The upcoming AEHC Education Workshop will be conducted at the C.A. Vines 4-H Center on Wednesday, March 11 beginning at 9:30am and continuing until around 3pm. Betty Oliver says a great program has been planned by the Vice President, Karen Bell Fox and committee members. The theme of the meeting is "MY AEHC LEGACY". Photos are requested from each county that reflect our "continued legacy" for inclusion in a video that will be played throughout the day.

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Eva Langley
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2014 CLUB OF THE YEAR— PISGAH EHC CLUB
BACK: Avonne Petty, Shelba Grubbs, Sandra Pilot, FRONT: Etta Tetter, Bessie Harris, Jeanette Deaton, Linda Blount, Mike McCarter, Pike County Agent, Staff Chair.

2014 MEMBER OF THE YEAR—
CHARLENE OWENS
PHOTO: Charlene Owens, East Delight EHC Member & Mike McCarter, Pike County Agent, Staff Chair.

Pike County EHC Board Meeting

The February EHC Board Meeting is scheduled for Wednesday, February 11 at 9:00 a.m. at the Pike County Extension Office in Murfreesboro. Please make plans to have your club represented to take care of the business of your organization.

“MY AEHC LEGACY”
**FUNDRAISER FOR PIKE COUNTY**

Pisgah EHC has donated quilt blocks left by Doelle Clay and embroidered by Linda Blount to the Pike County Council to use as a fundraiser for Pike County EHC.

The quilt is on display at the Extension office. Raffle tickets are available at the Pike County Extension Office as well as brochures that you can display it at various events.

We will draw for the winning ticket at the end of the 2015 County Fair. The tickets will be sold for $1 each or 6 for $5.

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**RONALD McDONALD HOUSE CARE PACKAGES**

The new Pike County EHC project for this year is *FAMILY CARE PACKAGES*. At the February 11 board meeting, the list of needed items will be divided into 6 groups so that no one club will have to be out great expenses and a workshop will be planned for putting the packs together.

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**WALK ACROSS ARKANSAS - FEBRUARY 16 THRU APRIL 12**

Invest in your health by participating in the new and improved "Walk Across Arkansas (WAA)." The eight-week program starts February 16th and goes through April 12th.

To participate in WAA, you will need a team of two to ten people. Choose one person to be Team Captain and decide on a Team Name. The Team Captain will then register the Team Name online.

After the Team Name is registered, Individuals can register online at

[www.uaex.edu/health-living/health/fitness/walk-across-arkansas.aspx](http://www.uaex.edu/health-living/health/fitness/walk-across-arkansas.aspx)

When individuals are registering they are asked to choose a Personal Goal - "150 Minutes Each Week", "300 Minutes Each Week", "Add More Intensity" to your current exercise routine, or "Other".

After your team is registered, simply record your minutes every day starting February 16th. Some teams have each person record their daily minutes on paper and give them to one team member to enter the minutes online.

Although most people choose to walk for their daily activity, you can conduct any activity you want (swimming, walking, running, bike riding, raking leaves, push mowing, etc.). Exercise qualifies as any activity that is performed "with the intent to be physically active, raises heart rate and/or causes you to break a sweat" for at least 10 minutes at a time.

If you would like help registering a team and making a plan for keeping up with your minutes, call (870) 285-2161 or email me at elangley@uaex.edu.

The ultimate goal is to reclaim our health and vitality and this eight week program gives us an opportunity to get back in the habit of moving. I hope you will join us!
At the January meeting of the Langley EHC Club, Jessica Langley gave a demo of how to make ten gallons of laundry detergent and save quite a bit of money. She said to look for the ingredients in the laundry detergent section.

**EASY LIQUID LAUNDRY DETERGENT**

1 Fels Naptha bar, grated
1 cup washing soda (not baking soda)
1/2 cup borax

Put grated Fels Naptha in medium sauce pan with enough water to cover. Melt over medium heat. Stir in other ingredients and cook for two minutes then remove and pour into a 5 gallon bucket. Add water to fill. Stir. Cover and let sit overnight. Stir well the next day. Mix equal amounts of soap concentrate and water in a smaller container. Shake before each use.

