



# Connection



*“Learning, Leading, Serving”*

**Inside this issue:**

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

Dear KEHA members,

I hope that everyone is faring well, and ready for spring. I so look forward to spring for all of the promise it holds, of flowers blooming, trees budding, the smell of the freshly turned earth from the plow, the warmth of the sun and the anticipation of friend and family get-togethers, as well as our annual KEHA meeting. KEHA members do love a good time, and love to get together, so all of you are my kind of people!! We have a lot to do, a lot to teach and a lot to learn. I am so ready!!

I am optimistic that we are recruiting new members, to share what we learn with others, to perpetuate the organization of KEHA and to make new friends. More and more I see young people hungry to learn what we know, the things we have taken for granted of knowing. Please reach out to a young mother or wife, maybe giving a gift of a mailbox membership to her so that she can learn of our organization that will help her learn life skills that will aid and elevate her role as mother, wife, friend, and community leader.

Another issue I have had on my mind for awhile is the Emergency Preparedness kit. It seems that these are quite unpredictable times that we are living in. As homemakers and community leaders we need to be prepared. Whether it is a natural disaster or man made event, we all know that if we are prepared we are less likely to panic in a crisis. I am bringing an Emergency kit to our annual meeting so we can actually see what one looks like. You can go to [ky.gov](http://ky.gov) and search emergency preparedness. There are several options to study and learn from. Education never hurts, even if we never have to implement what we learn.

I look forward to seeing all of you at our meeting in Louisville at the Crown Plaza. Let the good times begin!!!

*Susan Hansford*

**KEHA State Meeting  
May 4-6, 2015**

FROM KEHA 1<sup>st</sup> Vice President...



Homemakers, I am so excited for you to see what we have planned for your 2015 KEHA State Meeting! Louisville is ready for you and I believe this will be the best yet! Tours, crafts, learning sessions, chairmen trainings, along with all the vendors, silent auction items and baskets you will spiffy up, all will be waiting for you! Cathy Zion, of Zion Publishing, Editor of *Today's Woman Magazine* and a cancer survivor will speak at our opening banquet. Melody Stafford, Kentucky Women's Cancer Screening Director, with the Kentucky Division of Public Health, Division of Women's Health will speak to us on *Aging with Laughter* on Wednesday evening. Once again, the 12" finished quilt squares that Homemakers are busy creating will be on display for you to bid on, take home and enjoy. It has been a whirlwind 1<sup>st</sup> year learning experience for me and so much fun! Register early so you will get the classes and sessions you prefer! Sign up early for the tours or shuttle to the new outlet mall, (where you will get a FREE coupon booklet to shop with!) and you'll want to get back early for the KEHA Fun Night Monday night. Call me if you want to sing, dance, (woo woo!) karaoke or put on a skit, while we kick back, eat popcorn and have a pop. I hope you will be ready to dress up a little in your "Sunday Best"/semi-formal/business attire for our opening banquet on Tuesday night. Can't wait to see old friends and make new ones, as I am sure you are too. See you in Louisville!

*Marlene McComas  
859/743-7783*

## 2015 KEHA State Board Elections

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

- President Elect
- 2nd Vice-President
- Cultural Arts Chairman
- Family & Individual Development Chairman
- International 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 3, 2015 (thirty days prior to the KEHA Annual Meeting).

Job descriptions for all positions will be available via the KEHA website by February 16.



## Reminder!!!

*At the State Meeting in Bowling Green last year you were given an invitation from the Louisville Area to the 2015 State Meeting.*



*Please remember to bring your 2014 invitations to the State Meeting. You can use them to be eligible for daily prize drawings.*

*Mary Margaret Krahulec*

## 2015 KEHA State Meeting



**Mark your calendars!  
2015 KEHA State Meeting  
May 4-7, 2015**

**Crowne Plaza Hotel**

830 Phillips Lane, Louisville, KY 40209

Make reservations by calling  
(888) 233-9527.

Request the KEHA rate  
of \$104 + tax (1-4 people).

### KEHA Members,

The KEHA's support of the Ovarian Screening Program launched it and has kept it running for over 20 years. KEHA can help us replace our ultrasound units.

The Ovarian Cancer Screening Program's ultrasound units are all more than 12 years old and well beyond the end of their service life. Most recently, one of the ultrasound units could not be returned to operational status by the service technician. We desperately need to get new ultrasound units in order to deliver uninterrupted state-of-the-science free ovarian screening to Kentucky women.

An easy and cost-free way to help is through the Kroger Community Rewards program. I hope that you can promote the Kroger Community Rewards opportunity to KEHA members.

Thank you for all you do for Kentucky,  
Edward J Pavlik  
Director Ovarian Screening Research Program

**TO SUPPORT UK OVARIAN CANCER SCREENING THROUGH THE KROGER COMMUNITY REWARDS PROGRAM:**

Register online at:

<http://krogercommunityrewards.com> or

<https://www.kroger.com/communityrewards>.



