

KEHA Manual

Handbook

Contents: This *Handbook* is a reference tool providing specific information about KEHA, including Bylaws and Standing Rules. It also includes program of work details, specific information related to cultural arts exhibits, details and forms for the homemaker exchange program, instructions for volunteer service unit tracking and recognition, and scholarship information and applications. Details for any contests and recognitions for each educational chairmanship are included. This section provides the guidelines and forms for the KEHA mini-grants for study or research, KEHA development grant guidelines, information about the Master Farm Homemakers Guild and history for both KEHA and the Cooperative Extension Service.

KEHA MANUAL

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All entries listed in bold were updated in 2022 and have 2022 dates in the lower right corner. These pages replace same numbered pages with dates prior to 2022.

KENTUCKY COOPERATIVE EXTENSION SERVICE PERSONNEL

University of Kentucky Administrative Staff

Dr. Eli Capilouto, President, University of Kentucky
Dr. Nancy Cox, Vice President for Land-grant Engagement and Dean, College of Agriculture, Food and Environment, University of Kentucky
Dr. Laura Stephenson, Associate Dean and Director, Cooperative Extension Service
Dr. Jennifer Hunter, Assistant Director, Family and Consumer Sciences Extension
Kelly May, KEHA State Advisor
Dr. Craig Wood, Assistant Director, Agriculture & Natural Resources Extension
Dr. Rachel Guidugli, Assistant Director, 4-H Youth Development Programs
Dr. Ken Jones, Director, Program and Staff Development, Cooperative Extension Service
Dr. Jeffery Young, Director, Urban Extension, Cooperative Extension Service
Stacy Miller, Director, Extension Human Resources
Dr. Alison Davis, Director, Community and Economic Development Initiative of Kentucky
Kim Henken, Director, Extension Engagement and Administrative Initiatives

Kentucky State University Administrative Staff

Dr. Kirk Pomper, Director of Land Grant Programs
Dr. Courtney Owens, Interim Associate Extension Administrator

Regional Extension Directors

Central Region	Natasha Lucas
East Region	Daniel Wilson
West Region	Anna Porter

Area Extension Directors

East Region

East 1 & 2 – Jeffery Casada
East 3 & 4 – Judi O-Bryan
East 5 & 6 – Ty Back
East 7 & 8 – Raven Ford

Central Region

Central 1 & 2 – Lisa Adams
Central 3 & 4 – Jenny
Cocanougher
Central 5 & 6 – Willie
Howard
Central 7 & 8 – Mike Meyer

West Region

West 1 & 2 – Robert Tashjian
West 3 & 4 – Matt Fulkerson
West 5 & 6 – Jeremy Teal
West 7 & 8 – Amber Huffman

Extension Family & Consumer Sciences Specialists and Associates

UNIVERSITY OF KENTUCKY (<http://fcs-hes.ca.uky.edu/>)

Paul Adkins, M.S.	Nutrition Education Program
Kerri Ashurst, Ph.D.	Children, Youth, and Families at Risk and Military Families Programs
Tyrone Atkinson, B.S.	Military Families Programs
Marisa Aull, B.A.	Nutrition Education Program
Jeanne Badgett, M.S.	Clothing, Textiles and Household Equipment
Sandra Bastin, Ph.D.	Dietetics and Human Nutrition
Elizabeth Buckner, M.S.	Nutrition Education Program
Emily DeWitt, M.S.	CDC High Obesity Program
LaToya Drake, M.S.	Nutrition Education Program
Caroline Durr, M.S.	Nutrition Education Program
Alex Elswick, Ph.D.	Substance Use Prevention and Recovery
Brian Fitzpatrick, M.S.	Computer Support Specialist/Webmaster
Rachel Gillespie, M.S.	CDC High Obesity Program
Sarah Hanks, B.S.	Family and Consumer Sciences
Maria Harris, M.Ed.	Family and Consumer Sciences
Mary Higginbotham, M.S.	Family and Consumer Sciences
Nichole Huff, Ph.D.	Family Financial Management
Brooke Jenkins, M.S.	Nutrition Education Program
Natalie Jones, M.S.	Family Health
Jann Knappage, MPH	Nutrition Education Program
Amy Kostelic, Ph.D.	Adult Development and Aging
Joann Lianekhammy, Ph.D.	Family and Consumer Sciences
Courtney Luecking, Ph.D.	Dietetics and Human Nutrition
Rusty Manseau, B.A.	Graphic Artist
Kelly May, B.A.	Family Finance and Resource Management
Rita May, B.S.	Nutrition Education Program
Leslie McCammish, B.S.	Nutrition Education Program
Mindy McCulley, M.S.	Instructional Support
Sally Mineer, M.S.	Professional Development
Janet Mullins, Ph.D.	Foods and Nutrition
Jean Najor, M.S.	Nutrition Education Program
Heather Norman-Burgdolf, Ph.D.	Foods and Nutrition
Annhall Norris, B.S.	Foods and Nutrition
Paul Norrod, Ph.D.	Farm Stress and Rural Mental Health
Paula Plonski, M.A.	Nutrition Education Program
Denise Rennekamp, M.S.	Nutrition Education Program
Joseph Schroeder	Farm Stress and Rural Mental Health
Alyssa Simms, B.S.	Editor
Kelli Thompson, M.A.	Graphic Artist
Jackie Walters, M.B.A.	Nutrition Education Program
Laura Weddle, B.A.	Farm Stress and Rural Mental Health
David Weisenhorn, Ph.D.	Parenting and Child Development
Michele West, B.A.	Nutrition Education Program
Martha Yount, M.S.	Nutrition Education Program

KENTUCKY STATE UNIVERSITY (<https://ksu.edu/academics/cafsss/cooperative-extension/>)

LeChrista Finn, Ph.D.	Health
Kristopher Grimes, Ph.D.	Nutrition Education
Allison Young, Ph.D.	Family and Consumer Sciences

- i. Election shall be by ballot unless there is but one (1) nominee for the office, in which case a show of the voting cards may be taken at the business meeting of the KEHA Annual Meeting. A candidate must receive a majority vote of the official delegates voting to be elected. If a majority is not reached after two ballots are cast, only the two candidates receiving the largest number of votes on the last ballot shall remain on the ballot for the final vote.
- j. The Secretary shall be elected the year the President-elect moves up to President, the First Vice-President and Treasurer shall be elected the following year, and the President-elect and Second Vice President the next year.
- k. Officers, with the exception of President-elect, shall serve for a term of three years or until their successors are elected or appointed. The President-elect shall serve for one year, followed by a three-year term as President. No officer shall submit credentials for an additional term for the office they currently hold. New officers will take office July 1.
- l. Elected Educational Program Chairmen shall serve for a term of three years or until a successor is elected or appointed. No chairman shall submit credentials for an additional term for the office they currently hold. New Chairmen will take office July 1.
 - (1) The following Chairmen shall be elected the same year as the First Vice President and Treasurer.
 - Environment, Housing & Energy
 - Leadership Development
 - Food, Nutrition & Health
 - (2) The following Chairmen shall be elected the same year as the President Elect and Second Vice President.
 - Family & Individual Development
 - Cultural Arts & Heritage
 - International
 - (3) The following Chairmen shall be elected the same year as the Secretary.
 - 4-H Youth Development
 - Management & Safety
- m. The Marketing and Publicity Chairman shall serve for a term of three years or until a successor is elected. The current chairman is not eligible to submit credentials for an additional term. The first election will be held 2020, then subsequently elected every three years thereafter. The chairman shall take office July 1.
- n. The Executive Committee shall be responsible for making appointments to fill the vacancy occurring in any elected position with the exception of President or President-elect. The appointment shall be for the remainder of the unexpired term. In the event of a vacancy occurring in the office of President, the First Vice President shall fill the unexpired term. Any open position will be announced, and credentials will be accepted that are postmarked within thirty (30) days of the announcement. If no credentials are received within the 30 day timeframe, the Executive Committee will appoint a qualified candidate to fill the vacancy.
- o. In the event of a vacancy occurring in the office of President-elect, the First Vice-President shall assume the duties of the President-elect and an election for President will be held at the next KEHA annual meeting.

ARTICLE V – FINANCING

Section 1. Dues

- a. Annual dues of the KEHA shall be **five dollars** per member payable by December 15 of each year to the KEHA Treasurer by the Treasurer of each County Association, based on membership as of December 1 and shall be delinquent on December 31. **Any county whose dues are delinquent will not have the privilege of voting at the Annual Business Meeting of the KEHA.**
- b. Area Dues - These shall be as provided in the bylaws of each Area Association.
- c. County Dues - These shall be as provided in the bylaws of each County Association.

ARTICLE VI - MEETINGS

Section 1. KEHA Meetings

The Kentucky Extension Homemakers Association, Inc. shall have a KEHA Annual Meeting. The place and date is designated by the Board of Directors.

- a. Special meetings may be called by the President or by two thirds vote of the Board of Directors or by request of one third of the County Associations, stating reasons for the meeting. Notice of all special meetings shall be sent at least 10 days prior to the meeting, stating the objectives of the meetings and the subject or subjects to be considered.
- b. At all meetings of the KEHA, the voting delegates from each county present shall constitute a quorum.
- c. Annual Business Meeting - All Board of Director members shall have the privilege of making motions and entering into debate at KEHA Annual Meetings but do not have the privilege to vote except when acting as an official voting delegate for their county. The President may vote to break or make a tie.

Section 2. Area Meetings

Area meetings may be held annually. An area must have at least one meeting every three years. Each area has the responsibility of developing the program for its area meetings.

Special meetings may be called by the President, or by request of one third of the member counties, stating reason or reasons for meeting.

ARTICLE VII - AMENDMENTS

The State Bylaws may be amended by two thirds vote of the county voting delegates at the KEHA Annual Meeting. Copies of the proposed bylaw changes shall be sent to each county's two voting delegates and to the County Extension Agent for Family & Consumer Sciences at least two weeks before the KEHA annual meeting.

ARTICLE VIII - DISPOSITION OF ASSETS IN CASE OF DISSOLUTION

The Board of Directors of the Kentucky Extension Homemakers Association, Inc. directs that in case of dissolution of the Kentucky Extension Homemakers Association, Inc. all assets of the Association be transferred to the University of Kentucky Family and Consumer Sciences Extension Legacy Fund.

