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**DIVISION OF AGRICULTURE
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University of Arkansas System



United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

Highlights of AEHC State Meeting



Karen Bell Fox welcomes the Extension Homemaker audience to the 2019 AEHC State Meeting in Hot Springs

In June, ten from Cleveland County attended the AEHC State Conference in Hot Springs. The theme of the conference this year was “Better Together”. Karen Bell Fox presided at the conference as AEHC President. We commend Karen in her leadership role of the AEHC organization and the successful state meeting. Kaye Green served as Chair of Product Sales and is also a Past President.

At the Awards Luncheon on Wednesday, Cleveland County received Project Book Awards: County Council for Disaster Preparedness, Friendship EHC for Ronald McDonald House project, and New Home EHC for the “What’s for Dinner?” project. County participants attended educational sessions, creative skills classes, and leadership or self-improvement classes throughout the conference.

This year, the Extension Homemakers organization celebrates 107 years of providing education and leadership opportunities for its members who serve in their communities across the state.

For more information, contact the Cleveland County Extension office at 870-325-6321. You may also email Diane Clement at dcllement@uaex.edu.

EHC Reminders



June 28

EH Club Reorganization forms were due at county Extension office:

- Club Officer List (signed)
- Membership mailing list (signed)
- Program of work leaders list
- Annual financial report (signed)
- Volunteer hours summary (yellow sheet)
- Annual Certificate of Nondiscrimination (signed)
- 50 year member list (blue sheet) and **Club Dues were due** to Karen Fox, County Treasurer

EHC Project Clubs Reorganization forms were also due June 28:

- Membership mailing list (signed)
- Annual financial report (signed)
- Volunteer hours summary (yellow sheet)
- Annual Certificate of Nondiscrimination (signed)

July 15 EHC Board Meeting, 10:00 a.m.,
fairgrounds

July 23-25 NVON meeting, Springdale

August 27 or 29 TBA AEHC Leader Training zoom



Cleveland County group at AEHC Conference in Hot Springs: (l to r) Francis Lightsey, Kaye Green, Beverly Harlow, Angel Welden, Arnette Guyer, Karen Bell Fox, Charlene Dixon, Martha Duncan, Marty Bowlin, Diane Clement



Charlene Dixon of the New Home EH Club, accepted Project Book Awards on behalf of New Home EHC, Friendship EHC, and the County Council.

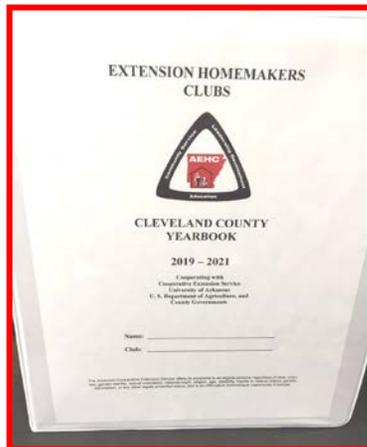


***Lesson materials for the July club meetings** were distributed at the June Board Meeting.

***The August meetings are Club Choice** so there is no August lesson material.

The National Volunteer Outreach Network Conference (NVON) will take place July 23-25 at Springdale. The deadline to register is June 17. Registration information can be found at <https://www.uaex.edu/health-living/extension-homemakers/> or at <http://www.nvon.org/nvon-conference/>

New EHC Yearbooks for 2019-2021 are available for EH Club Presidents to pick up at the Extension office for their clubs. The new yearbooks are in 3-ring binder notebooks with pockets and contain planning calendars.



Fair Judges Needed at These Counties in Sept:

- Dallas County, Sept 5
- Grant County, Sept 17
- Lincoln County, Sept 24

If you would like to judge at one of these fairs, contact the Extension office at 870-325-6321 --find out what departments are available and sign up.



CLEVELAND COUNTY FAIR

Sept 10-14, 2019



Sept 10, Tue Check In 1:00 -6:00 p.m.

Sept 11, Wed Judging 9:00 a.m.-noon
(Floriculture & Horticulture judging will be Tues evening)

Sept 15, Sun Check Out 2:00 - 3:00 p.m.

Fair Volunteers Needed

If you are interested in helping at the fair this year, contact the Extension office at 325-6321. We need department superintendents, hosts and hostesses, floaters (willing to help where needed), and Heritage Arts demonstrators on school day. We welcome returning volunteers from past years as well as new volunteers. We work hard and we enjoy it. Come be a part of our fair volunteer team.

There will be a Fair Superintendents Meeting for all fair superintendents on **Wednesday, August 28, 10:00 a.m.** in the fair meeting room.

EHC Fair Booths

EH Clubs are reminded to call or email the Extension office with the *title or theme of your fair booth*. This will prevent duplication of topics by different clubs.

Peach Facts

*In season June to August

*A source of vitamin A –an antioxidant that may reduce your risk of heart disease and certain cancers. Also helps maintain eye health

*A source of potassium, magnesium, and fiber.

*Choose peaches that give to a little pressure and have a strong, sweet smell.

*Store in a plastic bag in refrigerator for 3-5 days. Ripen in a brown bag at room temperature.

*Keep cut peaches from browning by drizzling with lemon or orange juice.

Peach Crunch Bars

1 cup all-purpose flour
1 cup whole-wheat flour
½ cup brown sugar, packed
½ cup honey
½ cup margarine, melted
2 cups peaches, fresh, frozen, or drained canned
2 cups granola



Grease 9-inch square baking pan. In a large bowl, combine flours, brown sugar and granola. Stir in honey and melted margarine until mixture is crumbly. In a baking pan, press half the mixture and arrange sliced peaches on top. Sprinkle remaining mixture on the top. Bake at 350 degrees F for 30 minutes. Cool in pan before cutting into bars.

Recipe from: Seasonal and Simple by University of Missouri Extension

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 4g	6%	Total Carb. 64g	20%
Serv. size 1/10 of recipe (117g) Servings 10 Calories 300 Fat Cal. 35	Sat. Fat .5g	4%	Fiber 4g	15%
	Trans fats 0g		Sugars 34g	
	Cholest. 0mg	0%	Protein 5g	
	Sodium 150mg	6%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 4%	Calcium 4%	Iron 10%