# KEHA STATE ANNUAL MEETING REGISTRATION FORM

“Movin’ On Up” ▪ May 4-7, 2015 ▪ 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     KY/ACWW
- 1<sup>st</sup> 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 5 - 1:00-2:30 p.m.**    **Educational Chairmen-May 6 - 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 5 - 10:00-11:15 a.m.**

- Upcycling (Maximum: 50 attendees)
- Southern Seasons (Maximum: 30 attendees)
- What’s on Your Plate? - Healthy Choices for Healthy Aging (Maximum: 30 attendees)
- Radon Awareness (Maximum: 35 attendees)
- KEHA 202 (Maximum: 30 attendees)
- Gifts from the Kitchen FEE: \$10.00 (Maximum: 30 attendees)
- Cooking with Bourbon (Maximum: 35 attendees)

**Seminars - Session II - Tuesday, May 5 - 3:00-4:15 p.m.**

- Upcycling (repeated) (Maximum: 50 attendees)
- Southern Seasons (repeated) (Maximum: 30 attendees)
- 10 Tips for a Younger Looking You (Maximum: 70 attendees)
- Diabetes: A Winnable Battle—Let us show you how (Maximum: 30 attendees)
- Gifts from the Kitchen (repeated) FEE: \$10.00 (Maximum: 30 attendees)
- Dairy Does a Body Good (Maximum: 40 attendees)
- The Incredible, Edible Egg (and Chicken, Too) (Maximum: 40 attendees)

**Seminars - Session III - Wednesday, May 6 - 8:00-9:15 a.m.**

- Reduce Cancer in Kentucky: Now You Know, Now You Can (Maximum: 60 attendees)
- What’s New with Bamboo (Maximum: 40 attendees)
- Why Quilts Matter (Maximum: 70 attendees)
- Green Fingers: Poetry in the Garden (Maximum: 40 attendees)
- Churchill Downs and the Kentucky Derby: A Brief History (Maximum: 40 attendees)

**Seminars - Session IV - Wednesday, May 6 - 3:15-4:30 p.m.**

- So “I am just a member”..... (Maximum: 30 attendees)
- Family Meal Planning: Selecting Meat Cuts for Budget and Nutrition (Maximum: 30 attendees)
- Lifelong Learning at Your Public Library (Maximum: 30 attendees)
- Wild Birds Unlimited (Maximum: 40 attendees)
- Energy Efficiency: What Can You Do? (Maximum: 30 attendees)
- What’s New (and Not so New) in Food Preservation (Maximum: 60 attendees)
- Estate Planning (Maximum: 40 attendees)

*(Continued on other side...)*

KEHA STATE ANNUAL MEETING REGISTRATION FORM - continued

“Movin’ on Up” ▪ May 4-7, 2015 ▪ Louisville, Kentucky

Name \_\_\_\_\_

**REGISTRATION**

**Registration**

Full - \$35.00 (if postmarked by April 3) \$ \_\_\_\_\_  
 Full - \$50.00 (if postmarked after April 3) \$ \_\_\_\_\_  
 One Day - \$20.00 (indicate which day \_\_ Monday \_\_ Tuesday \_\_ Wednesday \_\_ Thursday) \$ \_\_\_\_\_

**Meals**

Tuesday, May 5 - Opening Banquet—\$40 \$ \_\_\_\_\_  
 Wednesday, May 6 - ACWW Luncheon—\$26 \$ \_\_\_\_\_  
 Wednesday, May 6- Master Farm Homemakers Guild Banquet—\$40 \$ \_\_\_\_\_  
 Thursday, May 7 - KEHA Awards Breakfast—\$24 \$ \_\_\_\_\_

KEHA Fun Night - Let us know if you plan to attend KEHA Fun Night on May 4! \_\_ Yes, I will attend \$ n/c

Annual Meeting Shirt (lime green polo-style shirt with “Movin’ on Up” logo) Size \_\_ Quantity \_\_ @ \$12.00 \$ \_\_\_\_\_  
 [The shirts will be women’s sizes and not men’s sizes. Please keep this in mind when placing your order.]

**Hands On Sessions—Monday, May 4 (Please indicate 1st and 2nd choice for class time)**

Terra Cotta Leaf Pot (3:00 p.m. class—approx. 2 hours) \$6.00 \$ \_\_\_\_\_  
 English Paper Quilt Piecing (3:00 p.m. class—approx. 2 hours) \$3.00 \$ \_\_\_\_\_  
 Greeting Card Gift Boxes (30 minutes—ongoing from 3:00-5:30 p.m.) \$2.00 \$ \_\_\_\_\_  
 Finger Knitting Necklace or Scarf (45 minutes) \_\_ 3:30 p.m. class \_\_ 4:30 p.m. class \$3.00 \$ \_\_\_\_\_  
 Note Greeting Card (approx. 60 minutes) \_\_ 3:30 p.m. class \_\_ 4:30 p.m. class \$3.00 \$ \_\_\_\_\_  
 Arm Candy (approx. 60 minutes) \_\_ 4:00 p.m. class \_\_ 5:00 p.m. class \$5.00 \$ \_\_\_\_\_  
 Wood Picture Frame (approx. 60 minutes) \_\_ 4:00 p.m. class \_\_ 5:00 p.m. class \$5.00 \$ \_\_\_\_\_  
 Purse Gift Box (4:00 p.m. class— approx. 2 hours) \$3.00 \$ \_\_\_\_\_