ARTICLE IX - PARLIAMENTARY AUTHORITY

The rules contained in the latest edition of Roberts Rules of Order Newly Revised shall govern this organization in all cases to which they are applicable and in which they are not inconsistent with the KEHA Bylaws.

Revised	April 28, 1998	April 27, 1999	April 24, 2001	April 19, 2005
	May 14, 2008	April 22, 2009	May 12, 2010	May 16, 2012
	May 6, 2015	May 8, 2018	May 15, 2019	June 22, 2021
	May 11, 2022			

Finance – Committee

1. A Finance Committee consisting of the Treasurer, a state Educational Program Chairman, and one Area President shall prepare an annual budget to be presented to the voting delegates at the annual state business meeting. (3/11/2014)
2. All proposals for funding including the budget shall go before the Finance Committee for formal review before being presented to the KEHA Board of Directors for approval. Proposed budget requests from officers, Educational Chairmen, and committees are due in writing to the Finance Committee by January 31. (11/13/01)

Finance – Expenses

1. The mileage allowance shall be \$0.40 per mile. Reimbursable mileage includes mileage from home or the Kentucky state line to meeting site and return as well as meeting related travel. (3/15/2016)
2. Expenses for travel and lodging shall be paid for KEHA Board of Directors members and special committee members to KEHA Board meetings, KEHA Annual Meeting and special committee meetings. Meal allowance will be \$30.00 per day except for required function.
3. Lodging the night prior to KEHA board meetings, KEHA Annual Meeting and special committee meetings shall be paid when the driving distance to the meeting location and meeting start time would dictate departing prior to 7:30 a.m. local time as determined by the board member's home address. (Exceptions will be considered when carpooling dictates early arrival and offsets the lodging costs.) (3/10/2020)
4. Lodging will be based upon double occupancy. Any board members requesting a single room will be personally responsible for paying half of the room cost.
3. To be reimbursed for all expenses, all requests must be filed with the Treasurer within 60 days after the expense occurs. (3/10/2020)
4. Any KEHA member serving as a NVON officer may request reimbursement for transportation to the annual NVON Conference. Such reimbursement would come from special travel funds and may not exceed 10% of the balance in the special travel account. Special travel funds must be requested prior to travel. (11/10/2015)

Finance – Credit Card

1. The KEHA treasurer shall establish a single credit card account at the bank where the general fund account is held. (11/14/2016)
2. The President and 1st Vice President will be the designated card users, with the card to be used for all budgeted expenses requiring electronic payment. (11/16/2021)
3. Any time the card is used, the receipt should be scanned as soon as possible and emailed to the KEHA Treasurer. (11/14/2016)
4. Statements shall be mailed to the KEHA Treasurer. (11/14/2016)
5. As monthly statements are received, the treasurer shall verify all charges to submitted receipts, secure any missing receipts, pay the balance due and post expenses to the appropriate budget categories. (11/14/2016)

KEHA REMINDER CALENDAR

Month	Reminder Notes
July	1st- Club Program of Work Reports are due to County Educational Chairmen 1st – Volunteer Service unit reports due to county Prepare club organizational materials for the new KEHA year Plan for county and club officer training
August	15th - County Program of Work Reports are due via online forms and a copy of each submission should be mailed to the corresponding area chairman 15th – County VSU reports due to Area Leadership Development Chairman Plan for Membership Drive Plan for marketing homemakers Hold officer training Hold county council meeting
September	15th – Area VSU reports due to State Leadership Development Chairman
October	15th - KEHA State Meeting Presenter Forms Due Plan for next program year Kentucky Extension Homemakers Week (second full week) Names of Area Officers to be sent to State President and KEHA Advisor
November	1st – State Officer, State Educational Chairman, and Area Annual Reports sent to KEHA State Advisor electronically (via email attachment or disk delivered at the Fall Board Meeting) 15th - Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with fiscal year ending June 30 KEHA Fall Board Meeting
December	Mail dues by December 15 (Delinquent after December 31) Membership report due to Area President or Vice President by December 31 31st – Membership Recognition Report due to Area President or Vice President
January	Updates for Newsletter Database are due by January 15 31st – Area Membership Recognition Report due to KEHA 2 nd Vice President
March	1st - All contests, awards, applications, scholarships, 50 year members, etc., for KEHA state meeting due KEHA Spring Board Meeting
April/ May	Registration due for KEHA State Meeting KEHA State Meeting
May	15th - Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with fiscal year ending December 31
June	30th – KEHA year ends

**Preparation of the annual Inspiration
Booklet was discontinued by vote of the
KEHA Board in November 2021.**

**Preparation of the annual Recreation
Booklet was discontinued by vote of the
KEHA Board in November 2021.**

Cultural Arts and Heritage

Program of Work

2022-2025

Situation: Situation: Of the several entries for the word “ART” in Merriam-Webster’s online dictionary, the definition, “decorative or illustrative elements in printed matter” is the inspiration for the current Three-Year Program of Work. Viewing art – such as a painting, photograph – can influence our thought processes, emotions, and behaviors. And the fundamental ‘elements and principles’ of art (or design) consciously and subconsciously impact our perception of what we are viewing. This Program of Work aims to introduce participants to the elements and principles of art through definitions and examples, while helping participants understand why they may or may not “like” what they see when viewing art. Participants will be encouraged to enter their own “works of art” in the Cultural Arts Exhibit.

YEAR ONE Focus (2022 – 2023): ELEMENTS and PRINCIPLES of ART

Goal: To provide information that will enable participants to objectively evaluate a drawing, painting, or photograph and have discussions about what makes some works of art visually pleasing or not visually pleasing

Objectives:

- Establish a foundation of understanding through a brief survey of art history
- Define the Elements of Art/Design
 - Line, shape, form, space, texture, value, color
- Define the Principles of Art/Design
 - Unity/variety, proportion, balance, contrast, emphasis, movement, rhythm, pattern
- View and critique examples of the Elements and Principles
- Discuss how the use of Elements and Principles can create something that is either visually pleasing or not pleasing

Activities:

- Create a scrapbook page to enter in the Cultural Arts contest that incorporates several Elements and Principles of Art
- Visit local museums to view a drawing, painting, or photograph and describe the specific Elements and Principles of Art
- Support local artists

YEAR TWO Focus (2023 – 2024): COMPOSITION in DRAWING and PAINTING

Goal: To increase participants level of understanding related to composition in drawings and paintings.

Objectives:

- Discuss the history of drawing and painting
- Discuss tools and equipment used for drawing and painting
- Review the Elements and Principles of Art/Design and make connections with specific drawings and paintings
- Give suggestions for how to create visually pleasing drawings and painting

Activities:

- Enter a drawing or painting in the Cultural Arts contest
- Experiment with watercolors and paint our state of Kentucky
https://cedik.ca.uky.edu/files/kentucky_watercolor_ky_arts_extension_july2020.pdf
- Visit local museums to view a drawing, painting, or photograph and describe the specific Elements and Principles of Art

YEAR THREE Focus (2024 – 2025): COMPOSITION IN PHOTOGRAPHY

Goal: To increase participation in Cultural Arts and Heritage Exhibit Photography categories.

Objectives:

- Discuss the history of photography
- Discuss tools and equipment used for photography
- Make connections about the Elements and Principles of Art/Design to specific photography
- Make distinctions between black & white photography and color photography
- Give suggestions for how to create visually pleasing photographs

Activities:

- Take a photography class
- While keeping the Elements and Principles of Art in mind, take a photograph to enter in the Cultural Arts contest
- Sort through your old photographs and select a few that you find visually pleasing – and display them! Find a few photographs that you don't like – and let them go!
- Visit local museums to view a drawing, painting, or photograph and describe the specific Elements and Principles of Art

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2022-2025 Cultural Arts Contest

CONTEST: The KEHA Cultural Arts and Heritage Passport will be offered on an annual basis. The county who records the most events, based on the percentage of members, will be awarded \$100.00 and a Travel Trophy at the annual meeting. Clubs/members should submit all completed passports to the County Cultural Arts Chairman or County President by July 1. Each county must report total events attended/places visited via email to seiterbarbara@yahoo.com or submit the total via the online county Passport form accessible on the Cultural Arts Chairman page of the KEHA website (<http://keha.ca.uky.edu/content/cultural-arts-and-heritage>). This information is also in the Passport Contest Booklet that is available on the KEHA website.

NEW FOR 2022: Include in the Passport a **brief written description** of one work of art viewed at a Kentucky museum, exhibit, or fair. Try to incorporate some the vocabulary related to the Elements and Principles of Art:

- Line, shape, form, space, texture, value, color
- Unity/variety, proportion, balance, contrast, emphasis, movement, rhythm, pattern

Include:

- Location of work of art
- Artist name (if known) and date of work (if known)
- Art type and medium (ex: painting – acrylic, watercolor, etc.; drawing – pencil, ink; photograph – color, black & white; textile/quilt – cotton fabric, etc.)

OBJECTIVES:

1. To Promote Cultural Arts and Heritage.
2. To promote and share multicultural experiences.
3. To develop educational awareness of historic surroundings

ACTIVITY SUGGESTIONS:

1. Document and encourage travel in Kentucky.
2. Promote Homemakers interaction with other counties and area.
3. Encourage healthy and active lifestyles

Cultural Arts and Heritage

Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman:
Barbara Seiter, 8669 Valley Circle Drive, Florence, KY 41042
Phone: (859) 653-7655 Email: seiterbarbara@yahoo.com

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
 - Entry may be written in the first or third person
 - Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.
-

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL

- a. Accessory
- b. Appliqued
- c. Basic Sewing

- d. Quilted
- e. Specialty

2. ART, 3-Dimensional

- a. Carving

- b. Sculpture

3. ART, NATURAL

- a. Wood

- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household

- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)

- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable

- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded

- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count

- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion

- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth

- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing

- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon

- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

13. FELTING*

- a. Needle Method

- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring

- c. Summer
- d. Winter

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking***

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

Champion (purple ribbon) entries from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2020-2021).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.



