



Connection

"Learning, Leading, Serving"



Inside this issue:

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FROM THE TOP.....ALICE BROWN, PRESIDENT

Wow! Where does the time go? I am sure that many of you are asking the same question.

A new year has arrived!

What are your goals for this New Year? Perhaps you want to spend more time with family, finish projects that you have started, or travel more. Maybe you would like to improve your health by exercising more and eating healthier. Good for you!! We encourage you to look at the many resources offered by KEHA and your Cooperative Extension Service to help you accomplish your goals. Remember to visit our website at keha.org for valuable information of all programs of KEHA.

I encourage you to make plans to meet with us at the 2013 KEHA State Meeting in Lexington. As always, the planning committee has worked hard to make this a great experience for you.

This year also marks the end of my term as President of KEHA. I would like to take this time to say "Thank you". You have allowed me to learn, lead and to represent KEHA and our great state of Kentucky for the past 3 years. I have enjoyed meeting and working with all of you. My thanks to all those who served on the State Board during my term, with your hard work and cooperation we have had a successful journey together.

With the great leadership we have through our members, Kentucky Extension Homemakers will continue to be "Stitched Together for Success."



Alice Brown, President

**KEHA State Meeting
May 6-9, 2013**

*Hyatt Regency &
Lexington
Convention Center*



From Nancy Broughton, KEHA 1st Vice President:

We would like to announce a new program for the 2013 KEHA State meeting. It will be a fundraising project for the KEHA general fund.

Anyone who would like to participate should make a 10-inch square finished quilt square. (Finished means piece the square, put in batting, put on backing and finish the edges just like you would a complete quilt.) Bring the finished 10-inch square to the KEHA State Meeting to enter in a contest.

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.

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.

Not only will this generate money for KEHA, but it will also provide a chance to show off some beautiful quilt squares and give others the chance to view and enjoy them.

If you have questions, please contact Nancy Broughton, KEHA 1st Vice President, 210 24th Street Apt. 402, Catlettsburg, KY 41129; phone 606-465-4296; email nbroughton@zoominternet.net.



2013 KEHA State Board Elections

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

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

The duties for these positions are outlined in the KEHA Bylaws.

Nomination forms are located in the KEHA Manual, Appendix Section.

- ⇒ **Credentials should be sent by certified mail to the KEHA Secretary, Brenda Hammons, 110 Vista Court, Stanford, KY 40484.**
- ⇒ **Credentials must be postmarked by April 5, 2013 (thirty days prior to the KEHA Annual Meeting).**

2013 KEHA State Meeting

Lodging Information

The primary hotel is the **Hyatt Regency**. The rates are \$118+tax (1-4 people). Reservations may be made by calling (800) 233-1234 or (859) 253-1234 and requesting the KEHA group rate.

A block of rooms is available at the **Hilton Lexington Downtown**, which is located near the Hyatt and connected by covered pedways. The rate is \$114+tax for 1-4 people and reservations may be made by calling (859) 231-9000 or (877) 539-1648. Request the 'KYE13' group rate.

From the KEHA Print Committee:

Sales of the 80th Anniversary print have been strong and we are working to sell the remaining inventory! All costs associated with the project have been met, so each print sold at this point generates almost \$40 for the KEHA scholarship funds. We appreciate all the purchases to-date! We would encourage every county homemaker organization to purchase one or more 80th Anniversary prints while supplies last. Consider these ideas: provide a print as a gift for the county Extension office; use the print as a gift for an outgoing president or county-level award; provide a print for one or more elected officials in your county; or raffle the print as a fundraiser. The order form is available via the KEHA website and prints maybe pre-ordered via the state meeting registration form. Prints pre-ordered for pick-up at state meeting will be at a cost of \$40 only, so you can save the \$6 cost added for shipping and handling. Please help us reach our goals by purchasing a print today! Questions may be directed to Elizabeth Adams, 122 Lancaster Street, Crab Orchard, KY 40419, phone 859-319-1479.



