



CONNECTION

“LEARNING, LEADING, SERVING”

Inside this issue:

- Tours
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- Seminars & Workshops
- Schedule of Events
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- UK Corner

FROM THE DESK OF . . . Mary Margaret Krahulec, President

Dear Fellow KEHA members,

This past year, my first as your Kentucky Extension Homemaker Association President, has been one of the most rewarding of my life. I was privileged to attend nine of the fourteen Annual Area Meetings. As I renewed old friendships and made new ones, I was reminded of the greatest strength of the Homemaker organization - our warm, caring members. I am very proud to be part of such an effective group which is so impactful in each county.

One of the most successful projects which KEHA has supported over the years is the UK Ovarian Cancer Screening Program. Our generous donations of more than \$1.3 million has aided UK in expanding to a total of eight screening centers across the state, to maintain updated equipment and to train technicians. 2017 marks 40 years since Virginia McCandless, a Barren County Homemaker who had advanced ovarian cancer, encouraged KEHA support of the screening program. It was her goal that all Kentucky women would have access to this life saving diagnostic procedure. To date, there have been more than 50,000 screenings performed and more than 100 women (including me) have had their lives extended by early detection. During the next two and a half years, I would like us to go one step further. Not only is it important for us to continue our financial support, but all who are eligible should be screened. As Virginia McCandless so tirelessly advocated, no woman in this state should have her life shortened by discovering too late that she had advanced ovarian cancer.

In observance of our 40 year support of the screening program, the theme for this year's opening banquet at the State Meeting is "Paint the Town Teal". The décor will feature teal and, although not mandatory, we are encouraging banquet attendees to include something teal in their attire. Also, we are very fortunate to have secured KET host Tim Farmer and his wife as keynote speakers for this banquet.

Our conference committee has come up with a variety of new educational sessions and craft classes which will be of interest to you on both a personal level and to share back home. I look forward to seeing as many of you as possible at the State Meeting. It is the time during the year that members from across the state can get together to share and enjoy the many things which they have in common.

I hope to see you In Owensboro in May,

Mary Margaret

My goodness - how time flies! Here we are again and this is my last State Meeting to plan! It has been such a great experience and fun.

This year in Owensboro, we have lots of room for our wonderful learning and training sessions, vendor booths and cultural arts. The convention center is a great place to relax and enjoy time with fellow KEHA members from across the state. If you have not made reservations yet, get kickin'! You will not want to miss this one!

- Tim and Nicki Farmer from KET's "Tim Farmer's Country Kitchen" will be our keynote speakers at the banquet Tuesday night. They will have books available to purchase.
- Our Wednesday evening keynote speaker will be "Coach Colene" - Colene Elridge.
- Our learning session schedule includes 19 great sessions on Tuesday and Wednesday. You will have a hard time choosing which to attend.
- Officer training on Tuesday will help empower you for leadership roles at the club, county and area levels.
- KEHA State Educational Chairmen are planning fun, informative sessions on Wednesday afternoon.
- Bring several 12" X 12" collector quilt squares for the quilt square auction and bring money to purchase these works of art to take home with you. See page 11 for additional details.

Read more about the KEHA State Meeting, including speaker bios, at www.keha.org. Join us in Owensboro to get all the impact this meeting has chocked full for you this year!

Marlene McComas,
1st Vice President
859/743-7783

2017 KEHA State Board Elections

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

- ◆ 1st Vice President
- ◆ Treasurer
- ◆ Environment, Housing & Energy Chairman
- ◆ Food, Nutrition & Health Chairman
- ◆ Leadership Development Chairman

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

- **Credentials should be sent by certified mail to Starlene Harris, KEHA Secretary, 138 Dickerson Road, Olive Hill, KY 41164-8116.**
- **Credentials must be postmarked by April 1 (thirty days prior to the KEHA Annual Meeting).**

2017 KEHA State Meeting

Lodging Information

The 2017 KEHA State Meeting will be held at the Owensboro Convention Center. Lodging room blocks are available at three hotels, and additional details are posted at www.keha.org.

- ◆ Hampton Inn & Suites (next door to convention center): \$139 + tax, includes complimentary breakfast. Call 270-685-2005 for reservations.
- ◆ Holiday Inn (next door to convention center): \$129 + tax. Call 270-683-1111 for reservations.
- ◆ Courtyard by Marriott (4 miles from convention center): \$124 + tax. Call 270-685-4140 for reservations.

March 1 KEHA Deadlines

KEHA has several deadlines upcoming on March 1. Please review below, check the KEHA Manual at www.keha.org and be sure to submit your entries!