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

Gifts from the Kitchen May 5 - 10:00-11:15 a.m. \$10.00 \$ \_\_\_\_\_  
 Gifts from the Kitchen May 5 - 3:00-4:15 p.m. \$10.00 \$ \_\_\_\_\_

**Tours (Monday, May 4) (Please indicate 1st and 2nd choice and pay fee for 1st choice)**

Tours will be confirmed or cancelled based upon registrations received by March 28, 2015.  
 \_\_ Tour 1—Fun City Tour by City Taste Tours (Depart 8:45 a.m.; return 12:30 p.m.) \$59.00 \$ \_\_\_\_\_  
 \_\_ Tour 2—Louisville Stoneware and The Café (Depart 9:30 a.m.; return 2:00 p.m.) \$60.00 \$ \_\_\_\_\_  
 \_\_ Tour 3—Uptown Art (Depart 8:30 a.m.; return 2:00 p.m.) \$75.00 \$ \_\_\_\_\_

**Outlet Shoppes of the Bluegrass (Monday, May 4)**

\_\_ Shuttle departs at 11 a.m. and returns at 4:30 p.m. (limited to 48 participants) \$5.00 \$ \_\_\_\_\_

**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: Sandra Lennon, KEHA State Treasurer**  
**619 Milton Riley Road, Russellville, KY 42276**



**Notice:**

Mail by April 3 for the discounted registration fee.  
 Any registration with a USPS postmark after April 20 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: \_\_\_\_\_

# 2015 KEHA ANNUAL STATE MEETING

Crown Plaza  
Louisville, Kentucky  
(Times listed are Eastern Time)



## MONDAY, MAY 4

8:45 a.m. – 12:30 p.m.  
9:30 am – 2:00 pm  
8:30 am – 2:00 pm  
11:00 a.m. – 4:30 p.m.  
12:00 p.m. – 7:00 p.m.  
3:00 p.m. – 6:00 p.m.  
7:00 p.m.

Tour 1—Fun City Tour  
Tour 2—Louisville Stoneware and The Café  
Tour 3—Uptown Art  
Shuttle to The Outlet Shoppes of the Bluegrass  
Early Registration  
Hands-On Activities  
KEHA Fun Night

Coronet Ballroom and Crowne Ballroom B & C  
Crowne Ballroom A

## TUESDAY, MAY 5

8:00 a.m. – 4:00 p.m.  
  
8:00 a.m. – 10:00 a.m.  
8:00 a.m. – 12:00 p.m.  
9:30 a.m. – 12:00 p.m.  
  
10:00 a.m. – 5:00 p.m.  
  
10:00 a.m. – 11:15 a.m.  
10:00 a.m. – 4:00 p.m.  
  
1:00 p.m. – 2:30 p.m.  
2:00 p.m. – 5 p.m.  
3:00 p.m. – 4:15 p.m.  
6:30 p.m.

Registration  
Voting Delegate Sign-In  
Silent Auction & Homemaker Showcase Set-Up  
Quilt Square Check-In  
Cultural Arts Check-In  
(check page 11 for times assigned to each area)  
Trade Show Opens  
KEHA Merchandise Store  
Seminars- Session 1  
Silent Auction and Homemaker Showcase  
LUNCH ON YOUR OWN  
Officer Training Sessions  
Quilt Square Viewing and Bidding  
Seminars - Session 2  
Opening Banquet

Crowne Ballroom Foyer  
Crowne Ballroom Foyer  
Crowne Ballroom B & C  
Crowne Ballroom B & C  
Coronet Ballroom  
  
Exhibit Hall and Foyer  
Crowne Ballroom Foyer  
  
Crowne Ballroom B & C  
  
Crowne Ballroom B & C  
  
Crowne Ballroom A

## WEDNESDAY, MAY 6

8:00 a.m. – 4:00 p.m.  
8:00 a.m. – 9:30 a.m.  
8:00 a.m. – 2:00 p.m.  
8:00 a.m. – 9:15 a.m.  
8:00 a.m. – 3:00 p.m.  
  
9:00 a.m. – 5:00 p.m.  
9:00 a.m. – 4:00 p.m.  
10:00 a.m. – 11:30 a.m.  
11:45a.m. – 1:15 p.m.  
  
1:30 p.m. – 3:00 p.m.  
2:00 p.m. – 4:00 p.m.  
3:15 p.m. – 4:30 p.m.  
3:30 p.m. – 5:00 p.m.  
4:00 p.m. – 5:00 p.m.  
  
5:30 p.m. – 7:00 p.m.  
  
7:30 p.m.