KEHA STATE ANNUAL MEETING REGISTRATION FORM

“Stitched Together for Success” ▪ May 6-9, 2013 ▪ Lexington, Kentucky

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

Check all that apply:

County President Area Officer KEHA Board MFH Guild KY/ACWW
 1st Time Attendee - YES NO Voting Delegate - YES NO
 Agent UK Specialist Guest

Please check the Officer and Chairman trainings you plan to attend

Officers Trainings-May 7 1:00-2:30 p.m. Educational Chairmen-May 8 1:00-2:30 p.m.

President Treasurer Cultural Arts & Heritage 4-H/Youth Development International
 Vice Pres. Secretary Management & Safety Food, Nutrition & Health Leadership Dev.
 (1st & 2nd) Family & Individual Dev. Environment, Housing & Energy

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

Seminars - Session I-Tuesday, May 7 - 10:00-11:15 a.m.

The Keys to a Woman's Heart (Maximum: 50 attendees)
 KEHA 101 (Maximum: 60 attendees)
 Do You Have an Estate Plan? (Maximum: 75 attendees)
 Everyday Exercises (Maximum: 25 attendees)
 Our Global Community (Maximum: 30 attendees)

Seminars - Session II-Tuesday, May 7 - 3:00-4:15 p.m.

Gifts from the Heart **FEE: \$12.00** (Maximum: 75 attendees)
 Parliamentary Procedure: The Rules of the Road for Conducting a Meeting (Maximum: 30 attendees)
 Everyday Exercises (repeated) (Maximum: 25 attendees)
 Using Facebook (Maximum: 30 attendees)
 Generating Members, Volunteers and Leaders in Community Organizations (Maximum: 50 attendees)
 Selling Your Timber: How to Maximize Profit and Protect Yourself (Maximum: 50 attendees)
 Operation: Military Comfort (Maximum: 25 attendees)

Seminars - Session III-Wednesday, May 8 - 8:00-9:15 a.m.

Container Gardening **FEE: \$5.00** (Maximum: 50 attendees)
 Organizing for Everyday Life (Maximum: 30 attendees)
 Living Better through Home Energy Management (Maximum: 50 attendees)
 Diabetes: A Winnable Battle - Let Us Show You How (Maximum: 30 attendees)
 MyPlate for a Healthier You (Maximum: 50 attendees)

Seminars - Session IV-Wednesday, May 8 - 3:00-4:15 p.m.

Needle Tatting **CLASS FULL**
 The Kentucky Legislature: Organization, Communication and Knowledge (Maximum: 75 attendees)
 Container Gardening **FEE: \$5.00** (repeated) (Maximum: 50 attendees)
 Personal Crime Prevention (Maximum: 50 attendees)
 Kentucky Health Insurance Advocate Program (Maximum: 30 attendees)
 LEAP - Literacy, Eating and Activity for Preschoolers (Maximum: 50 attendees)

(Continued on other side...)

KEHA STATE ANNUAL MEETING REGISTRATION FORM - continued
“Stitched Together for Success” ▪ May 6-9, 2013 ▪ Lexington, Kentucky

Name _____

REGISTRATION

Registration

Full - **\$30.00** (if postmarked by April 5) \$ _____
 Full - **\$45.00** (if postmarked after April 5) \$ _____
 One Day - **\$15.00** (indicate which day ___ Monday ___ Tuesday ___ Wednesday ___ Thursday) \$ _____

Meals

Tuesday, May 7 - Opening Banquet—**\$35** \$ _____
 Wednesday, May 8 - ACWW Breakfast—**\$23** \$ _____
 Wednesday, May 8 - Master Farm Homemakers Guild Banquet—**\$31** \$ _____
 Thursday, May 9 - KEHA Awards Breakfast—**\$21** \$ _____

Tee Shirts (pink t-shirt with “Stitched Together for Success” Logo) Size ___ Quantity ___ @ **\$10.00** \$ _____

Hands On Sessions (Please indicate 1st and 2nd choice for class time)

