



CONNECTION

“LEARNING, LEADING, SERVING”

Inside this issue:

- Tours
- Creative Arts Classes
- Seminars & Workshops
- Schedule of Events
- Registration
- UK Corner

FROM THE TOP. . . . SUSAN HANSFORD, PRESIDENT

Dear KEHA members,

If you make it look like fun, people will want to join in! I hope that you all are having fun and inviting others to join you. KEHA is exciting, interesting, important and brings a lot of great enjoyment. It has been my honor and pleasure to serve as President, and my term will be ending in June. Being your President is an accomplishment that has given me great pride. I love the Kentucky Extension Homemakers Association and hope that I have done a good job. I have always been taught that you try to leave things better than you find them. That has been my mission as your President, and I think we have accomplished that to a degree. I have worked with a great Board to make strides of advancement for our organization.

During my term, the Board has worked tirelessly to create a vision and plan for us to get where we need to be. Our “3 for 3” membership drive is a very achievable goal to add 1,000 new members over a period of 3 years. See page 11 of this newsletter for details. We will also be continuing the Miss E. Go and Miss Way to Go programs, and the prize money has been increased!

There are great lessons to be learned—research based lessons from the University and lessons to be shared by members who have mastered subjects and abilities. We share what we know in an effort to enrich others lives, to encourage others to reach for attainable goals and to become leaders in our communities and the world. We have Educational Program Chairpersons that work tirelessly on their programs of work to create lessons and activities that will educate and benefit our members. One subject that I feel strongly about is our emergency preparedness activity. I urge everyone to create an emergency plan and prepare an emergency kit. If an event ever happens that requires those things, you and your family will be prepared.

I encourage you to talk to the Educational Chairpersons. Tell them what works for you and any information that would be good to know when planning new lessons and activities. We live in a big, interconnected world of information that is changing constantly. There is also a desire by the younger generations to learn what we know about creating things, life lessons, food preservation, money management, etc. Share what you know to make someone else's life more enjoyable.

I hope to see you in Northern Kentucky for our annual meeting in April, and I know IT WILL BE FUN!!!

Susan Hansford, President

KEHA members - We are working diligently to finalize the plans for your State Meeting at the Northern Kentucky Convention Center! Monday tours will allow you to travel to sites around the area. Our hands-on creative arts classes are ones you will not want to miss. Seminars and educational chairman workshops will provide great opportunities to learn new information.



Kentucky Extension Homemakers Association
April 18-21, 2016
Northern Kentucky Convention Center
Covington, KY

Our evenings will be a time to relax and enjoy.

- Monday night is Fun Night! If you want to sing, dance or put on a skit, please let me know. Our new KEHA Choir will sing a few songs.
- Tuesday night's opening banquet will be a chance to dress up a little. Our speaker, Barb Browning, is a life-long Pendleton County resident and retired educator. She'll share with us how "Life is LIKE a Picnic."
- Wednesday night's general session will feature the big debut of the KEHA Choir. We'll 'Go Back Yonder' with Marvin Sullivan, storyteller and writer, who will be our featured speaker.
- Thursday morning will be our time for honors and recognitions as we close the State Meeting with our Awards Breakfast. You can read more about our featured speakers at www.keha.org.

Now is the time to finish up your quilt squares for this year's display and auction. See page 11 for details. Don't forget to bring a little extra money for our quilt square auction, silent auction, raffle and trade show.

Can't wait to see you in Covington at the Northern Kentucky Convention Center!

Marlene McComas,
1st Vice President
859/743-7783

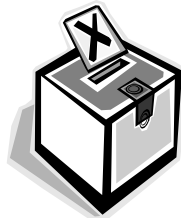
2016 KEHA State Board Elections

The following positions are slated for election at the KEHA State Meeting:

- ◆ Secretary
- ◆ 4-H Youth Development Chairman
- ◆ Management and Safety Chairman

The duties for these positions are outlined in the KEHA Bylaws and job descriptions are available on the KEHA website—www.keha.org. Credential forms are located in the KEHA Manual, Appendix Section.

- **Credentials should be sent by certified mail to Janet Hobbs, KEHA Secretary, 21870 Joe Prather Hwy, Ekron, KY 40117.**
- **Credentials must be postmarked by March 19 (thirty days prior to the KEHA Annual Meeting).**



2016 KEHA State Meeting

Lodging Information

The 2016 KEHA State Meeting will be held at the Northern Kentucky Convention Center. Lodging room blocks are available at three hotels, and details are posted on the KEHA website.

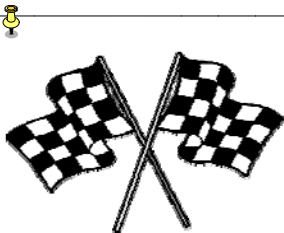
Reservations are being managed through the Northern Kentucky Convention and Visitors Bureau. The KEHA website (www.keha.org) includes a link to make reservations online. Reservations may also be made via phone by calling the Northern Kentucky Convention and Visitors Bureau at 877-465-9282. The housing line is available Monday-Friday from 10 a.m. to 4 p.m. EST.