Kentucky Extension Homemakers Association

Cultural Arts and Heritage — Book List

Please help compile the 2023 to 2024 KEHA Book List by suggesting good, well written books, published in the past 3 years. Books should be submitted from the following categories:

- Arts
- Biography
- Family and Consumer Sciences
- Fiction
- History
- Kentucky
- Religion and Spirituality
- Travel
- Classics and Old Favorites (may be older than 3 years)

We need the following information (use a separate sheet for each book).

Name of Book –

Category (from list above) –

Author –

Short Description (3 or 4 sentences; use back if necessary) –

Deadline to submit January 15, 2023, to the current KEHA Cultural Arts and Heritage Chair.

Barbara Seiter
8669 Valley Circle Drive
Florence, KY 41042
(859) 653-7655
Email: seiterbarbara@yahoo.com

Environment, Housing and Energy

Program of Work for 2022-2024

Emphasis One

TITLE: Radon: The Silent Killer

Goal: What is radon and how it can impact your health

Objectives:

1. Learn what radon is and where it is found.
2. Understand the health effects of radon.
3. Understand the steps of radon testing and mitigation.

Resources:

- KY Cabinet for Health and Family Services->Environmental Management Branch->Radon Program
<https://chfs.ky.gov/agencies/dph/dphps/emb/Pages/radon.aspx>
- UK Kentucky Geological Survey
<https://www.uky.edu/KGS/radon/>
- UK College of Nursing BREATHE Program
<https://www.uky.edu/breathe/>
- KY Cancer Consortium Radon Coalition
<https://www.kycancerc.org/teams-and-networks/radon-coalition/>
- KY Radon Page
<https://ky-radon.info/>
- KY Association of Radon Professionals
<https://kentuckyradon.org/>
- Certified Radon Professionals
<https://certifiedradonpros.org/ky.html>
- American Lung Association Radon Basics
<https://www.lung.org/clean-air/at-home/indoor-air-pollutants/radon>
- EPA Radon
<https://www.epa.gov/radon>
- CDC Radon
<https://www.cdc.gov/radon/index.html>

Suggested Activities:

- Coordinate a presentation by a certified mitigation installer
- Coordinate a radon presentation with the local health department
- Distribute radon resources to your circles of influence
- Challenge each KEHA member to test their homes for radon and share their experience (optional).

Emphasis Two

TITLE: Home Safety

Goal: Learn ways to reduce safety hazards in the home and to prepare for emergencies.

Objectives:

1. Identify actions that could be taken to reduce safety hazards in the home.
2. Identify easy steps to create an emergency action plan.

Resources:

- CDC Facts about Falls
<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>
- CDC Emergency Preparedness and Response
<https://emergency.cdc.gov/>
- Kentucky Emergency Management Preparedness
<https://kyem.ky.gov/Preparedness/Pages/default.aspx>
- KSPAN Public Health Preparedness
<https://www.safekentucky.org/index.php/preparedness>
- KY Cabinet for Health and Family Services->Public Health Preparedness Branch
->Emergency Planning
<https://chfs.ky.gov/agencies/dph/dphps/phpb/Pages/emergency-plan.aspx>
- Red Cross Emergency Preparedness for Older Adults
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html>
- Ready.Gov Build a Kit
<https://www.ready.gov/kit>
- Ready.Gov Shelter
<https://www.ready.gov/shelter>
- Ready.Gov Household Chemical Emergencies
<https://www.ready.gov/household-chemical-emergencies>

Suggested Activities:

- Develop a plan and share with family members/friends your preparedness plans.
- Coordinate a presentation by local Emergency Management personnel to help develop an emergency plan.
- Coordinate a presentation on proper storage of household chemicals and medications.
- Coordinate a presentation on a Fall Prevention Program (i.e. PT/OT, Tai Chi/yoga, local Y).

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FAMILY AND INDIVIDUAL DEVELOPMENT

Living with fear and anxiety has been upending. Being forced to distance ourselves from those we care about created disconnection. Coping with extraordinary losses is distressing. The ongoing Covid-19 crisis has affected people's mental health around the world. People are suffering—some worse than others, depending on gender, personality, age, health, socioeconomic status, and race. Ongoing research demonstrates that people are experiencing mental health issues at higher rates than before the pandemic. Issues include stress, anxiety, depression, and post-traumatic stress disorder (PTSD).

To help KEHA deal with the many different types of loss individuals and families may have experienced over the past few years, the Family and Individual Development Program of Work (POW) is reaching in (versus reaching out) and addressing self-care. Specially, lessons and activities will focus on:

- 2022-2023: Self-Care and Mental Health: Living Alongside the Pandemic
- 2023-2024: Self-Care and Self-Indulgence (aka: Pamper Yourself!)
- 2024-2025: Self-Care and Strengthening Family and the Community

KEHA Family and Individual Development Chairman – 2021-2024

Dottie Crouch
8851 Highway 55
Campbellsburg, KY 40011
(502) 724-3032
bodotcr@yahoo.com

FAMILY AND INDIVIDUAL DEVELOPMENT 2022-2025
Focus 1: Self-Care and Mental Health: Living Alongside the Pandemic
2022-2023

This focus area is about replenishing and doing things for individual benefit—including recognizing loss, both big and small.

Goals & Lesson Resources

Resources will be provided to explore the following topics:

1. Analyze various types of loss and grief
2. Examine ways to take care of yourself mentally and physically
3. Create mental health survival kits

Activities

The facilitator guide will provide a homemaker “survival kit” activity. In addition, consider these additional activities:

1. Educate yourself –attend KEHA lessons, learn about grief, talk about your feelings
2. Seek help –Talk to trusted family members/friends, reach out to a religious leader, attend a support group, call a health-care provider, schedule mental health counseling
3. Keep a journal—document things for which you are grateful, write from the heart, reflect on your loss and how it affects you, let your feelings flow
4. Surround yourself with positive, healthy people—spend time with people who have positive energy and who can support and encourage you
5. Be active—engage in meaningful activity, discover your purpose, join a club, attend an event, volunteer, spread joy

For more information, resources or assistance with website access, contact your county Family & Consumer Science Agent.

Focus 2: Self-Care and Self Pampering 2023-2024

Rational

To feel great this year, KEHA supports the following goals:

Taking time to engage in self-care alleviates some of life's daily pressures and provides the necessary reset that allows you to get back a healthy point where you can maximize daily productivity. When you take time to spend time on yourself, you ultimately benefit everyone. But if negative experiences, behaviors, and feelings persist and/or prevent the ability of carrying out daily responsibilities, it is important that you call a health care provider and seek professional services.

In addition to supporting on-going self-care, KEHA is also exploring the temporary benefits of self-pampering. Self-pampering in this sense refers to healthy adornment practices that make us feel good in the moment. The practice of self-care and self-pampering can complement each other. When used in moderation, pampering yourself can be a form of self-care that we should not feel guilty about.

Goals & Lesson Resources

Resources will be provided to explore the following topics:

1. Identify the difference between your self-care needs and self-pampering wants in terms of health and grooming.
2. Analyze what style is best for your body shape.
3. Identify ways to pamper yourself at home without breaking the bank.
4. Choose to love yourself and be happy with the blessing you have.
5. What is self-care and why is it important for you.

Activities

The facilitator guide will provide several suggestions for self-pampering activities.

For more information, resources or assistance with website access, contact your county Family & Consumer Science Agent.

Focus 3: Self-Care and Strengthening Family and the Community 2024-2025

Rational

Meaningful relationships and positive social connections help you build support systems and contribute to physical and mental health as well as overall life quality and well-being (National Institute of Health, 2021). Strategies for improving personal social health include (1) making connections with family, friends, neighbors, romantic partners, etc.; (2) taking care of yourself while caring for others; (3) getting physically active with others in the community; (4) creating strong bonds with kids; (5) Building strong, healthy, supportive relationships; and (6) Influencing your family's health habits. When committed to personal and family well-being, you are better able to support, maintain, and/or improve the life quality of your family and community. Strong families are the building blocks of society. According to research, the qualities of strong families include (MO Extension; MSU Extension; NE Extension; UK Extension):

1. **Adaptability and Flexibility.** Strong families can manage unanticipated events and stressors.
2. **Affection and Appreciation** – Strong families care about each other, they say nice things to one another, they help each other, do positive things for one another and keep promises.
3. **Commitment to Community.** Strong families are committed to and connected to their communities (clubs, organizations, volunteering, etc.)
4. **Commitment to Family.** Strong families share responsibilities, are loyal to each other, make decisions together, support each other, eat together, and trust each other.
5. **Encouragement.** Strong families encourage individual development inside and outside of the family system.
6. **Spiritual Health** – Strong families have a sense of peace, believe in a greater power, and share/respect spiritual values.
7. **Positive Communication** -Strong families eat together (and put away phones and electronics), they actively listen and hear each other, they talk to each other with respect, attention and honesty, they share open and honest feelings with each other, and avoid putdowns and negative sarcasm. Positive communication also includes the ability to manage and resolve conflicts.
8. **Strong coping skills** - Families with healthy well-being tend to be resilient. Crisis brings them closer together and they are supportive of one another. They look for something good from a bad situation and tend to accept the things they cannot change.
9. **Time together** -Strong families spend quality and quantity time together. They share common interests and respect each other's likes. Strong families being together, laugh a lot, and are not afraid to embrace spontaneous activities.

Goals & Lesson Resources

Resources will be provided to explore the following topics:

1. Practice positive communication with a focus on listening and respect
2. Plan outings that are relaxing, fun and affordable
3. Shape your family's health habits.
4. Participate in a community service project and help others.

Activities

The facilitator guide will provide several suggestions for activities for self-care and to strengthen family and community.

For more information, resources or assistance with website access, contact your county Family & Consumer Science Agent.

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FOOD, NUTRITION, AND HEALTH

Program of Work 2022-2024

Theme: “Staying Healthy Locally”

Emphasis One 2022-2023 (Year One)

Title Eat Locally

Goal: KEHA members will increase their awareness of Healthy Food Choices using local Farmers Markets and develop a Physical Activity Plan.