Button Crafting (30 minute class)	___ 2:30 p.m. class	___ 4 p.m. class	\$3.00	\$ _____
Thread Spool Pincushion (30 minute class)	___ 2:30 p.m. class	___ 4 p.m. class	\$2.00	\$ _____
Cancer Awareness Bracelet (30 minute class)	___ 2:30 p.m. class	___ 4 p.m. class	\$6.00	\$ _____
Personalized Pendant (30 minute class)	___ 3:15 p.m. class	___ 4:40 p.m. class	\$4.00	\$ _____
Tissue Pouch (30 minute class)	___ 3:15 p.m. class	___ 4:40 p.m. class	\$2.00	\$ _____
Chalkboard Memo Board (30 minute class)	___ 3:15 p.m. class	___ 4:40 p.m. class	\$5.00	\$ _____
DIY Light Up Wine Bottle (1 hour class)	___ 6:30 p.m. class	___ 7:30 p.m. class	\$6.00	\$ _____
Braided Cowl (1 hour class)	___ 6:30 p.m. class	___ 7:30 p.m. class	\$5.00	\$ _____

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

Gifts from the Heart May 7 - 3-4:15 p.m. **\$12.00** \$ _____
 Container Gardening May 8 - 8-9:15 a.m. or May 8 - 3-4:15 p.m. **\$ 5.00** \$ _____
 Needle Tatting May 8 - 3-4:15 p.m. **CLASS FULL**

Tours (Monday, May 6)

___ Tour 1—Quilt Shop Tour (Depart 12:30 p.m.; return 5 p.m.) **\$20.00** \$ _____
 ___ Tour 2—Midway School Bakery and Historic District (Depart 10:30 a.m.; return 3:30 p.m.) **\$20.00** \$ _____
 ___ Tour 3—McConnell Springs Tour and Rain Garden Workshop **\$22.00** \$ _____
 (Depart 10:30 a.m.; return 3:30 p.m.)
 ___ Tour 4—UK Art Museum (Depart 12:30 p.m.; return 2:45 p.m.) **\$12.00** \$ _____

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 \$ _____

OVERALL TOTAL \$ _____

Make checks payable to: KEHA
Mail to: Marena Nelson, KEHA Treasurer,
961 Stephens Branch Road Martin, Kentucky 41649-7845

Notice:

Mail by April 5 for the discounted registration fee. Any registration with a USPS postmark after April 22 will be returned. This is necessary to allow processing time for workshops, tours and learning sessions.

Thank You



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

FOR KEHA TREASURER USE ONLY:

Date received: _____
 Check number: _____
 Amount Paid: _____
 Balance Due: _____
 Refund Due: _____

2013 KEHA ANNUAL STATE MEETING
 Hyatt Regency and Lexington Convention Center
 Lexington, Kentucky
 (Times listed are Eastern Daylight Time)

**MONDAY, MAY 6**

See page 7 for tour offerings & times

12:00 pm – 8:00 pm	Early Registration	Regency Ballroom Foyer
2:30 pm - 5:15 pm	Hands-On Activities - Session 1	Regency Ballroom
6:30 pm - 8:30 pm	Hands-On Activities - Session 1	Regency Ballroom

TUESDAY, MAY 7

8:00 am – 4:00 pm	Registration	Regency Ballroom Foyer
	Voting Delegate Sign-In	Regency Ballroom Foyer
8:00 am – 10:00 am	Silent Auction Check-In	Thoroughbred 3
	Homemaker Showcase Set-Up	Patterson E-G
	Quilt Square Check-In	Patterson H
10:00 am – 5:00 pm	Trade Show Opens	Thoroughbred Pre-Function
	KEHA Merchandise Store	Thoroughbred Pre-Function
9:30 am – 12:00 pm	Cultural Arts Check-In	Thoroughbred 1-2
10:00 am – 11:15 am	Seminars- Session 1	Hyatt Regency
10:00 am – 4:00 pm	Silent Auction Open	Thoroughbred 3
	Homemaker Showcase Open	Patterson E-G
	Quilt Square Viewing and Bidding	Patterson H
	LUNCH ON YOUR OWN	
1:00 pm – 2:30 pm	Officer Training Sessions	Hyatt Regency
3:00 pm – 4:15 pm	Seminars- Session 2	Hyatt Regency
6:30 pm	Opening Session Banquet	Patterson A-D