Registration  
Voting Delegate Sign In  
Quilt Square Viewing and Bidding  
Seminars - Session 3  
Cultural Arts Viewing  
Silent Auction and Homemaker Showcase  
Trade Show  
KEHA Merchandise Store  
Business Meeting  
ACWW Luncheon  
(OR LUNCH ON YOUR OWN)  
Educational Chairmen Training Sessions  
Master Farm Homemaker Guild Business Meeting  
Seminars - Session 4  
Quilt Square Pick-Up and Pay  
Cultural Arts Check-Out  
Silent Auction Pick-Up and Pay  
Pick Up Showcase Displays  
Master Farm Homemaker Banquet  
(OR DINNER ON YOUR OWN)  
General Session

Crowne Ballroom Foyer  
Crowne Ballroom Foyer  
Crowne Ballroom B & C  
  
Coronet Ballroom  
Crowne Ballroom B & C  
Exhibit Hall and Foyer  
Crowne Ballroom Foyer  
Crowne Ballroom A  
Russell Room  
  
Trimble Room  
  
Crowne Ballroom B & C  
Coronet Ballroom  
Crowne Ballroom B & C  
Crowne Ballroom B & C  
Russell Room  
  
Crowne Ballroom A

## THURSDAY, MAY 7

8:00 a.m.

Awards Breakfast

Crowne Ballroom A

# KEHA Hands-On Activities

MAY 4, 2015

3:00 p.m. - 6:00 p.m.



**TERRA COTTA LEAF POT**

6-inch Pot with Simple Leaf Pattern

Using a Touch of Shoe Polish

Time: 3:00 approximately 2 hours allows for drying time of shoe polish

1-Session Only Class Limit 25 Cost \$6.00



**ENGLISH PAPER QUILT PIECING**

A Simple Take Anywhere Quilting Technique

Time: 3:00pm approximately 2 hours, hand sewing

1-Session Only Class Limit 15 Cost \$3.00



**GREETING CARD GIFT BOXES**

Recycled Greeting Cards Take on a New Look

Time: 30 minutes on going 3:00-5:30

Class Unlimited, with seating exchange Cost \$2.00



**FINGER KNITTING NECKLACE OR SCARF**

A Fun Way to Knit No Tools Required

Time: 2 Sessions 3:30 and 4:30 approximately 45 minutes

Class Limit 20 each session Cost \$3.00



**NOTE GREETING CARD**

Patchwork Style Add a Personal Touch

Time: 2 Sessions 3:30 and 4:30 approximately 1 hour

Class Limit 20 each session Cost \$3.00



**ARM CANDY**

Wood Bangle Fabric Wrapped Bracelet

Time: 2 Sessions 4:00 and 5:00 approximately 1 hour

Class Limit 20 each session Cost \$5.00



**WOOD PICTURE FRAME**

Add Your Own Personal Touch

Time: 2 Sessions 4:00 and 5:00 approximately 1 hour

Class Limit 25 each session Cost \$5.00



**PURSE GIFT BOX**

A Unique Way to Give a Gift

Time: 4:00 approximately 2 hours

1-Session Only Class Limit 20 Cost \$3.00



# Tours—May 4, 2015

*Tours will be confirmed or cancelled based upon registrations received by March 28, 2015. Register early if you are interested in the tours!*

## **Tour 1 Fun City Tour by City Taste Tours- \$59 (Covers transportation and tour ticket)**

Depart hotel 8:45 a.m.  
Minimum: 30

Expected return 12:30  
Maximum: 40



City Taste Tour ([www.CityTasteTours.com](http://www.CityTasteTours.com)) is a great tour of Louisville with a tasting in one! You will see many unique areas of the city such as Old Louisville and St. James from the comfort of our shuttle. Along the way we'll be getting on and off and tasting "bites" from mom & pop eateries that make up the charm of our city. Some tastes may include a twist on the KY hot brown, a Benedictine sandwich, Kern's Kitchen Derby pie and more. The tour will require walking and standing, so please wear comfortable shoes. This tour will happen rain or shine, so please be prepared for the weather.

Contact for this tour: Kathy Irby ([jamessirby9601@att.net](mailto:jamessirby9601@att.net))

## **Tour 2 Louisville Stoneware & The Café - \$60 (Covers transportation, tour ticket and lunch)**

Depart hotel 9:30 a.m.  
Minimum: 30

Expected return 2 p.m.  
Maximum: 40



Tour Louisville Stoneware ([www.LouisvilleStoneware.com](http://www.LouisvilleStoneware.com)), one of the oldest stoneware manufacturers in the United States. A true tradition in careful craftsmanship of transforming clay for the home, kitchen and garden since 1815. You will have a little time to shop the retail showroom and to view the more than 1800 product combinations available at this unique company. Next will be a home cooked lunch at The Café. This artistically eclectic industrial setting has had tons of loyal customers and friends since 1996. Lunch will include your choice of soup or salad, half sandwich with a side, dessert and non- alcohol beverage. The tour requires walking and standing so wear comfortable shoes. Also, please be prepared for the weather.