Objectives:

1. Learn and apply skills to become more involved with Local Farmers Markets
2. Increase knowledge of local foods and tie them into the Plate It Up Recipes
3. Increase choices to healthy fruits and vegetables while saving food dollars by buying locally
4. Increased knowledge about growing and using your own fruits and vegetables

Lessons/Activities:

- Savor the Flavor (3 lessons that focus on using herbs, spices, oils, and vinegars in cooking)
 - Seasoning with Spices
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3630/FCS3630.pdf>
 - Building Flavor with Herbs
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3629/FCS3629.pdf>
 - Cooking with oils and vinegars
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3628/FCS3628.pdf>
- Gardening Options for Everyone lesson (allow members to grow fruits/vegetables at home and then donate to local organizations or food banks)
https://grayson.ca.uky.edu/files/gardening_options_for_everyone_presentation.pdf
- Sensational Salads lesson (promotes vegetable consumption)
https://bourbon.ca.uky.edu/files/sensationalsalads_pub.pdf
- The Buzz About Honey lesson (promotes local purchasing)
http://johnson.ca.uky.edu/files/bee_keeping_and_honey_production.pdf
- Develop recipes/cookbook that uses local produce in the area
- Prepare recipes together or start cooking club around NEP Cooking through the Calendar or seasonal Plate it up! Kentucky Proud recipes
- Body Balance (7 lesson program that focuses on food choices, eating local, and how to reduce our exposure to environmental pollution)

Additional Resources:

List of Kentucky Proud Farmers’ Market Directory

<https://www.kyagr.com/marketing/farmers-market-directory-printable-format.aspx>

Plate it up! Kentucky Proud recipes: <https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>

Emphasis Two 2023-2024 (Year Two)

Title: Be Active and Help your Community Be Healthy Locally

Goal: KEHA members will develop skills necessary to increase physical activity; not just exercise and make healthy food choices.

Objectives:

- Identify ways to be physically active throughout the day, and not just exercise
- Build confidence to be physically active
- Provide opportunities for community members to make healthy choices locally
- Increase presence of homemakers with volunteer organizations that promote health and wellbeing

Lessons/Activities:

- Bingocize
- Visit a local state park as a group to learn about the area
- Group hikes on local trails or in nearby parks
- Form walking clubs
- Host exercise classes and try new forms of movement Volunteer with Cook Together, Eat Together cooking socials for families with young children
- Host or partner with neighboring counties to offer food preservation workshops focused on canning, freezing, and drying fresh foods for younger generations in the community
- Volunteer as a group with local organizations that promote healthy eating like food pantries, farmers' markets, community gardens
- Volunteer as a group to host or sponsor a local walking challenge or 5K event for families
- Host an event in your community to support the installation or utilization of StoryWalk programs
- Mastering Food Choices (6 lessons that focus on the unique food environment of a community and making healthy food choices when grocery shopping, dining in, and dining out)
- BerryCare program (3 lessons that increase knowledge about eating berries grown locally and provides resources that allow for individuals to grow blackberries and share with community)

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID255/ID255.pdf>

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID256/ID256.pdf>

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID257/ID257.pdf>

Additional Resources:

List of Kentucky Proud Farmers' Market Directory

<https://www.kyagr.com/marketing/farmers-market-directory-printable-format.aspx>

Plate it up! Kentucky Proud recipes: <https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>

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4-H YOUTH DEVELOPMENT

All Educational Program Chairmen are expected to work together to integrate their program of work when possible. This program should address the youth of Kentucky and KEHA's bond with those youth. The State KEHA 4-H Youth Development Chairman attends Kentucky 4-H Council meetings and events. (Usually held in the 2nd week of January and July.) The KEHA 4-H Youth Development chairmen at all levels should consider the following when planning the program of work:

- Provide a link between KEHA and Cooperative Extension Service (CES) 4-H Youth Development Program.
- Become knowledgeable and encourage participation in county, district and state 4-H Programs such as:
 - 4-H Public Speaking
 - 4-H Demonstrations
 - County, District, and State Communications Day
 - 4-H Speeches and 4-H Demonstrations Publications
 - 4-H Communication Curriculum
- Encourage KEHA members to serve as 4-H volunteers leaders.
 - Volunteer to judge county, district and state 4-H Communications Competitions.
 - Volunteer to assist in teaching speeches and demonstrations in county clubs and school clubs.
 - Prepare senior level 4-H members in mock interviews.
 - Practice with local, district and state 4-H members in speeches and demonstrations.
- Encourage KEHA Members to be involved with 4-H events such as: judges, sponsors, or coordinators.
- Promote youth membership in KEHA.
- Encourage all KEHA members to be involved in youth activities such as: Project Graduation, family nights, violence prevention, teenage pregnancy prevention, mentoring, tutoring, drug and alcohol prevention.

Note: Specific Program of Work on following pages.

KEHA 4-H Youth Development Chairman – 2022-2025

Denise Boebinger

3275 Bald Knob Road

Frankfort, KY 40601

Phone: 502-330-1978 Email: dboebinger@me.com

Kentucky Extension Homemakers Association

4-H Youth Development 2020-2023

Homemakers Support 4-H

- A. *Most innovative 4-H & Extension Homemaker partnership project to promote 4-H Youth Development (plaque & \$50)***
- B. *4-H & Extension Homemaker Community and Government Awareness Project (plaque & \$50)***
- C. *Volunteer Hours for 4-H (certificate & small gift)***
 - 1. Club with the most 4-H volunteer hours
 - 2. County with the most 4-H volunteer hours
 - 3. Area with the most 4-H volunteer hours

If hours are turned in for club hours, the hours CANNOT be submitted for county or area hours. If turned in for county, the hours CANNOT be submitted for club or area. Hours can only be submitted in ONE category.

- D. *4-H Camp Scholarships (certificate & small gift)***
 - 1. Club with the largest dollar amount donated for 4-H camp scholarships
 - 2. County with the largest dollar amount donated for 4-H camp scholarships
 - 3. Area with the largest dollar amount donated for 4-H camp scholarships

Rules are the same as volunteer hours – funds donated can ONLY be counted in one of the three categories.

The entry form on the following page must be completed, including signatures of the County Extension Agent for Family and Consumer Sciences Education and/or the County Extension Agent for 4-H Youth Development.

Send entry forms to:

Denise Boebinger
3275 Bald Knob Road
Frankfort, KY 40601
Phone: 502-330-1978 Email: dboebinger@me.com

Entries must be submitted by March 1.

INTERNATIONAL



KENTUCKY EXTENSION HOMEMAKERS

The International Program is designed to help change and develop the shifting needs of people in our communities around the globe. This program supports statewide KEHA activities that develop and create innovative learning, spotlight global growth projects and highlight learning lessons that achieve our goals. All our work is implemented in collaboration with the United Nations “Sustainable Development Goals” (SDGs) which are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace and justice. The 17 goals are all interconnected, and in order to leave no one behind, it is important that we achieve them all by 2030.

Share Your Club Activities in the KEHA International Facebook Group to give other counties and clubs ideas for their next project!

KEHA International Goals:

- 1) Promote cultural diversity programs to help KEHA members have a better understanding of people who live in other parts of the world.
- 2) Promote cultural diversity programs to help KEHA members have a better understanding of people moving into Kentucky communities from other countries.

AFFILIATED ORGANIZATIONS

The Kentucky Extension Homemakers Association maintains a vital interest in our global society and its impact in Kentucky, across our nation and worldwide. KEHA receives support for these activities through its relationship with these partners: ACWW (Associated Country Women of the World), CWC (Country Women's Council), and NVON (National Volunteer Outreach Network), as well as local and other affiliated organizations. KEHA involvement includes the activities of attending their meetings, funding assistance, paying dues and participation in their programs.

ASSOCIATED COUNTRY WOMEN OF THE WORLD (ACWW)

Since 1936, Kentucky Extension Homemakers have been a member of ACWW, a *nonpolitical, non-sectarian international organization that works to improve standards of living for all women and their families through worldwide projects. Follow them on Facebook or visit their website at <https://www.acww.org.uk/>.*



Go to <http://www.acww.org.uk/> or scan this QR Code with your smartphone for more information about this organization.



Go to <http://www.cwcusa.org/> or scan this QR Code with your smartphone for more information about this organization.



THE COUNTRY WOMEN'S COUNCIL OF THE UNITED STATES OF AMERICA (CWC)

Is a coordinating council, composed of Associated Country Women of the World (ACWW) member societies in the USA and meets annually to promote the work of ACWW. During their three-year term, our International Chairmen are expected to attend. Follow them on Facebook or visit their website at <http://www.cwcusa.org>.

NATIONAL VOLUNTEER OUTREACH NETWORK (N.V.O.N.)

is a national organization organized in 1995; Kentucky was one of the organizing states. Eight states are included in the organization, and a national conference is held each year and in their three-year term, our International Chairmen are required to attend. N.V.O.N. is comprised of member organizations working together to promote communication, education, and volunteerism for all people. Follow them on Facebook or visit their website at <http://www.nvon.org/>.



Go to <https://www.nvon.org> or scan this QR Code with your smartphone for more information about this organization.

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CREATE YOUR OWN

Donation Jar!

COLLECT COINS FOR CHANGE IN YOUR CLUB,
COUNTY OR AREA. BE SURE TO SUBMIT TO KEHA
TREASURER BY DECEMBER 31ST

Print the image below and affix it to a recycled coffee can or jar!



KEHA International Program of Work

2022-2024

Situation:

With our ever-changing world, we are faced with the global challenges of poverty, health, education, economic growth, and climate change. We are going to take a journey around the globe promoting cultural diversity. When examining the GLOBE (G: Goals, L: Learning, O: Opportunities, B: Benefits, E: Eating, Embracing, Environment, and Exchange), we will strive to leave no one behind. As we tackle this joyful task of embracing cultural diversity in our communities and their impact, our journey opens your door to taste, see, hear, feel, laugh, and love by creating a better world.