WEDNESDAY, MAY 8

7:30 am – 9:00 am	ACWW Breakfast	Kentucky Room
8:00 am – 4:00 pm	Registration	Regency Ballroom Foyer
8:00 am – 9:30 am	Voting Delegate Sign In	Regency Ballroom Foyer
8:00 am – 9:15 am	Seminars- Session 3	Hyatt Regency
8:00 am – 3:00 pm	Cultural Arts Viewing	Thoroughbred 1-2
	Silent Auction Bidding	Thoroughbred 3
	Homemaker Showcase	Patterson E-G
	Quilt Square Viewing and Bidding	Patterson H
9:00 am – 5:00 pm	Trade Show	Thoroughbred Pre-Function
9:00 am – 4:00 pm	KEHA Merchandise Store	Thoroughbred Pre-Function
10:00 am – 11:30 am	Business Meeting	Patterson B-D
	LUNCH ON YOUR OWN	
1:00 pm – 2:30 pm	Educational Chairmen Training Sessions	Hyatt Regency
2:00 pm – 4:00 pm	Master Farm Homemaker Guild Business Meeting	Hyatt Regency
3:00 pm – 4:15 pm	Seminars- Session 4	Hyatt Regency
4:00 pm – 5:00 pm	Cultural Arts Check-Out	Thoroughbred 1-2
	Silent Auction Pick-up and Pay	Thoroughbred 3
	Pick Up Showcase Display	Patterson E-G
	Quilt Square Pick-up and Pay	Patterson H
5:30 pm – 7:00 pm	Master Farm Homemaker Banquet	Kentucky Room
	(OR DINNER ON YOUR OWN)	
7:30 pm	General Session	Patterson B-D

THURSDAY, MAY 9

8:00 am	Awards Breakfast	Patterson Ballroom
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KEHA Hands on Activities

1/2 hour classes - offered 2:30pm - 5:15pm (30 participants allowed in each class)

1. Button Crafting Cost: \$3.00

2.
Description: A button magnet or pin will be crafted during this class plus a few surprises.

Supplies: All supplies and equipment are included in the class.

Offered at: 2:30pm and 4:00pm



2. Thread Spool Pincushion Cost: \$2.00

Description: Create a pincushion using scrap fabric or felt and a golf tee. This is a portable pin holder. Learn to make several for all your spools or for gifts.

Supplies: All supplies and equipment are included in the class.

Offered at: 2:30pm and 4:00pm



3. Cancer Awareness Bracelet Cost: \$6.00

Description: Learn the basics of making jewelry and create a bracelet that represents 12 types of cancer.

Supplies: All supplies and equipment are included in the class.

Offered at 2:30pm and 4:00pm



4. Personalized Pendant Cost: \$4.00

Description: Design your own personalized necklace. Learn techniques to create your own keepsake pendant.

Supplies: All supplies and equipment are included in the class.

Offered at: 3:15pm and 4:40pm



5. Tissue Pouch Cost: \$2.00

Description: Take scrap fabrics to create a unique tissue holder.

Supplies: All supplies and equipment are included in the class.

Offered at: 3:15pm and 4:40pm



6. Chalkboard memo board Cost: \$5.00

Description: Use chalkboard vinyl to create your own memo or countdown board.

Supplies: All supplies and equipment are included in the class.

Offered at: 3:15pm and 4:40pm



One Hour Classes - Offered 6:30pm - 8:30pm (Only 20 - 25 participants allowed in each class)

7. DIY Light Up Wine Bottle Cost: \$6.00

Description: In this workshop, you will take ordinary wine bottles and turn them into decorative lights that can be used as a festive home decoration.

Supplies: All supplies and equipment are included in the class.

Offered at: 6:30pm and 7:30pm



8. Braided Cowl Cost: \$5.00

Description: Create a cowl to dress up any outfit without any stitchery skills using your favorite yarn.

Supplies: All supplies and equipment are included in the class.

Offered at: 6:30pm and 7:30pm



Tours—May 6, 2013

Tour 1 - Quilt Shop Tour - \$20.00

Depart hotel: 12:30 p.m. Expected Return: 5 p.m.

Minimum: 20

Maximum: 32

In line with our meeting theme, “*Stitched Together for Success*”, we will tour two unique quilt shops – Q - First in Quilting and Quilter’s Square. You will learn about new equipment, fabrics and some brief demonstrations. For those of you who are fabric collectors you will have the opportunity to purchase supplies to add to your collection.