Contact for this tour: Valerie Holland ([vmhollan@uky.edu](mailto:vmhollan@uky.edu))

## **Tour 3 Uptown Art - \$75 (Includes transportation & an art piece to paint)**

Depart hotel 8:30 a.m.  
Minimum: 30

Expected return 2 p.m.  
Maximum: 40



Uptown Art ([www.uptownart.com](http://www.uptownart.com)) is a relaxed private class that requires no artistic experience. Bring out the Picasso in yourself! You'll have fun learning to create a masterpiece. Your experience includes the canvas, supplies, instruction and light snacks. Beverages are available for a small fee. You'll enjoy a fun day and have the painting to take home with you. Before returning to the hotel, the group will have time to enjoy lunch on your own. This tour will happen rain or shine and requires walking and standing – wear comfortable shoes for this tour.

Contact for this tour: Mary Jo Delaney ([mjd0712@gmail.com](mailto:mjd0712@gmail.com))

### **For the outlet mall shuttle:**



The Outlet Shoppes of the Bluegrass opened in July 2014, bringing more than 90 stores and 300,000 square feet of outlet shopping to central Kentucky. A shuttle will provide you with the opportunity to visit The Outlet Shoppes of the Bluegrass on Monday, May 4. Shuttle boarding will begin at 11 a.m. in the Crowne Plaza lobby and the shuttle will depart promptly at 11:30 a.m. You'll board the shuttle for your return trip to the Crowne Plaza at 4 p.m. with an anticipated return time of 4:30 p.m. Be sure to sign-up via the registration form and pay your \$5 fee. Participation is limited to the first 48 registrations received. Learn more about The Outlet Shoppes of the Bluegrass at: <http://www.theoutletshoppesofthebluegrass.com/>.

## Seminars

### Session 1 – Tuesday, May 5 – 10-11:15 a.m.

#### **Upcycling** – (Session repeats at 3 p.m.)

Never want to throw anything away? Then this is the class for you. Join Carol and Carol, Bullitt County Master Gardeners, as they share ways to re-purpose items you find sitting around your garage, shed and barn. You will stretch your imagination and learn ways to convert old or discarded materials into something useful and beautiful.

Presenters: Carol Grider and Carol Bradley-Able, Bullitt County Master Gardeners

Maximum: 50 attendees

#### **Southern Seasons** – (Session repeats at 3 p.m.)

*Southern Seasons: How to Simply Savor the Memories (with Recipes)* is more than a cookbook – it is a compilation of a

lifetime of remembrances, delightful recipes and special quotes compiled in one charming collection. With a rare tenderness found in today's busy world, this book is a warm and inspiring reminder for all to make more memories to cherish. The book is a refreshing ode to what matters most in life – family. Explore the book with author,

Linda J. Hawkins, and discuss ways to savor your own precious memories.

Presenter: Linda J. Hawkins, Butler County KEHA Member, Author and Owner, Heart-to-Heart Publishing

Maximum: 30 attendees



#### **What's on Your Plate? - Healthy Choices for Healthy Aging**

Making lifestyle changes can help you stay active in the coming years. Research shows that it's not too late for smart food choices and other good health habits, like being physically active. These choices help reduce your risk of chronic diseases like heart disease, diabetes and osteoporosis and the disability that can result from them. Making wise food choices as you age might be easier than you think. You will learn the basic facts for making good food choices a part of your daily life and for adjusting those choices as you age and your needs change.

Presenter: Dr. Ingrid Adams, Associate Extension Professor, Department of Dietetics and Human Nutrition, University of Kentucky

Maximum: 30 attendees

#### **Radon Awareness**

This session will offer participants basic information about radon and how it affects your home and health. The program materials will help participants understand what radon is, where it comes from and how homes can be tested and protected from this radioactive gas.

Presenters: Beverly K. Miller, Senior Extension Associate, Department of Biosystems and Agricultural Engineering, University of Kentucky

Maximum: 35 attendees

### Session 1 – Tuesday, May 5 – 10-11:15 a.m.

#### **KEHA 202**

Are you familiar with the development grants and scholarships offered through KEHA? Have you wondered what happens to the reports you submit each year? 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 and learn a few tips for navigating the KEHA manual.



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

Maximum: 30 attendees

#### **Gifts from the Kitchen**—(Session repeats at 3 p.m.)

Purchase Area Champion Food Volunteers will present a brief description and demonstration of several food and kitchen gift ideas. The gift ideas will range from beginning to advanced cooking skills and some will involve no cooking at all.

Presenters will also share new ideas on how to package and present your food gifts. The session will include some sampling and a small make-it-take-it activity. A copy of the Gifts from the Kitchen booklet will be presented to participants of this session.