Focus by Year:

- Year 1: Updates from Ghana and the Philippines to share at 2022 meeting and in newsletters, get member input on new POW to emphasize how to create welcoming communities for people moving from other countries.
- Year 2: Creating Communities that Welcome People
- Year 3: Creating Communities that Welcome People

Goal(s):

1. Promote cultural diversity programs to help KEHA members have a better understanding of people who live in other parts of the world.
2. Promote cultural diversity programs to help KEHA members have a better understanding of people moving into Kentucky communities from other countries.

Objectives:

- Provide KEHA members with updates on the work they support in other countries where we have continued relationships around the world.
- Solicit input from KEHA members about the new International Program of Work.
- Develop or find resources to support Creating Communities that Welcome People for new POW.

Activities:

- Host Chair training at KEHA annual meetings
- International Learning Session proposals for KEHA annual meetings
- Contribute newsletter updates with photos for statewide distribution
- Homemaker Exchange Program, Travel to Ghana or the Philippines

Lessons:

2022: Healthy Eating Around the World

2023: Creating Communities that Welcome People

2024: Creating Communities that Welcome People

Contests and Awards:

- Coins for Change
- Kentucky Academy/Ghana Library
- Creating Communities that Welcome People

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International Contest and Awards

INFORMATION AND GUIDELINES

To showcase all your hard work, we encourage all individuals, clubs, counties and areas to submit an international project for recognition.

Submit one or more projects(s) that implements KEHA Projects and Programs.

1. Entries should be typed, however neatly printed handwritten entries are accepted.
2. Entries must be in a binder.
3. Entries must include Contest Cover Page (found in KEHA Manual in the Appendix section).
4. Entries must be postmarked by March 1. Entries sent by e-mail must follow the hard copy rules.
5. All donations must be sent to the KEHA treasurer with check payable to KEHA. In the MEMO field, write where donation is from and which international fund it is meant for.
6. Must include photocopies of supporting materials (example: pictures, newspaper clippings, invitation, program, etc.)
7. All contest entries are to be sent to the State International Chair.

Programs must demonstrate the educational purpose and demonstrate its impact to the members and the community. In order to see all your effort, please be sure to list the number of members involved in the process and number of people benefitted by the program.

International Projects and Programs Award

- All entries submitted will be in contest for the International Projects and Programs Award with 1st, 2nd, and 3rd place prizes!

Most Coins Collected Awards

- Funds are to be submitted to the KEHA Treasurer by December 15th.
- Plaques will be awarded to the County with the most coins collected in the below categories:
 - Coins for Change
 - Kentucky Academy/Ghana Library
- Top five will be awarded certificates.

DATES TO REMEMBER



Club Reports → County Chair: Due July 1st
County Reports → Online Submission: Due August 15th
Fundraising Donations → KEHA Treasurer: Due December 15th
Contest Entries → State International Chair: Due March 1st

GRADING CHART

• Typed/Neatly Handwritten	5%
• Binder	5%
• Contest Cover Page	10%
• Deadline (Postmarked by March 1)	20%
• Supporting materials	30%
• KEHA Member Involvement	30%

SUBMIT CONTEST ENTRIES BY MARCH 1

Send to:
Marilyn Watson
KEHA International Chair
2286 Melwood Drive
Henderson, KY 42420
Mjmw1315@twc.com

MANAGEMENT AND SAFETY

All educational chairmen are expected to work together to integrate their programs of work when possible. This educational focus deals with management of finances, time, etc. and financial planning for the future as well as safety in all aspects of our lives. The chairman should be aware of the following when planning the program of work.

- Promote Family Resource Management including time and money management, Consumer Protections and Rights, Health Care decisions and Community Development;
- Promote safety programs such as: Home, farm, food, school, business, disaster preparedness, Home First Protection Programs. Materials on these issues are available from County Extension Offices;
- Promote and explore home-based business opportunities; and,
- Develop computer training programs for members.

Some programs available from Extension specialists and County Extension Offices include:

- Money Habitudes
- Positive Employability
- Recovering Your Finances
- Money Management
- Making Your Money Work
- Investments
- Estate Planning
- Retirement Planning
- Internet Fraud
- Stand Up to Falling
- Managing in Tough Times
- Small Steps to Health and Wealth

KEHA Management and Safety Chairman – 2022-2025

Peggy Tracy

241 Bethlehem Road

Paris, KY 40361-2404

Phone: 859-749-1755

Email: peggytracy@att.net

MANAGEMENT AND SAFETY

Program of Work 2020-2023

Situation: KEHA members need to have a better understanding of their finances, including how to safeguard their funds and identity. In addition to learning fraud prevention information, members should be knowledgeable about managing expenses and planning for their financial future.

Theme: Protect Your Life from Scams and Frauds

2020-2021 (Year One)

Title: Scam Red Flags and Avoiding Fraud

Summary: Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam, and take steps to protect yourself from fraud. Curriculum materials include publication, facilitator's guide, PowerPoint slides, participant activities, marketing tools, and evaluation.

Goal: To raise scam and fraud awareness in order to reduce the likelihood that participants will fall victim in the future

Objectives:

- Understand the tricks and tactics a con artist might use
- Name at least two "red flag" promises
- Know two ways to protect yourself from fraud
- Name at least one organization where you can report potential fraud

Lesson: Scam Red Flags and Avoiding Fraud

Suggested Activities:

- Red flags of fraud worksheet
- Shield of prevention worksheet
- Invite the group to bring in offers they've received at home (mail, email, phone) that may be fraudulent; compare the offers to the lesson's tricks and red flags to determine if they are scams
- Host a breakfast or brunch and title the workshop "Scam and Eggs"
- If you host around Halloween time, include spooky décor and title the workshop "Scary Scams"

2021-2022 (Year Two)

Title: Reducing the Risk of Identity Theft

Summary:

Identity theft is the most reported type of fraud complaint received by the Federal Trade Commission. Learn what identity theft is and how to reduce the risk, as well as what to do if it does happen to you. Curriculum materials include publication, facilitator's guide, PowerPoint slides, participant activities, marketing tools, and evaluation.

Goal: To raise scam and fraud awareness in order to reduce the likelihood that participants will fall victim in the future

Objectives:

- Understand identity theft
- Know three ways to protect yourself from identity theft
- List steps to resolving identity theft if it happens

Lesson: Reducing the Risk of Identity Theft

Suggested Activities:

- Lesson Activity worksheet(s)
- Contact the Kentucky Attorney General's Office to see if free materials might be available for your group.
- Ask your county FCS agent to order free publications from the Federal Trade Commission at <https://www.bulkorder.ftc.gov/>, such as "Identity Theft – What to Know, What to Do" and identity theft bookmarks. Bulk copies may be available free for your entire group.

2022-2023 (Year Three)

Title: A Bad Deal in Disguise: Types of Scams

Summary:

Fraud can happen to anyone at any age. The Federal Trade Commission received 2.8 million fraud reports in 2021. Of those reports, about a quarter of them resulted in a loss, equaling a total of \$5.9 billion. Learn how to avoid being a victim by recognizing common scams. Curriculum materials include publication, facilitator's guide, PowerPoint slides, participant activities, marketing tools, and evaluation.

Goal: To raise scam and fraud awareness in order to reduce the likelihood that participants will fall victim in the future.

Objectives:

- Identify at least three types of imposter scams
- Identify at least two types of advance fee scams
- Name at least one organization to which you can report potential fraud

Lesson: A Bad Deal in Disguise: Types of Scams

Suggested Activities:

- Play SCAM-O
- Play the Scam Detectives game
- Invite a guest speaker from a local agency that collects reports/complaints, such as the city police, county sheriff, state police, etc.
- Ask your county FCS agent to order free publications from the Consumer Financial Protection Bureau at <https://pueblo.gpo.gov/CFBPubs/CFBPubs.php?CatID=39>. An example might be the placemats with topics such as grandparent scams, romance scams, or fraud word games. Bulk copies may be available free for your entire group.

Additional Management and Safety Lessons Available

Situation: KEHA members need to have a better understanding of their finances. They should be knowledgeable about planning for their future as well as retirement needs. There are many ways to manage expenses such as savvy shopping, reducing holiday spending, and evaluating health insurance needs. Those who have online accounts for email, banking, and social activities may want to consider a digital estate plan.

Lessons Currently Available:

Focus: Saving Savvy with Apps for Coupons and Grocery Lists

Goal: To maximize savings and time by understanding how to successfully use apps for grocery shopping lists and coupons

Objectives:

- Recognize the different types of grocery shopping list and coupon apps and how they work.
- Examine factors to consider prior to using an app and conduct research to determine if the app is appropriate for the user.
- Identify ways to save time and money and become more organized using a mobile device and apps.

Activities:

- App Checklist
- App Research Jigsaw
- Stacking Offers Scenario
- Publication – Saving Savvy with Apps for Coupons and Grocery Lists
- Create a grocery savings display – bring some sample grocery items with a savings story to share (money or time). Make it an icebreaker activity by asking each person to bring one grocery item and share how they saved money on it.
- Bring sale fliers and/or paper coupons to display or share.

Lesson: Saving Savvy with Apps for Coupons and Grocery Lists

Focus: Planning Your Digital Estate

Goal: To ensure the safety and security of one's own digital information by creating a digital estate plan

Objectives:

- To understand the difference between traditional estate planning and digital estate planning.
- To take inventory of digital assets.
- To write a digital estate plan.

Activities:

- Traditional Estate Planning vs. Digital Estate Planning
- Inventory of Digital Assets
- Writing a Digital Estate Plan
- Publication – Planning Your Digital Estate (FCS5-465)
- Give the lesson a snappy title, such as "Who Gets my Facebook When I'm Gone?"

Lesson: Planning Your Digital Estate

Focus: Managing Holiday Expenses: How to Reduce Spending to Decrease Financial Stress

Goal: To define and examine holiday budgeting and lower-cost holiday traditions

Objectives:

- To explain key steps in creating a holiday budget that includes clear expectations for travel, food, entertainment, and gift-related expenses.
- To identify cost-saving strategies for holidays occurring throughout the year.
- To identify strategies for re-using and making holiday decorations.