Tour 2 - Midway School Bakery and Historic District - \$20.00

Depart hotel: 10:30 a.m. Expected Return: 3:30 p.m.

Minimum: 20

Maximum: 30

You will first tour the Midway School Bakery owned by Ouita Michel of Holly Hill Inn. The bakery is located in a former school. Lunch will be on your own and choices will include: soups, quiche, pastries and choice of excellent teas and coffees. After lunch you will take the bus to the Midway historic shopping area along Railroad Street. You will have the opportunity to visit unique shops. Some walking required.

Tour 3 - McConnell Springs Tour and Rain Garden Workshop - \$22.00 (includes lunch)

Departure time: 10:30 a.m. Return time: 3:30 p.m.

Minimum: 20

Maximum: 25

McConnell Springs, a National Historic Register Site, is recognized as the birth place of Lexington. In 1775, it was the location of the original settlement that later became known as Lexington. Visitors today see a seemingly natural landscape, with bubbling springs and a dense tree canopy. KEHA tour participants will have a guided tour of the grounds and facilities. Participants will also take part in a hands-on workshop to learn about rain gardens. A rain garden is a man-made landscape feature designed to capture and reduce storm water runoff. Participants will learn the basic concepts of rain garden installation and use and will install a rain garden at McConnell Springs.

*Wear comfortable clothing and shoes and be prepared for hands-on work to install a rain garden. Please bring a reusable water bottle and gardening gloves if possible. Outdoor walking required.

Tour 4 - UK Art Museum - \$12.00

Departure time: 12:30 p.m. Return time: 2:45 p.m.

Minimum: 20

Maximum: 30

The UK Art Museum is home to a collection of more than 4,500 objects, including American and European paintings, drawings, photographs, prints, and sculpture. The holdings also include art from the Americas, Africa and Asia. This docent-led tour will provide participants an opportunity to view these permanent collections. A special outdoor exhibition featuring twenty sculptures by abstract artist David Hayes will be part of the experience. KEHA members will also walk a short distance to visit Bowman, the bronze wildcat sculpture that is the centerpiece of Wildcat Alumni Plaza, which was completed in April 2012. If time permits, members may visit the UK Bookstore, which is just a short distance from the Art Museum and Wildcat Alumni Plaza. The Bookstore offers an extensive selection of UK apparel and merchandise.

*Tour includes indoor and outdoor walking. Dress comfortably and be prepared for the day’s weather.

Art Museum website: <http://www.uky.edu/ArtMuseum/>

Tour offerings will be confirmed or cancelled based upon registrations received as of April 2, 2013.

Please send your registration early to insure tour participation.

Buses will not have bathrooms. Please send your registration early to insure tour participation.
All tours will depart from the Hyatt Lobby at the scheduled time.

Seminars

Tuesday, May 7 - 10:00 – 11:15 a.m.

The Key's to a Woman's Heart

This session will highlight the leading cause of death among women in Kentucky and the nation — heart disease. The audience will get to know risk factors for the disease and how simple lifestyle changes can help promote heart health and prevent this deadly disease. At the end of the session, women will walk away with simple take-home messages in order to make these changes a priority in 2013!!!

Presenter: Linda A. Alexander, Associate Professor, UK College of Public Health and Extension Health Faculty, FCS Extension
Maximum: 50 attendees

KEHA 101

Do you know what the acronyms ACWW, VSU, and NVON mean? Have you wondered why you collect coins and fill out reports? This session will provide an overview of KEHA beginning with a brief history and concluding with emphases for the coming year. You'll play a game of KEHA trivia while learning about programs, deadlines and the structure of the organization. Presenters: Alice Brown, KEHA President and Kim Henken, KEHA State Advisor
Maximum: 60 attendees

Do You Have an Estate Plan?

Have you ever asked yourself the "what-if" questions? What if I should die tonight? What if my spouse would die tonight? What if I became incapacitated? These questions are often challenging to consider and prevent many of use from planning. In this session, we will review basic estate planning steps, including establishing estate planning goals, selecting an estate planning team, understanding the estate planning process, and federal and state estate taxes.

Presenter Jennifer Hunter, Assistant Extension Professor, Family Financial Management, UK Department of Family Sciences
Maximum: 75 attendees

Everyday Exercises

This session will get you moving! Take the time to come learn and practice some exercises that you can do everyday.

