



volume 25, issue 1 · March 2021

Connection

“Learning, Leading, Serving”

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A Note from the President...

Dear KEHA friends,

What a year 2020 turned out to be! While the impact of COVID-19 has given the opportunity to slow our busy lives down it has also proven to challenge us to learn to do business in new and interesting ways. While I certainly miss seeing all my KEHA friends across the state, exchanging hugs and catching up on each other's lives, we have been so fortunate to at least see each other on a Zoom screen that reminds me of the old Hollywood Squares game show! How did we ever manage to conduct business without the technology available to us today? While technology will never replace those great face-to-face times, we can at least be grateful that it is available during these challenging times.

It was exciting to have a full board meeting in November of 2020 and see everyone's smiling faces across the various screens. We managed to conduct business almost like being in person with the cooperation of everyone and help from agents in some of the offices, but we got it done successfully and I was so proud of everyone at the end of that meeting.

Like everyone else, my travel was extremely limited. There were no area meetings or other events to travel to, but I was fortunate to see some of you via meetings conducted over Zoom. Your Executive Committee has been hard at work meeting to discuss the possibilities of holding a State Meeting. It was decided to postpone the meeting from April until June and have a shortened agenda.

There was an interesting quote from the ACWW President, Magdie de Kock last year. It was from Ian Davis, in his article "The New Normal" that said, "We seem to be peering through the fog of uncertainty, thinking about how to take position once the crisis has passed and things return to normal. The question is, 'what will normal look like?' While no one can say how long the crisis will last, what we find on the other side will not look like the normal of recent years."

I think that quote pretty much sums up the approach we are taking to planning the State Meeting for 2021. It may not look like it has in past years, but it is being planned to take into the consideration the safety of our members, so bear with us if changes must be made as we move forward. We want to have the best meeting that we can based on the most current health guidance.

With COVID-19 affecting club, county, area, and state meetings, we expected to lose members and that is also happening in other states. Our current membership is now 10,747 which is still the largest membership in all the nine NVON states. We must be innovative in our approach to retaining current members and bringing in new members. We have a lot of creative members who have already come up with new, fun ways to do things so we each need to tap our inner creativity and see how much we can grow in 2021!! I look forward to seeing all the creative things you can come up with.

I really look forward to seeing a lot of your smiling faces (even under a mask I can see you smile) in the coming months. Please take care and stay safe and healthy!

Karen Hill, KEHA President

**KEHA State Meeting
June 22-23, 2021**

Sloan Convention Center
Bowling Green, Kentucky



We are getting ready to travel to Bowling Green where "Adventure Awaits" (our theme) at the 2021 KEHA Annual Meeting, June 22-23. I cannot believe how long we have waited for this adventure to begin. Lake Cumberland Area Extension Homemakers are hosting this year and when we chose this theme we had little idea what adventure laid await for us in 2020 and now in 2021.

Due to Covid-19 we have had to do things a little different this year. We are hoping by June, restrictions will have eased up but since we have to send this newsletter out in the spring we have to plan by the guidelines we have currently. We are asking everyone to wear a mask and practice social distancing (unless restrictions change by then). We are working hard to keep everyone safe and healthy. In order to do that, we have shortened the conference to two days instead of three. Plus we have set limits on the number of participants that can attend. Voting delegates will be given priority then we will accept other members until our limit is reached. We are hoping that number will increase by June also.

The conference will not look the same as it has in the past but never fear, we have tried to schedule as much "adventure" in the two days as we possibly could. We have one day of seminars but we think they are some of the best. We did have to eliminate the crafts sessions. I am so sorry but there was just not enough time in the day.

We will have an opening banquet on Tuesday night where adventure awaits us. We ask that you wear your favorite summer or nautical outfit, much like you would for a riverboat dinner cruise. We haven't had much of a chance to "put on the ritz" so let's take this opportunity to shine! Our speaker will be Christie Thomas McGuire, radio and TV host at UK Sports Network. I'm sure she will have many adventures to share with us.

