



Connection



“Learning, Leading, Serving”

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FROM THE TOP.....SUSAN HANSFORD, PRESIDENT

To all the wonderful KEHA members:

I am not a fan of winter, and would love to be on a beach somewhere right now. (I'm writing this in January.) I was making this statement to a friend today and they said "Winter is great. You just have to change your thoughts about it." I really didn't see how I could find anything good about the extreme cold, the 4 layers of clothes I am wearing, and the bareness of the trees and bushes. So I thought about it, and I finally said "Well, we don't have any bugs to deal with." They said "See, you just have to change your way of looking at it." We don't have bugs to deal with, we aren't sweating, most of us do have warm houses and food to sustain us. It is all in how you look at it.

With that in mind, I am thrilled to say, I don't have to be chastised about how I feel about KEHA. I think it is one of the most exciting, viable, cooperative, innovative, marvelous organizations ever. I count it a privilege and honor to be the KEHA president and will give my best effort to represent KEHA. I am convinced that we should spread the news and educate the public on what a wonderful group we are.

We are celebrating 100 years of Extension this year and what an exciting milestone it is. There will be events to commemorate and memories to share for all that want to participate. I am excited about it and want to get this party started! As KEHA grows ever closer to reaching the same milestone, we should start preparing ourselves now, so that when it does occur we will be ready. I would like to encourage all counties to create a narrative history of its Homemaker organization. I know we have had histories submitted in the past, so let's take those and build upon them. Use your imaginations in creating the narrative history - time lines, scrapbooks, stories of events and people that you want us to know about when we read about your county. Each county president should take this project, get a committee to start the research and create your story. We will begin collecting histories at the KEHA State Meeting in Bowling Green and will collect them throughout the coming year. We have tremendous stories to tell and I can't wait to read them all.

While you are collecting stories, make sure you share those with everyone you think may be interested. Create a page of historical facts and photos concerning your county organization and have that published in your newspaper, homemaker newsletter, gossip column, etc. Make bulletin boards of these facts and photos and display at your local library and Extension office. It is time to TELL OUR STORY!! I am in hopes that a book of the counties histories can be created for purchase. It would also be a great fundraising item!

I am looking forward to seeing all of you at our KEHA meeting in Bowling Green, May 12-15, 2014. I hope everyone has their reservations, and that we make this an event to remember. My 3 year emphasis as President is "Remember, Respect and Renew," so let's make some wonderful memories!!

Susan Hansford



**KEHA State Meeting
May 12-15, 2014**

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

**FROM KEHA 1st Vice President...
NANCY BROUGHTON SNOUSE**



Hello, everyone! The KEHA year is flying by! We are getting ready to travel to Bowling Green for the 2014 KEHA Annual Meeting May 12-15. We have many great things planned and I can't wait for May to arrive. There are great tours, learning sessions and exciting things in store.

I hope everyone is working on their 12" quilt square for the Quilt Square Auction. Last year's was a big success and we want to top it in 2014. Also, don't forget about the Homemaker Showcase. Send your form by March 15. Each area can have up to two displays.

For Monday night, May 12, we are planning a "Come as You Are" fun night. We will have some short skits, karaoke, comedy, etc. This will be a time with light refreshments, fun and fellowship. We may even have some surprises for you! It's all free with your registration, so come join us!

This will be my last meeting as your 1st Vice President. I write this article with many mixed emotions. It has been a wonderful, but full three years. I have been privileged to work with some wonderful board members and volunteer homemakers. I would put the KEHA members beside any volunteers and I know they would outshine them all. I want to thank each of you for electing me to this office and I hope I have fulfilled my duties well. Many of you may not know I was married on December 14, 2013 and have moved to Ohio. I still retain my membership in Boyd County Homemakers and KEHA. I love KEHA and it is a big part of my life and always will be. As I say goodbye as your 1st Vice President, I'll still see you next year at state. Even though I have moved to the scarlet and grey side of the Ohio River, I'll always "bleed blue!"

Make your plans to attend the 2014 KEHA State Meeting at the Holiday Inn University Plaza and Sloan Convention Center in Bowling Green. I'll see you there!

Nancy Broughton Snouse

2014 KEHA State Board Elections

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



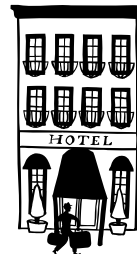
- 1st Vice President
- Treasurer
- Environment, Housing and Energy Chairman
- Food, Nutrition and Health Chairman
- Leadership Development Chairman

The duties for these positions are outlined in the KEHA Bylaws. Nomination forms are located in the KEHA Manual, Appendix Section.

Credentials should be sent by certified mail to the KEHA Secretary, Janet Hobbs, 21870 Joe Prather Hwy, Ekron, KY 40117.

Credentials must be postmarked by April 12, 2014 (thirty days prior to the KEHA Annual Meeting).