Presenter: Nicole Peritore, Program Coordinator for Physical Activity, FCS Extension
Maximum: 25 attendees

Tuesday, May 7 - 10:00 – 11:15 a.m.

Our Global Community

We live in a global community. Friends, family and colleagues often have connections with individuals and families around the globe, and KEHA is connected globally through our international work and membership in the Associated Country Women of the World. Would you like to see and learn about the lifestyles of international families? This session will discuss our global community and the similarities and differences in the issues families face around the world.

Presenter: Hazel Forsythe, Associate Professor, UK Department of Dietetics and Human Nutrition, and KEHA International Advisor
Maximum: 30 attendees

Tuesday, May 7 - 3:00 – 4:15 p.m.

Gifts from the Heart

Visual descriptions of 16 gift ideas ranging from beginner to advanced sewing skills will be featured in this session. Each participant will receive a Gifts from the Heart booklet detailing the 16 ideas. Presenters: Purchase Area Master Clothing Volunteers

Fee: \$12.00

Maximum: 75 attendees

Parliamentary Procedure: The Rules of the Road for Conducting a Meeting

How can Robert's Rules of Order help my club run a better meeting? Parliamentary procedure is all about helping clubs run meetings efficiently and fairly. It is so much more than a set of rules. It is a process for conducting business. It allows a group of people to come together and make a decision. From agendas to voting, parliamentary procedure gets the job done.

Presenter: Delores Mudd, KEHA Parliamentarian
Maximum: 30 attendees

Everyday Exercises (repeated)

This session will get you moving! Take the time to come learn and practice some exercises that you can do everyday.

Presenter: Nicole Peritore, Physical Activity Coordinator, FCS Extension
Maximum: 25 attendees

Seminars

Tuesday, May 7 - 3:00 – 4:15 p.m.

Using Facebook

Are you a Facebook regular or someone interested in learning the basics? This session will provide an introduction to Facebook along with tips for using this social media website.

Presenter: Brian Fitzpatrick, Computer Support Specialist, UK School of Human Environmental Sciences

Maximum: 25 attendees

Generating Members, Volunteers and Leaders in Community Organizations

Successful organizations consist of members, volunteers and leaders who engage creative talents and interests to better serve the community. This session will examine processes that lead to successful recruitment. The differences between members, volunteers and leaders will be discussed as well as a needs assessment process that can direct recruitment.

Presenters: Ken Culp, III, Ph.D. Principal Specialist for Volunteerism, 4-H Youth Development & Adjunct Associate Professor, Department of Family Sciences, and Janet Johnson, Allen County Extension Agent for Family and Consumer Sciences

Maximum: 50 attendees

Selling Your Timber: How to Maximize Profit and Protect Yourself

The session will share information about how to get a fair price for your timber, including discussion of using a consulting forester. Attendees will learn about timber site reclamation and the legal responsibilities of the timber company and landowner.

Presenter: Lyndal Harned, Boyd County Extension Agent for Agriculture and Natural Resources

Maximum: 50 attendees

Operation: Military Comfort

Would you like to use your skills for a military child? Come learn about Kentucky Operation: Military Kids and make a pillow for a child attending a summer military family camp.

(All materials provided)

Presenter: Kerri Ashurst, Extension Specialist, Family & Consumer Sciences Extension, and Tyrone Atkinson, Program Coordinator, Operation: Military Kids

Maximum: 25 attendees

Wednesday, May 8 - 8:00 – 9:15 a.m.

Container Gardening

Learn how to properly choose containers, planting media and plant combinations to have show-stopper containers for around your landscape and patio. Containers made during the class will be given as door prizes at the end of class.

Presenter: Lori Bowling, Boyd County Extension Agent for Horticulture

Fee: \$5.00

Maximum: 50 attendees

Organizing for Everyday Life

Having trouble getting everything done? Learn how to organize your daily routines, make priorities, handle interruptions and reduce procrastination. Look at strategies to be better organized and less stressed!

Presenter: Jeanne Davis, Extension Program Coordinator

Maximum: 30 attendees

Living Better through Home Energy Management

This session will inform families of the benefits of energy efficiency improvements and how to access a free, online home energy self-assessment tool. Learn simple changes you can make to reduce your energy costs.