We will have officer and chairman training on Wednesday morning followed by our Awards Luncheon. The awards will be handed out different this year, too. There will be 14 area baskets in front of the head table and your awards will be placed in the basket for your area president to pick up after the meeting. As your name is called you will be able to stand and be recognized but you will not need to walk up front to receive your award. This will save time and there will be less contact.

I am sorry to say we will not have the Quilt Square Auction this year but we will have the Basket Raffle and the Silent Auction. We ask that everyone use your own pen to place your bid. Also we will have the KEHA Showcase so do not forget to send in your form by May 15. You will find the form on Appendix 31 in the KEHA Manual. Each area can have up to two displays.

We will have judging of Cultural Arts items that should have been judged in 2020. Due to the shortage of time we will not have viewing of the Cultural Arts. I plan on having a slide show of the winners playing while we are eating at the Awards Luncheon. Pictures of the winners will be posted on our Facebook page also.

There will be no vendors this year but we will have our KEHA Merchandise Store open. We are asking that if you purchase anything that you please pay by check. So don't forget to bring your checkbook!

The SELFIE Station will be back for you and your friends to capture this adventure with a photo.

Don't forget to send your registration in now because you do not want to miss this year's State Meeting! Author Wilferd Peterson once said, "A man practices the art of adventure when he breaks the chain of routine and renews his life through reading new books, traveling to new places, making new friends, taking up new hobbies and adopting new viewpoints." This is true, and all of it can happen this year at the KEHA State Meeting!!! Make sure to send your registration in now because "adventure awaits" for you at this year's State Meeting!

Sharon Wood, 1st Vice President

2021 KEHA State Board Elections



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

- President Elect
- 1st Vice President
- 2nd Vice President
- Treasurer
- Cultural Arts Chairman
- Environment, Housing and Energy Chairman
- Family & Individual Development Chairman
- Food, Nutrition and Health Chairman
- International Chairman
- Leadership Development Chairman
- Marketing and Publicity Chairman

With two years' elections taking place at the same time, there are differences in terms. See the feature story at www.keha.org to review the terms for each position. The duties for these positions are outlined in the KEHA Bylaws and descriptions are available in the State Board section of the KEHA website (www.keha.org). Nomination forms are located in the KEHA Manual, Appendix Section.

Credentials should be sent by certified mail to:

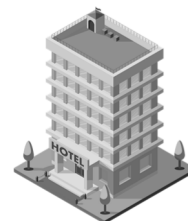
Judy Jackson,
KEHA Secretary
5770 Elliston-Mt. Zion Road
Dry Ridge, KY 41035

Credentials must be postmarked by May 22, 2021 (30 days prior to the KEHA Annual Meeting).

2021 KEHA State Meeting Lodging Information

June 22-23, 2021

Holiday Inn University Plaza
and Sloan Convention Center
Bowling Green, Kentucky



The lodging room block is now open for reservations. The room rate at Holiday Inn University Plaza is \$119 + tax (1-4 people) per night for a Standard Double Room and \$149 + tax (1-4 people) for a King Executive Suite.

To reserve by phone, call 270-745-0088 and request the KYX conference rate. You can also reserve your room online by visiting KEHA.org and click the link listed under the State Meeting info. Book your room by May 22, 2021 to secure the conference rate.

ORDER YOUR KEHA T-SHIRT

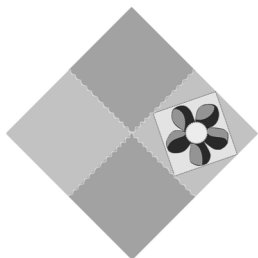


FRONT

BACK

The Lake Cumberland Area, our host for the 2021 State Meeting, has designed a V-neck T-shirt with the alternate KEHA logo on the front and an outline of Kentucky (with words inside describing Homemakers) on the back. Cost is \$15 no matter what size. Sizes are S, M, L, XL, XXL and XXXL. These are Unisex sizes (cut slightly fuller than women's). The color is heather navy blue with white lettering.

