



# CONNECTION

## “LEARNING, LEADING, SERVING”

### Inside this issue:

- Hands-On Crafts
- Seminars & Workshops
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- UK Corner

### FROM THE DESK OF . . . Marlene McComas, President

To My Fellow KEHA members,

Traveling from my Grant County home in Northern Kentucky to Fulton, almost on the Mississippi, to Greensburg in south central Kentucky, to Campton in the east, and Paris in central Kentucky, I have been most honored to attend your area meetings and talk with so many of our wonderful Homemaker sisters. Bringing greetings and sharing happenings was such a pleasure. Oh the things that our Homemakers do! I brought back many ideas and was inspired by your enthusiasm. When I got back to Grant County, we moved full speed ahead to make as many people as possible aware of who Homemakers are and what we do. I have enjoyed so much being your President this year!

Leadership Development has long been my main objective for all levels of Homemakers - club, county, area and state. We have the ability for national and international involvement as well. Since attending the Family Community Leadership (FCL) Training Program back in the '80s, I have known the potential. When the State Board developed goal teams three years ago, I joined the Preparing KEHA Leaders Team. Traveling reiterated the mutual needs across our state for qualified, trained leaders who are ready and willing to fill positions that will continue to move our organization forward. Every leader, no matter what organization, needs to always be preparing his or her replacement to carry on the vision and legacy into the future. We are working toward that goal. I am most proud of the Preparing KEHA Leaders team, who is striving to develop a new program to help the organization grow for years to come.

Another goal team formed three years ago has focused on marketing. Their vision led to the creation of a long needed Marketing and Publicity Chairman. After announcing the position at the 2017 State Meeting, the KEHA Executive Committee approved the appointment of Jennifer Williams to this position. She brings her vision, skills, experience and knowledge to strengthen the footprint of KEHA. She has been familiarizing herself with base needs and working on a brand refresh to insure we are known across the state for what we do. We don't just make cookies and cakes - we strengthen families and communities. We rock!

Preparations have been made for a great 2018 State Meeting at the Crowne Plaza in Louisville. I cannot wait to see friends and Homemaker sisters. Let's all plan to enjoy ourselves in the new three-day format and learn everything possible to take back to our clubs, counties and areas. See you in Louisville!

*Marlene McComas, President*



“Exploring our Mountain Heritage” is the theme for our 2018 KEHA State Meeting in Louisville. The Northeast Area Homemakers are hosting this year and I can't wait! They have a lot of wonderful things in store for you.

As you review the schedule, you will notice a few changes. We have changed the meeting to three days, but we have packed those three days with lots of excitement. Miss Kentucky, Molly Matney, will be our guest speaker at our opening banquet on Monday night. The banquet theme will be “county night”. I would like everyone to dress representing something from your county. It could be your school colors or maybe a shirt from a state park in your county or an outfit that connects with something for which your county is known. Be creative! It will give us lots to talk about as we sit around our tables with friends from all over our state.

The KEHA Choir will perform for us at the Tuesday night general session, followed by the entertaining Steve Isaacs. We have lots of wonderful learning sessions and craft classes planned for you. The quilt square showcase and auction is returning for the sixth consecutive year. See page 6 for the details and bring your quilt squares to enter in the showcase!

Be sure to make plans to come and “explore” all the new and exciting things at this year's KEHA State Meeting. You won't want to miss it. Let's make this our best year ever!

Sharon Wood  
KEHA 1<sup>st</sup> Vice President

## 2018 KEHA State Board Elections

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

- ◆ President-Elect
- ◆ 2nd Vice President
- ◆ Cultural Arts and Heritage Chairman
- ◆ Family and Individual Development Chairman
- ◆ International Chairman

Job descriptions and credential forms are posted on the KEHA website - [www.keha.org](http://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 7 (thirty days prior to the KEHA Annual Meeting).**

## ORDER YOUR KEHA SHIRT

The Northeast Area, our host area for the 2018 KEHA State Meeting, has designed a KEHA baseball-style shirt available for purchase with your state meeting registration. Cost is \$15 for sizes S-XL and \$18 for sizes 2XL-4XL. Shirts run true to size. The shirts have a white body, blue sleeves and blue imprint. See a color photo at [www.keha.org](http://www.keha.org).



