

The Lake Cumberland Area Extension Homemakers Association is comprised of ten counties:

Adair	McCreary
Casey	Pulaski
Clinton	Russell
Cumberland	Taylor
Green	Wayne

The 2018-2019 year was kicked-off with “Nacho Average Homemaker” leadership training for the Lake Cumberland Area officer, chairmen, county presidents and agents. An overview of roles and responsibilities, job descriptions and guidance to help members perform their jobs was shared, and of course, a lunch of build your own nachos was enjoyed.

Proclaiming “knowledge is power”, a “Super Good Training” was held for all of the Lake Cumberland Area Homemakers officers and chairmen in September. Sixty-six participants gathered to gain the power to better execute their roles in Homemakers; to learn more about their responsibilities; to discover what changes are in place for all Homemakers; and to meet and brainstorm with other leaders in the Lake Cumberland Area.

The membership for the Area increased again for 2018 by 38 ending the campaign with 1154 members.

Five counties in the Area were awarded \$200 mini grants/scholarships to use toward projects that benefit their communities.

Following are activities provided by each county highlighting specific accomplishments and activities during the 2018-2019 Homemaker year.

Cyndy Humble, President
Lake Cumberland Area Homemakers

Audrey Myers, FCS Agent/Advisor
Taylor County Extension Service

- Monthly meetings and Homemakers training ongoing

ADAIR COUNTY

- Participated in Downtown Days festival in Columbia by making a “square crow” to represent Adair County Homemakers. Also hosted a booth to sold pecans for our fundraiser and recruit new members.
- Provided desserts for Project Graduation.
- At the Holiday Bazaar sold baked goods and homemade crafts; individual Mailbox members participated; and we recruited new members.
- Provided funds for children to make butter at Plow Days at the Homeplace on Green River.
- Two members attended the state meeting.
- Several members attended the area meeting at Lake Cumberland State Park.
- Individual clubs made trips to dinner theaters, consignment shopping other events.
- We had approximately 40 members who attended our annual meeting, “Autumn Blessing”, where we held a silent auction at the meeting for our Sue Strivers Scholarship.
- During 2018 KEHA Week we hosted a “Pop-in” reception to recruit new members. We served popcorn and corn candy and had fun.
- The County Judge Executive issued a proclamation for KEHA week.
- We partnered with T J Samson Hospital to host an informational meeting about stroke prevention. We had a speaker who had had a stroke and wasn’t aware of the signs. Approximately 50 people attended, Homemakers and other community members.
- Three of our members attended the Lake Cumberland Area officer’s training in Taylor County.
- We made T-shirts with Adair County Extension Homemakers logo.

Sharon Harris, President
Adair County Homemakers

CASEY COUNTY

- Community Service Projects
 - Lap Robes
 - Comfort Caps
 - Linus Quilts
 - Fire Quilts
 - Walker Caddies
 - Wheel Chair Caddies
 - Project READ – new books for Casey County Children to keep and take home.
 - Blood Drives
 - Helping Hands – assist FCS Agent with programs
 - LEAP Preschool/Head Start & Kindergarten Programs
 - Adult Day Care Programs
 - Santa & Mrs. Clause Holiday Programs for LEAP & Adult Day programs
- Community Events
 - Earth Day
 - Extension Expo
 - Farmers Market - Helped FCS Agent distribute Plate It Up KY Proud Recipes and other nutritional information
 - Hero's Breakfast for local Police, Fire & Rescue, etc.
- Educational & Leadership
 - Asian Inspired Cooking – Teach
 - Health Fair – Distributed nutritional information
 - Master Clothing Volunteer – taught & assisted FCS Agent with programs
 - Champion Food Volunteer – taught & assisted FCS Agent with programs
- Other
 - 4H Camp Scholarships
 - 100% Ovarian Cancer
 - High School Graduate Scholarships
 - Stocking Stuffers Program for Older Adults (seniors & shut ins)
 - MANY other volunteer community activities