Presenter: Purchase Area Champion Food Volunteers

Maximum: 30 attendees

Cost: \$10 per person

#### **Cooking with Bourbon**

Bourbon is finding its way into more and more of our recipes. Traditionally used to flavor confections and desserts - and frequently used in barbecue sauces and marinades - it is now turning up in many more recipes. Come sample some of these traditional foods (Bourbon Balls) and some nontraditional recipes (Pimento Cheese). Learn how much alcohol remains in a finished, cooked dish and how the flavor of bourbon adds to your recipe. Be sure to bring the cookbook from your registration bag as we will explore several of those recipes. Bourbon is as American as apple pie. For that reason, it has long been a popular ingredient - especially in the Louisville Area.

Presenter: Joyce Crigler, Bullitt County KEHA Member and Louisville Area EHA President

Maximum: 35 attendees

### Session 2 – Tuesday, May 5 – 3-4:15 p.m.

#### **The Incredible, Edible Egg (and Chicken, Too!)**

This session will explore the nutritional benefits of chicken and eggs and provide ideas for including both in your diet. Recipes, valuable tips and more will be shared.

Presenter: Cassinda Bechanan, Promotions Coordinator, Kentucky Poultry Federation

Maximum: 40 attendees



*Continued on next page...*



## Seminars

### Session 2 – Tuesday, May 5 – 3-4:15 p.m.

#### **Upcycling** – (Session repeated from 10 a.m.)

Never want to throw anything away? Then this is the class for you. Join Carol and Carol, Bullitt County Master Gardeners, as they share ways to re-purpose items you find sitting around your garage, shed and barn. You will stretch your imagination as you learn ways to convert old or discarded materials into something useful and often beautiful.

Presenters: Carol Grider and Carol Bradley-Able, Bullitt County Master Gardeners

Maximum: 50 attendees

#### **Southern Seasons** – (Session repeated from 10 a.m.)

*Southern Seasons: How to Simply Savor the Memories (with Recipes)* is more than a cookbook – it is a compilation of a lifetime of remembrances, delightful recipes and special quotes compiled in one charming collection. With a rare tenderness found in today's busy world, this book is a warm and inspiring reminder for all to make more memories to cherish. The book is a refreshing ode to what matters most in life – family. Explore the book with author, Linda J. Hawkins, and discuss ways to savor your own precious memories.

Presenter: Linda J. Hawkins, Butler County KEHA Member, Author and Owner, Heart-to-Heart Publishing

Maximum: 30 attendees

#### **Diabetes: A Winnable Battle – Let us show you how**

Diabetes in Kentucky is common, costly and serious. Fortunately, diabetes can be controlled in those who have it and prevented for those who are at risk of developing type 2 diabetes. This session will cover why learning about diabetes is important. Are you susceptible? Know your diabetes risks and healthy lifestyle habits to prevent and manage diabetes. You will leave equipped with tools and resources for the battle. Ways to enlist as a diabetes advocate and ensure that we win the war against diabetes in Kentucky will be presented and discussed.

Presenter: Dr. Ingrid Adams, Associate Extension Professor, Department of Dietetics and Human Nutrition, University of Kentucky

Maximum: 30 attendees

#### **Gifts from the Kitchen**—(Session repeated from 10 a.m.)

Purchase Area Champion Food Volunteers will present a brief description and demonstration of several food and kitchen gift ideas. The gift ideas will range from beginning to advanced cooking skills and some will involve no cooking at all. Presenters will also share new ideas on how to package and present your food gifts. The session will include some sampling and a small make-it-take-it activity. A copy of the Gifts from the Kitchen booklet will be presented to participants of this session.

Presenter: Purchase Area Champion Food Volunteers

Maximum: 30 attendees

Cost: \$10 per person



### Session 2 – Tuesday, May 5 – 3-4:15 p.m.

#### **Dairy Does a Body Good**

Learn how milk and other dairy foods can boost your health and fit into a tight economic or calorie budget. Gain ideas for dairy foods that will pass the taste test of picky eaters! Discover methods to enjoy dairy despite lactose intolerance. Consider ideas for substituting yogurt in recipes to trim calories and increase protein. Session will include cooking demonstration and taste tests.



Presenter: Kathy Belcher, Senior Manager of School Health and Wellness, Southeast United Dairy Industry Association, Inc.

Maximum: 40 attendees

#### **10 Tips for a Younger Looking You**

This seminar, led by a skin care and makeup professional with almost 30 years of experience, will highlight 10 tips that you can immediately use to enhance and/or improve your appearance. Simple tips, sound advice and a lot of fun await those who attend this session.

Presenter: Karen Bonura, Senior Sales Director, Mary Kay Inc.

Maximum: 70 attendees

### Session 3 – Wednesday, May 6 – 8-9:15 a.m.

#### **Reduce Cancer in Kentucky: Now You Know, Now You Can**

Kentuckians like to be #1 in horses and hoops – but we shouldn't settle for #1 in the number of cancer cases and deaths from cancer. Yet our Bluegrass State leads the nation in cancers that can be prevented altogether or discovered early through screenings. This session will discuss the impact of breast, cervical, lung and colon cancer on Kentuckians and share what we can all do to prevent and reduce suffering from this all too common diagnosis.