- Cultural Arts—Creative Writing (Poetry, Memoirs, Short Stories) - KEHA Manual Handbook, pages 40-41
- Family and Individual Development Contest - KEHA Manual Handbook, page 55
- 4-H Youth Development Contest - KEHA Manual Handbook, page 66
- Food, Nutrition and Health Contests - KEHA Manual Handbook, page 59
- International Project Awards - KEHA Manual Handbook, pages 72-73
- Community Volunteerism Awards - KEHA Manual Handbook, page 89
- Evans/Hansen/Weldon Scholarship - KEHA Manual Handbook, pages 94-98
- KEHA Homemaker Member Scholarship - KEHA Manual Handbook, pages 99-102
- KEHA Mini-Grants for Research or Study - KEHA Manual Handbook, pages 104-106
- KEHA Development Grants - KEHA Manual Handbook, pages 107-111

INVITATION CARD REMINDER

At the 2016 KEHA State Meeting in Northern Kentucky, the Green River Area issued "Mapping the Future" Invitation cards for the 2017 KEHA State Meeting.

Be sure to bring your invitation card to the hospitality table in the Owensboro Convention Center for a chance to win a special door prize.



KEHA State Meeting Collectibles

In lieu of shirts, the Green River Area is offering a stainless steel mug and/or neoprene wrist key chain for purchase with your state meeting registration. Take a break from adding to your wardrobe and order one of these collectibles via the registration form. Photos of items available at www.keha.org.

KEHA STATE ANNUAL MEETING REGISTRATION FORM
"Mapping Our Future" • May 1-4, 2017 • Owensboro, Kentucky

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

CHECK ALL THAT APPLY:

- ___ COUNTY PRESIDENT ___ AREA OFFICER ___ KEHA BOARD ___ MFH GUILD
- ___ AGENT ___ UK SPECIALIST ___ GUEST
- 1ST TIME ATTENDEE - YES NO VOTING DELEGATE - YES NO

OFFICER TRAINING - TUESDAY, MAY 2 - 1:00-2:30 P.M.

- ___ PRESIDENT ___ VICE PRESIDENT ___ SECRETARY ___ TREASURER

EDUCATIONAL CHAIRMAN WORKSHOPS - WEDNESDAY, MAY 3 - 2:00 P.M.-3:30 P.M. (DESCRIPTIONS ON PAGE 8)

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

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

Seminars - Session I - Tuesday, May 2 - 10:00 a.m.-11:15 a.m. (Descriptions on page 9)

- ___ Food Fads: The Gluten Free Diet and Celiac Disease (Cost: \$2 Maximum: 75 attendees)
- ___ The Buzz about Honey (Cost: \$1 Maximum: 75 attendees)
- ___ How a Children's Book Happens (Maximum: 75 attendees)
- ___ KEHA Basics (Maximum: 30 attendees)
- ___ Lessons Learned (Maximum: 100 attendees)
- ___ Silk Ribbon Embroidery: Part 1 (Cost \$10 Maximum: 25 attendees) [Continues from 3:00-4:15 p.m.]
- ___ Sales Tax: What Do You Need to Know? (Maximum: 30 attendees)

Seminars - Session II - Tuesday, May 2 - 3:00-4:15 p.m. (Descriptions on page 9-10)

- ___ The Secrets to Successful Pie Baking (Cost: \$3 Maximum: 30 attendees)
- ___ Purchase Proud (Cost \$10 Maximum: 50 attendees)
- ___ Pinterest Party: Beyond Crafts and Apps (Maximum: 75 attendees)
- ___ Homemaking on the Kentucky Frontier 1811-1815 (Maximum: 100 attendees)
- ___ Engage (Maximum: 100 attendees)
- xxx Silk Ribbon Embroidery: Part 2 [Participants from the 10 a.m. session will be automatically enrolled.]
- ___ Kentucky ACWW Tea (Cost: \$7 Maximum: 75 attendees)

Seminars - Session III - Wednesday, May 8:00- 8:9:15 a.m. (Descriptions on page 10)

- ___ Pennyryle Area Leaders Learn to "Lead with Love" (Maximum: 40 attendees)
- ___ Creating and Maintaining Family Traditions (Maximum: 75 attendees)
- ___ Yard and Garden Photography (Maximum: 50 attendees)
- ___ Beekeeping (Maximum: 75 attendees)
- ___ Wildflowers & Honey Bee (Maximum: 75 attendees)
- ___ KEHA Choir Rehearsal (For pre-registered choir members.)