## 2018 KEHA State Meeting

### Lodging Information

The 2018 KEHA State Meeting will be held at the Crowne Plaza Louisville Airport, 830 Phillips Lane, Louisville, Kentucky. The room rate is \$109 per night + tax for standard rooms. The initial block of suites is sold out. Additional suites have been added at a cost of \$169 per night for a deluxe king suite or \$179 per night for a deluxe 2 bed suite. To reserve by phone, call 1-888-233-9527 and request the KEHA rate. Reservations may also be made online using the link posted on the KEHA website under the "State Meeting" tab.

## March 1 KEHA Deadlines

KEHA has several deadlines upcoming on March 1. Please review below, check the KEHA Manual at [www.keha.org](http://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 65-66
- Food, Nutrition and Health Contests - KEHA Manual Handbook, page 59
- International Project Awards - KEHA Manual Handbook, pages 71-72
- 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

**KEHA STATE ANNUAL MEETING REGISTRATION FORM**  
 “Exploring Our Mountain Heritage” • May 7-9, 2018 • Louisville, Kentucky

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

**CHECK ALL THAT APPLY:**

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

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

**Seminars - Session I - Monday, May 7 - 1:30-2:45 p.m. (Descriptions on page 9)**

- \_\_\_ Smoothie Queens (**Cost: \$10**) Maximum: 50 attendees)
- \_\_\_ Floral Design—Horizontal Design Maximum: 65 attendees)
- \_\_\_ Raffles, Raffles, Raffles! (Maximum: 80 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ Be More than Social (Maximum: 100 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ Do You Leak? Don't Be Embarrassed, "Urine" Not Alone! (Maximum: 50 attendees)
- \_\_\_ Paintsville—Gateway to the Arts (Maximum: 40 attendees)
- \_\_\_ Wool Rug Hooking: Part 1 (**Cost \$25**) Maximum: 20 attendees) [Continues from 3:00-4:15 p.m.]

**Seminars - Session II - Monday, May 7 - 3:00-4:15 p.m. (Descriptions on page 9-10)**

- \_\_\_ Smoothie Queens (**Cost: \$10**) Maximum: 50 attendees) [repeated]
- \_\_\_ Floral Design—Horizontal Design Maximum: 65 attendees) [repeated]
- \_\_\_ Sales Tax: What Do You Need to Know? (Maximum: 80 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ Jr Homemakers: Engaging a New Generation (Max: 100 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ 12 Months of Sharing Tea Parties (**Cost: \$2**) (Maximum: 50 attendees)
- xxx Wool Rug Hooking: Part 2 [Participants from the 1:30 p.m. session will be automatically enrolled.]

**Seminars - Session III - Tuesday, May 8 - 8:00-9:15 a.m. (Descriptions on page 10-11)**

- \_\_\_ Data Talks, People Listen: KEHA Reporting (Max: 80 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ KEHA Recruitment: Ideas to Grow Membership (Max: 100 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ 12 Months of Sharing Tea Parties (**Cost: \$2**) (Maximum: 50 attendees) [repeated]
- \_\_\_ LEAP: Literacy, Eating and Activity for Preschool/Primary (Maximum: 35 attendees)
- \_\_\_ Celebrating KEHA Week (Maximum: 50 attendees)
- \_\_\_ Understanding Addiction (Maximum: 40 attendees)

**Seminars - Session IV - Tuesday, May 8 - 1:00-2:15 p.m. (Descriptions on page 11)**

- \_\_\_ Financials 101: Extension Guidelines (Max: 80 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ Empowering KEHA Leaders (Max: 100 attendees) [FCS Agent In-service Credit Available]
- \_\_\_ Prepare to Care (Maximum: 50 attendees) [repeated] [FCS Agent In-service Credit Available]
- \_\_\_ Exploring Country Music Highway 23 (Maximum: 40 attendees)
- \_\_\_ Storytelling: Influencing Others through the Stories You Tell (Maximum: 40 attendees)
- \_\_\_ KEHA Choir Rehearsal (pre-registered choir members only)
- \_\_\_ ACWW Kentucky Network (Maximum: 50)