2014 KEHA State Meeting



Lodging Information

May 12-15, 2014

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

The primary hotel is the Holiday Inn University Plaza which is connected to the Sloan Convention Center. The rates are \$115+tax (1-2 people) and \$125+tax (3-4 people). Reservations may be made by calling (800) 465-4329 or (270) 745-0088 and requesting the KEHA group rate.

A block of rooms is available at the Hilton Garden Inn, which is located directly across from the Sloan Convention Center. The rate is \$119+tax for 1-4 people and reservations may be made by calling (270) 781-6778.

A block of rooms is available at the Courtyard by Marriott which is located directly across the street from the Sloan Convention Center. The rate is \$115+tax for 1-4 people. Reservations may be made by calling 270-783-8569. Request the KEHA rate.

In addition, the Hampton Inn located at 233 Three Springs Road (approximately 2.5 miles from the Sloan Convention Center) is offering a special rate for KEHA. To receive the rate of \$69+tax call (270) 842-4100 and ask for the KEHA group rate. This rate includes breakfast each morning.

KEHA 80th

Anniversary Print

If you have not bought one of the KEHA 80th Anniversary prints now is the time to do so. We still have a few of the prints

left. All costs associated with the project have been met, so each print sold at this point generates almost \$40 for the KEHA scholarship funds. If you have bought one we are very appreciative! We would encourage every county homemaker organization to purchase one or more 80th Anniversary prints while supplies last. Consider these ideas: provide a print as a gift for the county Extension office; use the print as a gift for an outgoing president or county-level award; provide a print for one or more elected officials in your county; or raffle the print as a fundraiser. The order form is available via the KEHA website and prints maybe pre-ordered via the state meeting registration form. Prints pre-ordered for pick-up at state meeting will be at a cost of \$40 only, so you can save the \$6 cost added for shipping and handling. Please help us reach our goals by purchasing a print today! Questions may be directed to: Sharon Wood, 11 Cindy Ann Ave., Campbellsville, KY 42718
Phone # 270-789-1388
Email:gswood4@windstream.net





KEHA STATE ANNUAL MEETING REGISTRATION FORM

“Turn the Page: The Future is Now” ▪ May 12-15, 2014 ▪ Bowling Green, Kentucky

Name _____

Address _____

City _____ State _____ Zip Code _____

County _____ Special Diet _____

Phone (____) _____ Email _____

Check all that apply:

- County President Area Officer KEHA Board MFH Guild KY/ACWW
- 1st Time Attendee - YES NO Voting Delegate - YES NO
- Agent UK Specialist Guest

Please check the Officer and Chairman trainings you plan to attend

- Officers Trainings-May 13 1:00-2:30 p.m.** **Educational Chairmen-May 14 1:30-3:00 p.m.**
- President Treasurer Cultural Arts & Heritage 4-H/Youth Development International
- Vice Pres. Secretary Management & Safety Food, Nutrition & Health Leadership Dev.
- (1st & 2nd) Family & Individual Dev. Environment, Housing & Energy

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

Seminars - Session I - Tuesday, May 13 - 10:00-11:15 a.m.

- Physical Activity at Home (Maximum: 60 attendees)
- KEHA 101 (Maximum: 35 attendees)
- KEHA: Growing Membership (Maximum: 50 attendees)
- Power Up Your Vegetable Choices and Improve Your Health FEE: \$5.00 (Maximum: 50 attendees)
- Control Celiac Disease by Living without Gluten (Maximum: 60 attendees)
- Gifts from the Heart 2013 FEE: \$12.00 (Maximum: 100 attendees)

Seminars - Session II - Tuesday, May 13 - 3:00-4:15 p.m.

- Physical Activity at Home (repeated) (Maximum: 60 attendees)
- Affordable Care Act Update (Maximum: 40 attendees)
- Developing and Implementing an Action Plan (Maximum: 40 attendees)
- Power Up Your Vegetable Choices and Improve Your Health FEE: \$5.00 (Maximum: 50 attendees)
- Ribbons, Ribbons...Who Gets the Blue Ribbon (Maximum: 75 attendees)
- Container Gardening FEE: \$5.00 (Maximum: 50 attendees)
- Living Better through Home Energy Management (Maximum: 40 attendees)

Seminars - Session III - Wednesday, May 14 - 8:00-9:15 a.m.

- Container Gardening FEE: \$5.00 (Maximum: 50 attendees)
- Getting the Most from Your Compact or Digital Camera (Maximum: 70 attendees)
- KEHA 202 (Maximum: 40 attendees)
- Making Mats from Plastic Bags FEE: \$5.00 (Maximum: 40 attendees)
- Sharing Your History: Tips and Ideas for KEHA Clubs and County Organizations (Maximum: 50 attendees)

Seminars - Session IV - Wednesday, May 14 - 3:15-4:30 p.m.