Nancy Mims, President
Casey County Homemakers

Debbie Shepherd, FCS Agent
Casey County Extension Service

CLINTON COUNTY

- The Clinton County Homemakers have maintained steady activity despite declining membership. Homemaker Council meeting attendance has been sporadic, but members maintain leadership in specific activities and events.
- Homemakers continue to offer monthly enrichment programs at the local nursing home. Monthly attendance averages around 21 participants with 2-4 KEHA members facilitating activities. One member feels so passionate about this outreach program that she solicited over \$500 in community support just to ensure residents could have additional self-care and enrichment items each month.
- We hosted another successful Christmas Village in December in conjunction with the Community Holiday Spectacular Event. 130 youth and adults participated in the event which was organized and implemented by 18 volunteers including 8 teen leaders.
- Although it has been difficult to recruit younger members into Homemaker clubs, there has been a trend toward increased teen and young adult leadership involvement in Christmas Village over the last few years. Children enjoyed shopping for those low-cost special gifts to share with family members. Families also participated in literacy and hands-on activities related to the Polar Express as part of the overall event. It was a great night for families. Christmas Village proceeds were used to award two \$500 scholarships to graduating seniors.
- Homemakers organized a “Love Our Kids” campaign in January and February to collect sweatpants, socks, underwear, and elastic waistband shorts for the Family Resource and Youth Service Centers in each of our schools. Community response was overwhelming. Each school received 5-7 large boxes of items for youth plus we had enough donations to provide 4 boxes of adult items to a local church’s clothing closet.
- Activity declined in the spring months outside of usual club meetings, scholarship outreach, and leadership in community events such as “Spring into Health” and “The Longest Day of Play”. Members look forward to the new membership year in hopes that more people will join and new programs will be implemented.

Nancy Mims, President
Clinton County Homemakers

Christy Nuetzman, FCS Agent
Clinton County Extension Service

CUMBERLAND COUNTY

- Homemade Bears and Blankets donated to the Lake Cumberland Advocacy Center, local hospital and police station
- 16 Veterans Quilts made and presented during Veterans Day Program
- Four families sponsored for summer feeding outreach and 1,285 food items donated
- Handicapped Swing purchased and donated to local park
- Food Blessing Box constructed and placed at senior apartments and filled with non-perishable food items weekly
- Hosted breast cancer luncheon for survivors
- Won 22 blue ribbons and 1 purple at KEHA State Cultural Arts competition
- Four \$400 College Scholarships to local seniors
- Two \$500 College Scholarships to local seniors
- Quilt made and donated to Center for Courageous Kids
- Sponsored Homemaker Membership/Dues for 20+ Nursing Home Residents
- Hosted Christmas Village for 20 local children to purchase gifts for parents/grandparents
- Hosted Pink Madness for Breast Cancer Awareness Month
- Adopted 15 angels from the Angel Tree for Christmas
- Provided Care Packages for Homeless Shelter
- Christmas Caroling at local Nursing Home
- Participated in Socks for Soles for Homeless in Nashville
- Purchased and Donated 20 canned hams for food pantry
- PRIDE Clean-Up
- Homemade Valentine Cards for Local Nursing Home
- Provided Snacks and Juice for Community Health Fair
- Donation to Fresh Prescription Program for local Farmers Mkt
- Donated basket of supplies to local VFW
- Donations to Ronald McDonald House
- Made and donated Sunshine Baskets for 4 local homebound residents

Vicky Staley, President
Cumberland County Homemakers
Debbie Messenger, FCS Agent
Cumberland County Extension Service