**Continued →**

**KEHA STATE ANNUAL MEETING REGISTRATION FORM (continued)**  
 "Exploring Our Mountain Heritage" • May 7-9, 2018 • Louisville, Kentucky

Name \_\_\_\_\_

**OFFICER TRAINING - WEDNESDAY, MAY 9 - 8:00 - 9:15 A.M.**

\_\_\_ PRESIDENT    \_\_\_ VICE PRESIDENT    \_\_\_ SECRETARY    \_\_\_ TREASURER

**EDUCATIONAL CHAIRMAN WORKSHOPS - WEDNESDAY, MAY 9 - 9:45 - 11:00 A.M. (DESCRIPTIONS ON PAGE 8)**

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

**REGISTRATION FEES**

**Registration**

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

**Meals**

Monday, May 7 - Opening Banquet—\$46 \$ \_\_\_\_\_  
 Tuesday, May 8 - Master Farm Homemakers Guild Luncheon—\$31 \$ \_\_\_\_\_  
 Wednesday, May 9 - Closing Luncheon—\$28 \$ \_\_\_\_\_

**State Meeting Shirt** (See photo on page 2; Color photo available at [www.keha.org](http://www.keha.org).)

Baseball-style shirt with blue sleeves, KEHA Logo — \$15 (S-XL) \$18 (2XL-4XL)  
 Qty: \_\_\_\_\_ Size: \_\_\_Small \_\_\_Medium \_\_\_Large \_\_\_XL \_\_\_XXL \_\_\_3XL \_\_\_4XL    Total \$ \_\_\_\_\_

**Women Walk the World** - Monday, May 7, 4:30-5:15 p.m. I plan to participate \_\_\_\_\_

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

Monday, May 7:	Wool Holiday Ornament	\$3	\$ _____
Monday, May 7:	Monogrammed Mug	\$10	\$ _____
Monday, May 7:	Fabric Gift Pouch	\$5	\$ _____
Monday, May 7:	Framed Snowman	\$5	\$ _____
Monday, May 7:	Wine Cork Ornaments	\$5	\$ _____
Tuesday, May 8:	KEHA Pendant	\$5	\$ _____
Tuesday, May 8:	Memory Wire Bracelet	\$8	\$ _____
Tuesday, May 8:	Paper Flowers	FREE	\$ _____
Tuesday, May 8:	Wool Pin Cushion	\$4	\$ _____
Tuesday, May 8:	Gift Boxes	\$3	\$ _____

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

Wool Rug Hooking	May 7 - 1:30-2:45 p.m.	<b>\$25.00</b>	\$ _____
Smoothie Queens	May 7 - 1:30-2:45 p.m. & 3:00-4:15 p.m.	<b>\$10.00</b>	\$ _____
12 Months of Tea Parties	May 7 - 3:00-4:15 p.m. & May 8 - 8:00-9:15 a.m.	<b>\$2.00</b>	\$ _____

**KEHA Print -**

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

**Make checks payable to KEHA**

**OVERALL TOTAL** \$ \_\_\_\_\_

**Notice:**

Mail by April 9 for the discounted registration fee. Any registration with a USPS postmark after April 23 will be returned. This is necessary to allow processing time.

**Thank You**

**Mail to:**

Harlene Welch  
 KEHA Treasurer  
 1730 Pedro Pike  
 Cynthiana, KY 41031

**FOR KEHA TREASURER USE ONLY:**

Date received: \_\_\_\_\_  
 Check number: \_\_\_\_\_  
 Amount Paid: \_\_\_\_\_  
 Balance Due: \_\_\_\_\_  
 Refund Due: \_\_\_\_\_

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

# 2018 KEHA ANNUAL STATE MEETING

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

## MONDAY, MAY 7

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

## TUESDAY, MAY 8

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

## WEDNESDAY, MAY 9

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

## 2018 KEHA Quilt Square Showcase and Auction

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

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

### ***Calling all singers for the KEHA Choir!***

We will perform at the State Meeting in May, 2018 in Louisville. 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 Tuesday 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](mailto:Wendy7Hood@icloud.com).