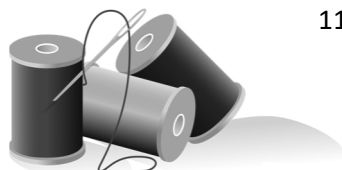
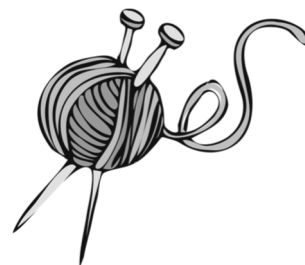
Attention: Cultural Arts items that had qualified for entry at the 2020 State Meeting are the only items that will be eligible for entry.



Cultural Arts Check-In Times

Tuesday, June 22

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



Cultural Arts Check-Out

Tuesday, June 22, 5:00-6:00 p.m.

Areas will be called out in the reverse order from check-in beginning at 5:00 p.m.

Questions? Contact Marilyn Watson, KEHA Cultural Arts & Heritage Chairman

mjmw1315@twc.com or 270-827-1385

**All times listed are Central Daylight Time*



Cultural Arts Viewing

We are so sorry but due to the meeting being shortened this year there will not be an opportunity for us to allow viewing of Cultural Arts. We will make pictures to post on our Facebook page.

We will also have a video of the winners to show during the Awards Luncheon.



TUESDAY LUNCH

The chef at the Hartland Café at the Convention Center has graciously agreed to provide us with a served lunch buffet on Tuesday, June 22. The menu will be soup, salad, croissants, chicken salad, and dessert. The price will be \$10.95 + tax. If you plan on taking advantage of this please check the box on the registration form under meals so we can let him know how many to prepare for.

You will pay for it at the café.



KEHA STATE ANNUAL MEETING REGISTRATION FORM

“Adventure Awaits” • June 22-23, 2021 • Bowling Green, Kentucky

Name _____

Address _____

City _____ State _____ Zip Code _____

County _____ Special Diet _____

Phone (____) _____ Email _____

Emergency Contact _____ Relationship _____ Phone # _____

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 check the Officer and Chairman trainings you plan to attend

Officer Trainings - Wednesday, June 23 - 8:00 a.m. - 8:45 a.m.

President Treasurer Vice President Secretary

Educational Chairmen - Wednesday, June 23 - 9:15 - 10:00 a.m.

Management & Safety Food, Nutrition & Health Leadership Dev. Family & Individual Development

Educational Chairmen - Wednesday, June 23 - 10:30 - 11:15 a.m.

Cultural Arts & Heritage 4-H/Youth Development International Environment, Housing & Energy

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

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

- "P" is for Pterodactyl (Maximum: 40)
- Butterflies of Kentucky (Maximum: 40)
- Are You Out of Control? (Maximum: 20)
- Campfire Cooking (Maximum: 30)
- KEHA Leadership Academy Training Follow-Up (Leadership Academy participants only)

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

- Fun, Fellowship, and Fundraising: How to Raise Money and Have Fun Doing It! (Maximum: 40)
- Thrive and Survive (Maximum: 40)
- It's All Fun and Games: Inspiring Healthier Eating & Activity Habits with Grandkids (Maximum: 30)
- A Taste of What is New at NEP (Maximum: 25)
- Recipes for Life (Maximum: 20)
- ACWW Kentucky Network (Maximum: 25)

(Continued on other side...)

**KEHA STATE ANNUAL MEETING REGISTRATION FORM - continued
 "Adventure Awaits" • June 22-23, 2021 • Bowling Green, Kentucky**




Name _____

REGISTRATION FEES

Registration

Full - **\$40.00** (postmarked on or before May 24) \$ _____
 Full - **\$55.00** (postmarked after May 24) \$ _____
 One Day - **\$25.00** (postmarked on or before May 24) **\$30.00** (postmarked after May 24) \$ _____
 (indicate which day ___ Tuesday, June 22 ___ Wednesday, June 23



Only registration for current State Board members, candidates for state officer and chair positions, and two voting delegates per county will be processed through May 10th. Beginning May 11th, registration for additional members and Extension agents will be processed as space allows. Covid 19 guidelines will necessitate limits on the number of attendees.

