



CONNECTION

“LEARNING, LEADING, SERVING”

Inside this issue:

- Hands-On Crafts
- Seminars & Workshops
- Schedule of Events
- Registration
- UK Corner

FROM THE DESK OF . . . Marlene McComas, President

To My Fellow KEHA members,

It is that time again! I know you have been waiting for this KEHA Connection with anticipation—waiting to see what we have planned for the 2019 KEHA State Meeting. What a great event Sharon has put together for you! “*The Sun Shines Bright on KEHA*” could not be a more appropriate theme for this meeting. I cannot wait, either.

This year has been such a whirlwind across our state and beyond. I traveled to Louisville, Mammoth Cave, Wilderness Trail and Northern Kentucky Area meetings as well as Bracken, Carroll, Mason, Pendleton, and Campbell County meetings. It is always such a privilege to meet so many Homemakers and see the many ways we share our wealth of knowledge, inspired by UK and KEHA. Representing KEHA on the State Extension Council and bringing back information to my clubs and state board was very rewarding. I attended the ACWW USA Area Summit in Indianapolis, sharing KEHA information and spending time with ACWW World President Ruth Shanks from London, England, and the World Treasurer from Australia. Great information regarding the upcoming 2019 ACWW Triennial was presented to all.

In July, we traveled to Pewaukee, Wisconsin, for the NVON meeting. I was happy to tell of our 2018 increase in membership and state meeting registration. It was such an honor to represent you all and speak at the KEAFCS State Meeting in November. I cannot help bragging about KEHA!

It has been such a pleasure to represent KEHA, sharing and learning so much. My passion for KEHA focusing on leadership development has blossomed through our Preparing Future Leaders Goal Team and our work over the last three years. Plans are near final for the first KEHA Leadership Academy. You will learn more at this year’s State Meeting. Seeing this to fruition will help to complete my KEHA bucket list. We will be recruiting participants from each area, so please consider potential candidates. The academy will offer an intensive leadership development and education experience.

This is my last State Meeting as your President, and I can truly say this has been one of the highlights of my life! I will continue to learn, lead, and share Homemakers information. I will never forget the friendships I have made and the experiences I have shared with you all! As one of my favorite speakers from Pendleton County would say, “I ain’t dead yet!” I am not done yet! Hope to see you in Louisville!

Marlene McComas, President

The Sun

Shines Bright is the theme for our 2019 KEHA State Meeting, and it definitely shines bright on KEHA as



The Sun Shines Bright

clearly seen in our new logo. The Lincoln Trail Area is hosting this year and they are setting a “shining” example as they prepare for our state meeting. The three-day agenda is packed with wonderful learning sessions and craft classes. There is sure to be something for everyone!

Plan to attend the Tuesday night opening banquet where we will be entertained by cast members of the Stephen Foster Story. Pull out your favorite brightly colored outfit to wear to the banquet. We would love to see lots of blue and yellow like our new logo!

The KEHA Choir will perform for us at the Wednesday night general session, followed by the incredible Gracie Furnish, past Eastern Region Vice President of FFA. You are absolutely going to love her enthusiasm and positivity.

The quilt square showcase and auction is returning for the seventh consecutive year. See page 6 for the details, and bring your quilt squares! Something new this year will be the K C Corner. This relaxing area will be a place to hang out, knit, or crochet blocks, or join the blocks together to create lap blankets for Norton Children’s Hospital. Additional details are on page 6 of this newsletter.

We are planning a fun “SELFIE” station where you and your friends can mark the occasion with a picture. This will surely be lots of fun and a great way to share our meeting on social media!

Be sure to send your registration in now because you do not want to miss this year’s State Meeting! Anthony D’Angelo once said, “Just remember wherever you go, whatever the weather, always bring your own sunshine.” Until we meet again, keep on shining!

Sharon Wood, KEHA 1st Vice President

2019 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

Job descriptions and credential forms are posted on the KEHA website - www.keha.org.

- **Credentials should be sent by certified mail to Starlene Harris, KEHA Secretary, 138 Dickerson Road, Olive Hill, KY 41164-8116.**
- **Credentials must be postmarked by April 13 (30 days prior to the KEHA Annual Meeting).**

ORDER YOUR KEHA SHIRT

The Lincoln Trail Area, our host area for the 2019 KEHA State Meeting, has designed a KEHA baseball-style shirt available for purchase with your state meeting registration. Cost is \$16 and shirts are available in sizes small to 3XL.

The shirts have a grey body, blue sleeves and full color imprint. See a color photo at www.keha.org.



2019 KEHA State Meeting

Lodging Information

The 2019 KEHA State Meeting will be at the Crowne Plaza Louisville Airport, 830 Phillips Lane, Louisville, Ky. The room rate is \$114 per night + tax for standard rooms. Suite options range from \$139 per night to \$189 per night. To reserve by phone, call 1-888-233-9527 and request the KEHA rate.

Reservations may also be made online using the link posted on the KEHA website under the "State Meeting" tab.