Continued →

KEHA STATE ANNUAL MEETING REGISTRATION FORM (continued)
 "Mapping Our Future" • May 1-4, 2017 • Owensboro, Kentucky



Name _____

REGISTRATION

Registration

- Full - **\$35** (postmarked by April 3) \$ _____
- Full - **\$50** (postmarked after April 3) \$ _____
- One Day - **\$20** (postmarked by April 3) **\$25** (postmarked after April 3) \$ _____
 (indicate which day __ Monday __ Tuesday __ Wednesday __ Thursday)

Meals

- Tuesday, May 2 - Opening Banquet—\$37 \$ _____
- Wednesday, May 3- Master Farm Homemakers Guild Luncheon—\$26 \$ _____
- Thursday, May 4 - KEHA Awards Breakfast—\$18 \$ _____

Annual Meeting Collectibles (Photos are available at www.keha.org.)

- Stainless Steel Insulated Tumbler with KEHA Logo—\$22 each Quantity: ____ Total \$ _____
- KEHA Neoprene Wrist Key Chain—\$3 each Quantity: ____ Total \$ _____

Women Walk the World - Riverfront walk Monday, May 1, 4:45-5:15 p.m. I plan to participate ____

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

Beaded Wire Angel	___ 3:00 p.m. class	___ 6:00 p.m. class	\$10	\$ _____
Kentucky Door Hanger	___ 3:00 p.m. class	___ 6:00 p.m. class	\$10	\$ _____
Glass Pendant & Birds Nest Necklaces	___ 3:00 p.m. class	___ 6:00 p.m. class	\$10	\$ _____
Snow Globe Candle Holder	___ 3:00 p.m. class	___ 6:00 p.m. class	\$10	\$ _____
Patriotic Wreath	___ 3:00 p.m. class	___ 6:00 p.m. class	\$9	\$ _____
Mason Lid Ornament & Recycled Storage Jar	___ 3:00 p.m. class	___ 6:00 p.m. class	\$6	\$ _____

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

Food Fads: The Gluten Free Diet	May 2 - 10:00-11:15 a.m.	\$2.00	\$ _____
The Buzz about Honey	May 2 - 10:00-11:15 a.m.	\$1.00	\$ _____
Silk Ribbon Embroidery	May 2 - 10:00-11:15 a.m.	\$10.00	\$ _____
Secrets to Successful Pie Baking	May 2 - 3:00-4:15 p.m.	\$3.00	\$ _____
Purchase Proud	May 2 - 3:00-4:15 p.m.	\$10.00	\$ _____
Kentucky ACWW Tea	May 2 - 3:00-4:15 p.m.	\$7.00	\$ _____

Tours (Monday, May 1) (Please indicate 1st and 2nd choice and pay fee for 1st choice)

- Tours will be confirmed or cancelled based upon registrations received by April 3, 2017.
- __Tour 1—Bill Monroe’s Home Place and Bluegrass Museum, KY (8:30 a.m.—12:30 p.m.) \$25 \$ _____
- __Tour 2—Daviness County Barn Quilt Trail & Agritourism Tour (1:00 p.m.—4:00 p.m.) \$25 \$ _____

KEHA Print -

Order your KEHA print via this registration for pick-up at state meeting. (Save \$6 shipping)
 ____ number of prints ordered x \$40 per print (\$37.74 for print plus \$2.26 sales tax) \$ _____

OVERALL TOTAL \$ _____

Notice:
 Mail by April 3 for the discounted registration fee. Any registration with a USPS postmark after April 17 will be returned. This is necessary to allow processing time for workshops, tours and learning sessions.
Thank You

Mail to:
 Sandra Lennon
 KEHA Treasurer
 619 Milton Riley Road
 Russellville, KY 42276
 sglennon@epbnet.com
 270-726-8806

FOR KEHA TREASURER USE ONLY:
 Date received: _____
 Check number: _____
 Amount Paid: _____
 Balance Due: _____
 Refund Due: _____

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

2017 KEHA ANNUAL STATE MEETING

Owensboro Convention Center—Owensboro, Kentucky
(Times listed are Central Time)

MONDAY, MAY 1

8:30 a.m. - 12:30 p.m.	Tour 1: Bill Monroe's Home Place and The Bluegrass Museum	Lower Level Lobby
12:00 p.m. - 6:00 p.m.	Early Registration	Lower Level—Registration 3
1:00 p.m. - 4:00 p.m.	Tour 2: Daviess County Barn Quilt Trail and Agritourism Tour	Lower Level Lobby
3:00 p.m. - 4:30 p.m.	Hands-On Creative Arts Classes—Session 1	Riverview Room
4:45 p.m. - 5:15 p.m.	KEHA: Women Walk the World	Lower Level Lobby
6:00 p.m. - 7:30 p.m.	Hands-On Creative Arts Classes—Session 2	Riverview Room