Activities:

- Where Did My Money Go?
- The Holidays...Tis the Season to Be Creative
- Decorating On a Budget
- Publication – Managing Holiday Expenses: How to Reduce Spending to Decrease Financial Stress (FCS5-462)
- Pair the lesson with a craft, such as re-using or making a holiday decoration as discussed in Objective 3 Option 1.
- Pair the lesson with a homemade gift craft/activity, such as discussed in Objective 3 Option 2.

Lesson: Managing Holiday Expenses: How to Reduce Spending to Decrease Financial Stress

Focus: Evaluating Your Health Insurance Needs and Options

Goal: To evaluate your health insurance needs and investigate health insurance options

Objectives:

- To identify health care wants and needs.
- To identify strategies for developing a planned buying process for a health insurance plan.
- To assist participants in understanding Medicare and Medicaid options.

Activities:

- Prioritizing Your Health Care Options
- Health Care Planned Buying Process
- Understanding Medicare Coverage Choices
- Publication – Evaluating Your Health Insurance Needs (FCS5-461)
- Publication – Investigating Your Health Insurance Options (FCS5-463)

Lesson: Evaluating Your Health Insurance Needs and Options

LEADERSHIP DEVELOPMENT

All Educational Chairmen within our KEHA organization are expected to work together to integrate their programs of work and other community projects where possible. Our educational focus deals with developing a strong leadership base for the organization and community. By doing this we will strengthen our community outreach efforts and increase the application and use of our scholarships.

All chairmen should take the following ideas into consideration when planning their own programs and projects.

- Make use of available training materials for all officers, chairmen, and membership statewide.
- Promote Master Volunteer Programs.
- Encourage members, as individuals and groups, to volunteer for community agencies and projects.
- Encourage donations to and applications for the Evans/Hansen/Weldon and KEHA Homemaker Scholarship funds.
- Promote activities that encourage community involvement in strengthening families and education, such as tutoring in schools, mentoring new moms, Project Graduation, Big Brothers/Sisters, adult literacy, etc.
- Encourage members to learn about how local and state government works and what they can do to affect decisions and actions.
- Encourage voter registration and voter participation.
- Encourage and promote applications to the KEHA Endowed Scholarship at the University of Kentucky.

KEHA Leadership Development Chairman – 2021-2023

Ann Porter
P.O. Box 88
Washington, KY 41096
(606) 584-2510
Annsporter42@gmail.com

LEADERSHIP DEVELOPMENT

2022 – 2024 PROGRAM OF WORK

CITIZENSHIP

There are three significant ways all Americans can express their citizenship: serving in the military, participation in the judicial process by serving on juries when called, and voting. While many can't or choose not to join the military service, all can serve on a jury, witness a trial, or observe any city/town/county or national level governmental process.

Every citizen over the age of 18 should vote at every election no matter how small the issue seems, because all votes count. Voting provides each individual with a voice in the governmental process. Our elected officials can't do their job, serve the people who elected them, without that mandate or message from us. In this respect, we all work together in a very profound way.

Focus:

Becoming the best citizen we can be involves our participation in our local government, knowing who our legislators are, keeping abreast of the issues, and letting them know what you think from time to time.

GOALS:

1. Encourage all eligible family members to vote at each and every election.
2. Participate in local government by attending council and fiscal court meetings, school board meeting, and getting to know leaders.
3. Incorporate what you hear and see at these meetings into discussions for the dinner table, when visiting with club members, etc. Get the word out and talk about what's going on.
4. Serve on the County Extension Council, Family and/or Consumer Sciences Advisory Council.

SUGGESTED ACTIVITIES:

1. Host a public forum for your whole community to come together with people in office or running for office to discuss their views and answer questions from the community attendees.
2. Plan a trip to Frankfort to be part of the gallery, observe the process and meet with your legislator.
3. Read about how bills are drafted, reviewed, and voted on by our legislators.
4. Conduct an outreach program to promote voter registration.

LEADERSHIP

Leadership Development is a journey of personal and community growth. This growth is supported by the University of Kentucky through its advisors and programs, participated in and developed by the agents and membership, and shared by the volunteer membership with each other and the citizens of the community around them.

It is an opportunity for all KEHA members to build experience through training and practice, recognize our potential, lift each other up and work toward the future together. All members are encouraged to participate in opportunities for training and education to strengthen our potential, empower effective, energetic involvement and better serve our families and communities. We will share successes as well as failures, learn from them, and continue to move ever onward with each new challenge. Best of all, the joy and satisfaction of accomplishment will feed our confidence to grow as a person, community and organization.

Focus:

To encourage current and future leaders by providing opportunities to develop and sharpen leadership skills within the regular homemaker year, as well as a more deliberate leadership training program at the county, area and state level.

Goals:

1. Continue Leadership lessons at every county, area and state level.
2. Provide wider selections of leadership “mini courses” at the state meeting and make them open to all members, including elected officers.
3. Use parliamentary procedure during meetings.

Suggested Activities:

1. Encourage all members to participate in Leadership Development training and lessons.
2. Use the theme-based materials provided by KEHA at county and area leadership events.
3. Incorporate leadership training into area and county annual meetings.
4. Attend leadership seminars when available.
5. Host a leadership book club.
6. Encourage areas to have participants in the Leadership Academy.

Lessons:

1. Using a SWOT Analysis: Taking a Look at Your Organization (CLD2-5)
2. People Learn with a Purpose (CLD1-2)
3. Communication Essential for Good Impressions (CLD1-3)

[Lesson materials are available online at: www2.ca.uky.edu/kccl/keld.php.]

Leadership Book Clubs/Study Options:

1. *Juggling Elephants: An Easier Way to Get Your Most Important Things Done Now* by Jones Loflin. Published 1994 by Portfolio.
2. *Always Growing: How To Be A Strong(er) Leader in Any Season* by Jones Loflin. Published 2017 by Elucidate Publishing.

VOLUNTEERISM

Ongoing Program

KEHA members are all encouraged to serve their community as a volunteer, to be aware of the community needs and help find ways to fulfill them. Additionally, members are asked to faithfully record those hours spent in volunteer service. Recording volunteer service time allows KEHA to quantify the organization's impact through service to the UK Cooperative Extension Service, through the program and activities coordinated by KEHA leaders and through the community involvement of our members. Documenting volunteerism provides a quantifiable value of our impact.

Focus:

Continue to encourage volunteer service by all members, work to identify community needs, and participate in the work of helping others through that service. Report volunteer hours of all members accurately and more easily.

Goals:

1. Continue to focus on volunteerism and service to each other and our community.
2. Improve the process of recording and reporting volunteer service hours, as well as recognition of those hours.
3. Determine the value of volunteer hours at the county, area and state levels. (The dollar value in KY is \$21.42, (2018) and the National value is \$25.43 (2018).

Source: http://www.independentsector.org/volunteer_time

Suggested Activities:

1. Compile a listing of local organizations and agencies in need of volunteers, including contact information for each organization/agency.
2. Survey members to determine what volunteer services are currently supplied by homemakers to the community.
3. Form partnerships with community organizations to help promote programs.
4. Promote and publicize the VSU program.

Reporting Process for Volunteer Service Units (VSU):

It is helpful for members of clubs to go over, collect and tally all VSU logs at the last meeting of the Homemaker year in spring. Total hours of volunteer service units should be added to the Program of Work Report form as requested.

1. Clubs report to county, county reports to area, and area reports to state.
2. The Club Leadership Chair will collect the VSU log from members, insure that hours are totaled by category and complete the Program of Work report. The VSU logs and Program of Work Report should be sent to the County Chairman **by July 1**.
3. The County Chairman will complete the County VSU Report Form and the Program of Work Report Form. The county reports should be forwarded to the Area Chairman **by August 15**.

4. The Area Chairman will compile all county reports into one Program of Work Report and complete the Area VSU Report Form. All pages should be submitted to the State Leadership Development Chairman **by September 15**.
5. The State Leadership Chairman will award a plaque to the individual with the greatest number of hours STATEWIDE in each category and will award certificates to 2nd and 3rd place for each category STATEWIDE annually at the State Meeting.

SCHOLARSHIPS

Ongoing Program

Situation:

KEHA recognizes the value of education. The cost of post-secondary education is increasing and our scholarship program offers assistance to students, both traditional and non-traditional, to obtain the education they need for success. (A non-traditional student might be a homemaker member who wants to complete or advance his/her education.)

Focus:

KEHA will support scholarships for traditional and non-traditional students and inform students of available scholarships.

Goals:

1. Increase support for scholarships for students majoring in Family and Consumer Sciences at UK and other Kentucky colleges and universities.
2. Encourage more students to apply for all scholarships offered by KEHA.

Suggested Activities:

1. Inform local students about KEHA scholarships by communicating with local high schools, both public and private, as well as home-school associations.
2. Raise funds for the KEHA educational scholarship funds.
3. Encourage homemaker clubs and counties to investigate the possibility of awarding scholarships for local students.

Contest/Recognition:

Recognize the counties who contribute the largest amount of money to KEHA scholarship programs (Evans/Hansen/Weldon and/or KEHA Member Scholarships). Members are encouraged to collect donations on an ongoing basis, with emphasis on collections in November. Funds collected should be submitted to the KEHA State Treasurer annually along with dues. Information and applications for scholarships are listed on the KEHA web site, and in the KEHA Manual, Handbook pages 94-103.

In addition, the top three areas with the greatest dollar amount of county and area scholarships as reported on the Leadership Development Program of Work Report will also be recognized.

COMMUNITY VOLUNTEERISM AWARDS

Club and County Level

Programs and activities entered in this contest must deal with a club's or county association's volunteer involvement in *community leadership*, *community issues*, or *community service*. These efforts do not have to be exclusive to the leadership educational program, but can include volunteer efforts in any educational program area.

All entries should be submitted in a notebook or folder. Typing of information is strongly encouraged; but neat, legible handwriting is accepted.

Deadline for entries is **March 1**. Entries should be sent to the KEHA Educational Chairman for Leadership Development.

Ann Porter, P.O. Box 88, Washington, KY 41096

Phone: (606) 584-2510

Email: annsporter42@gmail.com

Format should include:

1. Cover sheet -- Name of club or county. Name of project, issue, service. Name, address and phone number of contact person.
2. Subsequent pages -- Description of program, activities, and accomplishments.