March 1 KEHA Deadlines

KEHA has several deadlines upcoming on March 1. Please review below, check the KEHA Manual at www.keha.org and be sure to submit your entries!



- Cultural Arts—Creative Writing (Poetry, Memoirs, Short Stories) - KEHA Manual Handbook, pages 40-41
- Family and Individual Development Contest - KEHA Manual Handbook, page 55
- 4-H Youth Development Contest - KEHA Manual Handbook, page 66
- Food, Nutrition and Health Contests - KEHA Manual Handbook, page 59
- International Project Awards - KEHA Manual Handbook, pages 72-73
- Community Volunteerism Awards - KEHA Manual Handbook, page 89
- Evans/Hansen/Weldon Scholarship - KEHA Manual Handbook, pages 94-98
- KEHA Homemaker Member Scholarship - KEHA Manual Handbook, pages 99-102
- KEHA Mini-Grants for Research or Study - KEHA Manual Handbook, pages 104-106
- KEHA Development Grants - KEHA Manual Handbook, pages 107-111



INVITATION CARD REMINDER

At the 2015 KEHA State Meeting in Louisville, the Northern Kentucky Area issued invitation cards to “Win with Kentucky Extension Homemakers Association” at the 2016 KEHA State Meeting. Be sure to bring your invitation card to the hospitality table in the Northern Kentucky Convention Center for a chance to win a special door prize.





KEHA STATE ANNUAL MEETING REGISTRATION FORM
"Winning with KEHA" • April 18-21, 2016 • Covington, Kentucky

Name _____
Address _____
City _____ State ____ Zip Code _____
County _____ Special Diet _____
Phone (____) _____ Email _____

CHECK ALL THAT APPLY:

- ___ COUNTY PRESIDENT ___ AREA OFFICER ___ KEHA BOARD ___ MFH GUILD
___ AGENT ___ UK SPECIALIST ___ GUEST
1ST TIME ATTENDEE - YES NO VOTING DELEGATE- YES NO

OFFICER TRAINING - TUESDAY, APRIL 19 - 1:30-3 P.M.

- ___ PRESIDENT ___ VICE PRESIDENT ___ SECRETARY ___ TREASURER

EDUCATIONAL CHAIRMAN WORKSHOPS - TUESDAY, APRIL 19 - 10:30 A.M.-12 P.M. (DESCRIPTIONS ON PAGE 8)

- ___ LEADERSHIP ___ MANAGEMENT & SAFETY ___ FAMILY & INDIVIDUAL DEVELOPMENT ___ INTERNATIONAL

EDUCATIONAL CHAIRMAN WORKSHOPS - WEDNESDAY, APRIL 20 - 1:30 P.M.-3 P.M. (DESCRIPTIONS ON PAGE 8)

- ___ CULTURAL ARTS & HERITAGE ___ ENVIRONMENT, HOUSING & ENERGY ___ 4-H YOUTH DEVELOPMENT
___ FOOD, NUTRITION & HEALTH

Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session

Seminars - Session I - Tuesday, April 19 - 9 a.m.-10:15 a.m. (Descriptions on page 9)

- ___ Nice and Easy Does It: Everyday Exercises (Maximum: 75 attendees)
___ Consumer Caution: Don't Take the Wrong Term (Maximum: 100 attendees)
___ Be True to Who You Are: Let Your True Colors Shine (Maximum: 75 attendees)
___ Gardening and Cooking through the Ages (Maximum: 75 attendees)
___ Gifts from the Heart FEE: \$12.00 (Maximum: 100 attendees)
___ Wine-ing with Food (Maximum: 75 attendees)

Seminars - Session II - Tuesday, April 19 - 3:15-4:30 p.m. (Descriptions on page 9-10)

- ___ Celebrate Family & Consumer Sciences Day by Dining In (Maximum: 75 attendees)
___ Social Media 101 (Maximum: 100 attendees)
___ Fabulous Furs—From Home-based Business to Global Sales (Maximum: 100 attendees)
___ Kentucky Cooking Northern Kentucky Style: Celebrating Our German Heritage (Maximum: 40 attendees)

Seminars - Session III - Wednesday, April 20 - 8-9:15 a.m. (Descriptions on page 10)

- ___ Cooking Fresh from Your Farmer's Market (Maximum: 100 attendees)
___ Sales Tax: What Do You Need to Know (Maximum: 100 attendees)
___ Robert's Rules of Order: Parliamentary Authority (Maximum: 75 attendees)
___ Flowers in Your Home: A Guided Journey (Maximum: 100 attendees)
___ It's All About People (Maximum: 100 attendees)



KEHA STATE ANNUAL MEETING REGISTRATION FORM (continued)
 "Winning with KEHA" • April 18-21, 2016 • Covington, Kentucky



Name _____

REGISTRATION

Registration

Full - **\$35** (postmarked by March 21) \$ _____
 Full - **\$50** (postmarked after March 21) \$ _____
 One Day - **\$20** (postmarked by March 21) **\$25** (postmarked after March 21) \$ _____
 (indicate which day __ Monday __ Tuesday __ Wednesday __ Thursday)