### ***Women Walk the World***

Join fellow KEHA members for an afternoon walk as a part of KEHA's observance of the Associated Country Women of the World *Women Walk the World*. Walkers will convene in the hotel front lobby Monday, May 7 at 4:30 p.m. for a 30-minute walk. Participants will receive a special gift!



Questions? Contact Leoni Mundelius, KEHA International Chairman - [Leoni@mundelius.com](mailto:Leoni@mundelius.com) or 606-669-8942.

### ***Cultural Arts Check-in Times (Monday - May 7)***

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

\*All times listed are Eastern Daylight Savings Time

Questions? Contact Julia Lainhart, KEHA Cultural Arts & Heritage Chairman - [jlainhar62@gmail.com](mailto:jlainhar62@gmail.com) or 859-885-4677.

# Hands-On Creative Arts Classes

May 7 - 11 a.m.-12 p.m.

May 8 - 2:30-3:30 p.m.

(View color photos at [www.keha.org](http://www.keha.org))



## Monday, May 7

### Wool Holiday Ornament

Cost: \$3.00

Create this simple recycled wool ornament or package decoration using easy hand-sewing techniques. Wreath measures 4" square. A variety of colors will be available. Class length: 1 hour  
Class limit: 12



### Monogrammed Mug

Cost: \$10.00

Create a special monogrammed mug using paint markers. Easy and fun to do. Dishwasher safe with instructions after class. White mugs with many paint colors to choose from.

Class length: 30-45 minutes

Class limit: 30



### Fabric Gift Pouch

Cost: \$5.00

Use a running stitch to enclose a casing for a drawstring. It is the perfect size to gift jewelry or any small item.

Class length: 30-45 minutes

Class limit: 30



### Framed Snowman

Cost: \$5.00

Join us as we make this adorable snowman in a picture frame perfect for gift giving or to add to your holiday decorations.

Class length: 45 minutes

Class limit: 20



### Wine Cork Ornaments

Cost: \$5.00

Learn how to make great tree ornaments from wine corks. We will make five (5) different ornaments: Christmas tree, angel, Santa, snowflake and candy cane. You will receive directions for several other cork projects also.

Class length: 1 hour

Class limit: 20



## Tuesday, May 8

### KEHA Pendant

Cost: \$5.00

You'll make a special wearable just to show off your KEHA pride! Create the necklace length of your choice & learn how to add jump rings & clasps. Class length: 30 minutes  
Class limit: 30



### Memory Wire Bracelet

Cost: \$8.00

Design your own beaded wrap bracelet in three easy steps. The size, shape, color and type of beads you choose will make your bracelet unique.

Class length: 30-45 minutes

Class limit: 25



### Paper Flowers

Cost: Free

Learn how to make these beautiful flowers made with paper. These flowers can be used to add a special touch to a gift or attach to a picture frame or in a shadow box. You will have other ideas of how they can be used!

Class length: 45 minutes

Class limit: 25



### Wool Pin Cushion

Cost: \$4.00

Make your own pin cushion with a wool flower basket design and colorful backing. Simple to make but so charming.

Class length: 1 hour

Class limit: 25



### Gift Boxes

Cost: \$3.00

It's super easy to learn how to make these gift boxes out of scrapbook paper. The instruction will include how to prepare the paper and folding techniques for the completion of the boxes.

Class length: 1 hour

Class limit: 20



## **Educational Chairman Workshops** **Wednesday, May 9 - 9:45-11:00 a.m.**

### **Environment, Housing and Energy -**

The Three B's of Home Landscaping  
Calling all Environment, Housing & Energy Chairmen! Whether you serve on the club, county or area level, I hope you will join us as we explore the NEW three year program of work (POW). This POW will focus on landscaping using native plants to attract bees, butterflies and birds. In addition to reviewing the program of work, we will discuss the NEW Environment, Housing and Energy contest which will provide an opportunity to give back to your community while promoting the Kentucky Extension Homemakers Association across the state. Hope to see you there! -*Nell Manning*

### **Food, Nutrition and Health -**

During this session, the new program of work for 2018-2021 will be rolled out and information will be distributed. In addition, an update on ovarian cancer screenings and the work of KEHA will be discussed. Finally, a lesson on small kitchen appliances will be provided, including: handouts, recipes and a taste-testing! Participants will learn new ways to use trusted appliances and how to prepare simple, nutritious meals. Participants will have a chance to win door prizes. Looking forward to sharing information regarding Food, Nutrition & Health! See you in May at the state meeting. -*Carolyn Horn*