Presenter: Katie Bathje, Kentucky Cancer Consortium

Maximum: 60 attendees

#### **What's New with Bamboo?**

Items made from bamboo are appearing in many products in today's marketplace. Learn about this versatile plant plus the advantages and disadvantages of its use.

Presenter: Kathy Byrnes, Kenton County Extension Agent for Family and Consumer Sciences

Maximum: 40 attendees

#### **Green Fingers: Poetry in the Garden**

Take a fun, humorous romp through the garden by way of a very old and obscure book of verse. Participants will learn tips, tricks and hints for their own garden and landscape.

Presenter: David Hull, Gallatin County Extension Agent for Agriculture and Natural Resources

Maximum: 40 attendees

*Continued on next page...*

## Seminars

### Session 3 – Wednesday, May 6 – 8-9:15 a.m.

#### **Why Quilts Matter**

This session will provide a comprehensive look at the quilt world, share the history of quilts, the quilt makers, and in-depth study of quilts and how quilting should remain an important and viable movement by getting young people involved. Quilting has come a long way from just a needle, thread, and fabric to construct an object called a quilt to keep the family warm.



Quilts today are works of art, hanging on gallery walls or in a home and not just on the bed. Whether traditional or contemporary, quilts impact the economy today. Quilts continue to be woven into the histories and minds of our mothers, our sisters and ourselves.

Presenter: Judy Hetterman, Owen County Extension Agent for Family and Consumer Sciences  
Maximum: 70 attendees

#### **Churchill Downs and the Kentucky Derby: A Brief History**

Do you know the history of Churchill Downs & the Kentucky Derby? Have you wondered how the Kentucky Derby got its start? This session will look at early racing in Louisville and how Churchill Downs & the Kentucky Derby came into existence. Participants will learn how the Kentucky Derby became the international cultural event it is today. The presentation will include a slide show featuring unique images & artifacts from the Kentucky Derby Museum collection.

Presenter: Chris Goodlett, Curator of Collections, Kentucky Derby Museum  
Maximum: 40 attendees

### Session 4 – Wednesday, May 6 – 3:15-4:30 p.m.

#### **Wild Birds Unlimited**

Mary Lee will demonstrate the art of bird feeding by showing successes after over 40 years of experience. The best seed to buy, what birds it attracts, the pitfalls of feeding, the good and bad of feeder design, etc. will be discussed. The session will highlight examples of helpful books, keeping a lifetime birding list and steps to have your backyard certified as a Wildlife Sanctuary. Come learn “everything you ever needed to know about bird feeding in Kentucky,” including how to feed birds and get along with the other “critters.”

Presenter: Mary Lee Willoby, Grant County KEHA member and avid bird watcher  
Maximum: 40 attendees

#### **What’s New (and Not So New) in Food Preservation**

A lot has changed since Grandma’s canning days! In this session, we’ll look at some new tools that can make home food preservation safer, easier and more fun. We’ll also review the “must-do’s” for safe home canning.



Presenter: Debbie Clouthier, Extension Associate, Family and Consumer Sciences Extension  
Maximum: 60 attendees

### Session 4 – Wednesday, May 6 – 3:15-4:30 p.m.

#### **So, “I am just a member”**

Why should just a club member know anything about Robert’s Rules of Order? All KEHA members need to have knowledge of Robert’s Rules of Order to keep meetings “movin’ on up.”

Presenter: Delores Mudd, KEHA Parliamentarian  
Maximum: 30 attendees

#### **Family Meal Planning: Selecting Meat Cuts**

From filets to flat irons, chuck to sirloin, chops to loin and thighs to fryers, the number of options available in your local meat case can be intimidating. Learn how to select cuts of meat that will fit in both your family meal budget and your family nutritional plans.

Presenter: Gregg Rentfrow, Associate Extension Professor for Meat Sciences, Department of Animal and Food Sciences, University of Kentucky  
Maximum: 30 attendees

#### **Lifelong Learning at Your Public Library**

Public Libraries have taken on an expanded role in community education. In addition to being a place for books and reading, the public library is a place for a variety of lifelong learning opportunities. You can use genealogy resources to learn about your family history, do academic research, learn new technologies, prepare to go (or go back) to school, start a business or new career, and so much more. Libraries can also provide volunteer and advocacy opportunities if you are interested in giving back to your community. In this session we will discuss and demonstrate some of the many things you can find at today’s public library.



Presenter: Nicole Dixon, Manager of Reference Services, Louisville Free Public Library  
Maximum: 30 attendees

#### **Energy Efficiency: What Can You Do?**

Simple steps can assist in maximizing energy conservation and increasing energy efficiency in your home. This session will share information about energy conservation and highlight how utility companies, especially LG&E and KU, can assist.

Presenter: Kevin Craft, Energy Efficiency Analyst, LG&E and KU Energy  
Maximum: 30 attendees

#### **Estate Planning**

Have you ever asked yourself the ‘what if’ questions? What if something should happen to me today? What if something should happen to my spouse? What if I become incapacitated? No one likes to think about these questions, but the answers are very important for your surviving family. This session will discuss the basics of estate planning, gifting laws and long-term care planning.