Meals

Tuesday, April 19 - Opening Banquet—\$46 \$ _____
 Wednesday, April 20- ACWW Luncheon—\$29 \$ _____
 Wednesday, April 20- Master Farm Homemakers Guild Banquet—\$45 \$ _____
 Thursday, April 21 - KEHA Awards Breakfast—\$29 \$ _____

KEHA Fun Night - Monday, April 18 - Let us know if you plan to attend! ___Yes, I will attend \$ ___n/c___

Annual Meeting Shirt (blue V-neck polo style shirt with embroidered "Winning with KEHA" logo)

Size (XS-XXL): ____ Quantity ___ @ **\$21** OR Size (3XL-4XL): ____ Quantity ___ @ **\$24** \$ _____
 [Photos of the shirt and a sizing chart are available online at www.keha.org.]

Hands On Sessions—Monday, April 18 (Please indicate 1st and 2nd choice for class time)

Ceramic Coasters	___ 1 p.m. class	___ 3 p.m. class	\$4	\$ _____
Decorative Glass Blocks	___ 1 p.m. class	___ 3 p.m. class	\$11	\$ _____
Sashiko Quilting	___ 1 p.m. class	___ 3 p.m. class	\$8	\$ _____
Burlap and Twine Wreath	___ 1 p.m. class	___ 3 p.m. class	\$10	\$ _____
Gingham Smocking	___ 1 p.m. class		\$6	\$ _____
Double Strand Bracelet	___ 1 p.m. class	___ 3 p.m. class	\$4	\$ _____
Triangle Table Runner	___ 3 p.m. class	___ 5 p.m. class	\$10	\$ _____
Notecards and Box	___ 5 p.m. class		\$6	\$ _____
Barbed Wire Star	___ 5 p.m. class		\$3	\$ _____
Half Knot Bracelet	___ 5 p.m. class		\$8	\$ _____
Origami	___ 5 p.m. class		\$2	\$ _____

Learning Session Fees (sign-up for seminar on reverse side of this form as well)

Gifts from the Heart April 19 - 9-10:15 a.m. **\$12.00** \$ _____

Tours (Monday, April 18) (Please indicate 1st and 2nd choice and pay fee for 1st choice)

Tours will be confirmed or cancelled based upon registrations received by March 21, 2016.

__Tour 1—Rosemary Clooney’s House & Augusta, KY (9 a.m.—4 p.m.)	\$47	\$ _____
__Tour 2—Hands-On Cooking at Boone County Extension (9:30 a.m.—3 p.m.)	\$35	\$ _____
__Tour 3—Elk Creek Vineyards and Winery (10 a.m.—3 p.m.)	\$45	\$ _____
__Tour 4—Kentucky Speedway-Gallatin County (11 a.m.—4 p.m.)	\$30	\$ _____

KEHA Print -

Order your KEHA print via this registration for pick-up at state meeting. (Save \$6 shipping)
 ____ number of prints ordered x \$40 per print (\$37.74 for print plus \$2.26 sales tax) \$ _____

OVERALL TOTAL \$ _____

Notice:
 Mail by March 21 for the discounted registration fee. Any registration with a USPS postmark after April 3 will be returned. This is necessary to allow processing time for workshops, tours and learning sessions.
Thank You

Mail to:
 Sandra Lennon
 KEHA Treasurer
 619 Milton Riley Road
 Russellville, KY 42276
 sglennon@epbnet.com
 270-726-8806

FOR KEHA TREASURER USE ONLY:
 Date received: _____
 Check number: _____
 Amount Paid: _____
 Balance Due: _____
 Refund Due: _____

If you would like to receive confirmation of your registration and session enrollment, please enclose a self-addressed, stamped envelope with your registration.



2016 KEHA ANNUAL STATE MEETING

Northern Kentucky Convention Center—Covington, Kentucky
(Times listed are Eastern Daylight Savings Time)

MONDAY, APRIL 18

9 a.m. - 4 p.m.	Tour 1—Rosemary Clooney’s and Tour Augusta, Kentucky	
9:30 a.m. - 3 p.m.	Tour 2—Hands-On Cooking at the Boone County Extension Center	
10 a.m. - 3 p.m.	Tour 3—Elkcreek Vineyards and Winery	
11 a.m. - 4 p.m.	Tour 4—Kentucky Speedway/Gallatin County	
12 p.m. - 7 p.m.	Early Registration	2nd Level—Staircase Wall
1 p.m. - 2:30 p.m.	Hands-On Creative Arts Classes (see page 7)	2nd Level—Meeting Rooms 1-3
3 p.m. - 4:30 p.m.	Hands-On Creative Arts Classes (see page 7)	2nd Level—Meeting Rooms 1-3
5 p.m. - 6:30 p.m.	Hands-On Creative Arts Classes (see page 7)	2nd Level—Meeting Rooms 1-3
7 p.m.	KEHA Fun Night	2nd Level—Ballroom D & E