- Learning How to Use Your New DSLR Camera (Maximum: 70 attendees)
- Build Your Brand: Marketing Extension Homemakers in Your County (Maximum: 30 attendees)
- Center for Courageous Kids (Maximum: 50 attendees)
- Parliamentary Procedure: How Much Do I Need to Know? (Maximum: 35 attendees)
- Fashion Trends Today (Maximum: 75 attendees)
- Kentucky Farms are Fun (Maximum: 40 attendees)

(Continued on other side...)

KEHA STATE ANNUAL MEETING REGISTRATION FORM - continued
 "Turn the Page...the Future is Now" • May 12-15, 2014 • Bowling Green, Kentucky

Name _____

REGISTRATION

Registration

Full - \$35.00 (if postmarked by April 7) \$ _____
 Full - \$50.00 (if postmarked after April 7) \$ _____
 One Day - \$20.00 (indicate which day Monday Tuesday Wednesday Thursday) \$ _____

Meals

Tuesday, May 13 - Opening Banquet—\$35 \$ _____
 Wednesday, May 14 - ACWW Luncheon—\$25 \$ _____
 Wednesday, May 14 - Master Farm Homemakers Guild Banquet—\$35 \$ _____
 Thursday, May 15 - KEHA Awards Breakfast—\$25 \$ _____

KEHA Fun Night - Let us know if you plan to attend KEHA Fun Night on May 12! Yes, I will attend \$ n/c

Annual Meeting Shirt (teal polo-style shirt with "Turn the Page" logo) Size Quantity @ \$12.00 \$ _____

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

T Shirt Scarf (60 minutes)	<input type="checkbox"/> 1:30 p.m. class	<input type="checkbox"/> 2:30 p.m. class	\$5.00	\$ _____
Duct Tape & Burlap Pumpkin (30 minutes)	<input type="checkbox"/> 1:30 p.m. class	<input type="checkbox"/> 2:30 p.m. class	\$4.00	\$ _____
Clear Glass UK Ornament (30 minutes)	<input type="checkbox"/> 1:30 p.m. class	<input type="checkbox"/> 2:30 p.m. class	\$3.00	\$ _____
Softball Snowman (30 minutes)	<input type="checkbox"/> 1:30 p.m. class	<input type="checkbox"/> 2:30 p.m. class	\$5.00	\$ _____
Button Picture on Framed Burlap (60 minutes)	<input type="checkbox"/> 4:00 p.m. class	<input type="checkbox"/> 5:00 p.m. class	\$4.00	\$ _____
Tie Glass Case (30 minutes)	<input type="checkbox"/> 4:00 p.m. class	<input type="checkbox"/> 5:00 p.m. class	\$2.00	\$ _____
Night Light Lampshade (45 minutes)	<input type="checkbox"/> 4:00 p.m. class	<input type="checkbox"/> 5:00 p.m. class	\$2.50	\$ _____
Button Earrings (45 minutes)	<input type="checkbox"/> 4:00 p.m. class	<input type="checkbox"/> 5:00 p.m. class	\$2.50	\$ _____

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

Gifts from the Heart May 13 - 10:00-11:15 a.m. \$12.00 \$ _____
 Power Up Your Vegetable Choices May 13 - 10:00-11:15 a.m. or 3:00-4:15 p.m. \$ 5.00 \$ _____
 Container Gardening May 13 - 3:00-4:15 p.m. or May 14 - 8:00-9:15 a.m. \$ 5.00 \$ _____
 Making Mats from Plastic Bags May 14 - 8:00-9:15 a.m. \$ 5.00 \$ _____

Tours (Monday, May 12) (Please indicate 1st and 2nd choice and pay fee for 1st choice)

Tour 1—Fontanel Mansion (Depart 9:15 a.m.; return 3:30 p.m.) \$56.00 \$ _____
 Tour 2—Center for Courageous Kids & Scottsville, Ky (Depart 9:45 a.m.; return 3:00 p.m.) \$41.00 \$ _____
 Tour 3—Quilts, Pottery and More—Todd County Tour (Depart 10:15 a.m.; return 4:45 p.m.) \$46.00 \$ _____

KEHA Print -

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

OVERALL TOTAL \$ _____

**Make checks payable to: KEHA
 Mail to: Marena Nelson, KEHA Treasurer,
 961 Stephens Branch Road Martin, Kentucky 41649-7845**



Notice:

Mail by April 7 for the discounted registration fee.
 Any registration with a USPS postmark after April 25 will be returned.
 This is necessary to allow processing time for workshops, tours and learning sessions.

Thank You

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



FOR KEHA TREASURER USE ONLY:

Date received: _____
 Check number: _____
 Amount Paid: _____
 Balance Due: _____
 Refund Due: _____

2014 KEHA ANNUAL STATE MEETING

Holiday Inn University Plaza and Sloan Convention Center
Bowling Green, Kentucky
(Times listed are Central Daylight Time)

Turn the Page...