### **4-H Youth Development -**

We are looking forward to another great year for Extension Homemakers and 4-H working together to encourage Extension Homemakers to volunteer to assist in 4-H activities. We hope that this past year has found many of you helping in county, district and state 4-H programs such as public speaking and demonstrations. Come join us this year to learn how you can take this program back to your county and what your roles are in serving as a volunteer in the 4-H program. As usual, we will give you an opportunity to ask questions and offer suggestions. If you are a club, county or area chairman this is a program you will not want to miss. Come join us for some learning, fellowship and fun. -*Nancy Snouse*

### **Cultural Arts and Heritage -**

Want to know more about making the Cultural Arts and Heritage program in your county and/or area the best it can be? If so, please join us and learn about the 2016-19 Program of Work. In this training, members will explore information about the 2018-19 program which will focus on rug hooking with wool fabric and the three-year program focus on covered bridges in Kentucky. Participants will also have the opportunity to offer suggestions for the upcoming 2019-2022 Program of Work and to ask questions about Cultural Arts and Heritage. If you are an area, county, or club Cultural Arts and Heritage Chairman, this is a program you will not want to miss. Hope to see you in Louisville. -*Julia Lainhart*

### **Family and Individual Development -**

This session will present a variety of topics helping you prepare for changes in the life cycle. Dr. Amy Hosier Kostelic will present a segment on "Keys to Embracing Aging with Healthy Lifestyles". This important topic will be of interest for individuals as well as caregivers. We often wonder how we can care for, preserve and repair family heirlooms. Our second speaker will give us information on this and we will look at how our treasured belongings can help us with our family history. -*Marilyn Craycroft*

### **International -**

This workshop will: provide an understanding of what International really means and it's many projects; review duties of International Chairmen (club, county, area and state); walk-through how to complete the program of work report; detail how to compile and send contest entries; and discuss future projects. Marcia Rasner, Mammoth Cave Area International Chair, who traveled to Ghana in May 2017, will present Ghana Projects such as the sewing program, Kentucky Academy Library and Kentucky Academy School. Rebecca Clay, Johnson County International Chair, will share her experience as KEHA Exchange Homemaker to the Philippines in September 2017; showcase the distribution of water filters and the Clean Water Program; and describe the need for the bucket water filters. At the end of the workshop, each participant will receive a USB drive containing the materials covered to be used for your county chairman training. So make sure to send at least one member from your county. -*Leoni Mundelius*

### **Leadership -**

Are you a club, county or area Leadership Development Chair? Are you interested in leadership development and volunteer service? Attend this session to learn about the 2018-2021 KEHA Leadership Development program of work. Learn new tips and tricks for reporting volunteer service units, updates to the program and the value of your volunteer time. Experience a mini-lesson focused on evaluating the strengths, weaknesses and opportunities for KEHA clubs and county organizations. We hope to see you in Louisville! -*Karen Yerkey*

### **Management and Safety -**

Make plans to attend the Management and Safety training! This session will include a brief discussion of the duties of the management and safety area chairman and an overview of the current plan of work, in addition to an educational program on "Planning Your Digital Estate." Have you ever wondered what happens to your digital property after you pass away? Who will have access to online bank accounts, email accounts, or even social media accounts? Are these accounts deactivated? Do they disappear? Do they exist in the cloud forever? Who will have control over what happens to them? The answers to these questions and more will be addressed as we discuss the domain of digital estate planning. -*Victoria Orme*



## Seminars - Session 1

### Monday, May 7 - 1:30 - 2:45 p.m.

#### Raffles, Raffles, Raffles!

Raffles can be an easy, effective fundraiser, but did you know they are subject to Kentucky charitable gaming regulations? Learn how to legally hold raffles at the area, county or club. Following the rules is everyone's responsibility. This session will be presented by the Kentucky Department of Charitable Gaming, so bring your questions!