TUESDAY, MAY 2

8:00 a.m. - 4:00 p.m.	Registration	Lower Level—Registration 3
	Voting Delegate Sign-In	Lower Level—Registration 3
8:00 a.m. - 10:00 a.m.	Trade Show, Silent Auction & Homemaker Showcase Set-Up	Lower Level—Exhibit Hall 1
8:00 a.m. - 12:00 p.m.	Quilt Square Check-In	Lower Level—Lobby
9:30 a.m. - 12:00 p.m.	Cultural Arts Check-In	Lower Level—Exhibit Hall 2
10:00 a.m. - 11:15 a.m.	Seminars—Session 1	East A & B, West A & B, 210, 220, 230, 231
10:00 a.m. - 5:00 p.m.	Trade Show Opens	Lower Level—Exhibit Hall 1
	KEHA Merchandise Store	Lower Level—Exhibit Hall 1
10:00 a.m. - 5:00 p.m.	Raffle, Silent Auction and Homemaker Showcase	Lower Level—Exhibit Hall 1
	LUNCH ON YOUR OWN (Café open in lower level lobby.)	
1:00 p.m. - 2:30 p.m.	Officer Training Sessions	East A & B, West A & B
2:00 p.m. - 5:00 p.m.	Quilt Square Viewing and Bidding	East Lobby
3:00 p.m. - 4:15 p.m.	Seminars—Session 2	East A & B, West A & B, 210, 220, 230, 231
6:00 p.m.	Opening Banquet	West C-E
	Keynote Speakers: Tim and Nicki Farmer from KET's <i>Tim Farmer's Country Kitchen</i>	

WEDNESDAY, MAY 3

8:00 a.m. - 9:45 a.m.	Registration	Lower Level—Registration 3
8:00 a.m. - 9:30 a.m.	Voting Delegate Sign-In	Lower Level—Registration 3
8:00 a.m. - 2:00 p.m.	Quilt Square Viewing and Bidding	East Lobby
8:00 a.m. - 9:15 a.m.	Seminars- Session 3	East A & B, West A & B, 210, 220, 230, 231
8:00 a.m. - 3:00 p.m.	Cultural Arts Viewing	Lower Level—Exhibit Hall 2
8:00 a.m. - 3:00 p.m.	Trade Show	Lower Level—Exhibit Hall 1
	Silent Auction and Homemaker Showcase	Lower Level—Exhibit Hall 1
	KEHA Merchandise Store	Lower Level—Exhibit Hall 1
10:00 a.m. - 11:30 a.m.	Business Meeting	Lower Level—Exhibit Hall 3
11:30 a.m. - 4:00 p.m.	Registration	Lower Level—Registration 3
11:45 a.m. - 1:45 p.m.	Master Farm Homemakers Guild Luncheon	West C
	(OR LUNCH ON YOUR OWN—Café open in lower level lobby.)	
2:00 p.m. - 3:30 p.m.	Educational Chairmen Workshops—Session 2	
2:30 p.m. - 4:00 p.m.	Master Farm Homemaker Guild Business Meeting	Riverview Room
3:30 p.m. - 5:00 p.m.	Quilt Square Pick-Up and Pay	East Lobby
4:00 p.m. - 5:00 p.m.	Cultural Arts Check-Out	Lower Level—Exhibit Hall 2
	Silent Auction Pick-Up and Pay	Lower Level—Exhibit Hall 1
	Pick Up Showcase Displays	Lower Level—Exhibit Hall 1
	(DINNER ON YOUR OWN)	
7:00 p.m.	General Session with KEHA Choir Performance	Lower Level—Exhibit Hall 3
	Keynote Speaker: Colene Elridge, Owner and Chief Coach, Be More Consulting	

THURSDAY, MAY 4

7:15 a.m. - 7:45 a.m.	Registration	Lower Level—Registration 3
8:00 a.m.	Awards Breakfast	West C-E

Tours - Monday, May 1

Tours will be cancelled or confirmed based upon registration as of April 3, 2017. Register early!

Tour 1: Bill Monroe's Home Place and The Bluegrass Museum

Bill Monroe is known as the “Father of Bluegrass” and is a native of the Green River Area. He is well known nationally and internationally for his influence and contribution to Bluegrass Music. The tour will visit The Bill Monroe Homeplace, Rosine Cemetery (burial place of Bill Monroe and family) and Rosine Barn (voted one of the 52 places to visit by the New York Times in 2016).