MONDAY, MAY 12

9:15 am - 3:30 pm	Tour 1—Fontanel Mansion Tour
9:45 am - 3:00 pm	Tour 2—Center for Courageous Kids & Scottsville, Kentucky
10:15 am - 4:45 pm	Tour 3—Quilts, Pottery and More—Todd County Tour
12:00 pm - 7:00 pm	Early Registration
12:00 pm - 7:00 pm	Quilt Square Check-In
1:30 pm - 3:30 pm	Hands- On Activities—Session 1
4:00 pm - 6:00 pm	Hands-On Activities—Session 2
7:30 pm	KEHA Fun Night

Sloan Convention Center
Location to be announced
Salon A-C Holiday Inn
Salon A-C Holiday Inn
Ballroom C & D

TUESDAY, MAY 13

8:00 am - 4:00 pm	Registration
	Voting Delegate Sign-In
8:00 am - 10:00 am	Silent Auction Check-In and Homemaker Showcase Set-Up
8:00 am - 4:00 pm	Quilt Square Check-In, Viewing and Bidding
10:00 am - 5:00 pm	Trade Show Opens
	KEHA Merchandise Store
9:00 am - 12:00 pm	Cultural Arts Check-In
10:00 am - 11:15 am	Seminars- Session 1
10:00 am - 4:00 pm	Silent Auction and Homemaker Showcase
	LUNCH ON YOUR OWN
1:00 pm - 2:30 pm	Officer Training Sessions
3:00 pm - 4:15 pm	Seminars- Session 2
6:30 pm	Opening Banquet

Sloan Convention Center
Sloan Convention Center
Ballroom B
Location to be announced
Sloan Convention Center
Sloan Convention Center
Ballroom B
Sloan Convention Center
Ballroom B

Sloan Convention Center
Sloan Convention Center
Ballroom C & D

WEDNESDAY, MAY 14

8:00 am - 4:00 pm	Registration
8:00 am - 9:30 am	Voting Delegate Sign In
8:00 am - 9:45 am	Quilt Square Viewing and Bidding
8:00 am - 9:15 am	Seminars- Session 3
8:00 am - 3:00 pm	Cultural Arts Viewing
	Silent Auction and Homemaker Showcase
9:00 am - 5:00 pm	Trade Show
9:00 am - 4:00 pm	KEHA Merchandise Store
10:00 am - 11:30 am	Business Meeting
11:45 am - 1:15 pm	ACWW Luncheon
12:00 pm - 2:00 pm	Quilt Square Viewing and Bidding
	LUNCH ON YOUR OWN
1:30 pm - 3:00 pm	Educational Chairmen Training Sessions
2:00 pm - 4:00 pm	Master Farm Homemaker Guild Business Meeting
3:15 pm - 4:30 pm	Seminars- Session 4
3:30 pm - 5:00 pm	Quilt Square Pick-Up and Pay
4:00 pm - 5:00 pm	Cultural Arts Check-Out
	Silent Auction Pick-Up and Pay
	Pick Up Showcase Displays
5:30 pm - 7:00 pm	Master Farm Homemaker Banquet (OR DINNER ON YOUR OWN)
7:30 pm	General Session

Sloan Convention Center
Sloan Convention Center
Location to be announced
Sloan Convention Center
Ballroom A
Ballroom B
Sloan Convention Center
Sloan Convention Center
Ballroom D
Sloan Convention Center
Location to be announced

Sloan Convention Center
Sloan Convention Center
Sloan Convention Center
Location to be announced
Ballroom A
Ballroom B
Ballroom B
Ballroom C

Ballroom D

THURSDAY, MAY 15

8:00 am	Awards Breakfast
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Ballroom C & D

KEHA Hands-On Activities

1:30 p.m. and 2:30 p.m. Sessions (limit 24 people per craft per session)

T Shirt Scarf

Transform a t-shirt into a scarf to accessorize any outfit.

Cost: \$5.00 Time required: 60 minutes
Classes offered at 1:30 p.m. and 2:30 p.m.



Duct Tape and Burlap Pumpkin

“Designer” duct tapes are popular and can be used in many crafting projects. Create your own pumpkin using duct tape and burlap.

Cost: \$4.00 Time required: 30 minutes
Classes offered at 1:30 p.m. and 2:30 p.m.



Clear Glass UK Ornament

Embellish a clear glass ornament with a few crafting supplies to create your personal UK ornament.

Cost: \$3.00 Time required: 30 minutes
Classes offered at 1:30 p.m. and 2:30 p.m.



Softball Snowman

Transform a softball into a simple holiday décor item.

Cost: \$5.00 Time required: 30 minutes
Classes offered at 1:30 p.m. and 2:30 p.m.



4:00 p.m. and 5:00 p.m. Sessions (limit 24 people per craft per session)

Button Picture on Frame Burlap

Create a unique décor item using buttons and burlap.

Cost: \$4.00 Time required: 60 minutes
Classes offered at 4:00 p.m. and 5:00 p.m.



Night Light Lampshade

Customize your night light with a special lampshade.