JUDGING CRITERIA

Written Segment	Score
Purpose – goals and objectives, include community need, why the program was done	30
Scope of Activity – what was done, who was involved, describe what took place (must have occurred within the past 2 years)	30
Results – what was accomplished, describe successes and/or limitations encountered, changes if done again, etc.	30
Support Material – pictures, news articles, print material. Limited to 4 Pages	10

TOTAL

100

EVANS/HANSEN/WELDON SCHOLARSHIP FUND

In 1962, the Ella Evans Good Neighbor Fund was established by the Kentucky Federation of Homemakers (now KEHA) at the request of Mrs. Carl Evans, the President at that time. In 1974, the state board voted at their mid-year meeting to honor Mrs. Evans by including her name in the fund's title. In 1999, restricted funds were set aside to perpetuate this scholarship fund. The amount available for the scholarship would be the total of the interest on the restricted fund plus the contributions made that year by the KEHA members.

The Viola K. Hansen Scholarship Fund was established by the Kentucky Extension Homemakers Association in 1969 in appreciation for Dr. Hansen's leadership of the Extension Home Economics program in Kentucky from 1956 until 1965 when an unfortunate accident resulted in her early retirement. The income for this fund was provided through donations from Homemaker members.

In 1942, the Myrtle Weldon Student Loan Fund was established in appreciation of Miss Weldon. The fund provided low interest loans to deserving Home Economics students. In 1972, the Myrtle Weldon Memorial Scholarship was first presented to a home economics student at the University of Kentucky. In 1975, KEHA voted to discontinue the Myrtle Weldon Student Loan Fund and transferred the balance to the Myrtle Weldon Memorial Scholarship Fund. This scholarship fund is sustained through donations made by KEHA members. A scholarship was given annually to deserving student(s) in the University of Kentucky College of Human Environmental Sciences, based on the income from this fund. (Note: the College of Human Environmental Sciences has now become the School of Human Environmental Sciences in the College of Agriculture, Food and Environment at the University of Kentucky.)

In 2004, funds were no longer available to award three single scholarships under the above established funds. It became necessary for KEHA to recommend combining the three scholarship funds into one scholarship. The decline in interest rates, organization membership and donations necessitated this action.

Rules and regulations governing the *Evans/Hansen/Weldon Scholarship Fund*:

- ◆ The scholarship may be used for full-time students selected to attend any college or accredited higher education undergraduate program in Kentucky (i.e. university, college, trade or technical school). The individual can be a graduating high school senior or a student currently enrolled in a higher education program.
- ◆ Scholarship recipient is selected on the basis of good character, **the intention of completing a degree in a Family and Consumer Sciences discipline (Dietetics, Human Nutrition, Family Sciences, Interior Design, Retailing and Tourism Management, Merchandising, Apparel and Textiles or Family and Consumer Sciences Education)**, and previous academic record.

- ◆ Scholarship is renewable. Second year student applicants are not required to complete the initial application but must supply an official copy of their transcript and a one-page letter describing what higher education has meant to them during the last year.
- ◆ All Kentucky Homemakers members are encouraged to make the *Evans/Hansen/Weldon Scholarship Fund* an important part of their yearly giving activity.
- ◆ Scholarship application form is three pages and follows this description.
- ◆ Applications are due by March 1st to the KEHA Leadership Development Chair. Send to: Ann Porter, P.O. Box 88, Washington, KY 41096. For questions, contact Ann Porter at (606) 584-2510 or annsporter42@gmail.com.
- ◆ The complete application packet should include:
 - Application Form (KEHA Handbook 96-98) [Should be typed]
 - Transcript (Official) of most current coursework and grades
 - If the transcript does not include a current GPA, please include the GPA page to be filled out by counselor or faculty advisor, signed and dated (KEHA Handbook 98)
 - Two (2) letters of reference from a person who can comment on the applicant but is not related to the applicant

Scholarships will be judged according to the following criteria:

Community Service & Activities	25 points
Financial Need	30 points
Leadership	10 points
Scholastic Achievement	25 points
Overall Impression	10 points

NO CHECKS WILL BE ISSUED UNTIL CONFIRMATION OF ENROLLMENT IS RECEIVED FROM THE COLLEGE OR SCHOOL.

KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION EVANS/HANSEN/WELDON SCHOLARSHIP APPLICATION

Please fill out and submit three copies of application form and three (3) copies of each letter of recommendation [two letters] to the KEHA Leadership Development Educational Program Chairman by March 1. Application materials must be typed.

The purpose of the Evans/Hansen/Weldon Scholarship is to provide funds to enable deserving students who are residents of Kentucky to earn a degree in a Family and Consumer Sciences discipline. One or more scholarships are presented annually.

Name of Applicant _____

Home Address _____

City _____ State ____ Zip Code _____

County _____ Phone () _____

Date of Birth _____ Gender _____ Marital Status _____

Father's Name _____ Living () Deceased ()

Father's Occupation _____

Mother's Name _____ Living () Deceased ()

Mother's Occupation _____

Number of children in family _____ Number at home _____ In college _____

What is the applicant's major? _____

Year you will be enrolled Freshman ____ Sophomore ____ Junior ____ Senior ____

Has applicant applied for other scholarships? Yes _____ No _____

List other scholarships awarded to you _____

Approximate gross annual income of family \$ _____

List amount you estimate might be available to you from each of the following sources:

Personal savings _____ Parents _____ Job _____

Other _____ Total _____

Please attach a transcript of your most current coursework and grades.

List Clubs, Organization and Extracurricular Activities You Participate In:

List Special Honors/Awards You Received:

State in 100 words or less your educational plans and goals.

ALL INFORMATION WILL REMAIN CONFIDENTIAL

To be filled out by Faculty-Advisor

STUDENTS NAME _____

GRADE POINT AVERAGE _____

Please comment on the following qualities, or ask other school personnel to do so:

Dependability:

Leadership:

Service:

Participates in extra-curricular activities:

Teacher/Counselor/Faculty Advisor Signature: _____

Position/Title: _____

School Name: _____

KEHA Member Scholarship

In 2001, it was voted to assign money held in restricted funds to provide a scholarship for KEHA members. Applicants must be a current member of KEHA and have been an active member for at least three years. Applicants must be a resident of Kentucky.

The amount available for the scholarship will be the total of the interest on the restricted fund plus the contributions made that year by the KEHA members.

The scholarship may be used for any college or university in Kentucky. It may also be used for a non-traditional course of study such as trade school or technical school.

This scholarship shall not be used to take additional classes or towards a second degree of study but rather provide an opportunity for a member to attain a first degree or certification.

All KEHA members are encouraged to make the KEHA Member Scholarship fund an important part of their yearly program. The application form follows this description.

Proof of school enrollment must be sent to the KEHA Leadership Development Chairman as soon as possible. The KEHA Member Scholarship is renewable for one year.

Applications are due by March 1 each year.

Send application packets to the KEHA Leadership Development Chair.

Send to: Ann Porter, P.O. Box 88, Washington, KY 41096. For questions, contact Ann Porter at (606) 584-2510 or annsporter42@gmail.com.

- ◆ The complete application packet should include:
 - Application Form (KEHA Handbook 100-102) [Should be typed]
 - Transcript (Official) of most current coursework and grades or ACT/SAT score(s)
 - Membership verification page to be signed by KEHA club president, county president or county FCS agent (KEHA Handbook 102)
 - Two (2) letters of reference from a person who can comment on the applicant but is not related to the applicant

Scholarships will be judged according to the following criteria:

Community Service & Activities	25 points
Financial Need	40 points
Scholastic Achievement	25 points
Overall Impression	10 points

KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
KEHA MEMBER SCHOLARSHIP APPLICATION

Please fill out and submit three copies of application form and three (3) copies of each letter of recommendation [2 letters] to the Leadership Development Educational Program Chairman by March 1.

All applicants must be residents of Kentucky and have been an active member in KEHA for at least 3 years.

Name of Applicant _____

Home Address _____

City _____ State ____ Zip Code _____

County _____ Phone () _____

Marital Status _____ Occupation _____

Are you a KEHA member? ____ yes ____ no If yes, how many years? _____

Mother's Name _____ Living () Deceased ()

Mother's Occupation _____

Father's Name _____ Living () Deceased ()

Father's Occupation _____

Number of children in family _____ Number at home _____ In college _____

What is the applicant's major? _____

Year you will be enrolled Freshman ____ Sophomore ____ Junior ____ Senior ____

Has applicant applied for other scholarships? Yes _____ No _____

List other scholarships awarded to you _____

Approximate gross annual income of family \$ _____

List amount you estimate might be available to you from each of the following sources:

Personal savings _____ Parents _____ Job _____

Other _____ Total _____

Please attach a transcript of your most current coursework and grades.

List Clubs, Organization and Extracurricular Activities You Participate In:

List Special Honors/Awards You Received:

State in 100 words or less your educational plans and goals, including how KEHA has influenced your decision.

ALL INFORMATION WILL REMAIN CONFIDENTIAL

KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
KEHA MEMBER SCHOLARSHIP
Membership Verification Form

By my signature, I verify that _____ has been a member of the
Kentucky Extension Homemakers Association for _____ years (minimum of 3 years
membership required.)

Signature of Club or County President

_____ Club or County (Circle which)

Date

Signature of County FCS Agent

_____ County

Date

Master Farm Homemakers Requirements

The requirements for recognition are based on the National Guild prerequisites and certain standards established by the Kentucky Guild. Persons selected for recognition as Master Farm Homemakers must:

- ◆ Be farm women who own a working farm and are included in the labor and/or management of that farming operation. A percentage of the family income should be derived from the farming operation.
- ◆ Be a member in good standing of KEHA for at least 3 years,
- ◆ Be knowledgeable about and supportive of the Cooperative Extension Service,
- ◆ Demonstrate unselfish service to family, community, state and nation,
- ◆ Be nominated from the club, county, and/or district where KEHA membership is held.

Selection Process:

The process begins in the fall with selected candidates inducted the following spring at the KEHA State Meeting

Up to five (5) qualified candidates can be recognized and honored as state Master Farm Homemakers each year.