Learn more: <http://www.ohiocounty.com/billmonroe>.

Depart: 8:30 a.m.* *Return:* 12:30 p.m.

Minimum: 20 people *Maximum:* 32 people

Cost: \$25 per person

* Be ready to board the bus by 8:15 a.m. Registration envelopes will be available at tour boarding.

Tour 2: Daviess County Barn Quilt Trail and Agritourism Tour

Take a drive through Daviess County to view several barn quilts and learn about their history from step-on guides on the tour bus. Stop (and shop) along your journey at two popular agritourism destinations—Trunnell’s Farm Market and Reid’s Orchard. Learn more:

- <http://www.trunnellsfarmmarket.com>
- <http://www.reidorchard.com>
- Search Facebook.com for the Daviess County Barn Quilt Trail page

Depart: 1:00 p.m.

Return: 4:00 p.m.

Minimum: 20 people

Maximum: 32 people

Cost: \$25 per person

Tours On Your Own

Downtown Trolley—The Owensboro Transit System provides a FREE Downtown Trolley from 10 a.m. to 9 p.m. Monday-Wednesday and 10 a.m. to 11 p.m. Thursday – Saturday. The trolley picks up at the Convention Center, as well as the Hampton Inn and Holiday Inn. Hop aboard to travel a few blocks to the heart of downtown to visit sites of local interest, grab a bit to eat or shop. Downtown locations of interest include the Museum of Science and History, RiverPark Center, Smothers Park, the Bluegrass Music Museum, local boutiques, antique shops and more! View the trolley map at: <https://transit.owensboro.org/trolley/downtown>.



Western Kentucky Botanical Garden—Born from a dream of a master gardener class, the Western Kentucky Botanical Garden was established in 1993. Located a short distance from the Owensboro Convention Center, the 10-acre facility is home to a number of themed gardens and historical buildings. Take a virtual tour online and plan your visit at www.wbkg.org. Admission is \$5 for adults and \$3 for seniors.

Women Walk the World

Join fellow KEHA members for a walk along the riverfront as a part of KEHA’s observance of the Associated Countrywomen of the World *Women Walk the World*. Walkers will convene in the lower lobby of the convention center Monday, May 1 at 4:45 p.m. for a 30-minute walk along the riverfront. Participants will receive a special gift!



Cultural Arts Check-in Times (Tuesday - May 2)

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

*All times listed are Central Daylight Savings Time



Mapping
Our future

Hands-On Creative Arts Classes Monday—May 1, 2017

(View color photos at www.keha.org)

All six craft classes will be offered twice and will be 1.5 hours. Each craft is limited to 20 participants per time slot - 3:00-4:30 p.m. and 6:00-7:30 p.m. All supplies will be furnished unless noted below.

Beaded Wire Angel

Cost: \$10



Patriotic Wreath

Cost: \$9



Personalized Glass Pendant Necklace & Birds Nest Necklace

Cost: \$10

Participants can bring a 1 inch by 1 inch personalized photo printed on cardstock.



Kentucky Door Hanger

Cost: \$10



Snow Globe Candle Holder

Cost: \$10



Mason Lid Ornament & Recycled Storage Jar

\$6



Educational Chairman Workshops

Wednesday, May 3 - 2:00-3:30 p.m.

Environment, Housing and Energy - We are continuing our three year program of work focus “Improving the Landscape of Your Home and Community” with this year’s theme of “Improving Your Home Landscape.” Some of the topics we will be discussing are: Annuals and Perennials; Landscaping Aesthetics In and Around Your Home; and Edible Landscaping. We hope to convey to you a better understanding of which plants work best for your soil type, which plants work best in sun or shade, and best placement of plants to conserve energy in the home. As in the past two years we will be having door prizes. Hope to see you in the workshop. - *Debbie Pierce*

Food, Nutrition and Health – Are you a Food, Nutrition and Health chairman, or are you interested in serving in this position? If so, you are invited to attend a training session during the state meeting. Ideas to promote good food, nutrition and health, as well as informational folders will be shared. There will also be time to ask and answer questions. Tracy Thornton Cowles, FCS Education agent from Butler County will share with us the relationship between humor and good health. When you attend this session, don’t forget to sign up for the door prizes. I look forward to seeing you at the state meeting. - *Michelle Lamson*

Leadership – Effective leaders have learned that good illustrations can make a point. Stories can be used to train, mentor and coach others. Learn how you can influence others with the stories you tell during the KEHA Leadership Development Training. The training will also build understanding of the roles of club, county and area leadership chairmen. A discussion of the VSU program will be included, so come prepared with your questions and ideas to enhance this program. - *Martha Sue Hargrove*