TUESDAY, APRIL 19

8 a.m. - 4 p.m.	Registration	2nd Level—Staircase Wall
	Voting Delegate Sign-In	2nd Level—Staircase Wall
8 a.m. - 10 a.m.	Raffle, Silent Auction & Homemaker Showcase Set-Up	Lower Level—Exhibit Hall 2
8 a.m. - 12 p.m.	Quilt Square Check-In	2nd Level—RiverCenter Lobby
9 a.m. - 10:15 a.m.	Seminars—Session 1	2nd Level Meeting Rooms
9:30 a.m. - 12 p.m.	Cultural Arts Check-In	2nd Level—Ballroom A
	<u>(check page 6 for times assigned to each area)</u>	
10 a.m. - 5 p.m.	Trade Show Opens	Lower Level—Exhibit Hall 2
	KEHA Merchandise Store	Lower Level—Exhibit Hall 2
	Raffle, Silent Auction and Homemaker Showcase	Lower Level—Exhibit Hall 2
10:30 a.m. - 12 p.m.	Educational Chairman Workshops—Session 1	2nd Level—Meeting Rooms 1-4
	LUNCH ON YOUR OWN	
1:30 p.m. - 3 p.m.	Officer Training Sessions	2nd Level—Meeting Rooms 1-4
2 p.m. - 5 p.m.	Quilt Square Viewing and Bidding	2nd Level—RiverCenter Lobby
3:15 p.m. - 4:30 p.m.	Seminars—Session 2	2nd Level—Meeting Rooms 1-4
6:30 p.m.	Opening Banquet	2nd Level—Ballroom B & C

WEDNESDAY, APRIL 20

8 a.m. - 4 p.m.	Registration	2nd Level—Staircase Wall
8 a.m. - 9:30 a.m.	Voting Delegate Sign-In	2nd Level—Staircase Wall
8 a.m. - 2 p.m.	Quilt Square Viewing and Bidding	2nd Level—RiverCenter Lobby
8 a.m. - 9:15 a.m.	Seminars—Session 3	2nd Level—Meeting Rooms 1-5
8 a.m. - 3 p.m.	Cultural Arts Viewing	2nd Level—Ballroom A
9 a.m. - 3 p.m.	Raffle, Silent Auction and Homemaker Showcase	Lower Level—Exhibit Hall 2
	Trade Show	Lower Level—Exhibit Hall 2
	KEHA Merchandise Store	Lower Level—Exhibit Hall 2
10 a.m. - 11:30 a.m.	Business Meeting	2nd Level—Ballroom B
11:45 a.m. - 1:15 p.m.	ACWW Luncheon	2nd Level—Ballroom E
	(OR LUNCH ON YOUR OWN)	
1:30 p.m. - 3 p.m.	Educational Chairmen Workshops—Session 2	2nd Level—Meeting Rooms 1-4
2 p.m. - 4 p.m.	Master Farm Homemakers Guild Business Meeting	2nd Level—Meeting Room 5
3:30 p.m. - 5 p.m.	Quilt Square Pick-Up and Pay	2nd Level—RiverCenter Lobby
4 p.m. - 5 p.m.	Cultural Arts Check-Out	2nd Level—Ballroom A
	Silent Auction Pick-Up and Pay	Lower Level—Exhibit Hall 2
	Pick Up Showcase Displays	Lower Level—Exhibit Hall 2
5:30 p.m. - 7 p.m.	Master Farm Homemakers Guild Banquet	2nd Level—Ballroom E
	(OR DINNER ON YOUR OWN)	
7:30 p.m.	General Session	2nd Level—Ballroom B

THURSDAY, APRIL 21

8 a.m.	Awards Breakfast	2nd Level—Ballroom C
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Tours - Monday, April 18

Tours will be cancelled or confirmed based upon registration as of March 21, 2016. Register early!



Tour 1: Rosemary Clooney's House and Touring Augusta, KY (Bracken County)

Tour beautiful Augusta and Rosemary Clooney's house. Enjoy a buffet lunch at the Parkview Inn. Shop the local shops and visit the 1811 Historic Jail. Learn more:

- <http://www.rosemaryclooney.org/>
- <http://www.parkviewcountryinn.com/>

Depart: 9 a.m. Return: 4 p.m.

Minimum: 25 people Maximum: 36 people

Cost: \$47 per person

Tour 2: Hands-On Cooking at the Boone County Extension Enrichment Center

Participants will discover ways to reduce recipes for fewer portions, learn about pressure cooking, the value of fruits and vegetables, how to make a simple yeast bread and making homemade vinaigrette. You will be cooking your own lunch. Wear comfortable shoes. This experience will happen rain or shine and requires some walking and standing while cooking.

Depart: 9:30 a.m. Return: 3 p.m.

Minimum and Maximum: 24 people

Cost: \$35 per person

Tour 3: Elk Creek Vineyards and Winery—Owenton, Owen County

Enjoy a private tour of the winery, tasting of four wines and buffet lunch of soup, salad, sandwiches and cookies. Learn more:

- <http://www.elkcreekvineyards.com/>

Depart: 10 a.m. Return: 3 p.m.

