



# EHC Newsletter

## Announcements

## October 2020

Fellow EHC Members,

I hope this newsletter finds each of you in good health. I am ready for this fall season as I enjoy the changing leaves and progression of seasons. I can't wait to heat up some spice tea to make my kitchen smell yummy!

As we embark on this upcoming fall season, I hope each club president and club officer has developed a phone tree. This phone tree concept is so each EHC member gets one or two phone calls per week from fellow EHC members. As the fall season is approaching, time starts to get dark earlier each day. As we continue to live under the COVID 19 pandemic, members may start, or continue, to feel more alone and isolated during this time. Mental health is a great concern for all of us. Depression doesn't discriminate, so please keep in touch with fellow members.

I hope that each of you has gotten news from your local club president and from the County President that the EHC meetings will be resuming with modifications and safety measure in place based on the COVID 19 pandemic.

I have scheduled some upcoming events that I hope you can attend. These include a variety of topics.

**October 19th** is Diabetes Information Class. This office is hosting a class with Jodi Bodenhamer, RN from Baxter Regional Medical Center. The class will have diabetes updates, glucose monitoring and much more. Ms. Bodenhamer has IZARD County roots so come out and support this young lady as she provides us with some basic information. The class will be held at Ozarka College. Please call 870-368-4323 to register before October 15th. The class is from 2:00 pm - 4:00 pm. Masks will need to be worn.

**October 13th** is Instant Pot Workshop \$10 cost and pre-registration is required. Contact the IZARD County Extension Office to pre-pay and sign up. The time is from 2 pm - 6 pm at the IZARD County Fairgrounds. Fall season is a great time to use those Instant Pots to make delicious meals and you can always freeze part of the soups, stews and even desserts for another meal!

**November 7th** is Barn Quilt Painting. A price will be released later for the materials for the project. The workshop is scheduled from 9 am - 3 pm at the IZARD County Fairgrounds. Stay if you can on the date! Pre-pay and registration are due by October 30th. Call the office for details.



**November 10th** is Cake Decorating 5 pm - 9 pm at the Izard County Fairgrounds. A price will be released later for the materials. You will take home your decorated cake as everyone gets their own 10-inch cake! Pre-pay and registration are due by November 3rd. Call the office for details.

**November 17th** is Holiday Decorating with natural elements from 4 pm - 7 pm at the Izard County Fairgrounds. I am so excited about this event! I love to decorate for any Holiday. \$10 registration fee to be prepaid at time of registering before November 13th.

All my workshops will have social distancing as space will be limited to smaller numbers. Mask will need to be worn.

I want to thank you ladies for taking the time to complete the EHC surveys. The information will be used for the upcoming year for this office. State advisors will also use them to develop ideas. This group has been so kind as I have navigated my first year of employment with the agency and as I tackled the COVID pandemic crisis. Please know the COVID has certainly kinked everyone's year - not just the EHC calendar year. I look forward to the upcoming events and tasks as we complete this year and move forward into 2021!

I am enclosing a recipe sheet with a stamped envelope for you ladies to provide one of your famous holiday dishes. Ladies, I am asking that each of you provide your favorite holiday dish that you make each year for your family and friends. I will compose a small book featuring all these recipes to be given to the county EHC members. The recipes can be anything that you enjoy making - appetizers, punch, rolls, meats, side dishes, desserts, or your favorite dish. I am sure you ladies have swapped recipes for years I will compile these tasty recipes into a presentation as a token of my appreciation to you. Please return your recipe to this office by October 16th so that I may start to compile the booklet.

Best Regards,

Elizabeth Daigle





## STATE NEWS

The following is available if you wish to attend. I will be glad to assist with registration if needed. I will not be attending this event.

Read the EHC website for more information about these rallies.

- ♦ "Reconnect to EHC" is the theme for this year's rallies.
- ♦ Registration is \$18, which includes snack and lunch
- ♦ After October 9th there will be a late fee that will be charged of \$7
- ♦ Locations, you may attend any of the following rally locations.
  - Ozark, October 20, 2020: UofA Morrilton: 1537 University Blvd, Morrilton
  - Delta, October 22, 2020: White County Fairgrounds Educational Building 802 Davis Dr. Searcy
  - Quachita, October 27, 2020: Saline County Fair Grounds, 406 Fairfield, Benton
- A lineup of great speakers and activities is planned and will be announced later.
- Registration is at 9:15 am and program starts at 9:45 am
- Remember to bring Silent Auction items.

**You must wear a mask. All Arkansas Department of Health Guidelines will be observed. Sanitizer will be available.**

## DISTRICT NEWS

According to Immediate Past President Karen Bell Fox, there is still time to register for the Annual AEHC Fall Retreat at the Ozark Folk Center in Mountain View. Dates this year are November 4th - 6th. You may reserve a place with a \$100 deposit by October 10th. Balance is due November 1st.

Class information and how to register is on the AEHC website, [www.uaex.edu/ehc](http://www.uaex.edu/ehc)

Many of our members look forward to this annual event. Registration includes lodging, meal, breaks and 4 craft classes. Classes are limited to 4 in a class to facilitate social distancing.

Arkansas Department of Health Guidelines will be stringently followed.

Please contact Karen Bell Fox, 870-325-7238 or email [karenbellfoxaehc@yahoo.com](mailto:karenbellfoxaehc@yahoo.com) with questions and/or registrations





## COUNTY NEWS

The good news is we are going to go back to having meetings! If you are comfortable coming to the meetings that is great and if you are not that is fine also. Our first County meeting will be October 1st at the fairgrounds. Thanks to all that entered items in the fair. I personally am looking forward to next year so that hopefully we can be back out and active with our community.

I look forward to seeing everyone at the upcoming meetings.

Kelley Russell, EHC President

*Elizabeth Daigle*

Elizabeth Daigle, FCS Agent



The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