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 Handbook, pages 40-41a
- Environment, Housing & Energy: Adopt-A-Highway Awards — KEHA Handbook page 49a
- Family and Individual Development: Strengthening Families Contest — KEHA Handbook, page 55
- 4-H Youth Development Contest — KEHA Handbook, page 65-66
- Food, Nutrition and Health Contests — KEHA Handbook, page 59
- International Project Awards — KEHA Handbook, pages 71-72
- Community Volunteerism Awards — KEHA Handbook, page 88
- Evans/Hansen/Weldon Scholarship — KEHA Handbook, pages 94-98
- KEHA Homemaker Member Scholarship — KEHA Handbook, pages 99-102
- KEHA Mini-Grants for Research or Study — KEHA Handbook, pages 104-106
- KEHA Development Grants — KEHA Handbook, pages 107-111

KEHA STATE ANNUAL MEETING REGISTRATION FORM
 "The Sun Shines Bright" ▪ May 14-16, 2019 ▪ Louisville, 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

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

Seminars - Session I - Tuesday, May 14 - 1:30-2:45 p.m. (Descriptions on page 9)

- ___ Overcoming Barriers to Physical Activity (Maximum: 40 attendees)
- ___ Hosting a Smarter Potluck (Maximum: 40 attendees)
- ___ Volunteer Service in KEHA: Shining Bright (Maximum: 75 attendees) [FCS Agent In-service Credit Available]
- ___ Be More than Social 2.0 (Maximum: 100 attendees) [FCS Agent In-service Credit Available]
- ___ Wool Applique (**Cost \$15**) (Maximum: 20 attendees)
- ___ Helping Families in Addiction and Recovery (Maximum: 50 attendees)
- ___ Kentucky Women and Abraham Lincoln (Maximum: 40 attendees)
- ___ How Women Have Adapted During Challenging Times (Maximum: 40 attendees)

Seminars - Session II - Tuesday, May 14 - 3:15-4:30 p.m. (Descriptions on page 9-10)

- ___ Recipes for Life (Maximum: 35 attendees)
- ___ Wool Applique (**Cost \$15**) (Maximum: 20 attendees)
- ___ In An "Instant" Pot (**Cost: \$10**) (Maximum: 60 attendees)
- ___ Family & Consumer Sciences Education Today (Maximum: 75 attendees) [FCS Agent In-service Credit Available]
- ___ KEHA Recruitment: Ideas to Grow Membership (Max: 100 attendees) [FCS Agent In-service Credit Available]
- ___ Abraham Lincoln Heritage National Scenic Byway (Maximum: 40 attendees)
- ___ How to Reach 100 1/2: Highlights from the Blue Zone Study (Maximum: 65 attendees)

Seminars - Session III - Wednesday, May 15 - 8:15-9:30 a.m. (Descriptions on page 10-11)

- ___ Sales Tax and KEHA Fund-raising (Max: 65 attendees) [FCS Agent In-service Credit Available]
- ___ Planning with Purpose (Max: 75 attendees) [FCS Agent In-service Credit Available]
- ___ Grow Your Club: 9 Tips and 1 Trick to for Gaining Homemakers (Maximum: 50 attendees)
- ___ Let's Eat Grandma! (Maximum: 45 attendees)
- ___ Sensational Succulents (Maximum: 30 attendees)

Seminars - Session IV - Wednesday, May 15 - 1:30-2:45 p.m. (Descriptions on page 11)

- ___ Financials 101: Ext. Guidelines for Volunteer Groups (Max: 65 attendees) [FCS Agent In-service Credit Available]
- ___ Scams and the Path to Recovery (Max: 75 attendees) [FCS Agent In-service Credit Available]
- ___ Beginning Basic Backyard Birding (**Cost \$13**) (Maximum: 50 attendees)
- ___ The Many Surprises of Thrift Shopping (Maximum: 40 attendees)
- ___ Gadgets and Gizmos (Maximum: 50 attendees)
- ___ Country Ham: A Southern Tradition (**Cost \$5**) (Maximum: 40 attendees)
- ___ ACWW Kentucky Network (Maximum: 40)
- ___ KEHA Choir Rehearsal (pre-registered choir members only)

Continued →

KEHA STATE ANNUAL MEETING REGISTRATION FORM (continued)
"The Sun Shines Bright" May 14-16, 2019 Louisville, Kentucky

Name _____

OFFICER TRAINING - THURSDAY, MAY 16 - 8:30 - 9:45 A.M.

___ PRESIDENT ___ VICE PRESIDENT ___ SECRETARY ___ TREASURER

EDUCATIONAL CHAIRMAN WORKSHOPS - THURSDAY, MAY 16 - 10:15 - 11:30 A.M. (DESCRIPTIONS ON PAGE 8)

___ CULTURAL ARTS & HERITAGE ___ ENVIRONMENT, HOUSING & ENERGY ___ 4-H YOUTH DEVELOPMENT
___ FOOD, NUTRITION & HEALTH ___ FAMILY & INDIVIDUAL DEVELOPMENT ___ INTERNATIONAL
___ LEADERSHIP DEVELOPMENT ___ MANAGEMENT & SAFETY

REGISTRATION FEES

Registration

Full - \$35 (postmarked by April 9) \$_____
Full - \$50 (postmarked after April 9) \$_____
One Day - \$20 (postmarked by April 9) \$25 (postmarked after April 9) \$_____
(indicate which day __ Tuesday __ Wednesday __ Thursday)

Meals

Tuesday, May 14 - Opening Banquet — \$46 \$_____
Wednesday, May 15 - Master Farm Homemakers Guild Luncheon — \$30 \$_____
Thursday, May 16 - Closing Luncheon — \$30 \$_____

State Meeting Shirt (See photo on page 2; Color photo available at www.keha.org.)