Presenter: Beverly K. Miller, Senior Extension Associate, UK Department of Biosystems and Agricultural Engineering

Maximum: 50 attendees

Diabetes: A Winnable Battle - Let Us Show You How

Diabetes in Kentucky is common, costly and serious. Fortunately, diabetes can be controlled in those who have it and prevented in those at risk of developing type 2 diabetes. This session will cover why learning about diabetes is important. You'll learn your diabetes risk and lifestyle habits to prevent and manage diabetes. Participants will leave equipped with tools and resources for the battle. Ways to enlist as a diabetes advocate and ensure that we win the war against diabetes in Kentucky will be presented and discussed.

Presenter: Ingrid Adams, Assistant Extension Professor, UK Department of Dietetics and Human Nutrition

Maximum: 30 attendees

Seminars

Wednesday, May 8 - 8:00 – 9:15 a.m.

MyPlate for a Healthier You – Everyone's best eating plan is not the same. Find out the number of calories and the amount of food you need to eat from each food group to keep your body healthy. Session will focus on calorie needs, portion control, and balancing the calories from food with the calories burned by physical activity. Participants will learn to take a 24 hour Food Recall, a detailed summary of foods and beverages consumed in a 24 hour period. Participants will be able to compare the amount eaten from a particular food group with the amount that is recommended to make better choices to improve their diet. Food Recalls are one of the main teaching and evaluation tools for the Nutrition Education Program. Trained volunteers are needed in many communities and would count toward KEHA volunteer hours.

Presenters: UK Nutrition Education Programs staff
Maximum: 50 attendees

Wednesday, May 8 - 3:00 – 4:15 p.m.

Needle Tatting

Learn a heritage skill commonly used to embellish clothing. Tatting is a form of needlework which results in light and airy designs used especially for borders and edging, but can be created for other uses. This session will focus on teaching you to tat using a tatting needle rather than the traditional shuttle. Because the stitches are formed on the needle, it is an easier skill to learn than using the shuttle. Tatting is a 4-H Needlework project that you can return home and pass on to youth.

Presenters: Marjorie Baker, Extension Associate for Clothing and Textiles and Harlene Welch, KEHA 4-H Chairman
Fee: \$10.00 (includes tatting needle and thread)
Maximum: 10 attendees

CLASS FULL

The Kentucky Legislature: Organization, Communication and Knowledge

Have you ever contacted your State Elected Officials to share with them the wonderful educational programs the Extension Homemakers are doing in your counties? Did you ever want to voice your opinion to them about a community, county or state issue? Would you like to know how a bill becomes a law in Kentucky? Attend this session to learn how the legislature works and gain effective communication skills for contacting your state elected officials.

Presenters: Current Kentucky State Legislators
Maximum: 75 attendees

Wednesday, May 8 - 3:00 – 4:15 p.m.

Container Gardening (repeated)

Learn how to properly choose containers, planting media and plant combinations to have show-stopper containers for around your landscape and patio. Containers made during the class will be given as door prizes at the end of class.

Presenter: Lori Bowling, Boyd County Extension Agent for Horticulture

Fee: \$5.00 Maximum: 50 attendees

Personal Crime Prevention

The session will provide general safety tips, discussing how and why you need to be aware of your personal safety. The officer will address safety precautions to protect ourselves from crime such as safety at home, safety away from home, on the phone, at the door, on the street and in your vehicle.

Presenter: Officer Bige Towery, Lexington Division of Police

Maximum: 50 attendees

Kentucky Health Insurance Advocate Program

The Kentucky Health Insurance Advocate Program is designed to HELP citizens of Kentucky with health insurance plans and issues. HELP = Here for you as an advocate, Educating you about health insurance issues, Letting you know your options and Providing assistance with health insurance issues. The session will provide information about the program and resources available.

Presenter: Brian Staple, Kentucky Health Insurance Advocate Program

Maximum: 30 attendees

LEAP – Literacy, Eating and Activity for Preschoolers

LEAP is a series of lessons using storybooks to teach children about staying healthy, being physically active, and eating more fruits and vegetables. The target audience is preschoolers through third grade. With oversight of the agent, this program can be implemented by Extension Homemakers and fits the criteria for Extension volunteer hours, Kentucky child care centers, and Kentucky public preschool programs.