GREEN COUNTY

- Hosted a Kick-Off Event for Homemakers—theme of “Taco ‘Bout Homemakers”
- Hosted the Annual Holiday Bazaar and café as a community service project for vendors and the local public
- Hosted and coordinated the local Cow Days Quilt Show for the annual Cow Days Celebration and had a quilt raffle
- Hosted the Culinary and Crafts Exhibits portion of the Green County Fair
- Participated in the County Cultural Arts Contest, as well as participated in the Area and State contest
- Provided food for the Blood Drive, as well as donated blood
- Hosted and conducted two community plant swaps
- Provided gifts for the Angel Tree (School gift drive)
- Constructed a raised flower bed for the local nursing home
- Donated funds to Project Graduation
- Donated funds and collected food items and donations for the local Food Pantry and for the local Backpack Program/food for children
- Made and sent holiday cards for veterans and hosted a tea for Ovarian Cancer Research
- Made pillowcases and blankets for local nursing home residents
- Donated funds and conducted a raffle for donations to renovate the Green County Historic Courthouse
- Made Quilt Blocks for the State Meeting Auction and attended the State Homemakers Meeting
- Assisted Help, Hope and Hands with Cancer hats, made mats for the homeless, made homemade items for Nursing Homes, and crochet/knit prayers shawls and mittens for needy
- Contributed items for and helped with the local Community Baby Shower
- Conducted and taught a Beginning Quilting Group and made and donated a Quilt of Valor to a local veteran
- Made Lap Quilts & pillow cases for Hospice/Hosparus, the Sunshine Children’s Home, and the Addison Jo Blair Foundation /Norton Children Hospital
- Donated funds to the Family Resource Center and Youth Service Center at the schools
- Participated in trips to explore Kentucky to numerous areas including but not limited to the Falmouth Kentucky Wool Festival, State Fair, Frankfort government offices, Toyota plant in Georgetown, Orchard in Bowling Green, Corvette Museum, Green River, Maple Syrup Festival, and Cave Hill Cemetery
- Attended Lesson Leader Trainings and participated in and/or taught lessons to members, including but not limited counted cross stitch, bees wax wraps, foods and

nutrition, recycling, small appliances workshop, Native American Heritage, International lessons about Denmark and Fiji, Christmas traditions and crafts, health and exercise, and homemade body lotions

- Worked with local youth as Sunday School teachers, nursery workers, Vacation Bible School workers/teachers
- Served on Green County Extension Council, FCS Advisory Council, Client Protection Committee, and Extension District Board
- Attended meetings and served as officers and on committees for the Lake Cumberland Area Homemakers
- Made Samaritan Purse shoeboxes for International missions and filled Christmas backpacks for children across Kentucky and Ohio
- Hosted the Annual Green County Homemakers Dinner Meeting (Bobby Smith Bryant, author and guest speaker)
- Attended Food Preservation workshops, Cooking from the Calendar, and numerous other events put on by our FCS Agents

Christy Frazier, President
Green County Homemakers

Jordan Crain, FCS Agent
Green County Extension Service

MCREARY COUNTY

- During 2019-2020, the McCreary County Fun-Makers choose volunteering at the Lord's Café (a free lunch restaurant) as one of our community activities.
- Our second project was to send birthday and Christmas cards to residents at a local nursing home.
- At our monthly meetings, we enjoyed making a different craft each month. We did glass etching, leaf painting, painting on glass, a winter candle holder, Christmas ornaments, Vegan Oatmeal cookies, and tobacco stick decorations (some of these were a tree, a star and a gate).
- At the Lake Cumberland Area Meeting, we were presented with the award for the largest percentage of membership attendance and won the award for the name tag contest.

June Williams, President
McCreary County Homemakers

PULASKI COUNTY

- Set up a display at Somerset Mall for the KEHA Week
- Participated in the Quilt Show at the First Baptist Church
- Had a Christmas Tea to raise funds in which all the proceeds go to homemakers to do a project to put the funds back into the community
- Provided Cookies for the International Day at SCC
- Had a celebration to recognize our volunteers with a dinner and gifts
- Homemakers taught classes each month for other homemakers and community ladies
- Participated in the Cancer Symposium
- Participated in Culture Arts on the County, Area and State
- Prepared and delivered over 500 lunches for Relay for Life
- Worked at the County Fair and also received many ribbons for the entries
- We had more ladies to attend the Area and State Meeting than we had had in years
- Worked the Pulaski County Pride Cleanup
- Provided a pair of shoes and socks for every Head Start student in the County