Baseball-style shirt with grey body and blue sleeves, new KEHA Logo — \$16 (S-3XL)
Qty: _____ Size: ___Small ___Medium ___Large ___XL ___XXL ___3XL Total \$_____

Women Walk the World - Tuesday, May 14, 4:45-5:15 p.m. I plan to participate _____

Hands-On Sessions (Please indicate 1st and 2nd choice each day and time)

Tuesday, May 14 Rustic Wooden Flag ___ 11:00 a.m. \$5 \$_____
Tuesday, May 14 Fabric Folded Star ___ 11:00 a.m. \$3 \$_____
Tuesday, May 14 Greeting Card Boxes ___ 11:00 a.m. \$2 \$_____
Tuesday, May 14 Two Owls on a Log ___ 11:00 a.m. \$5 \$_____
Tuesday, May 14 Button Tree ___ 11:00 a.m. \$5 \$_____
Tuesday, May 14 Needle-Felted Wool Sheep ___ 11:00 a.m. \$5 \$_____
Wed., May 15 Wire Bracelets ___ 3:00 p.m. ___ 4:00 p.m. \$10 \$_____
Wed., May 15 Fabric Folded Star ___ 3:00 p.m. ___ 4:00 p.m. \$3 \$_____
Wed., May 15 Clay Oil Diffuser ___ 3:00 p.m. ___ 4:00 p.m. \$3 \$_____
Wed., May 15 Embroidered Greeting Card ___ 3:00 p.m. ___ 4:00 p.m. \$5 \$_____
Wed., May 15 Decorative Handmade Birdhouse ___ 3:00 p.m. [Two hour class] \$8 \$_____

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

Wool Applique May 14 — 1:30-2:45 p.m. \$15 \$_____
Wool Applique May 14 — 3:15-4:30 p.m. \$15 \$_____
In an "Instant" Pot May 14 — 3:15-4:30 p.m. \$10 \$_____
Beginning Basic Backyard Birding May 15 — 1:30-2:45 p.m. \$13 \$_____
Country Ham: Southern Tradition May 15 — 1:30-2:45 p.m. \$5 \$_____

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) \$_____

Make checks payable to KEHA

OVERALL TOTAL \$_____

Notice:
Mail by April 15 for the discounted registration fee. Any registration with a USPS postmark after April 29 will be returned. This is necessary to allow processing time.
Thank You

Mail to:
Harlene Welch
KEHA Treasurer
1730 Pedro Pike
Cynthiana, KY 41031

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.



2019 KEHA ANNUAL STATE MEETING

Crowne Plaza, 830 Phillips Lane, Louisville, Kentucky
(Times listed are Eastern Daylight Time)

The Sun Shines Bright

TUESDAY, MAY 14

9:00 a.m. — 12:00 p.m.	Cultural Arts Check-In [Times assigned for each area; see page 6]	Coronet Ballroom
9:00 a.m. — 5:00 p.m.	Registration & Voting Delegate Sign-In	Crowne Ballroom Foyer
8:00 a.m. — 10:00 a.m.	Trade Show Set-Up	Exhibit Hall
9:00 a.m. — 12:00 p.m.	Silent Auction, Basket Raffle and Homemaker Showcase Set-Up	Crowne Ballroom B & C
9:00 a.m. — 12:00 p.m.	Quilt Square Check-In	Crowne Ballroom B & C
10:00 a.m. — 5:30 p.m.	Trade Show and KEHA Merchandise Store Open	Exhibit Hall
11:00 a.m. — 12:00 p.m.	Hands-On Creative Classes — Session 1	
12:00 p.m. — 5:30 p.m.	Raffle, Silent Auction and Homemaker Showcase	Crowne Ballroom B & C
	Quilt Square Showcase	Crowne Ballroom B & C
1:30 p.m. — 2:45 p.m.	Seminars — Session 1	
3:15 p.m. — 4:30 p.m.	Seminars — Session 2	
4:30 p.m. — 5:30 p.m.	KEHA: Women Walk the World	Crowne Ballroom Foyer
6:30 p.m.	Opening Banquet	Crowne Ballroom A

WEDNESDAY, MAY 15

8:00 a.m. — 9:45 a.m.	Registration & Voting Delegate Sign-In	Crowne Ballroom Foyer
8:15 a.m. — 9:30 a.m.	Seminars — Session 3	
8:00 a.m. — 10:00 a.m.	Quilt Square Viewing and Bidding	Crowne Ballroom B & C
	Raffle, Silent Auction and Homemaker Showcase	Crowne Ballroom B & C
	KEHA Merchandise Store	Exhibit Hall
8:00 a.m. — 3:00 p.m.	Cultural Arts Viewing	Coronet Ballroom
8:00 a.m. — 5:00 p.m.	Trade Show	Exhibit Hall
10:00 a.m. — 11:30 a.m.	Business Meeting	Crowne Ballroom A
11:30 a.m. — 3:00 p.m.	Quilt Square Viewing and Bidding	Crowne Ballroom B & C
	Raffle, Silent Auction and Homemaker Showcase	Crowne Ballroom B & C
	KEHA Merchandise Store	Exhibit Hall
11:30 a.m. — 4:00 p.m.	Registration	Crowne Ballroom Foyer
11:45 a.m. — 1:30 p.m.	Master Farm Homemaker Guild Luncheon	Whitley Room
	LUNCH ON YOUR OWN	
1:30 p.m. — 2:45 p.m.	Seminars — Session 4	
2:00 p.m. — 3:30 p.m.	Master Farm Homemaker Guild Business Meeting	Whitley Room
3:00 p.m. — 4:00 p.m.	Hands-On Creative Classes — Session 2	
4:00 p.m. — 5:00 p.m.	Hands-On Creative Classes — Session 3	
4:00 p.m. — 5:00 p.m.	Quilt Square Pick-Up and Pay	Crowne Ballroom B & C
	Silent Auction Pick-Up and Pay	Crowne Ballroom B & C
	Pick Up Showcase Displays	Crowne Ballroom B & C
4:00 p.m. — 5:00 p.m.	Cultural Arts Check-Out	Coronet Ballroom
	DINNER ON YOUR OWN	
7:00 p.m.	General Session with KEHA Choir Performance	Crowne Ballroom A