Note: For further information contact the Master Farm Homemaker representative listed on the KEHA Board Directory on the KEHA website (www.keha.org).

Meetings:

- Spring business meeting and recognition of new members – April/May in connection with the Kentucky Extension Homemakers Association Annual Meeting.
- Summer business meeting and informal gathering – often in July/August but scheduled according to dates recommended by individual(s) hosting the activity. The summer meeting is usually hosted by one or more Guild members at or near their homes. The Guild usually has an auction of crafts and other items made/brought by members. This is the only money-making project in support of Guild activities.
- National Master Farm Homemaker Guild – annual meeting hosted by one of the four organized states. It is often held in the fall, but the date is determined by the host state. Kentucky hosted in 2017 and is set to host September 14-16, 2022.

March 2020 brought an unprecedented disruption to normal activities of daily life during the global coronavirus pandemic. Out of concern for the health and safety of members, the 2020 KEHA State Meeting was cancelled in its entirety. KEHA clubs, counties, areas, and the state organization were challenged by disruptions to normal operations for several months, and technology became a key tool to continue the work of the organization. Lessons were delivered remotely via Zoom, Facebook Live, and YouTube. The KEHA Board met via Zoom in the fall of 2020 and spring of 2021.

While members were not meeting as in-person groups for much of 2020, they turned to individual acts of kindness and volunteer service. Producing home sewn face masks, isolation gowns, and/or surgical caps happened in KEHA member homes across the state. The 2020-2021 program of work reports indicated more than 63,000 face masks were made and/or donated by KEHA members. Kentucky First Lady Brittainy Beshear called upon KEHA to join an initiative titled “Coverings for Kids” to provide face masks for Kentucky schools.

A modified State Meeting was held in-person in June 2021, with health and safety measures including a change of date, a shortened schedule, a reduced attendance capacity, and adjustments to room set-ups. In-person annual meetings returned in some KEHA areas, but the pandemic altered a few scheduled meetings in 2021. The KEHA Board resumed meeting in person in fall 2021, and, for the first time, KEHA organized a full-day track for the February 2022 Kentucky Extension Volunteer Forum.

A full three-day KEHA State Meeting was held in May 2022 in Owensboro, Kentucky. This marked KEHA’s 88th State Meeting and 90th anniversary as a statewide organization. The KEHA choir resumed after a two-year pause and performed during the State Meeting. With continued positive feedback regarding the 2020 KEHA Leadership Academy, the membership voted to fund a second Leadership Academy for 2023.

KEHA and the Associated Country Women of the World

Since 1936, KEHA has been a member of the Associated Country Women of the World (ACWW). A delegation of about 300 women from Kentucky joined 6,700 other women from the United States in greeting representatives who attended that year’s Third Triennial Conference held in Washington, D.C. At each conference since, Kentucky has sent at least one delegate.

KEHA has been a member of the United States Liaison Committee, now the Country Women’s Council (CWC), since 1939. This group meets annually to promote the work of ACWW.

The bond with ACWW has strengthened throughout the years. In 1962, Mrs. R.P. Matchett of Kenton County was elected to serve as the ACWW Area Vice President for the United States and was re-elected for a second three-year term in 1965. KEHA members feel that they are links in a chain that reaches around the world. Their involvement with this worldwide group has broadened and deepened their sympathies, interests, and understanding. Programs today continue to reflect the unified resolutions and recommendations of ACWW.

KEHA and Its National Affiliations

The National Home Demonstration Council (NHDC) was created on June 1, 1936 during ACWW's Triennial Meeting. In 1939, Mrs. Lyda Lynch Hall of Fayette County became the second president of the NHDC.

In 1956, the NHDC conducted a song contest. Mrs. Dorothy Bullock, a member from Larue County, submitted the song *Onward, Ever Onward*, which won and became the official song of the NHDC. The NHDC changed its name to the National Extension Homemakers Council (NEHC) in 1963.

An NEHC flag was introduced at the 1976 Annual NEHC Conference. Gladys C. Medley of Marshall County designed the flag and took her idea to Tommy Troutman, an artist in Paducah, who sketched and painted her design. The Board of Directors approved the flag, and at the 1975 Annual Meeting, they ordered that the flag lead the procession at the 1976 Annual Meeting. The flag was updated in 1992 after the name changed to National Association for Family and Community Education (NAFCE).

During the 1980s and early 1990s, KEHA found great value in NAFCE's Family Community Leadership (FCL) program. The basic purpose of FCL was to improve the leadership and organizational skills of family members in order that they may participate more effectively in the identification, analysis, and resolution of public policy issues affecting families and communities.

A delegation of KEHA members, County Extension Agents for Home Economics Extension, and an advisor attended an FCL workshop in Florida in November 1985. After this meeting, delegates returned to Kentucky to conduct five workshops across the state with approximately 1,000 KEHA members participating. Through these workshops, KEHA trained its members to be effective leaders in their counties and communities.

A delegation of KEHA members, a specialist, and an advisor attended another FCL workshop in Denver, Colorado, in September 1986. Kentucky received a pilot grant of \$2,000 from the W.K. Kellogg Foundation in 1987 and a \$50,000 grant to conduct the FCL program over a three-year period. An FCL Board was organized with equal representation of KEHA members and Extension faculty.

In 1989, the NEHC Board voted to locate the new National Headquarters in Burlington, Ky. KEHA President Patty Ann Moorhead and Boone County District Extension Board President Bill Smith played a major role in the NEHC site visit.

At the KEHA Annual Meeting in April 1998, county voting delegates voted to dissolve affiliation with NAFCE because of differences in philosophy.

In 1995, KEHA was one of seven organizations that joined forces to form the National Volunteer Outreach Network (NVON). The organization incorporated the following year.

Since the establishment of NVON, the organization's annual meeting has rotated among the member states. KEHA first hosted August 1-3, 2000 in Louisville. In 2007, KEHA hosted the NVON meeting July 19-21 in Lexington. The 2013 NVON meeting was held in Frankfort, KY July 16-18.

The 2021 NVON meeting was held July 20-22 in Owensboro, KY. NVON was grateful to hold an in-person meeting after the COVID-19 pandemic led to a cancellation in 2020. KEHA leaders provided an engaging conference experience for all attendees.

In July 2005, Mabel Harned was elected Vice President of NVON. At the 2015 NVON meeting in Martinsburg, W.V., Linda Kaletch, a KEHA past president, was elected as the NVON president-elect. She served as president-elect in 2016 and as NVON president from 2017-2019. In addition, Rita Bloom, a Boyle County KEHA member, served as the NVON secretary from 2017 to 2019.

KEHA Ovarian Cancer Fund

In 1977, Virginia McCandless, KEHA Health Chairman 1976-79, initiated the Ovarian Cancer Fund. The goal of the KEHA Health Committee at that time was to raise \$1 per member -- \$31,000 -- to donate to research at the Albert B. Chandler Medical Center at the University of Kentucky. That goal was achieved in four years.

The Ovarian Cancer Project continues today, well beyond the initial goal. In May 2006, the total donated had reached \$881,841.98. In May 2009, KEHA surpassed the \$1,000,000 mark in giving to UK's Ovarian Cancer Research Program. The milestone was celebrated at the 2009 KEHA State Meeting, with Mrs. Virginia McCandless' five children in attendance.

KEHA continues to participate in and promote ovarian cancer screening at UK's Markey Cancer Center and mobile screening sites around the state. As of spring 2017, the program has screened more than 50,000 women at no charge, and more than 100 women, including the 2016-2017 KEHA President Mary Margaret Krahulec, had their lives extended because of the early, noninvasive, detection process.

In 2017, KEHA celebrated 40 years of support for ovarian cancer outreach, screening, and research. Total contributions at that time exceeded \$1.39 million.

In September 2021, KEHA leaders were invited to be part of a special University of Kentucky event celebrating the Markey Cancer Center's Ovarian Cancer Research and Screening program. KEHA was recognized for more than four decades of support for the program. As of May 2022, KEHA's total contributions exceeded \$1.58 million.

KEHA Past Presidents

*1932-33	Mrs. Lyda Lynch Hall, Fayette County
*1934-35	Mrs. W.M. Oliver, McCracken County
*1936-38	Mrs. T.M. Johnson, Warren County
*1939-41	Mrs. H.L. Crafton, Henderson County
*1941-43	Mrs. P.W. Adkins, Bell County
*1943-45	Mrs. Ralph Searce, Shelby County
*1945-46	Mrs. W.E. Nichols, Fayette County
*1947-49	Mrs. W.K. Morris, Christian County
*1950-53	Mrs. Wade Holt, Nelson County
*1953-56	Mrs. R.P. Matchett, Kenton County
*1956-59	Mrs. Virgil Grayson, Pulaski County
*1959-62	Mrs. Carl Evans, Ballard County
*1962-65	Mrs. Harry J. Braun, Campbell County
*1965-68	Mrs. James T. Brookshire, Breckinridge County
*1968-71	Mrs. Earl Friedly, Scott County
*1971-74	Mrs. Howard Taylor, Harrison County
*1974-77	Mrs. Mitchell Bertram, Barren County
*1977-80	Mrs. Samuel Whitt, Jr., Boyd County
*1980-83	Mrs. Bettie Wallace, Caldwell County
*1983-86	Mrs. M.D. Perkins, Campbell County
1986-89	Mrs. Patty Ann Moorhead, Bracken County
*1989-92	Mrs. Helen Palmer, Clark County
1992-95	Mrs. Jean Davis, Hardin County
1995-98	Mrs. Velma Koostra, Warren County
*1998-01	Mrs. Kathleen Hockersmith, Oldham County
*2001-04	Mrs. Mable Harned, Nelson County
*2004-07	Mrs. René Siria, Franklin County
2007-10	Mrs. Linda Kaletch, McCracken County
2010-13	Mrs. Alice Brown, Greenup County
2013-16	Mrs. Susan Hansford, Pulaski County
*2016-17	Mrs. Mary Margaret Krahulec, Shelby County
2017-19	Mrs. Marlene McComas, Grant County
2019-22	Mrs. Karen Hill, Henderson County
2022-	Mrs. Brenda Hammons, Lincoln County

**Deceased*