Top loading washer—1 cup per load
Front loading washer—1/3 cup per load

Pajama bottoms in all sizes and colors were put together in assembly line fashion with some members cutting, some sewing, some pressing and all laughing and visiting. The finished products will be donated to the Arkansas Children’s Hospital.

The East Delight EHC Club met at the home of Zenobia Craig back home after her extended stay in a nursing home after suffering a fall several weeks ago. They enjoyed refreshments after which Zenobia led them through her prescribed exercise routine.

Sweet Home EHC Meeting

The Sweet Home EHC Club was unable to meet for their January meeting but look forward to February when they will meet at their regularly scheduled time.

Sweet Home EHC Meeting

Glenwood and Diamondettes January meetings will be covered in the next newsletter. They had not met at the time this newsletter was printed. Please share photos and club news for the newsletter and Facebook.
OUACHITA DISTRICT PRESIDENT’S DAY

Each Pike County club was represented at the Ouachita District President’s Day at the Garland County Extension Homemakers Center on October 28, 2014. There were 198 in total attendance with 16 from our county. “Reflections of Leaders” was the theme of the meeting. Judy Simmons, AEHC Ouachita District Director presided over the meeting.

Each county answered the roll call with the number of members they currently have, clubs and how many new members have been added. Counties were encouraged to increase membership.

County Extension Agent-Family Consumer Sciences from Perry County, Mary Jane Cody presented a program on the success of starting and adding new members to their county organization. She stated, “By working together in the county, we can start new clubs and add new members.” Joyce Hall, AEHC Past President was the morning speaker. She shared her experiences of being an Arkansas Extension Homemaker member through her years of EHC work.

After lunch, the district team presented a skit on “100 Years of Extension”.

The day ended with a report from Johnette Johnson about the 2015 AEHC Meeting. The theme for this meeting will be “Marching Into the Future” and is scheduled for June 2-4, 2015 in Hot Springs. They will be looking for participants for the talent show and ideas for creative skills and educational classes.

FALL QUILT SHOW AND MUSEUM TOUR

Pike County Extension Homemakers made a trip to Mt. Ida to view the magnificent quits at the annual Quilts and Quartz show held at each fall at the Montgomery County Fair grounds. After a festive lunch, they stepped back in time at the Montgomery Heritage Museum.
President’s Memo

Pike County EHC--Happy New Year! I told my children when they called me to wish me a happy birthday, that I have finally come of age since I am officially on Medicare. Does that make me wiser or just older? I certainly do not feel either although my body may differ at least on the older part.

I pray everyone has had a wonderful Christmas season with your loved ones and with the Lord. Mine will continue through the next weekend (Martin Luther King holiday) since my third child and family will finally get to come in. I apologize for not getting a newsletter out after the Christmas Council. I just took the rest of the month off and enjoyed family. I hope you did the same.

Congratulations to Charlene Owens for being selected EHC Member of the year and to the Pisgah Club for being selected EHC Club of the year! Thank you for a job well done.

We are getting geared up now for the Board meeting on February 11. At this meeting we will divide the items that each club will collect for our project and will set a date to work together to assemble these care packages for the Ronald McDonald house. I want to encourage you to continue to do your volunteer projects and making baby/children toboggans for the children's hospital. Also, if you have not selected a project for this year, now is the time to do this and get it completed soon.

Also, be selling those tickets for the quilt, our fundraiser for this year. You may get tickets from the extension office. The quilt is on display there.

Do not forget the spring meeting at Ferndale on March 11. Let your board representative know if you plan to attend so she can tell us at the board meeting. You must pay for your meal, but the conference cost is covered by the county. We must have your firm commitment by that meeting.

Have a wonderful January and stay safe. Jeanette

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I appreciate all the time and effort each of you put into making your club's successful. You are doing a great job and I look forward to working with you in this new year. I will continue to work hard to help promote EHC in our county and communities. Keep up the good work!

You are making a difference!

The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office as soon as possible. Dial 711 for Arkansas Relay.

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CALENDAR OF EVENTS

Feb. 1—Pin Order Deadline
Feb. 11—Pike County EHC Board Meeting
March 11—AEHC Spring Meeting at Ferndale
April 16—Spring Council & Board Meeting at Glenwood
June 2-4—State EHC Convention at Hot Springs

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Eva Langley
County Extension Agent - Family & Consumer Sciences