THURSDAY, MAY 16

7:30 a.m. — 8:30 a.m.	Registration	Crowne Ballroom Foyer
8:30 a.m. — 9:45 a.m.	Officer Training Workshops	
10:15 a.m. — 11:30 a.m.	Educational Chairman Training Workshops	
12:00 p.m.	Awards Luncheon	Crowne Ballroom A

2019 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction will continue for the seventh 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. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12" finished square(s) to the KEHA State Meeting in Louisville. **Please write your name and county on a small slip of paper and attach to the back of the square.**

If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please feel free to contact Sharon Wood, KEHA 1st Vice President, gswood4@windstream.net or 270-789-1388.

Knit and Crochet Corner

A new event at the State Meeting will be the "Knit and Crochet Corner (**KC Corner**). Scheduled 10:00 a.m. to 5:00 p.m. on May 14 and 9:00 a.m. to 5:00 p.m. on May 15, **KC Corner** will be a place to relax and knit or crochet blocks while showcasing the kindness and caring ever-present in KEHA. We will also join the blocks together to create lap blankets that will be donated to Norton Children's Hospital in Louisville on May 16. These blankets will be used to comfort patients with warm color and a kind, caring embrace.

We invite interested members to bring 7"x 9" blocks that are crocheted or knit from acrylic yarn to the State Meeting. They can be in the form of blocks, strips, or completed lap blankets of any size. We will also welcome donations of any acrylic yarn.

At the conference, look for **KC Corner**, a cozy area for you to knit or crochet blocks. Those who neither knit nor crochet can also join us to whip stitch the blocks together and create the lap blankets!

Find out more about projects like this at Warm Up America! www.warmupamerica.org

Questions? Contact Jennifer Williams at jjennifer143@gmail.com or 859-445-8840.

WOMEN WALK THE WORLD!



ASSOCIATED COUNTRY WOMEN OF THE WORLD
ACWW Connects & Supports Women and Communities Worldwide

29 April is
ACWW Day!



Each year, people worldwide celebrate ACWW's international network by joining together to Walk the World

The aim is raise awareness of ACWW's work, promote the organisation and raise funds - this money goes to further develop our aims of raising the standard of living for rural women and their families through education, training and community development programmes, supporting educational opportunities for women and girls and help eliminate gender discrimination.

You can join us! This is how you can participate and take your part in Women Walk the World

DATE: Tuesday - 5/14/19 at 4:30pm
SUBJECT: Join fellow KEHA members for an afternoon walk as a part of KEHA's observance of the ACWW - Women Walk the World! Participants will convene in the hotel front lobby on the above listed date during State Meeting.

Cultural Arts Check-in Times Tuesday, May 14

- | | |
|--------------------|---|
| 9:00 - 9:30 a.m. | Louisville, Lincoln Trail |
| 9:30 - 10:00 a.m. | Northern Kentucky, Fort Harrod |
| 10:00 - 10:30 a.m. | Green River, Bluegrass |
| 10:30 - 11:00 a.m. | Lake Cumberland, Licking River |
| 11:00 - 11:30 a.m. | Pennyryle, Wilderness Trail, Mammoth Cave |
| 11:30 a.m. - Noon | Purchase, Northeast, Quicksand |

Cultural Arts Check-Out Wednesday, May 15 - 4:00-5:00 p.m.

Areas will be called out in the reverse order from check-in beginning at 4:00 p.m.

Questions? Contact Marilyn Watson KEHA Cultural Arts & Heritage Chairman - mjmw1315@twc.com or 270-827-1385.

*All times listed are Eastern Daylight Savings Time

Hands-On Creative Arts Classes

May 14 - 11:00 a.m. and May 15 - 3:00 p.m. and 4:00 p.m.

(View color photos at www.keha.org)

Tuesday, May 14

Rustic Wooden Flag

Cost: \$5.00

This rustic wooden flag is made from 4 pieces of 2x4 painted with patriotic colors and finished with a twine bow. The finished flag is 7" x 8". Perfect gift for giving or using as a patriotic decoration. All supplies provided.

Class length: 1 hour Class limit: 20



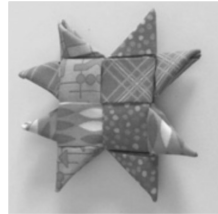
Fabric Folded Star

Cost: \$3.00

Designed to be made from material scraps, this star can be made to use as a fashion clip, ornament or home décor piece. All supplies provided.

Class length: 1 hour

Class limit: 25



Greeting Card Boxes

Cost: \$2.00

Learn how to make these easy but attractive Greeting Card Boxes. Required supplies will be provided. Attendees are asked to bring scissors and a ruler.

