meal following the workshop. Mrs. Pamela spoke to everyone concerning Diabetes. Everyone had a wonderful time of learning and fellowship!