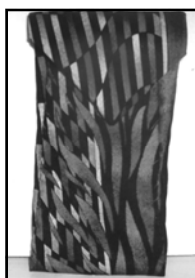
Cost: \$2.50 Time required: 45 minutes
Classes offered at 4:00 p.m. and 5:00 p.m.



Tie Glass Case

Transform a necktie into a simple and attractive glass case.

Cost: \$2.00 Time required: 30 minutes
Classes offered at 4:00 p.m. and 5:00 p.m.



Button Earrings

Create a unique pair of earrings using buttons

Cost: \$2.50 Time required: 45 minutes
Classes offered at 4:00 p.m. and 5:00 p.m.





Tours—May 12, 2014

Tour 1 – Fontanel Mansion in Nashville, Tennessee - \$56 (covers transportation and tour ticket)

Depart hotel: 9:15 a.m.

Expected return: 3:30 p.m.

Minimum: 30 people

Maximum: 50 people



Fontanel Mansion (www.fontanelmansion.com) is a 27,000 square foot log home formerly owned by country music super-star Barbara Mandrell. The mansion boasts more than 20 rooms, 13 bathrooms, 5 fireplaces, 2 kitchens, an indoor pool and an indoor shooting range. Fontanel Mansion is located on 136 acres in the rolling hills of Whites Creek Valley. It is filled with photos, memorabilia and personal items from the Mandrell family. You'll be entertained with stories of the family and the many other artists and guests who visited Fontanel. The KEHA tour includes transportation and your admission for the Fontanel Mansion Tour. Lunch will be on your own in the restaurant at Fontanel and you'll have time to browse and shop in the Farm House Gift and Coffee Shop. This tour will require walking and will happen rain or shine. Please be prepared for the weather. Contact for this tour: Jerrell James, Pennyriple Area President, jerrelljd3@hotmail.com

Tour 2 - Center for Courageous Kids– Scottsville Tour - \$41 (includes lunch)

Depart hotel: 9:45 a.m.

Expected return: 3:00 p.m.

Minimum: 30 people

Maximum: 50 people



Tour the Center for Courageous Kids (www.thecenterforcourageouskids.org), a not-for-profit corporation founded in October 2004 to respond to the expanding needs of therapeutic camps for children with chronic diseases. This is a wonderful place where each child can achieve their personal best, make new friends, and have the time of their lives. After leaving the Center for Courageous Kids, you will have a catered lunch at the Allen County Extension Office, and then go to the Basket Maker's Catalog (www.basketmakerscatalog.com) for demonstrations and opportunities to shop. This tour requires walking and standing—wear comfortable shoes. The tour will happen, rain or shine. In case of rain, please bring an umbrella. Contact for this tour: Angie York, Lyon Co. Extension Agent for Family & Consumer Sciences, angie.york@uky.edu

Tour 3 - Quilts, Pottery, & More – Todd County Tour - \$46 (includes lunch)

Depart hotel: 10:15 a.m.

Expected return: 4:45 p.m.

Minimum : 30 people

Maximum: 40 people



Visit the quaint town of Trenton, KY, which the locals refer to as "The Best Little Town on Earth." You will enjoy lunch catered by the Trenton Market and Café then visit Quilt and Sew at Golden Threads (<http://quiltandsewatgoldenthreads.net>) for a tour, demonstrations, and shopping. Then you will walk to Trenton Clayworks (<http://www.trentonclayworks.com>) where the owner will demonstrate how pottery is made and give an overview of the gallery. You will have a little bit of free time for shopping at either of those places or across the street at the Eclectic Poppy, which offers new décor, vintage, fine antiques and repurposed treasures. This tour requires walking and standing—wear comfortable shoes. The tour will happen, rain or shine. In case of rain, please bring an umbrella. Contact for this tour: Jill Harris, Todd Co. Extension Agent for Family & Consumer Sciences, jill.harris@uky.edu

Seminars

KEHA Seminars – Session 1 – Tuesday, May 13

10:00-11:15 a.m.

Physical Activity at Home - Not only can finding the time to be active be challenging, but so can finding the right equipment! During this session you will learn about exercises that you can do at home and how to use objects already in the house as exercise equipment. *Presenter:* Nicole Peritore,

Program Coordinator, Health Education through Extension Leadership, UK Family & Consumer Sciences Extension

Maximum: 60 attendees

KEHA 101 - Do you know what the acronyms ACWW, VSU, and NVON mean? Have you wondered why you collect coins and fill out reports? This session will provide an overview of KEHA beginning with a brief history and concluding with emphases for the coming year. You'll play a game of KEHA trivia while learning about programs, deadlines and the structure of the organization.

Presenters: Susan Hansford, KEHA President and Kim Henken, KEHA State Advisor

Maximum: 35 attendees

KEHA: Growing Membership – Would you like to learn a few new ideas to recruit new members? Are you interested in starting new clubs in your county? Each year, KEHA recognizes counties with increases in membership. This session will feature counties sharing the strategies they have used to maintain and expand membership as well as counties who have established new clubs in recent years.