Cultural Arts and Heritage - This year the Cultural Arts and Heritage chairman training will focus on continuation of the 2016-2019 Plan of Work. The 2017-18 emphasis is on *Applique* and 2018-19 will focus on *Rug Hooking with Wool Fabric*. The program of work also includes a three-year emphasis on covered bridges in Kentucky. As usual we will give you an opportunity to ask questions and offer suggestions. If you are an Area, County or Club Cultural Arts and Heritage Chairman, this is a program you will not want to miss. See you in Owensboro. - *Julia Lainhart*

Family and Individual Development – Individuals and families are involved with people of different ages and stages. It is important for families to develop positive attitudes and realize how actions can influence and change future lives or create problems for those around them. In today's society there are problems with the use or abuse of prescription drugs and street drugs. A discussion of the impact the use of street drugs and the abuse or misuse of prescription drugs will be the focus of our session. We will have a Kentucky State Trooper to lead the discussion and this will be followed by a question and answer period. We hope to see you there! - *Marilyn Craycroft*

International – Calling all International Chairmen! This session will feature a short training about your duties as a club, county or area international chairman, including how to write your contest entry and complete the program of work report. We will review the program of work and discuss how to increase member involvement. There will be a short presentation on revitalizing county-wide international programs by adding pizzazz to your current program to entice members (and the public) to attend. - *Leoni Mundelius*

4-H Youth Development – We are looking forward to the next 3 years of Extension Homemakers and 4-H working together to encourage homemaker participation in county, district and state 4-H programs such as public speaking, demonstrations and for homemakers to serve as 4-H volunteers. The new Program of Work is exciting with specific lessons for both youth and homemakers and there are great activities for both which will be revealed at the KEHA 2017 State Meeting 4-H/Youth Development Education Training Session. Plan to come join us for some learning, fun and fellowship and be prepared to go back to your county and area to take back an exciting Program of Work. - *Nancy Snouse*

Management and Safety - Be sure to attend the Management and Safety training this year as we will unveil the new program of work. In addition, Dr. Jennifer Hunter will share “Savvy Sellers and Bargain Hunters: Online Edition.” This educational program focuses on online yard sale, marketplace, buy, trade pages and consignment websites. The session will cover what you need to know to find the best deals and also how to protect yourself as an online consumer and seller. Learn how you can take this program back to your county, and what your roles are serving as a club, county or area Management and Safety Chairman. - *Victoria Orme*

Seminars - Session 1

Tuesday, May 2 - 10:00-11:15 a.m.

Food Fads: The Gluten Free Diet and Celiac Disease -

In this session we will outline reasons to eat gluten free, the health of a gluten free diet and explain how to eat a gluten free diet.

Presenter: Emily Smith, Methodist Hospital Prevention and Wellness Services

Minimum: 10 *Maximum:* 75 **Cost: \$2**

The Buzz about Honey

This session will share everything you need to know about the history of honey, honey production, forms of honey, nutritional value, storage of honey, and recipes for cooking with honey. Taste testing honey varieties will be included.

Presenters: Cecelia Hostilo, Trigg County Extension Agent for FCS Education; and Melissa Goodman, Carlisle/Hickman County Extension Agent for FCS Education

Minimum: 25 *Maximum:* 75 **Cost: \$1**

KEHA Basics

Do you know what the acronyms ACWW, VSU, and NVON mean? Have you wondered why you collect coins and fill out reports? Are you familiar with the grants and scholarships offered through KEHA? Do you know what happens to the reports you submit? This session will provide an overview of KEHA beginning with a brief history and concluding with emphases for the coming year. Participants will play a game of KEHA trivia while learning about programs, deadlines and the KEHA organization.

Presenter: Kim Henken, KEHA State Advisor, UK School of Human Environmental Sciences

Minimum: 10 *Maximum:* 30

Lessons Learned

Warren Beeler has more than 40 years of experience judging livestock shows. Through this experience, he has learned a lot about people. Mr. Beeler will share these lessons learned, many of which can translate to KEHA volunteer roles judging 4-H events, county fairs and more.

Presenter: Warren Beeler, Executive Director, Governor's Office of Agricultural Policy

Minimum: 10 *Maximum:* 100

Silk Ribbon Embroidery—Part 1

Participants will learn simple embroidery stitches using silk ribbon to create a small design to be worn, framed or hung as an ornament. Some experience with needle and thread would be good, but not necessary. (Session continues from 3:00-4:15 p.m. Participants will be automatically registered.)

