

KEHA SEMINARS

KEHA Seminars – Session 1

Tuesday, June 22 - 10:30-11:30 a.m.

“P” IS FOR “PTERODACTYL”

This interactive and humorous session will examine the reasons why so many English words are hard to spell, and we’ll discover some ways to make spelling easier.



We will also look at some of the other oddities of our English language. There will be a little learning and a lot of fun!

Presenter: Rita Bloom, Boyle County KEHA member

Minimum: 10 Maximum: 40

BUTTERFLIES OF KENTUCKY

Come and enjoy a presentation of the common butterflies of Kentucky. We have been studying and photographing butterflies for the past 5 years to learn where to find them and how to identify them in your landscape.

Presenters: Bonnie Nance & Glenda Burke, Green River Area Extension Master Gardener Association members

Minimum: 10 Maximum: 40

ARE YOU OUT OF CONTROL?

Are your meetings wild and out of control? Come learn simple basic parliamentary procedures that will help to make your meetings run smoothly.



Presenter: Alice Brown, KEHA Parliamentarian
Minimum: 5 Maximum: 20

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” ~Dr. Seuss

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CAMPFIRE COOKING

Whether in the woods or in your backyard, learn how to cook outside using minimum supplies. Cook breakfast, lunch, dinner and snacks while outdoors!



Presenter: Amanda Hardy, Henderson County Extension Agent for Family and Consumer Sciences
Minimum: 5 Maximum: 30

KEHA LEADERSHIP ACADEMY

In March of 2020 KEHA held its first Leadership Academy. For all participants of the KEHA Leadership Academy this will be an opportunity for the group to get together and have an update session.

Are you on Facebook?



Be sure to like and follow the official KEHA Facebook page!



Find us at
www.facebook.com/officialKEHA

Thought for the Month:

The **HEART** of a **VOLUNTEER**
is not **MEASURED** in **SIZE** but by
the **DEPTH** of their **COMMITMENT**
to make a **DIFFERENCE**
in the **LIVES** of **OTHERS**.

KEHA SEMINARS

KEHA Seminars – Session 2

Tuesday, June 22 - 3:30-4:30 p.m.

FUN, FELLOWSHIP, AND FUNDRAISING: How To Raise Money and Have Fun Doing It!

Does your county or area struggle to raise money? Attend this session and see how McLean Co. Homemakers' "Recycle and Reuse" craft classes developed into a steady source of income and promoted KEHA awareness for potential new club members.

Presenter: Sue Berry, McLean County KEHA Member
Minimum: 10 Maximum: 40

THRIVE AND SURVIVE

Listen and gain new ideas of how to keep your KEHA members involved in learning and enjoying all the organization can be in your county and beyond. Be the club everyone wants to be a part of in your community! Learn to plan activities and service projects that can benefit your membership and county.

Presenters: Cherie Mingus & Diane McCamish, Hardin County Extension Homemakers
Minimum: 5 Maximum: 40

IT'S ALL FUN AND GAMES: Inspiring Healthier Eating and Activity Habits with Grandkids

We will talk about ways adults influence children's eating and physical activity and ideas for how you can positively impact the children in your life. This session will give you time to practice and plan small steps to encourage and support good nutrition and physically active lifestyles. Presenter: Courtney Luecking, Extension Specialist for Food and Nutrition, UK FCS Extension
Minimum: 10 Maximum: 30



A TASTE OF WHAT IS NEW AT NEP

Sign up for this session to learn about some of the new things at the FCS Nutrition Education Program. Get a guided tour of the new www.planeatmove.com website and discover more about Cook Wild Kentucky and other projects. You might even have a photo opportunity with Wally Cat!

Presenters: Martha Yount, Regional Specialist for Food and Nutrition, Mary Higginbotham, NEP Area Nutrition Agent, Nancy Kelley, NEP Area Nutrition Agent, and Michele West, NEP Program Coordinator
Minimum: 10 Maximum: 25

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RECIPES FOR LIFE

Recipes for Life is a hands-on educational experience where 5th grade students attend a day of learning about healthy eating, nutrition, food safety, and food preparation techniques. The concept was initially developed by KEHA leaders, and presentation of the program typically engages

agents and volunteers working collaboratively. During the experience, students engage in learning activities, prepare a recipe and then share a meal. Learn more about the program, the role of volunteers and how KEHA membership can help make this a success in your county.

Presenters: Brooke Jenkins, Extension Specialist and Jeannie Najor, Program Coordinator, Nutrition Education Program UK Family & Consumer Sciences Extension
Minimum: 5 Maximum: 20

KEHA ACWW NETWORK

Interested in learning more about the Associated Country Women of the World, National Volunteer Outreach Network and what Kentucky Extension Homemakers' affiliation to these organizations means? You will meet the ACWW Ky Network officers and learn about a special upcoming project. You will hear greetings from NVON. Our keynote speaker will be Becky Clay who will share her ACWW Triennial Conference experience and the new resolutions. This workshop is free but we will take donations to go towards our special project.

Presenter: Leoni Mundelius, President, ACWW–Kentucky Network
Minimum: 5 Maximum: 25



I long to accomplish great and noble tasks, but it is my chief duty and joy to accomplish humble tasks as though they were great and noble. ~Helen Keller