Participants will learn about this successful program and how to serve as a LEAP Volunteer in your community. Session will include a program overview and hands-on activity.

Presenters: UK Nutrition Education Programs staff
Maximum: 50 attendees



Participate in a Survey to Assist Ghanaian Women and Girls

from Kim Miller-Spillman, UK Dept. of Merchandising, Apparel and Textiles

As a professor of clothing and textiles in the School of HES, I want to help Ghanaian village women and girls through the dyeing, sewing, and designing of garments and accessories. One way to help Ghanaian women is to find out what would sell in KY then communicate the results to them so that they can produce those items. In order to do that I have created a survey that includes images of traditional and contemporary items made in kente, batik, and adinkra fabrics. By letting me know which fabrics and items appeal most to you, I can begin to get a picture of what might sell here. To get a broad range of preferences across the life-span I have included in the survey: UK students in Merchandising, Apparel and Textiles, boutiques in Lexington (via Facebook pages), and women who participate in professional women's organizations. Please visit the link below and tell us your preferences. The Ghana Fabric Study survey can be found at: https://uky.qualtrics.com/SE/?SID=SV_23GAhflbzAMstYF.

NVON Conference 2013

The Kentucky Extension Homemakers Association is hosting the National Volunteer Outreach Network (NVON) conference this year, in Frankfort, Ky., July 16-18, 2013.

The conference will be held at the Capital Plaza in Frankfort. Room rates are \$96.00 plus tax for single, double, triple or quadruple occupancy. The rates includes breakfast each morning. The registration fee includes meals from Tuesday night beginning with "Kentucky Night," to the conclusion of the conference on Thursday night with the gala banquet.

There are tours available, with tour sites including the Frankfort Cemetery where Daniel Boone is buried, along with several former governors and dignitaries. The Frankfort Cemetery has been named the "Westminster Abbey of the United States." It over looks Frankfort and the Kentucky River. Other tour sites include Rebecca Ruth Candies, the Governor's Mansion, the Capitol Building, Keeneland, the Red Mile, Buffalo Trace Distillery, and Churchill Downs.

There will be special entertainment and keynote speakers. Hands on crafts are available on Tuesday beginning at 11:00 a.m. Learning sessions are Wednesday and Thursday. There's something for everyone.

Attendees will be coming from Wisconsin, Indiana, Illinois, Arkansas, North Carolina, South Carolina, and West Virginia. This is a great opportunity to come and meet our sister organizations, and get new ideas as well as learn from each other. We are doing our best to insure that everyone has a great time and hope to see you there.

For more information, check the website, www.NVON.org. The registration form can also be found on the KEHA website, www.KEHA.org.



Kentucky Extension Homemakers Association

UK Corner—

The spring semester is moving quickly in the School of Human Environmental Sciences! Our student enrollment continues to grow, totaling more than 1,000 students in our undergraduate and graduate programs. Our faculty and staff continue to excel, and we recently celebrated accomplishments from 2012 including external grants totaling more than \$4.2 million and 27 refereed journal articles.

Family and Consumer Sciences Extension released the 2013 Building Strong Families profiles in December. The profiles share how FCS Extension is making a difference in all 120 counties across the Commonwealth. You can access the state profile along with all 120 county profiles at <http://www.ca.uky.edu/HES/index.php?p=437>. I encourage you to take a look at the profile for your county.

If you would like to stay current on news from the School of Human Environmental Sciences, we invite you to visit our website, join us on Facebook, follow us on Twitter or sign up to receive our email newsletter. Add your email address to our newsletter list and learn more about these communications at www.ca.uky.edu/hes/joinus.

As winter (hopefully) nears its end and spring approaches, I encourage you to take time to share all of the great work you are doing locally, across the state and internationally through KEHA. From volunteer service hours in your community to your support of statewide projects to your Coins for Change, you are improving the lives of families. I look forward to seeing you at the KEHA State Meeting in May in Lexington.

Best wishes,

Ann Vail,

*Director, School of Human Environmental Sciences and
Assistant Director, Family and Consumer Sciences Extension*