Check here if you are submitting credentials for a state officer or chair position.

Meals

Tuesday, June 22 - Opening Banquet - **\$36** \$ _____
 Tuesday, June 22 - Lunch at the Hartland Café (If you plan to purchase the buffet for \$10.95 + tax at the Hartland Café just check here so we will have a number to tell the Café to prepare for.
DO NOT PAY HERE. More information is listed on page 4.
 Tuesday, June 22 - Master Farm Homemakers Guild Luncheon - **\$19** \$ _____
 Wednesday, June 23 - KEHA Awards Luncheon—**\$27** \$ _____

State Meeting Shirt (Heather Navy Blue V-neck T-shirt with "Adventure Awaits" Outline of Kentucky on back (Picture on page 3 of newsletter)

Qty: _____ Size: ___ Small ___ Medium ___ Large ___ XL ___ XXL @ **\$15.00** \$ _____

KEHA Print - Order your KEHA print via this registration for pick-up at state meeting. (Save \$6 shipping)
 _____ number of prints ordered x **\$40.00** per print (\$37.74 for print plus \$2.26 sales tax) \$ _____

Make checks payable to KEHA

OVERALL TOTAL \$ _____

| | | |
|---|---|--|
| <p style="text-align: center;">NOTICE:</p> <p>Mail by May 24 for the discounted registration fee. Any registration with a USPS postmark after June 7 will be returned. This is necessary to allow processing time.</p> | <p style="text-align: center;">MAIL TO:</p> <p style="text-align: center;">Harlene Welch KEHA Treasurer 207 Fifth Street Cynthiana, KY 41031</p> | <p style="text-align: center;">FOR KEHA TREASURER USE ONLY:</p> <p>Date received: _____ Check number: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____</p> |
|---|---|--|

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

2021 KEHA ANNUAL STATE MEETING

Sloan Convention Center, Bowling Green, Kentucky
(Times listed are Central Daylight Time)



TUESDAY, JUNE 22

| | | |
|-------------------------|--|-------------------------|
| 9:00 a.m. - 12:00 p.m. | Basket Raffle, Silent Auction and KEHA Showcase Set-Up | Pre-Function Area |
| 9:00 a.m. - 12:00 p.m. | Cultural Arts Check-In [Times assigned for each area] | Ballroom A |
| 9:00 a.m. - 12:00 p.m. | Registration & Voting Delegate Sign-In | Sloan Convention Center |
| 9:00 a.m. - 5:00 p.m. | KEHA Merchandise Store | Sloan Convention Center |
| 12:00 p.m. - 4:00 p.m. | Basket Raffle, Silent Auction and KEHA Showcase | Pre-Function Area |
| 10:30 a.m. - 11:30 a.m. | Seminars - Session 1 | |
| 10:30 a.m. - 11:30 a.m. | Master Farm Homemaker Guild Business Meeting | Salon B |
| 11:30 a.m. - 12:30 p.m. | Master Farm Homemaker Guild Luncheon | Salon B |
| 11:30 a.m. - 1:00 p.m. | Lunch (On your own or at the Hartland Café) | |
| 1:00 p.m. - 3:00 p.m. | Business Meeting | Ballroom B, C and D |
| 3:30 p.m. - 4:30 p.m. | Seminars - Session 2 | |
| 5:00 p.m. | Cultural Arts Pick Up [Times assigned for each area] | Ballroom A |
| | Silent Auction Pick-Up and Pay (Please pay by check) | Pre-Function Area |
| | Pick-Up KEHA Showcase Displays | Pre-Function Area |
| 6:30 p.m. | Opening Banquet | Ballroom B, C & D |

WEDNESDAY, JUNE 23

| | | |
|-------------------------|-------------------|-------------------------|
| 7:30 a.m. - 8:00 a.m. | Registration | Sloan Convention Center |
| 8:00 a.m. - 8:45 a.m. | Officers Training | Sloan Convention Center |
| 9:15 a.m. - 10:00 a.m. | Chairman Training | Sloan Convention Center |
| 10:30 a.m. - 11:15 a.m. | Chairman Training | Sloan Convention Center |
| 11:45 a.m. | Awards Luncheon | Ballroom B, C & D |

Conference Agenda



KEHA Board at the 2019 Fall Board Meeting

The Kentucky Extension Homemakers Association is governed by a state board. The board includes five elected officers, eight elected educational program chairmen, a marketing and publicity chairman, fourteen elected area presidents, an appointed parliamentarian and four ex officio members.