Minimum: 25 people Maximum: 36 people

Cost: \$45 per person

Tour 4: Kentucky Speedway—Gallatin County

Tour the Kentucky Speedway complex, including a tour of the suites and owner's suite, track and garage area. Participants will be asked to sign a waiver for the Speedway. Lunch will be on your own at Jewell's on Main in Warsaw, Kentucky.

Learn more:

- <http://www.kentuckyspeedway.com/>
- <http://www.jewellsonmain.com/>

Depart: 11 a.m. Return: 4 p.m.

Minimum: 25 people Maximum: 36 people

Cost: \$30 per person

Southbank Shuttle Trolley

The Southbank Shuttle Trolley stops every fifteen minutes at the hotel and convention center. Cost is \$1.00 for each ride, with a senior rate of \$0.75. Shop and visit attractions in Downtown Cincinnati and Covington, such as the Taft Museum of Art, Macy's Fountain Place, Tiffany & Co., Newport Aquarium, the Purple People Bridge, and MainStrasse Village (drop off is ½ block from Donna Salyers Fabulous Furs, 11th and Madison). Learn more at: <http://www.tankbus.org/routes-schedules/southbank-shuttle.aspx>



Cultural Arts Check-in Times (Tuesday - April 19)

- 9:30 - 10 a.m. Northern Kentucky, Licking River and Louisville Areas
- 10 - 10:30 a.m. Bluegrass, Fort Harrod and Lake Cumberland Areas
- 10:30 - 11 a.m. Mammoth Cave, Lincoln Trail, Northeast and Wilderness Trail Areas
- 11 - 11:30 a.m. Green River, Quicksand, Purchase and Pennyriple Areas
- 11:30 a.m. - Noon All late arrivals

*All times listed are Eastern Daylight Savings Time





Hands-On Creative Arts Classes

Monday, April 18, 2016

(View color photos at www.keha.org)



Ceramic Coasters

These beautiful coasters are made by découpage on ceramic tiles.

Cost: \$4/set

Class limit: 25 per session

Times: 1–2:30 p.m. & 3–4:30 p.m.

All supplies furnished



Decorative Glass Blocks

Paint and decoupage napkins onto glass blocks. Napkins of various designs including UK will be available, but participants are welcome to bring their own. Lights will not be included but can be added later.

Cost: \$11

Class limit: 20 per session

Times: 1–2:30 p.m. & 3–4:30 p.m.

Supplies to bring: small scissors



Sashiko Quilting

“Sashiko” or Japanese quilting is simple and pretty handwork. Participants will make a pillow top and backing material is included.

Cost: \$8

Class limit: 25 per session

Times: 1–2:30 p.m. & 3–4:30 p.m.

Supplies to bring: Scissors, embroidery hoop, 1 skein of embroidery floss of your color choice



Burlap and Twine Wreath

Wrap a wreath with burlap and decorate with ribbon and fabric flowers.

Cost: \$10

Class limit: 25 per session

Times: 1–2:30 p.m. & 3–4:30 p.m.

Supplies to bring: Fabric cutting scissors



Note Cards and Box

Make these beautiful note cards with a matching box.

Cost: \$6

Class limit: 25

Time: 5–6:30 p.m.

All supplies furnished.



Gingham Smocking

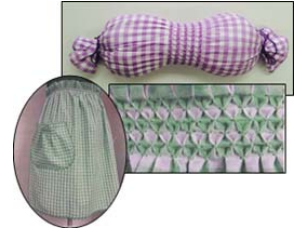
Learn to smock by using ½” Gingham fabric. Participants can make an apron, pillow or whatever you choose.

Cost: \$6

Class limit: 40

Time: 1–2:30 p.m.

Supplies to bring: Scissors, embroidery needle



Double Strand Beaded Bracelet

Learn this quick & easy technique for making a bracelet or anklet.

Cost: \$4

Class limit: 10 per session

Times: 1–2:30 p.m. & 3–4:30 p.m.

All supplies furnished.



Triangle Table Runner

Cut 60° triangles, spin them around and rearrange them for this easy to sew project. Includes fabric to construct the top of the table runner.

Cost: \$10

Class limit: 30 per time slot

Times: 3–4:30 p.m. & 5–6:30 p.m.

Supplies to bring: Sewing machine & basic sewing supplies



Barbed Wire Star

Save a little of the past! Make this 7–inch barbed wire star to hang inside or out.

Cost: \$3

Class limit: 25

Time: 5–6:30 p.m.

All supplies furnished



Half Knot Bracelet

Make a bracelet from memory thread and beads just by making half knots.

Cost: \$8

Class limit: 20

Time: 5–6:30 p.m.

All supplies furnished.



Origami

Learn the art of this beautiful paper folding. You will have a choice of items to make.

Cost: \$2

Class limit: 10

Time: 5–6:30 p.m.

Supplies to bring: Dollar bills





Educational Chairman Workshops

Tuesday, April 19 -10:30 a.m.-12 p.m.



Leadership -

KEHA Leaders: Leading the Way Every Day
Leadership can be seen all around us. It is played out in a variety of situations every day. Everyone has the opportunity to be a leader at some point, so it is important that every person have a strong understanding of what leadership is, what good leadership looks like, and how it can vary between individuals. Join us as we look at how we lead others every day.