Presenter: Dr. Jennifer Hunter, Assistant Extension Professor, Department of Family Sciences, University of Kentucky  
Maximum: 40 attendees

## Family and Consumer Sciences Extension Legacy Fund

Since 1914, Home Demonstration Agents, Home Economics Agents, and Family and Consumer Sciences Extension Agents have focused on strengthening families and building communities for an ever-changing world. The Family and Consumer Sciences (FCS) Extension Legacy Fund has been created to honor, memorialize, and celebrate the people who have contributed to the advancement and significance of Family and Consumer Sciences Extension. The FCS Extension Legacy Fund will enhance FCS Extension at the university, local, state and national level. Funds will be awarded to FCS Extension professionals and may be used for, but are not limited to, curriculum development, program development and professional development. The fund will expand the development of a highly-trained, professional staff, and strengthen programming that reaches all Kentuckians.

**YOU have a unique opportunity to give to The Family and Consumer Sciences Extension Legacy Fund by:**

- Honoring individuals who have contributed to FCS Extension,
- Memorializing a loved one,
- Creating a bequest in your will,
- Celebrating an anniversary, a birthday or a retirement, or
- Saying a thank you in a way that will have a permanent impact on so many.



Learn more about the FCS Legacy Fund online at: <http://fcsextension100.uky.edu/Legacy.php>.

**Make a gift today:**

**Checks**

Please make checks payable to University of Kentucky and include FCS Extension Legacy Fund on the memo line. Mail to: College of Agriculture, Food & Environment Office for Advancement, E.S. Good Barn, 1451 University Drive, Lexington, KY 40546-0097.

**Credit Card**

Make a gift on UK's secure Online Giving website, <http://www.uky.edu/GiveNow/welcome.htm> and designate Family and Consumer Sciences Extension Legacy Fund.

**For other options or to discuss donations,** please contact the College of Agriculture, Food and Environment Office for Advancement at (859) 257-7200.

## KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction will continue for the third consecutive year at the 2015 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 finished 12" finished square to the KEHA State Meeting in Louisville.



The display will be in Crowne Ballroom B & C. **Check-in will be Tuesday, May 5 from 8 a.m. until noon.** 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. Bidding and viewing will be from **2-5 p.m. on Tuesday, May 5** and from **8 a.m. until 2 p.m. on Wednesday, May 6.** Successful bidders must pick-up and pay from **3:30 – 5 p.m. on Wednesday, May 6.**

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.

The Quilt Square Showcase and Auction will generate money for the KEHA general fund to help defray the cost of the conference and provide a chance to show off some beautiful quilt squares. 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 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](mailto:marlene7@prodigy.net).

## CULTURAL ARTS CHECK IN TIMES

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

If you can not come at the assigned time, please contact me so other arrangements can be made.

Kitty Davis  
 2501 Irvin Cobb Road, Murray, Ky 42071  
 (270) 436-2201 home (270) 227-0613 cell  
[kitty@wk.net](mailto:kitty@wk.net)  
 Calloway County Extension Office  
 (270) 753-1452





## Kentucky Extension Homemakers Association

### UK Corner

Greetings from the UK Campus! The year 2014 was truly remarkable in the School of Human Environmental Sciences. Throughout the year, we celebrated the Family and Consumer Sciences Extension Centennial through a variety of media articles, events and promotional activities. Many of you joined us in Lexington in December for our culminating celebration event and the unveiling of a historical marker on the UK campus. In early February, several agents joined me in Frankfort for recognition by both the Kentucky House of Representatives and the Kentucky Senate. Throughout the year, we honored the first 17 agents and their successors. The tireless work of all our Family and Consumer Sciences Extension faculty and staff established the strong program we have today and we look forward to our next century serving Kentucky families.

As part of our Centennial celebration, we launched the Family and Consumer Sciences Extension Legacy Fund. Information about the fund is included in this newsletter and was shared across the state through area KEHA meetings. We hope you will consider supporting our work through the fund. Many gifts have been made in honor and recognition of agents, both past and present, KEHA members, and other supporters of Family and Consumer Sciences Extension.

Within the past few months, the School of Human Environmental Sciences has had much to celebrate. Our faculty and staff have secured external funding to support our work. A grant from the Centers for Disease Control is providing funding to address obesity in six Kentucky counties with the highest obesity rates. We have been named a national coordinating center for regional nutrition education centers of excellence by the U.S. Department of Agriculture. Our grant for the Supplemental Nutrition Assistance Program Education work surpassed \$10 million for the first time in our history. Through all of these accomplishments, we are working to improve the quality of life for Kentucky families.

In recent weeks, the College of Agriculture, Food and Environment initiated work to create a new strategic plan for the college. Many of you have provided input into the process through a series of meetings. Additional information about the process is available online at <http://strategicplan.ca.uky.edu/>. The website also provides an opportunity to share your input.



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