Class length: 45 minutes Class limit: 25



Two Owls on a Log

Cost: \$5.00

These adorable owls-on-a-log decoration is a perfect item for gift giving or as a winter decoration. All supplies will be provided.

Class length: 1 hour Class limit: 25



Button Tree

Cost: \$5.00

Join us in creating this simple button tree. The size, shape, color, and type of buttons you choose will make your tree unique. Perfect for gift giving or as a keepsake. Class length: 1 hour Class limit: 25



Needle-Felted Wool Sheep

Cost: \$5.00

Create this simple small and adorable wool sheep. We are sure you will love it and have your own ideas as to how you will use it!

Class length: 1 hour Class limit: 25



Wednesday, May 15

Wire Bracelets

Cost: \$10.00

Make your own lovely wire bracelet with just a few simple steps. The size, choice of beads, or other adornments will make it unique to you. All supplies to be provided.

Class length: 45 minutes Class limit: 20 per class

Offered at 3:00 p.m. and 4:00 p.m.



Clay Oil Diffuser

Cost: \$3.00

Learn how to make your own decorative essential oil diffusers using air dry clay. Hang it in the car, on a night stand, or put it on a cord to wear around your neck.

Class length: 1 hour Class limit: 25 per class

Offered at 3:00 p.m. and 4:00 p.m.



Embroidered Greeting Card

Cost: \$5.00

Create a beautiful hand embroidered greeting card on cardstock. These are unique note cards or holiday cards. This personalized card will definitely be a keepsake for the recipient.

Class length: 1 hour Class limit: 25 per class

Offered at 3:00 p.m. and 4:00 p.m.

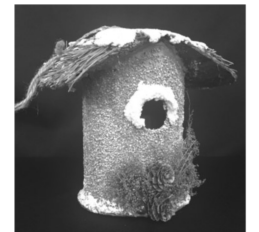


Decorative Handmade Birdhouse

Cost: \$8.00 [corrected 2/25/19]

This cute little birdhouse stands 7 1/2" tall and is 4 1/2" across. It is easily made from scratch with mostly recycled and found objects to add flair to holiday vignettes of natural elements. Class will feature a winter birdhouse, but you can make others at home, too, with decorations for different seasons. All supplies will be provided.

Class length: 2 hours Class limit: 25



Fabric Folded Star

Cost: \$3.00

See description and photo in left column under Tuesday, May 14.

Class length: 1 hour Class limit: 25

Offered at 3:00 p.m. and 4:00 p.m.

Educational Chairman Workshops **Thursday, May 16 - 10:15-11:30 a.m.**

Environment, Housing and Energy

Please join us as we continue our three-year program of work on bees, birds and butterflies. This year's focus is on Birds and Your Outdoor Spaces. We will focus on how native plants are good for the environment and how to encourage birds to inhabit your space. We will also identify plants that are particularly appealing to the birds you wish to attract. Looking forward to seeing you in my session. *-Debbie Pierce*

Food, Nutrition and Health

Are you a Food, Nutrition and Health Chairman? Are you interested in serving in this area, or are you just a Foodie? Join us for an informative session that will explore topics focusing on Food, Nutrition and Health across Kentucky. The WHY (Wellness, Health and You) Program will be discussed and information to participate in the study will be distributed. The KEHA Food Nutrition and Health Plan of Work and contests will be reviewed, with time for questions and answers. This session will be a great time to network with other Food, Nutrition and Health chairmen around the state. Light, nutritious snacks will be provided. Don't forget to register for this exciting session, and sign up to possibly win a door prize!! Looking forward to seeing you at the Food, Nutrition and Health Chairman Training. *-Julie Hook*

4-H Youth Development

2018 has been filed in history and 2019 has arrived. Hope everyone had a great year working with 4-H. Come join us this year in our 4-H Educational Chairman Workshop at the State Meeting in Louisville to learn about Part 3 of our program of work so that you can return to your club, county and area with information on how your members can help in the 4-H program. You can ask questions and find answers for all 4-H program volunteer areas. Come ready to give your suggestions to cement better harmony with the 4-H program. If you are a club, county or area chairman this workshop is for you. See you in Louisville! *-Nancy Snouse*

Management and Safety

The Management and Safety workshop will showcase a new lesson, "Saving Savvy with Grocery List and Coupon Apps." Grocery shopping list and coupon apps can be a great way to save you both time and money; however, with so many options it can become overwhelming! This session will answer the questions: How do grocery shopping list and coupon apps work? How can you save time and money using the apps? How can the apps help you become more organized at the grocery store? We will also review the full program of work and discuss county and area chairman roles. *-Victoria Orme*

Family and Individual Development

If you are a county or area Family and Individual Development Chairperson, please make sure to attend this workshop! If you are unable to attend the KEHA State Meeting, please ask someone to attend the workshop in your place. We will be handing out and discussing the NEW Program of Work and Contest. Those present during this workshop will receive the template for the new contest project. In connection with our new contest, the workshop will feature a speaker addressing Alzheimer's disease. This workshop is open to anybody interested, so come and join us! A door prize winner will be announce after the program. *-Leoni Mundelius*