Management and Safety -

Don't miss the Management and Safety workshop this year! You will learn exciting new training sessions for your members. Participate in the new lesson on the ins and outs of downsizing your home. New ideas will be yours to take home!

Family and Individual Development -

"It's All in The Family" - Ages and Stages Here We Come!
Please come join us for fun and new ideas to improve and update your lessons and activities as Individual and Family Development Chairmen.

International - Calling all International Chairmen! New to this position and would like to learn what you're supposed to do? Been in this position but want to know more about your role? Not a chairperson but would like to better understand the International Program? Well, come on down and join us in the International Chairperson's session! Discover the new Program of Work and meet Dr. Kwaku Addo who will speak about the Kentucky Academy Library in Ghana. The area with the most members attending this workshop will be recognized during the awards breakfast on April 21.



Educational Chairman Workshops

Wednesday, April 20 - 1:30 a.m.-3 p.m.



4-H Youth Development -You are invited to be part of this fun, interactive look into the world of 4-H and entrepreneurship. The time is now, the future awaits! Homemakers will be the "E" in entrepreneur in 2016.

Cultural Arts and Heritage - This year the Cultural Arts and Heritage chairman training will focus on rollout of the 2016-2019 Plan of Work. Learn about programs for the next three years, based on your suggestions from last year's training. An overall program on *Kentucky Covered Bridges* will be available all three years. In addition, a new program on *Basic Embroidery* will be available beginning in July. Two additional programs on *Applique* and on *Rug Hooking with Wool Fabric* will be available in each of the final two years. As usual we will give you an opportunity to offer suggestions and ask questions. If you are an Area, County or Club Cultural Arts and Heritage Chairman, this is a program you will not want to miss. See you in Northern Kentucky, a part of our state with special culture and heritage.

Environment, Housing and Energy - Would you like to learn how to grow fruits and vegetables in any space? The KEHA Environment, Housing and Energy program of work will focus on gardening options for everyone in 2016-2017. Come to this session for a preview of the lesson and a chance to win your own container garden. The session will also provide training information for club, county and area chairmen.

Food, Nutrition and Health - Are you a Food, Nutrition and Health chairman, or are you interested in serving in this position? If so, you are invited to attend a training session during the state meeting. Informational folders will be provided. Come prepared to share ideas to promote good food, nutrition and health, as well as ask and answer questions. Those who attend will be eligible for door prizes! Patty Poor, Cancer Control Specialist, with the UK Kentucky Cancer Program will give an update on cancer in Kentucky, screenings available and specifics regarding colon cancer. She will also discuss resources available for those with cancer.

Seminars - Session 1

Tuesday, April 19 - 9-10:15 a.m.

Nice and Easy Does It: Everyday Exercises

It is important to be active every day. This lesson will review the importance of being active for your bones, joints, heart, and mind. Further, the class will be lead in exercises that can be done daily to help keep you moving from the top of your head to the bottom of your feet!

Presenter: Nicole Peritore, Extension Specialist for Family Health, UK FCS Extension

Minimum: 20 *Maximum:* 75

Consumer Caution: Don't Take the Wrong Turn!

Have you ever received a call or a piece of mail indicating you've won a prize or something of value for little or no cost? Why does it sound so tempting? This session will expose the most common scams reported to the Office of the Attorney General, explain how they work, why we fall for them, and how to avoid them. This session will provide tip offs to the rip-offs as well as share information on how to protect yourself from identity theft. Watch the "signs" and "don't yield to the come-ons!"

Presenter: Lori Farris, Manager, Mediation and Senior Protection Branch, Kentucky Office of the Attorney General

Minimum: 20 *Maximum:* 100

Be True to Who You Are: Let Your True Colors Shine

When you distinguish the truly colorful characteristics that make up your own unique personality temperament, you have a new understanding of the motivations behind your actions. It also gives you the tools to help you interact with others in a way that brings out the best in everyone. Determine your true personality color and learn how to interact with all personalities to build your leadership skills.

Presenter: Grace Gorrell, Owner, Lead with Grace

Minimum: 25 *Maximum:* 75

Gifts from the Heart

This session will share a collection of simple gift ideas ranging from beginner to advanced sewing skills. The Purchase Area Master Clothing Volunteers prepare this book of gift ideas every two years, and each participant will receive a copy of the book.

Presenter: Purchase Area Master Clothing Volunteers

Minimum: 50 *Maximum:* 100

Cost: \$12

Seminars - Session 1

Tuesday, April 19 - 9-10:15 a.m.

Wine-ing with Food

Becky Kelley, author, and Kathy Woodhouse, photographer, *Wineing Your Way Across Kentucky* will teach you how to cook with wine, food pairings for wines and the adventures of drinking wine and visiting wineries. Becky shared, "We can't bring wine samples, but we can share recipes made with wine and that's almost as good."