Can you spare 5 minutes? Give us your input.



The KEHA officers would like your input to make the president, vice president, secretary and treasurer trainings at State Meeting fit your needs. Please complete this survey by May 1.

Survey: <http://ukfcs.net/KEHAOfficerTrainingSurvey>



2021 NVON CONFERENCE

“Be the Sunshine - Make a Difference

KEHA is excited to host the National Volunteer Outreach Network (NVON) Conference in Owensboro, July 20 - 22, 2021. If you are interested in attending, check out the registration on NVON.org website. A list of tours, learning sessions and craft classes are listed on the website also.



SILENT AUCTION & BASKET RAFFLE

We are requesting each county donate an item for the silent auction. Please bring your checkbook. Checks are the preferred method of payment for KEHA merchandise and silent auction purchases. It will be less contact and much safer for all involved. Each Area is responsible for a basket for the basket raffle. Please have exact dollar amount to purchase tickets.

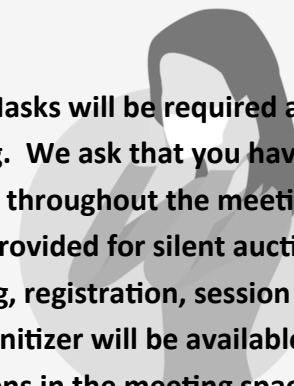


Tickets are \$1 each.

Thank you!

ATTENTION!

Face Masks will be required at the State Meeting. We ask that you have an ink pen with you throughout the meeting. Pens will not be provided for silent auction, business meeting, registration, session sign-in, etc. Hand sanitizer will be available in multiple locations in the meeting spaces. Please comply with social distancing recommendations and requirements.



Educational Chairman Workshops

Wednesday, June 23, 9:15-10:00 a.m.

MANAGEMENT & SAFETY

Scam Red Flags and Identity Theft - Two Lessons to Keep You Safe

Americans lose billions of dollars each year to fraud. Anyone could become a victim. Hear an overview of two new leader lessons, complete with publications, facilitator guides, slides, activities, marketing tools, and evaluations. Included activities reinforce learning about preventing fraud and reducing identity theft risk. Find out how both lessons can be adapted easily for in-person or online presentation. These lessons are part of the 2020-2023 Management & Safety Program of Work.

—*Elaine Stevens*

FOOD, NUTRITION & HEALTH

Make plans to attend the Food, Nutrition and Health Chairman learning session. This session is open to anyone who is interested in Food, Health and Nutrition. All area chairmen are encouraged to attend, or send someone to represent the area. We will be covering the year's Program of Work and current contests. There will be useful information for you to take home along with heart-healthy snacks (and a few not-so-healthy). There will also be door prizes for attendees. The overall goal of the program is to screen, educate and empower participants to actively engage their community in wellness conversations.

—*Julie Hook*

LEADERSHIP DEVELOPMENT

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 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. Discuss the community volunteerism awards, and hear how your projects may be eligible for recognition. Share your ideas for the next Program of Work.

—*Karen Yerkey*

FAMILY & INDIVIDUAL DEVELOPMENT

Workshop will focus on Nurturing Aging. Discussions will include Alzheimer's/Dementia and caregivers support by Alzheimer's Association. We don't plan to become a caregiver for our loved ones, but if you are one, come and learn how to make your day a little easier or come and share your solution on how to cope being a primary caregiver. Interested to learn more about Master Clothing Volunteer Program? Jeanne Badgett, Extension Senior Associate for Clothing, Textiles and Household Equipment, will be there to talk about the MCV Program and will answer your questions. See you in Bowling Green!