International

This workshop has been designed to help members have a better understanding of what the International Program has to offer. We will go over current international goals and projects; organizations KEHA is affiliated with such as: Associated Country Women of the World (ACWW), Country Women's Council USA (CWC), and National Volunteer Outreach Network (NVON); and we will discuss possible project opportunities and a new international three year program of work. Each participant will receive a folder containing materials outlining chairman responsibilities (club, county, area and state), and we will review how to complete the Program of Work Report and how to compile and send contest entries. We encourage each county/area to have at least one member attend this workshop so they can provide their county/area with the most updated information! *-Rebecca Clay*

Leadership

Are you a club, county or area Leadership Development Chair? Are you interested in leadership development and volunteer service? Attend this session to learn about the KEHA Leadership Development program of work. Learn new tips and tricks for reporting volunteer service units, updates to the program and the value of your volunteer time. Review opportunities for growing your leadership skills through training in KEHA and two book club options included in the Leadership Development program of work. Discuss the community volunteerism awards, and hear how your projects may be eligible for recognition. We hope to see you in Louisville! *-Karen Yerkey*

Cultural Arts and Heritage

Join us to learn about the new 2019-2022 program of work – JOY: Joyride Offered to You. We are offering a great opportunity for each county to shine with a passport to travel Kentucky and explore the Cultural Arts and Heritage. We will be focusing on mills of Kentucky and weaving. Weaving is one of mankind's most ancient crafts. We will start with Swedish Weaving, also referred to as Huck Embroidery. If you are an area, county or club Cultural Arts and Heritage Chairman, this is a program you will not want to miss. *-Marilyn Watson*

Seminars — Session 1

Tuesday, May 14 — 1:30-2:45 p.m.

Overcoming Barriers to Physical Activity

Regular physical activity is one of the most important things you can do for your health. If you are not sure about becoming active or boosting your level of physical activity because you are afraid of getting hurt, the good news is that moderate-intensity activity, like brisk walking, is safe for most people. Understanding common barriers to physical activity and creating strategies to overcome them may help you make physical activity part of your daily life.

Presenter: Natalie Jones, Extension Specialist for Family Health, UK FCS Extension

Minimum: 5 Maximum: 40

Hosting a Smarter Potluck

Learn how you can use Behavioral Economics concepts from Cornell University to revamp your homemaker or church potluck to enable guests to make choices that will not sabotage their healthy eating plan. Is your potluck truly welcoming to guests with diabetes or heart issues? Is it easy to navigate by people with special dietary needs? Learn simple tips to make your potluck meal welcoming to almost everyone, without eliminating a single dish.

Presenter: Martha Yount, Regional Specialist for Food and Nutrition, UK FCS Extension

Minimum: 10 Maximum: 40

Volunteer Service in KEHA: Shining Bright

Throughout the organization's history, KEHA members have brightened their communities through volunteer service. This session will shine a light on volunteerism, spotlight the value of volunteer service and help all participants understand the KEHA Volunteer Service Unit program.

Presenters: Kim Henken, KEHA State Advisor, UK FCS Extension and Karen Yerkey, KEHA Leadership Development Chairman

Minimum: 10 Maximum: 75

This session is eligible for agent in-service training credit.

Be More than Social 2.0

If increasing engagement on social media accounts is your goal, then this session is for you. We will explore the EQ (engagement quotient) of various post types. In this session, you will have the opportunity to work with a team to create posts for different platforms to encourage engagement.

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

Minimum: 10 Maximum: 100

This session is eligible for agent in-service training credit.

Wool Appliqué

Participants will learn wool appliqué as they create a simple project. Experience in embroidery is not a requirement, but this session will enhance those skills.

Presenter: Mary Hixson, Garrard County Extension Agent for Family and Consumer Sciences

Minimum: 5 Maximum: 20 **Cost: \$15**

Seminars — Session 1

Tuesday, May 14 — 1:30-2:45 p.m.

Helping Families in Addiction and Recovery

Families in which a family member is addicted to drugs or alcohol experience all sorts of problems. They need outside help and support. What is more, getting sober does not solve this problem. In some cases, it can actually make the family problems seem worse. This session will focus on ways to support families as they and their loved ones go through addiction and recovery.

Presenter: Alex Elswick, Extension Specialist for Substance Use Prevention and Recovery, UK FCS Extension

Minimum: 5 Maximum: 50

Kentucky Women and Abraham Lincoln

From his grandmother, Bathsheba, to his love interests, mother, stepmother, wife, and confidants, the Kentucky women in Abraham Lincoln's life played pivotal roles in his development as well as his rise to greatness.

Presenters: Warren Greer, Director, Kentucky Lincoln Heritage Trail

Minimum: 8 Maximum: 40

How Women Have Adapted During Challenging Times Through History and How They Impact Our Lives Today

Come to this session and meet women from the past (in period costumes) and hear the stories of how they created a home for themselves and their families while adapting to challenging times. These women overcame obstacles and forged a path that impacts our lives today. We can learn valuable lessons from their persistence and perseverance (how to cope during challenging times in our modern lives today).

Presenter: Sue Berry and Historic Women from the Past, McLean County KEHA Members

Minimum: 15 Maximum: 40

Seminars — Session 2

Tuesday, May 14 — 3:15-4:30 p.m.

Recipes for Life

Recipes for Life is a curriculum for fifth grade students which teaches nutrition and cooking skills. Extension Homemakers have been instrumental partners in delivering this program in Kentucky counties.

Presenter: Brooke Jenkins, Extension Specialist, UK FCS Extension

Minimum: 10 Maximum: 35

Wool Appliqué

Participants will learn wool appliqué as they create a simple project. Experience in embroidery is not a requirement, but this session will enhance those skills.