Presenters: Becky Kelley, author, and Kathy Woodhouse, photographer, *Wineing Your Way Across Kentucky: Recipes, History and Scenery*

Minimum: 25 *Maximum:* 100

Gardening and Cooking through the Ages

Growing older doesn't mean you have to stop growing a garden! This session will revolve around decisions and changes individuals can make to continue to enjoy the pleasures of gardening. Learn some new recipe ideas for your garden produce. There's no reason to give up gardening and cooking if you make simple changes and work smarter!

Presenters: David Hull, Gallatin County Extension Agent for Agriculture and Natural Resources; and Rosie Allen, Northern Kentucky Area Nutrition Agent

Minimum: 20 *Maximum:* 75



Seminars - Session 2

Tuesday, April 19 - 3:15-4:30 p.m.

Fabulous Furs - From Home-based Business to Global Sales

Donna Salyers, President and Founder of Donna Salyers' Fabulous-Furs began in 1989 with a single product in the basement of her home: a faux fur coat sewing kit. Today Donna Salyers' Fabulous-Furs is the world leader in faux furs. Founded as a tribute to animals, the multi-channel company sells globally through catalog, Internet, retail and wholesale accounts. With a Covington, Kentucky manufacturing facility, Fabulous-Furs are used throughout the entertainment industry and sold in fine boutiques, hotels and casinos throughout the country. Donna will share background about her company and the session will include a faux fur fashion show.

Presenter: Donna Salyers, Fabulous Furs

Minimum: 20 *Maximum:* 100

Seminars - Session 2

Tuesday, April 19 - 3:15-4:30 p.m.

Celebrate Family and Consumer Sciences Day by Dining-In

Research shows that family mealtime improves nutrition, fosters family traditions, strengthens family communication and teaches life skills such as food preparation, budgeting and meal planning. Learn how you, your family and your homemaker club can be a part of promoting family mealtime by participating in the national FCS Day celebration each December. Discuss ideas and strategies to make the annual FCS Day a special project within your county or with your homemaker's club.

Presenter: Sally Mineer, Extension Specialist for Professional Development, UK FCS Extension

Minimum: 10 *Maximum:* 75

Social Media 101

What is social media, anyway? Who is really using it? What are they using it for? Get the low down on Facebook, Pinterest, Twitter and YouTube, answers to these questions and all those you REALLY want to know but were afraid to ask!

Presenter: Mindy McCulley, Extension Specialist for Instructional Support, UK FCS Extension

Minimum: 20 *Maximum:* 100

Kentucky Cooking Northern Kentucky Style: Celebrating Our German Heritage through Food

The Northern Kentucky area was settled by a large number of German immigrants. Many of their traditions, especially with food, live on and are still celebrated today. Join us as we review some of these foods, customs and landmarks during this session.

Presenter: Kathy Byrnes, Kenton County Extension Agent for Family and Consumer Sciences

Minimum: 20 *Maximum:* 40

Seminars - Session 3

Wednesday, April 20 - 8-9:15 a.m.

It's All About People

Join Warren Beeler as he discusses special traits, enthusiasm, hard work, patience, positive mindset and confidence. This session is all about people. It will make you laugh, and maybe even cry.

Presenter: Warren Beeler, Executive Director, Governor's Office of Agriculture Policy

Minimum: 20 *Maximum:* 100

Seminars - Session 3

Wednesday, April 20 - 8-9:15 a.m.

Cooking Fresh from Your Farmer's Market

No one knows better about the challenges of providing healthy and great tasting menus than the hurried consumer. Where can you turn for information on how to cook with the freshest locally grown produce available? Your local Farmers Market and The Plate it up! Kentucky Proud project may be the answer! This session will give you information about the ins and outs of shopping for local foods as well as explain the Plate It Up! Kentucky Proud project and how all those wonderful recipes using Kentucky commodities are developed. You are sure to come away with ideas for including locally grown foods in your daily meal planning.

Presenters: FCS Agents from the Plate It Up, Kentucky Proud Committee

Minimum: 30 *Maximum:* 100

Sales Tax: What Do You Need to Know?

KEHA fundraising efforts are many and varied. In some cases, fundraising will fall under Kentucky Sales and Use Tax laws and require that you collect and remit sales tax. This seminar, presented by the Kentucky Department of Revenue, will discuss the background/history of sales and use tax as well as the forms and exemption certificates related to sales and use tax. The presenters will provide an overview of the laws and regulations associated with sales and use tax and demonstrate how to properly complete the sales and use tax return.

Presenter: Kentucky Revenue Cabinet, Division of Sales and Use Tax

Minimum: 20 *Maximum:* 100

Robert's Rules of Order/Parliamentary Authority

Does Robert's Rules of Order belong at KEHA club, county, area and state meetings? Is parliamentary procedure important in our meetings? What questions do you need answered? You ask the questions, we'll share the answers.

Presenter: Delores Mudd, KEHA Parliamentarian

Minimum: 20 *Maximum:* 75

Flowers in Your Home: A Guided Journey

Timothy Lieber, AIFD, has worked for over 40 years to bring the natural majesty of flowers in corporate, event and residential settings. He has extensive experience with fresh flowers and permanent botanicals for the home and office. His session will take you on a journey through each room of the home, highlighting opportunities for the use of flowers, both fresh and permanent.