Presenters: Henry Boone and Mike McFarlin, Kentucky Department of Charitable Gaming

Minimum: 10                      Maximum: 80

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

#### Be More than Social

Staying connected outside of club meetings may be the key to KEHA sustainability. Explore how to use social media as a tool in homemaker clubs, counties and areas to: make announcements, schedule activities, recruit new members and provide programming. Learn how the information your page insights provides can help you take your social media experience to a whole new level.

Presenter: Mindy McCulley, Extension Specialist, UK FCS Extension

Minimum: 10                      Maximum: 100

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

#### Do you Leak? Don't be Embarrassed, "Urine" Not Alone!

Experts believe that at some point in their adult lives 75% of women will suffer from the excessive urge to urinate or the experience the involuntary loss of urine, also referred to as urinary incontinence. Whether you have experienced this particular issue or are "learning for a friend," please join us as we discuss how urinary incontinence affects quality of life, why it might occur, and when to seek help. We will also show you several exercises shared by a women's health physical therapist that may be able to help alleviate minor leak issues.

Presenters: Dr. Joann Lianekhammy, Extension Specialist, Dr. Janet Kurzynske, Extension Professor, and Natalie Jones, Program Coordinator, UK FCS Extension

Minimum: 20                      Maximum: 50

#### Wool Rug Hooking - Part 1

Come learn primitive wool rug hooking, a down-to-earth handcraft that's been around since the mid 1800's. Once created for necessity, wool hooked rugs are found on floors, walls, as pillows and other home décor. In this workshop participants will learn to hook and create a small hooked wool mug rug from a kit. All needed supplies will be furnished. (Part 1 of 2; session continues at 3:00 p.m.)

Presenter: Mary Hixson, Garrard County FCS Agent

Minimum: 5                      Maximum: 20                      **Cost: \$25**

## Seminars - Session 1

### Monday, May 7 - 1:30 - 2:45 p.m.

#### Floral Design–Horizontal Design

Would you like to spruce up your home décor or create a gift with fresh flowers? Come watch a demonstration on how to make a cut flower horizontal design. Everyone will receive a packet with step-by-step instructions.

Presenter: Kara Back, Taylor County Extension Agent for Horticulture

Minimum: 5                      Maximum: 65

#### Smoothie Queens

Explore the ease and health benefits of making your own smoothies. Learn how to customize to your health needs. Sample several smoothie recipes and receive a recipe booklet that includes all the recipes.

Presenters: Julie Hook, Carlisle County KEHA Member, and Henrietta Sheffel, Quicksand Area KEHA President

Minimum: 20                      Maximum: 50                      **Cost:\$10**

#### Paintsville–Gateway to the Arts

Participants will learn about arts opportunities all the way through the Country Music Highway 23 – The National Scenic Byway. Visual arts, performing arts, literary arts, the unique Story Patch theater and how to have Kentucky Proud meals intertwined with hands on experiences that delight the senses.

Prepare to be entertained along with learning fun facts and contacts to make travels easy and memorable.

Presenter: Vicki Rice

Minimum: 10                      Maximum: 40

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## Seminars - Session 2

### Monday, May 7 - 3:00-4:15 p.m.

#### Sales Tax: What Do You Need to Know?

Does your fundraising fall under the Kentucky Sales and Use Tax laws? Are you required to collect and remit sales tax? This seminar, presented by the Kentucky Department of Revenue, will discuss the background/history of sales and use tax as well as the forms and exemption certificates related to sales and use tax. The presenters will provide an overview of the laws and regulations associated with sales and use tax and demonstrate how to properly complete applicable forms.

Presenter: Tim Bennet, Kentucky Revenue Cabinet, Sales and Use Tax Division

Minimum: 10                      Maximum: 80

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

## **Seminars - Session 2** **Monday, May 7 - 3:00-4:15 p.m.**

### **Wool Rug Hooking–Part 2**

Session continues. Participants from the 1:30 p.m. session will be automatically registered.

Presenter: Mary Hixson, Garrard County FCS Agent

### **Junior Homemakers: Engaging a New Generation**

Listen and learn from a panel of FCS Extension Agents and KEHA leaders on how they have had success with involving a younger generation through Junior Homemakers. Passing the torch and teaching life skills to a younger generation can keep KEHA membership strong for the future.