Presenters: KEHA members

Maximum: 50 attendees

Power-up Your Vegetable Choices and Improve Your Health – Did you know that certain vegetables offer more protection from chronic diseases than others? These vegetables are often referred to as “Powerhouse Vegetables.” They are dark green leafy vegetables, yellow or orange vegetables, cruciferous vegetables, and tomatoes. They have been shown to protect against chronic diseases such as strokes, cardiovascular disease, hypertension, and certain types of cancers. Learn the protective effects of these vegetables, how to include them in meals throughout the day, and how to prepare them in creative ways. As you learn about these vegetables, we hope that you would encourage others to power-up on these vegetable choices that support good health! *Presenter:* Dr. Ingrid Adams, Associate Extension Professor, UK Department of Dietetics and Human Nutrition

Cost: \$5

Maximum: 50 attendees



KEHA Seminars – Session 1 – Tuesday, May 13

10:00-11:15 a.m.

Control Celiac Disease by Living without Gluten – This seminar will help participants understand celiac disease and the basics of a gluten-free diet. The session will describe celiac disease, gluten and selected gluten free grain and starches. The presenter will provide time saving tips and guidance for setting up a gluten free kitchen. *Presenter:* Carol Stine, Product Development Consultant, Hodgson Mill, Inc. and Shelby County KEHA Member

Maximum: 60 attendees

Gifts from the Heart 2013

Purchase Area Master Clothing Volunteers will present a brief description of several gift ideas. The gift ideas will range from beginner to advanced sewing skills. The Purchase Area MCV group compiles a new “Gifts from the Heart” booklet every other year and participants in this session will receive a copy of the booklet. *Presenters:* Purchase Area Master Clothing Volunteers

Cost: \$12

Maximum: 100 attendees



KEHA Seminars – Session 2 – Tuesday, May 13

3:00-4:15 p.m.

Physical Activity at Home (repeated) - Not only can finding the time to be active be challenging, but so can finding the right equipment! During this session you will learn about exercises that you can do at home and how to use objects already in the house as exercise equipment. *Presenter:* Nicole Peritore, Program Coordinator, Health Education through Extension Leadership, UK Family & Consumer Sciences Extension

Maximum: 60 attendees

Affordable Care Act Update – This session on the Affordable Care Act will cover the current status of the ACA in Kentucky, including Medicaid expansion and address the challenges and opportunities of kynect. *Presenter:* Tihisha Rawlins, Associate State Director for Grassroots Initiatives, AARP of Kentucky

Maximum: 40 attendees

Developing and Implementing an Action Plan – Creating an action plan can benefit community organizations by refining your focus, providing direction, and giving opportunities for increased involvement. Learn how you can organize, prepare for, develop and implement a successful action plan for your club, county or area. *Presenter:* Ken Culp, III, Principal Extension Specialist for Volunteerism, UK 4-H Youth Development

Maximum: 40 attendees

Continued on next page...

Seminars

KEHA Seminars – Session 2 – Tuesday, May 13 3:00-4:15 p.m.

Power-up Your Vegetable Choices and Improve Your Health (repeated) – Do you know that certain vegetables offer more protection from chronic diseases than others? These vegetables are often referred to as “Powerhouse Vegetables.” They are dark green leafy vegetables, yellow or orange vegetables, cruciferous vegetables, and tomatoes. They have been shown to protect against chronic diseases such as strokes, cardiovascular disease, hypertension, and certain types of cancers. Learn the protective effects of these vegetables, how to include them in meals throughout the day, and how to prepare them in creative ways. As you learn about these vegetables, we hope that you would encourage others to power-up on these vegetable choices that support good health! *Presenter:* Dr. Ingrid Adams, Associate Extension Professor, UK Department of Dietetics and Human Nutrition



Cost: \$5

Maximum: 50 attendees

Ribbons, Ribbons...Who Gets the Blue Ribbon? - Often, Extension Homemakers are called upon to judge food competitions. Northern Kentucky Champion Food Volunteers share tips and tricks for judging foods at fairs and other competitions and 4-H communication events involving foods and food demonstrations. Basic information about the Champion Food Volunteer program will also be discussed. *Presenters:* Judie Lambert (Pendleton County), Cathy Kunkel-Mains (Kenton County), Barbara Devlin (Kenton County), Louise Hiles (Gallatin County), Elizabeth Prewitt (Owen County), Elaine Kelly (Owen County), and Jennifer Spriggs (Boone County)

Maximum: 75 attendees

Container Gardening – Learn how to choose the right container for your beautiful seasonal flowers and make stunning, show-stopping containers your neighbors will envy. *Presenter:* Lori Bowling, Boyd County Extension Agent for Horticulture



Cost: \$5

Maximum: 50 attendees

Living Better through Home Energy Management

Living Better through Home Energy Management will teach participants how their home uses energy, the benefits of energy efficiency improvement, and how to access and use a free, online home energy self-assessment tool. Learn how to lower your energy bills with better energy management strategies. *Presenter:* Beverly Miller, Extension Associate, UK Biosystems and Agricultural Engineering

Maximum: 40 attendees

KEHA Seminars – Session 3 – Wednesday, May 14 8:00-9:15 a.m.