—*Leoni Mundelius*

Wednesday, June 23, 10:30-11:15 a.m.

CULTURAL ARTS & HERITAGE

Our last adventure of weaving on the Joyful Program of Work is about complete. Won't you join us on this Journey of Pin Weaving? There are looms for Pin Weaving in several different sizes on which you can make pieces of cloth for projects. We will create embellished material made by pin weaving on interfacing. This can accent your project. Exciting! You are truly the artist. All area, county, or club Cultural Arts and Heritage Chairmen are encouraged to attend and we always try to have a few prizes to make it a joyful workshop. Hope to see you in Bowling Green!

—*Marilyn Watson*

4-H YOUTH DEVELOPMENT

Discovering Your Motivation—Why You Should Help 4-H

This workshop will teach motivational methods that engage volunteers to discover how they can assist in building 4-H and Homemaker partnerships as well as build common goals for individuals, clubs and community. With the help of Isaac Hilpp, 4-H Youth Development Specialist, you will build a toolbox of interactive practices that engage the busy volunteer. You will also learn to refine your listening skills to be present to others.

—*Cathy Kunkel-Mains*

INTERNATIONAL

If you are interested in learning about the progressive actions Kentucky Extension Homemakers are taking to create greener spaces, healthier communities and dependable relationships at home and overseas, join me in this informative workshop! Anyone is welcome, but International Chairmen serving at any level are encouraged to join. I'm excited to share exclusive announcements and project updates with you. See you soon!

—*Rebecca Clay*

ENVIRONMENT, HOUSING & ENERGY

"Butterflies and Their Contribution to the Environment"

The 2020-2021 program of Work for Environment, Housing & Energy is on Monarchs, Skippers, Painted Ladies and other Kentucky Butterflies. In the session we will be discussing the butterflies and plants that attract butterflies. We will also discuss Monarch butterflies, their migration and how to develop a Monarch Waystation. You do not need to be an Environment, Housing & Energy chairperson to attend this workshop.

—*Debbie Pierce*



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

KEHA Seminars – Session 1

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

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

KEHA Seminars – Session 2

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

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

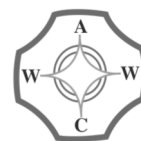


agents and volunteers working collaboratively. During the experience, students engage in learning activities, prepare a recipe and then share a meal. Learn more about the program, the role of volunteers and how KEHA membership can help make this a success in your county.

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



Kentucky Extension Homemakers Association

UK Corner

Last year when I wrote this column for your newsletter, the coronavirus was beginning to have an impact abroad. We did not know at that time just how extensive that impact would be globally and locally. It has definitely been an interesting and challenging year. For those who have dealt with the virus personally or in your family, know our well wishes are with you.

Though we have had to work very differently for the past year, there have been great achievements in Family and Consumer Sciences Extension. Our agents, program assistants, and state staff quickly re-envisioned programming and continued to meet community needs. From all levels, we have used virtual meetings, social media, grab and go educational programs, newsletters, mailings, and more to reach traditional and new clientele. Our state staff have worked incredibly well in a teamwork model to provide resources for agents and clientele. County Extension agents and staff have worked in partnership with school systems, food banks, community agencies, and others to provide families with educational programming and essential supplies. We have responded not only to the pandemic but also to winter storms and flooding. Many of you have spent countless hours using your time, talent, and skills to aid your communities, including sewing face masks, making surgical gowns, collecting food donations, volunteering at vaccine clinics, assisting with flood clean-up and more. Your value to your communities continued to shine through even though things were very different. Thank you!

Spring has brought decreasing case numbers, declining positivity rates, and increasing numbers of vaccinated individuals. Extension is gradually returning to more in-person programming while following all public health guidelines. We know you are excited to meet face-to-face and that your leadership has provided guidance to help you do so safely. We all look forward to June and the opportunity to gather safely for a reimagined KEHA State Meeting. Please know we appreciate your continued support and look forward to our continued partnership with KEHA.

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