Presenter: Mary Hixson, Garrard County Extension Agent for Family and Consumer Sciences

Minimum: 5 Maximum: 20 **Cost: \$15**

Continued →

Seminars — Session 2

Tuesday, May 14 — 3:15-4:30 p.m.

In An “Instant” Pot

Join us as we explore the Instant Pot rage. Sample recipes prepared in the instant pot, and get a recipe booklet to keep. Get valuable tips and tricks to get more from your Instant Pot. Air fryers are another new kitchen tool we will discuss. Sample and compare food prepared in a traditional fryer to an air fryer. Attend this class and be entered into a drawing to win either a new Instant Pot or air fryer.

Presenters: Reba Scott, Purchase Area KEHA President and Julie Hook, KEHA Food, Nutrition and Health Chairman

Minimum: 10

Maximum: 60

Cost: \$10

FCS Education Today: It’s Alive and Thriving!

Do you wonder what happened to Home Economics in middle and high schools across Kentucky? It is still here – alive and thriving! Students have the opportunity to take a sequence of courses in Family & Consumer Sciences (formerly known as Home Economics), participate in FCCLA (Formerly known as FHA), and gain skills to be effective leaders in their homes, careers and communities. Join us for a state of the union address Family and Consumer Sciences style! You will be encouraged by the great things happening today!

Presenters: Kayla Godbey and Reeca Carver, Kentucky Department of Education

Minimum: 10

Maximum: 75

This session is eligible for agent in-service training credit.

KEHA Recruitment: Ideas to Grow Membership

Are you looking for ideas to grow KEHA membership in your county? Listen and gain helpful tips from other KEHA members and agents on how they have increased membership in recent years. Help keep KEHA alive and well in your county and across the state.

Presenters: Select FCS Agents and KEHA Leaders

Minimum: 10

Maximum: 100

This session is eligible for agent in-service training credit.

Traveling through History on the Abraham Lincoln Heritage National Scenic Byway

Learn the history of Abraham Lincoln’s early years and how Kentucky influenced the boy, and later the man, as told by the interpretation of places along a 70-mile stretch of roads designated as a National Scenic Byway. Hear about the process of this designation and what it means for the communities located along the way.

Presenter: Amy Potts, Volunteer Development Coordinator Serve KY - State Commission on Service and Volunteerism

Minimum: 8

Maximum: 40

How to Reach 100½: Highlights From The Blue Zone Study

Healthy aging does not start at age 65. Healthy aging is about a lifetime of healthy behaviors and decision-making. This session highlights aging tips from the world’s oldest living people, focusing on ways in which individuals and families can take control of their own decisions and behaviors in terms of health and well-being for their entire life span.

Presenter: Amy Kostelic, Associate Extension Professor, UK Department of Family Sciences

Minimum: 10

Maximum: 65

Seminars — Session 3

Wednesday, May 15 — 8:15-9:30 a.m.

Sales Tax and KEHA Fundraising: What You Need to Know

Does your fund-raising fall under the Kentucky Sales and Use Tax laws? Are you required to collect and remit sales tax? This seminar, presented by the Kentucky Department of Revenue, will discuss the background and 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 applicable forms.

Presenters: Division of Sales and Use Tax, Kentucky Department of Revenue

Minimum: 10

Maximum: 65

This session is eligible for agent in-service training credit.

Planning with Purpose

Would you like to learn a few tips and tricks to make planning for the KEHA year easier and more comprehensive? This session will spotlight counties that work with officers to plan their county KEHA year by setting dates, events, and goals – all before the homemaker year begins. A few hours of planning can help the advisor and homemakers know what is happening and who is responsible. Examples of calendars and yearbooks will be shared with those in attendance.

Presenters: Jennifer Bridge, Meade County Extension Agent for Family & Consumer Sciences Education; Whitney Hilterbran, Scott County Extension Agent for Family & Consumer Sciences Education; and Whitney Morrow, Carter County Extension Agent for Family & Consumer Sciences Education

Minimum: 10

Maximum: 75

This session is eligible for agent in-service training credit.

Grow Your Clubs: Nine Tips and One Weird Trick for Gaining Membership

In this lively and interactive session, you will learn about the new resources that are available from Marketing and Publicity that will help you grow your club. Gain practice in sharing the message of Homemakers and find out what other Clubs do to increase membership.

Presenter: Jennifer Williams, KEHA Marketing & Publicity Chairman

Minimum: 10

Maximum: 50

Let’s Eat Grandma!

An interactive look at the “interesting” and often humorous components of our English language and how we often misuse it. Be prepared for plenty of participation, a little learning, and lots of laughs!

Presenter: Rita Bloom, Boyle County KEHA Member

Minimum: 6

Maximum: 45

Seminars — Session 3

Wednesday, May 15 — 8:15-9:30 a.m.

Sensational Succulents

We will discuss how to grow succulents, including their care, needs and cultivar selection. Participants will also learn which are hardy and which are not for Kentucky.

Presenter: Dennis Morgeson, Washington County Extension Agent for Horticulture

Minimum: 10

Maximum: 30

Seminars — Session 4

Wednesday, May 15 — 1:30-2:45 p.m.

Financials 101: Extension Guidelines for Volunteer Groups

As a volunteer group associated with the UK Cooperative Extension Service, KEHA clubs, counties and areas must follow set financial guidelines. Learn why those guidelines are important, how they protect volunteers, steps needed to ensure compliance and more!