Presenter: Timothy Lieber, Owner, *Timothy's Florals*

Minimum: 20 *Maximum:* 100

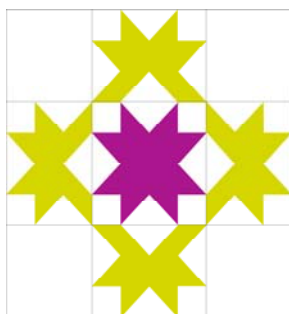
KEHA Quilt Square Showcase and Auction


The KEHA Quilt Square Showcase and Auction will continue for the fourth consecutive year at the KEHA State Meeting. Anyone wishing to participate should make a 12" finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square, consider designs that you would want to purchase. Bring the finished 12" finished square to the KEHA State Meeting in Northern Kentucky. Please place your name and county on the back side of the square.

The display will be in the RiverCenter Lobby near the ballroom on the 2nd level. Check-in will be at KEHA registration. Quilt squares will be assigned a number at check-in and displayed in a special area. The number will be placed on the square and a corresponding bid sheet. People will bid on the squares they would like to purchase. Bidding and viewing will be from 2-5 p.m. on Tuesday, April 19 and from 8 a.m. until 2 p.m. on Wednesday, April 20. Successful bidders must pick-up and pay from 3:30 – 5 p.m. on Wednesday, April 20.


Everyone visiting the display will receive one ticket to vote for the quilt square they think is the Grand Prize Winner and the winner will be recognized at the Awards Breakfast on Thursday morning. The Quilt Square Showcase and Auction will generate money for the KEHA general fund to help defray the cost of the conference and provide a chance to show off some beautiful quilt squares.

If you are unable to attend the State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please feel free to contact Marlene McComas, KEHA 1st Vice President, 859-743-7783 or marlene7@prodigy.net.





3 for 3



Kentucky Extension Homemakers are a great TEAM!! Our team co-captains, Ms. E. Go and Ms. Way to Go, are eager to increase our membership.

Each county is challenged to increase membership by **3** members each year for the next **3** years! We're striving for a **NET** gain of **3** members each year, so any loss in membership will need to be recovered through new members **AND** your membership should **INCREASE** by at least **3** members.

This is our **SMART** goal for membership—*Specific, Measurable, Achievable, Relevant and Time-Bound*. Come on, KEHA!!! Show your spirit and let's increase membership by at least **1,000** by **2019**!

We'll keep **score** for the next three years, and **celebrate** our **champions**. Here's how:

- Any county increasing membership by at least **3** will be recognized at the **KEHA State Meeting** each year. (Remember: Your tipoff will be the number of members in your county as of December 31, 2015. Your **challenge** is to increase that number by at least **3** in 2016, 2017 and 2018.)
- Any county that achieves **3 for 3** - makes the goal of a net gain of at least **3** members in **2016, 2017 and 2018** - will be entered in a drawing for a **\$500** prize to be awarded at the **2019 KEHA State Meeting**.

Ms. E. Go and Ms. Way to Go will continue as our co-captains. The county with the **greatest increase in members (by percentage)** each year will receive *Ms. E. Go* and \$300. The county with the **greatest increase in members (number of members)** each year will receive *Ms. Way to Go* and \$300.

Questions?
Contact Marena Nelson, KEHA 2nd Vice President at marena@mikrotec.com or 606-285-0481.



**KENTUCKY EXTENSION
HOMEMAKERS ASSOCIATION**

From the University of Kentucky

Greetings from a snowy UK campus! At the time of this writing, much of the state is dealing with the aftermath of Winter Storm Jonas. Times like these remind us how important it is to be prepared and how much difference we all can make when we reach out to help neighbors, friends and family.

In the School of Human Environmental Sciences, the spring semester is off to a busy start. Our student enrollment remains strong, and we are fortunate to have quality faculty and staff dedicated to serving our students. We thank you for your continued support of our students through the KEHA Endowed Scholarship and for your recent contributions to the endowment.

In Family and Consumer Sciences Extension, the plan of work process is moving forward at the county level. At the state level, our team of Extension faculty, specialists and associates has been working with agents to provide assistance in this process. We value our partnership with KEHA, and are striving for stronger connections between your program of work and the FCS Extension Strategic Initiatives. Those initiatives are detailed in our strategic plan available on our website at: <http://fcs-hes.ca.uky.edu>. This web page also provides a link to the 2016 Building Strong Families profiles. The profiles share data important to our planning process and showcase how FCS Extension is making a difference in all 120 counties across the Commonwealth.

As we plan for the future, we know that the Family and Consumer Sciences Extension Legacy Fund will be an important resource for us. KEHA members, clubs, counties and areas continue to support this fund, as does the state organization. The recent gifts received have enabled us to endow the fund and we look forward to making the first awards within the coming months.

*With sincerest thanks and best wishes,
Ann Vaíl,
Director, School of Human Environmental Sciences and
Assistant Director, Family and Consumer Sciences Extension*