Container Gardening (repeated) – Learn how to choose the right container for your beautiful seasonal flowers and make stunning, show-stopping containers your neighbors will envy. *Presenter:* Lori Bowling, Boyd County Extension Agent for Horticulture

Cost: \$5

Maximum: 50 attendees

Getting the Most from Your Compact or Pocket Camera

This session will provide an explanation of how your camera operates and how to get the best photos with it. The session will cover lighting, composition, editing, cropping and how to download your photos and post them to the Internet. Participants are encouraged to bring their camera to the class.

Presenter: Terry Little, Calloway County KEHA member

Maximum: 70 attendees



KEHA 202 – Are you familiar with the development grants and scholarships offered through KEHA? Have you wondered what happens to the reports you submit? Are you interested in starting a new club in your county? Do you want to enhance financial accountability in your club or county? This session will provide a detailed look at KEHA programs and processes. You'll explore the KEHA website, learn a few tips for navigating the KEHA Manual and develop a broader understanding of what's available through KEHA. *Presenter:* Kim Henken, KEHA State Advisor

Maximum: 40 attendees

Making Mats from Plastic Bags – Using a crochet technique, mats can be made from plastic bags. During this session, you'll learn to cut and prepare bags and the easy technique for making mats. You'll also learn how the Boyd County Extension Homemakers are using this as a community service project for the homeless population. *Presenter:* Kathy King, Boyd County Extension Homemakers

Cost: \$5 (includes crochet hooks for each attendee)

Maximum: 40 attendees

Sharing Your History: Tips and Ideas for KEHA Clubs and County Organizations

– Do you know when your KEHA club was established? Do you know who served as the first president in your county? Do you know the major KEHA projects in your county each decade since formation? Our history provides us with the building blocks for our work today. This session will provide details regarding a challenge to clubs and counties to compile your history and will showcase counties who have recently completed history projects.

Maximum: 50 attendees

Continued on next page...

Seminars

KEHA Seminars – Session 4 Wednesday, May 14 3:15-4:30 p.m.

Learning How to Use Your New DSLR Camera This session will provide an explanation of how DSLR (digital single-lens reflex) cameras work and how to get the best photographs from them. Participants will also learn how to edit photos and post them to the Internet. Participants are encouraged to bring their camera to the class.



Presenter: Terry Little, Calloway County KEHA member

Maximum: 70 attendees

Build Your Brand: Marketing Extension Homemakers in Your Community – Learn how to share the impacts and benefits of Extension Homemakers in your community while engaging new audiences. Successful marketing creates a positive image for the organization when the value of programs and products clearly connect with individual and community needs. *Presenter:* Jeanne Davis, Program Coordinator, UK Cooperative Extension Service Administration

Maximum: 30 attendees

Center for Courageous Kids – The Center for Courageous Kids (CCK) is a medical camping facility where children battling the most serious illnesses can attend camp free of charge. This session will help you learn more about this phenomenal 168 acre facility near Scottsville, Kentucky and will share

ways that KEHA can support the great work happening at CCK. Come learn how you can uplift children fighting life-threatening illnesses and the prescription for fun provided at CCK. *Presenters:* Staff from the Center for Courageous Kids

Maximum: 50 attendees



KEHA Seminars – Session 4 Wednesday, May 14 3:15-4:30 p.m.

Parliamentary Procedure: How Much Do I Need to Know? – One of the reasons that some people do not like parliamentary procedure is that they think it must be “all or none.” Many of our KEHA clubs are small in number. It is important to adapt the rules to meet the needs of your group. Are you formal or informal? How effective are you group meetings? These are some of the topics to discuss. There will be ample time for questions and answers during this session.

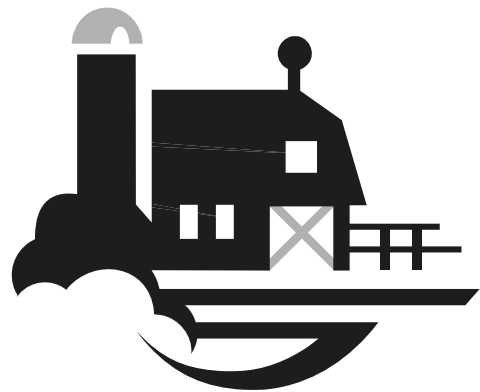
Presenter: Delores Mudd, KEHA Parliamentarian
Maximum: 35 attendees

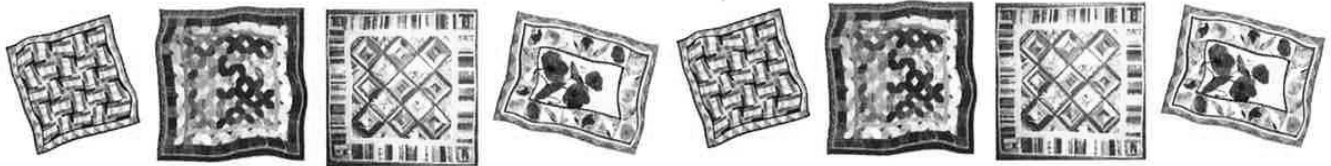
Fashion Trends Today – Dillard’s professionals will join us to share the latest trends in apparel, accessories and cosmetics. Come learn what’s popular for summer, the outlook for fall fashion and simple steps to enhance your appearance.