Presenters: Chris Shotwell, Director of Extension Financial Operations and Ty Back, Extension Fiscal Compliance Officer

Minimum: 10

Maximum: 65

This session is eligible for agent in-service training credit.

Scams and the Path to Recovery

In 2017, the Federal Trade Commission reported Kentuckians lost over \$6 million to fraud and scams (with a \$905 million loss nationwide). This session will discuss and identify the top trending scams targeting Kentucky seniors and will offer tips on prevention and recovery in the aftermath of scams (i.e. identity theft).

Presenters: Gerina Whethers, Executive Director, Attorney General's Office of Senior Protection, and Lori Farris, Executive Outreach Coordinator, Attorney General's Office of Senior Protection

Minimum: 10

Maximum: 75

This session is eligible for agent in-service training credit.

Beginning Basic Backyard Birding

Ever look out your window and wonder what type of bird that is? You think it is a robin, but are you really sure? Do you hear a familiar chirp each morning and wonder who's song that is? Join us for this session and get acquainted with your backyard buddies! The 2019-2020 Environment, Housing, and Energy focus is on Birds and Your Outdoor Spaces. This session will provide you with resources.

Presenter: Whitney Hilterbran, Scott County Extension Agent for Family and Consumer Sciences Education

Minimum: 10

Maximum: 50

Cost: \$13

Seminars — Session 4

Wednesday, May 15 — 1:30-2:45 p.m.

The Many Surprises of Thrift Shopping

Do you like to save money? Come to this workshop and see the variety of items you can find at thrift stores. You will be surprised at what this lady has found and how little she has paid for home furnishings, antiques, toys, books, clothing, costumes, etc.

Presenter: Sue Berry and Nell Jordan, McLean County KEHA Members

Minimum: 15

Maximum: 40

Gadgets and Gizmos

The sun shines bright on some gadgets and not so bright on others. You will learn how to cook with "air," get lumps out of your gravies and increase your cook-top surface using some of the gizmos on display.

Presenter: Joyce Crigler, Bullitt County KEHA Member

Minimum: 20

Maximum: 50

Country Ham: A Southern Tradition of Hog, Salt & Smoke

Is country ham a favorite food in your home? Do you include country ham in holiday meals? Are you curious about the history of country ham? In this session, Steve will discuss the history of country ham, where it is now and lead participants through a small tasting of hams.

Presenter: Steve Coomes, Author of "Country Ham: A Southern Tradition of Hog, Salt & Smoke"

Minimum: 10

Maximum: 40

Cost: \$5

ACWW Kentucky Network

Associated Country Women of the World Kentucky is the KEHA organization that connects with our charity, ACWW. Through this group, homemakers can keep in touch with projects our Pennies for Friendship are helping around the world with women in need. KEHA President Marlene McComas and International Chairman Becky Clay attended the ACWW 2019 Triennial Meeting in Melbourne, Australia, in April and will update us on ACWW's newest resolutions to empower Third World women. Annual dues for the ACWW Kentucky Network (\$2) will be collected in the session.

Presenter: Cathy-Kunkel Mains, President, ACWW-Kentucky Network

Minimum: 5

Maximum: 40

KEHA Choir Rehearsal

Are you a member of the KEHA Choir? Be sure to sign up for this rehearsal session. Members will receive details in advance of the state meeting. (Session only for preregistered choir members.)

Presenter: Wendy Hood, KEHA Choir Director and Mercer County Member

Minimum: n/a

Maximum: n/a



**KENTUCKY EXTENSION
HOMEMAKERS ASSOCIATION**

From the University of Kentucky

The past year was a busy, exciting, and productive year for Family and Consumer Sciences Extension. We have welcomed new staff, obtained new grant funding, enhanced our marketing, and increased our use of technology to extend our reach. We appreciate the continued and unwavering support KEHA has provided as we have navigated through a period of transition, and we look forward to our continued work in partnership with KEHA members across the state.

We are extremely excited to have new staff at both the county and state levels. Since August 1st, new agents have been hired in Crittenden, Carlisle, Calloway, Barren, Clark, Nelson, and Menifee counties. On-campus, Natalie Jones has transitioned to the Family Health Extension Specialist position. She previously served as our physical activity coordinator. Sarah Lovett Hanks joined our team in October as Senior Extension Associate for Family and Consumer Sciences. On January 1 of this year, Emily DeWitt began a new position as Senior Extension Associate for the CDC High Obesity Project and Alex Elswick transitioned from his position as Extension Associate for Family Resource Management to a new position as Extension Specialist for Substance Use Prevention and Recovery. We are in the process of hiring a Senior Extension Associate for Family Finance and a Senior Extension Associate for Clothing, Textiles and Household Equipment. As you meet these individuals, be sure to provide a warm welcome from KEHA!

In addition to new team members, we have also enhanced our communications with clientele through expanded use of Facebook (www.facebook.com/UKFCSExt) and the addition of an Instagram presence (www.instagram.com/ukfcsext). In June, we launched our podcast titled, "Talking FACS." If you are a podcast listener, be sure to search us out on your preferred podcast platform (Apple podcasts, Google Play, Soundcloud, etc.) or at ukfcsext.podbean.com. If you are not a current podcast listener, be sure to check us out online for quick tips related to family, food, fitness, finance, and more!

*With sincerest thanks and best wishes,
Jennifer Hunter, Assistant Director, Family and Consumer Sciences Extension*