Presenters: Select FCS Agents and KEHA Leaders

Minimum: 10                      Maximum: 100

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

### **Floral Design–Horizontal Design (repeated)**

Would you like to spruce up your home décor or create a gift with fresh flowers? Come watch a demonstration on how to make a cut flower horizontal design. Everyone will receive a packet with step-by-step instructions.

Presenter: Kara Back, Taylor County Extension Agent for Horticulture

Minimum: 5                      Maximum: 65

### **Smoothie Queens (repeated)**

Explore the ease and health benefits of making your own smoothies. Learn how to customize to your health needs. Sample several smoothie recipes and receive a recipe booklet that includes all the recipes.

Presenters: Julie Hook, Carlisle County KEHA Member, and Henrietta Sheffel, Quicksand Area KEHA President

Minimum: 20                      Maximum: 50                      **Cost:\$10**

### **12 Months of Sharing Tea Parties**

What joy to share tea time with others! Sipping together for a Beu-TEA-ful time; How to's, tips, recipes & ideas galore for creating memorable events for your family & friends. Sample food prepared by Kentucky Homemaker and award-winning Author Linda J. Hawkins.

Presenter: Linda J. Hawkins, Heart-to-Heart Publishing

Minimum: 20                      Maximum: 50                      **Cost:\$2**

## **Seminars - Session 3** **Tuesday, May 8 - 8:00-9:15 a.m.**

### **Data Talks, People Listen: KEHA Reporting in 2018**

Join us as we explore the ways that your KEHA reporting data is collected, aggregated and used! We will discuss reporting from the club level to the state, including a new opportunity for area chairmen to submit your 2018 reports electronically. This session will be an opportunity for you to learn tips and tricks to enhance reporting at all levels and for areas to ease the transition to electronic reports. While everyone is welcome to attend, Area Educational Chairman and FCS Agents are encouraged to attend.

Presenters: Mindy McCulley, Extension Specialist, and Kim Henken, KEHA State Advisor, UK FCS Extension

Minimum: 10                      Maximum: 80

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

### **KEHA Recruitment: Ideas to Grow Membership**

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

Presenters: Select FCS Agents and KEHA Leaders

Minimum: 10                      Maximum: 100

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

### **LEAP: Literacy, Eating and Activity for Preschool/Primary**

Many Extension Homemakers volunteer in communities to teach the LEAP curriculum to youth. The curriculum was recently revised significantly-including a fresh look, updated facilitator guides and newsletters, new activities, several books were retired and 11 new books were added to the series. Come learn more about these changes!

Presenter: Brooke Jenkins-Howard, Extension Specialist, Nutrition Education Program, UK FCS Extension

Minimum: 10                      Maximum: 35

### **Understanding Addiction**

In 2016, nearly 64,000 people died of a drug overdose in America. The substance use disorders that are responsible for these deaths are complex, chronic brain disorders that are not well understood. This seminar provides an introduction to substance use disorders, including: what addiction is, how addiction develops, and evidence based approaches to treating addiction. Perhaps most importantly, suggestions for how individuals can contribute to the solution are discussed.

Presenter: Alex Elswick, Extension Associate, UK Department of Family Sciences

Minimum: 10                      Maximum: 40

## Seminars - Session 3

Tuesday, May 8 - 8:00-9:15 a.m.

### Celebrating KEHA Week

Each year, KEHA Week is observed the second full week of October. Come learn how to celebrate this observance in your county. Learn how to spread the word about KEHA membership opportunities and increase recognition in your county.

Presenters: Marlene McComas, KEHA President and Jennifer Williams, KEHA Marketing Chairman

Minimum: 10                      Maximum: 50

### 12 Months of Sharing Tea Parties (repeated)

What joy to share tea time with others. Sipping together for a Beu-TEA-ful time; How to's, tips, recipes & ideas galore for creating memorable events for your family & friends. Sample food prepared by Kentucky Homemaker and award-winning Author Linda J. Hawkins.

Presenter: Linda J. Hawkins, Heart-to-Heart Publishing

Minimum: 20                      Maximum: 50                      Cost:\$2

## Seminars - Session 4

Tuesday, May 8 - 1:00-2:15 p.m.