Presenter: Mary Hixson, Garrard County Extension Agent for FCS Education

Minimum: 10 *Maximum:* 25 **Cost: \$10**

Seminars - Session 1

Tuesday, May 2 - 10:00-11:15 a.m.

How A Children's Book Happens

Ever wonder how a children's book comes together? Thinking of writing one yourself? It is a lot more complicated than you might think. Watch the book evolve before your eyes and meet the puppet, "Little Miss Grubby Toes." Examine the story that has won gold medals from Mom's Choice Awards and other reading organizations across the U.S.

Presenters: Eddie Price, Author

Minimum: 10 *Maximum:* 75

Sales Tax: What Do You Need to Know?

KEHA fundraising efforts are many and varied. In some cases, fundraising will fall under Kentucky Sales and Use Tax laws and require that you collect and remit sales tax. This seminar, presented by the Kentucky Department of Revenue, will discuss the background/history of sales and use tax as well as the forms and exemption certificates related to sales and use tax. The presenters will provide an overview of the laws and regulations associated with sales and use tax and demonstrate how to properly complete the sales and use tax return.

Presenters: Kentucky Revenue Cabinet, Sales and Use Tax Division

Minimum: 10 *Maximum:* 30

Seminars - Session 2

Tuesday, May 2 - 3:00-4:15 p.m.

Engage

Agriculture has changed tremendously in recent decades. This session will highlight those changes through photos and stories. Learn how agriculture is engaged in change.

Presenter: Warren Beeler, Executive Director, Governor's Office of Agricultural Policy

Minimum: 10 *Maximum:* 100

Pinterest Party: Beyond Crafts and Apps

Pinterest: The online catalogue of all things that matter to you! In this session, we will discuss strategies for using Pinterest to its full potential.

Presenters: Jennifer Hunter, Associate Extension Professor/Extension Specialist for Family Financial Management and Mindy McCulley, Extension Specialist for Instructional Support, UK FCS Extension

Minimum: 15 *Maximum:* 75

Silk Ribbon Embroidery—Part 2

Session continues from 10:00 a.m. Morning participants will be automatically registered.

Presenter: Mary Hixson, Garrard County Extension Agent for FCS Education

Continued →

Seminars - Session 2

Tuesday, May 2 - 3:00-4:15 p.m.

The Secrets to Successful Pie Baking!

Want to learn the tricks and trips for delicious homemade pie crust? Stop wasting money on store-bought ones! This session is a demonstration and tasting of basic crust recipes. We will cover ingredients, standards of measurement, technique, pre-baking, pans, edging and meringues.

Presenter: Leslie Workman, Pike County Extension Agent for FCS Education

Minimum: 15 *Maximum:* 30 **Cost: \$3**

Homemaking on the Kentucky Frontier 1811-1815

If you think homemaking is a thankless, time-consuming, backbreaking job, take a trip in time with Kentucky author Eddie Price and see what life was like in the days before electrical appliances and other modern conveniences. Gardening, food preparation and preservation, house building, lighting and heating; church and social life, sanitary conditions, primitive medicine, childbirth, and much more. A whole new perspective on homemaking.

Presenters: Eddie Price, Author

Minimum: 10 *Maximum:* 100

Purchase Proud

The Purchase Area Master Food Volunteers will share unique recipes and products from the 'real' Western Kentucky. Participants will sample recipes and receive a booklet from the session.

Presenter: Purchase Area Master Food Volunteers

Minimum: 25 *Maximum:* 50 **Cost: \$10**

Kentucky ACWW Tea

New this year—Kentucky ACWW Network is presenting a tea with guest speaker Leoni Mundelius. She'll share her experiences at the 2016 ACWW Triennial in England. Lite refreshments will be provided and the session fee includes \$2 annual dues for the Kentucky ACWW Network.

Minimum: 25 *Maximum:* 50 **Cost: \$7**

Seminars - Session 3

Wednesday, May 3 - 8:00-9:15 a.m.

Beekeeping

Learn the basic fundamentals of bee keeping, including strategies to get started and maintain bees.

Presenter: Obbie Todd, Naturalist and Beekeeper

Minimum: 10 *Maximum:* 75

Seminars - Session 3

Wednesday, May 3 - 8:00-9:15 a.m.

Creating and Maintaining Family Traditions

This session reinforces the family assets of rituals and traditions. Learn strategies to establish routines, emphasize habits and preserve and respect existing traditions while providing practical ways to establish new traditions in our families.