Presenters: Managers and associates from Dillard’s in Greenwood Mall
Maximum: 75 attendees



Kentucky Farms are Fun – Agritourism is one way to add value to existing agricultural assets such as crops, livestock, and the natural resources your farm has to offer. Come learn more about what Kentucky has to offer and how you can enjoy agritourism locations throughout the state. *Presenter:* Amelia Brown Wilson, Director, Division of Agritourism, Kentucky Department of Agriculture
Maximum: 40 attendees





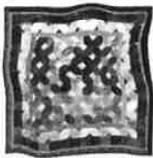
From Nancy Broughton Snouse KEHA 1st Vice President



Again this year, we will continue with our fund raiser that was started at the KEHA State Meeting in 2013, of making a 12" (twelve inch) quilt square for display and auction.



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.) Bring the finished 12" square to the KEHA State Meeting at the Holiday Inn/Sloan Convention Center in Bowling Green, KY.



Quilt squares will be assigned a number at check-in and displayed in a special area. The number will be placed on the square and a corresponding bid sheet. People will bid on the squares they would like to purchase.



Everyone visiting the display will receive one ticket to vote for the quilt square they think is the Grand Prize Winner and the winner will be recognized at the Awards Breakfast on Thursday morning.



Not only will this generate money for the KEHA general fund to help defray the cost of the conference, but it will also provide a chance to show off some beautiful quilt squares and give an opportunity to view and enjoy them.



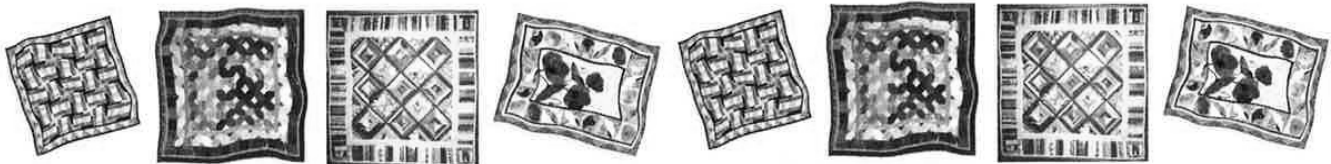
Anyone may enter a quilt square but PLEASE make sure they are as close to 12" (twelve inches) as possible. Please place your name and county on the back side of the square.



If you are unable to attend the State Conference, please feel free to send your square(s) by another homemaker or friend.



If you have any questions, please feel free to contact Nancy Broughton Snouse, KEHA 1st Vice President, 606-465-4296.





Kentucky Extension Homemakers Association

UK Corner

Greetings from the UK Campus! The year 2014 is off to a great – but cold – start. On January 1, 2014, the College of Agriculture, Food and Environment welcomed Dr. Nancy Cox as the new Dean and Director. Dr. Cox comes to this position after serving 13 years as associate dean for research. Dr. Cox looks forward to working with KEHA and is planning to attend the KEHA State Meeting in May.

In Family and Consumer Sciences (FCS) Extension, 2014 brings the celebration of our Centennial. In 1914, the University of Kentucky employed 17 females for the summer months to provide programs about gardening, canning and food preservation. Those 17 brave souls were the first home demonstration agents in Kentucky and their work set the foundation for our current FCS Extension program. Throughout the year, you'll hear more about our Centennial in your county and we'll also be promoting this milestone at several statewide events. We're excited to highlight the FCS Centennial at the KEHA State Meeting May 12-15, 2014 in Bowling Green.

We recently released our annual Building Strong Families profiles. The 2014 profiles focus on data related to current food access and food assistance. View the profiles to learn more about how FCS Extension is making a difference statewide and in each Kentucky county. Profiles are available online at www.ca.uky.edu/hes/fcs.

In the School of Human Environmental Sciences, our student enrollment remains strong and we now have more than 1,000 students in our undergraduate and graduate programs. We recently celebrated achievements from 2013 and recognized faculty and staff for grants totaling more than \$4.4 million and 34 refereed journal articles. These numbers are evidence that we have an outstanding faculty and staff who are engaged in important research, teaching and extension work.

As spring approaches (hopefully soon), I encourage you to take a few moments to consider the ways that KEHA and FCS Extension has impacted your life and your community. We are all striving to strengthen Kentucky families and communities.



*Best wishes,
Ann Vail,
Director, School of Human Environmental Sciences
and Assistant Director, Family and Consumer Sciences*