### Prepare to Care

Caregiving is an important role, but one that few are trained to hold. The caregiving journey can be as simple as helping someone run errands or taking them to doctor appointments, or it can be as involved as taking time away from work and family to provide full time care. This session highlights AARP's "Prepare to Care" program which helps individuals and families make caregiving more manageable.

Presenter: Dr. Amy Hosier, Associate Extension Professor, UK Department of Family Sciences

Minimum: 15                      Maximum: 50

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

### Storytelling: Influencing Others through the Stories You Tell

Effective leaders have learned that good illustrations can make a point. Stories can be used to train, mentor and coach others. Join in this learning session to examine the value of storytelling as an effective communication tool and practice storytelling skills to improve potential for influencing others to market their organizations and recruit new members.

Presenter: Melissa Goodman, Carlisle/Hickman County FCS Agent

Minimum: 15                      Maximum: 40

## Seminars - Session 4

Tuesday, May 8 - 1:00-2:15 p.m.

### Financials 101: Extension Guidelines for Volunteer Groups

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

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

Minimum: 10                      Maximum: 80

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

### Empowering KEHA Leaders

Confident leaders prepared to carry out the duties associated with a specific position strengthen KEHA at all levels – club, county, area and state. This session will provide tips and examples for creating position descriptions for leadership roles. Participants will also learn how to craft leadership plans to assist leaders in carrying out their duties.

Presenters: Janet Johnson, Extension Specialist, and Kim Henken, KEHA State Advisor, UK FCS Extension

Minimum: 10                      Maximum: 100

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

### Exploring Country Music Highway 23

Participants will learn about Country Music Highway 23 – the National Scenic By-way and how to navigate the many treasures along the 166 miles of highway along the east end of the state. Prepare to be entertained by performances along with fun facts and contacts to make travels easy and memorable.

Presenter: Josh Johnson

Minimum: 10                      Maximum: 50

### KEHA Choir Rehearsal

Are you a member of the KEHA Choir? Be sure to sign-up for this rehearsal session. Members will receive details in advance of the state meeting. (Session only for preregistered choir members. See page 6 for choir information.)

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

Minimum: n/a                      Maximum: n/a

### ACWW Kentucky Network

The ACWW Kentucky Network provides an opportunity for KEHA members to connect with our world organization—the Associated Country Women of the World. This session will provide attendees with information about our world projects through ACWW as well as updates on KEHA-led international projects. Annual dues for the ACWW Kentucky Network (\$2) will be collected in the session.

Minimum: 5                      Maximum: 40



**KENTUCKY EXTENSION  
HOMEMAKERS ASSOCIATION**

***From the University of Kentucky***

Fall was a busy time of transition in the School of Human Environmental Sciences. We assumed our interim leadership roles in October and completed several staff transitions within our office. With the calendar turned to a new year, we look forward to a productive and rewarding 2018. The long-standing partnership with KEHA to improve individual, family and community life is important to us, and we value working together with KEHA members statewide.

Fall was also a time for recognition. We are fortunate to have award-winning Extension Agents for Family and Consumer Sciences (FCS) across Kentucky. In total, Kentucky FCS agents received ten Southern Region Awards and nine national awards at the National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Conference. The recognitions included the highest individual honor—Educator of the Year—presented to Janet Johnson, Allen County FCS Agent (now retired). In addition, Diana Doggett, Fayette County FCS Agent, received the Creative Excellence Award from the Joint Council of Extension Professionals. Lora Lee Howard, Clay County FCS Agent, was installed as president of the NEAFCS, becoming the first Kentucky FCS agent to hold this post.

Over the past few months, we have expanded our presence on social media. We invite you to follow our Family and Consumer Sciences Extension Facebook page ([www.facebook.com/UKFCSExt/](http://www.facebook.com/UKFCSExt/)) established in October 2017. We also continue to share regular posts on the School of Human Environmental Sciences Facebook page ([www.facebook.com/UKHES](http://www.facebook.com/UKHES)). Many counties are also active on social media, and Facebook Live video is increasingly used to share programming information and answers to questions. Please join us on social media to read the most current news and updates!

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

*Kim Henken,*  
*Acting Director, School of Human Environmental Sciences*  
*KEHA State Advisor*