Presenter: Sally Mineer, Extension Specialist for Professional Development, UK FCS Extension

Minimum: 12 *Maximum:* 75

Pennyrile Area Leaders Learn to "Lead with Love"

The Pennyrile Area Advisory Council procured funding through a grant provided by KEHA to allow the purchase of materials needed to facilitate a group reading and discussion of the book "Love Works: Seven Timeless Principles for Effective Leaders" by Joel Manby. Now that the leadership training has been completed, we want to share with others what we have learned and how other areas may take advantage of the activities we created to go along with the reading.

Presenters: Angie York, Lyon County Extension Agent for FCS Education

Minimum: 10 *Maximum:* 40

Yard and Garden Photography

This session will explore ways to improve your photography with the use of different lenses, the best use of light, angles, good composition and color. Learn techniques to capture beautiful images in your yard and garden.

Presenter: Bonnie Nance, Daviess County Master Gardener and retired Professional Photographer

Minimum: 10 *Maximum:* 50

Wildflowers and Honey Bees

This session will help you learn to identify wildflowers and will highlight their importance to honey bees. Participants will explore an electronic guide to wildflower identification developed by Mr. Hahus.

Presenter: Steve Hahus, Biologist

Minimum: 10 *Maximum:* 75

KEHA Choir Rehearsal

Are you a member of the KEHA Choir? Be sure to sign-up for this rehearsal session. Members will receive details in advance of the state meeting. (Session only for pre-registered choir members. See page 11 for choir information.)

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

Minimum: n/a *Maximum:* n/a

SUPPORT THE CENTER FOR COURAGEOUS KIDS (CCK)

The Center for Courageous Kids (CCK) has an ongoing need for quilts and pillowcases!
Support CCK by bringing finished quilts and pillowcases to the 2017 KEHA State Meeting

Quilt Details:

- Twin-sized—65" x 90" (allows for overhang on sides and foot)
- No fabric restrictions—just durable and washable
- Bright colors and patterns are loved!

Pillowcase Details:

- Standard Size
- Colors (bold and pastel)
- Cotton (washable)

The Center for
Courageous Kids®



We Prescribe Fun!®
www.courageouskids.org

Thank you for supporting CCK and making KEHA proud!

2017 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction will continue for the fifth consecutive year at the KEHA State Meeting. Anyone wishing to participate should make a 12" finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square, consider designs that you would want to purchase. Bring the 12" finished square to the KEHA State Meeting in Owensboro. **Please write your name and county on a small slip of paper and attach to the back side of the square.**

If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please feel free to contact Marlene McComas, KEHA 1st Vice President, 859-743-7783 or marlene7@prodigy.net.

Calling all singers for the KEHA Choir!

We will perform at the State Meeting in May, 2017 in Owensboro. You will receive music and a learning CD in the spring (please know your part when you get to State Meeting). We will have a one-hour rehearsal in preparation for a formal concert in long black dresses at the Wednesday evening general session. If you enjoy singing you will enjoy this choir! Send \$10 to Wendy Hood, 202 Park Avenue, Harrodsburg, 40330. Questions? Call or text her at 859-613-2575 or send email to: Wendy7Hood@icloud.com.



KENTUCKY EXTENSION
HOMEMAKERS ASSOCIATION

From the University of Kentucky

A new year is off to a fast start, and there are many milestones worthy of recognition in 2017. To all KEHA members, please take time to reflect upon your involvement and impact in your community. The organization has been going strong for 85 years. Your theme of “Mapping Our Future” sets the stage for positioning the organization to continue this great work in the years ahead. The 40th anniversary of your work to support the UK Ovarian Cancer Research and Screening Program is a testament to your commitment. Throughout your history, you have collaborated with Extension to improve family life and we value this partnership.

In the School of Human Environmental Sciences, the spring semester is off to a busy start. Our student total enrollment remains strong with more than 900 students in our undergraduate and graduate programs. We recently celebrated milestones achieved in 2016, including external grants totaling more than \$26 million and 40 journal articles and Extension publications.

In Family and Consumer Sciences Extension, programming emphasis continues to focus on the seven initiatives highlighted in our strategic plan. We look forward to working with KEHA to better connect our partner efforts to these seven initiatives. Our 2017 Building Strong Families profiles are now available and highlight data regarding health and healthcare in Kentucky. The profiles also share Extension impacts related to improving family health. View your county profile at <http://fcs-hes.ca.uky.edu/content/BSF>.

If you would like to stay current on news from the School of Human Environmental Sciences, we invite you to visit our website, join us on Facebook, follow us on twitter or sign up to receive our new email newsletter. Add your email address to our newsletter list at <http://hes.ca.uky.edu/content/newsletter>.

With sincerest thanks and best wishes,

Ann Vail

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