Sheilah Childers, President
Pulaski County Homemakers

Edith Lovett, FCS Agent
Pulaski County Extension Service

RUSSELL COUNTY

- Volunteers Debra Flanagan and Melonie Eubank conducted a 4-H Sewing Camp at the Extension Office with an advanced beginner's class. Attendance: 8 advanced beginners
- A new club formed, Homemakers on the Go. Meeting times will be the second Wednesday of the month at 10:00 am at the Extension Office. Attendance: 12
- Leadership Training at Taylor Co Extension Office. Attendance from Russell County: 5
- Homemakers on the Go had a greeting card class taught by Melonie Eubank. Attendance: 9
- County Cultural Arts Contest. 23 entries; 19 blue ribbons. Contestant participation: 6
- State Annual Meeting, Louisville KY. Attending from Russell County: 3
- Hosted Lake Cumberland Area Meeting at Lake Cumberland State Park. Theme: Denim and Lace. Attendance: 100+
- 3 current Homemaker Clubs - Sunset (traditional), Homemakers on the Go (traditional); Piecemakers Quilt Guild (specialty)

Melonie Eubank, President
Russell County Homemakers

Christy Martin, Agent
Russell County 4-H Youth Development

TAYLOR COUNTY**Membership**

- Ended the 2019 Homemakers Year with 294 members
- 460 *Taylor County Extension Homemakers* Facebook followers

Cultural Arts

- Cultural Arts Contests
 - 54 County entries
 - 24 Area winners
 - 9 State winners including 1 Best of Show
- Traveled to nine Kentucky sights as part of the second year of the *Explore Kentucky Passport Program*
 - The passport program has been adopted by KEHA as a state-wide program to encourage visits to Kentucky landmarks
- Initiated the Reading Ambassadors Special Interest Group to promote *The KEHA Booklist*

Environmental, Housing and Energy

- Continued our support of the Taylor County recycling program
- Maintained planting area, the Homemakers Mound, at Miller Park
- Collected 5 gallons of aluminum tabs approximately
- Co-hosted with the Taylor County Conservation District the annual recycling event

Family and Individual Development

- Hosted three American Red Cross blood drives - 90 units collected
- Implemented in the Troopons © program to collect and mail coupons to US military service members overseas
 - 10 pounds of coupons were mailed
- Two Master Clothing Volunteers taught four adult sewing classes for 19 students
- Received two grants for Quilts of Honor Special Interest Group, one from the Lake Cumberland Area for \$200 and one from KEHA for \$300
- Donated 80 quilts to area veterans of the US military
- Donated a pack & play portable crib for the Cribs for Kids program

Food, Nutrition and Health

- Collected and distributed personal care items for new patients at the Taylor Regional Hospital Cancer Center
- Hosted three No Sew Blanket Workshops
 - Donated 15 blankets for new patients at the Taylor Regional Cancer Center
- Transported nine Homemakers to Lexington for Ovarian cancer screening
- Donated 189 heart-shaped pillowcases to the Taylor Regional Hospital for use by surgical patients
- Received KEHA recognition for 100% participation in the Ovarian Research Program

International

- Collected and donated 312 pairs of shoes to WaterStep to be used to provide safe water to some of the poorest countries and area impacted by disasters
- Donated \$150 to the KY Academy in Ghana

Leadership Development

- Selected three area graduating seniors to receive \$1000 scholarships
- Hosted training for area, county and club officers and chairs
- Recorded 16,309 volunteer service hours
- Initiated a contest to encourage monthly reporting of volunteer hours
- Received the *KEHA Community Volunteerism Award* for the impact to the community by recognition of US military veterans by Quilts of Honor

Management & Safety

- Presented a financial management “lunch & learn” workshop
- Reminded the community about the importance of changing smoke and carbon monoxide batteries

4-H Development

- Supported *4-H for All* and *Breakfast with the Easter Bunny*
- Provided sewing classes for 4-H'ers
- Assisted with craft classes, 4-H speech contest and demonstration classes
- Donated funds for scholarships to attend camp

Donations

- Donated yarn, crocheted and knitted blocks to the KEHA State Meeting for donation to the Norton Children's Hospital
- Donated to Project Graduation for two local high schools
- Donated to the school Backpack Program
- Donated to families during Christmas

Fundraisers

- Hosted two soup luncheons: \$2,725.00
- Hosted Bake Sale and Bazaar: \$3296.30 (50/50 split with clubs)

Volunteer Hours (reported for this past year)

- Reported **16,309** total volunteer hours
 - 524 hours Extension
 - 4607 hours KEHA/Homemakers
 - 5642 hours Community
 - 5537 hours Personal

Cyndy Humble, President
Taylor County Homemakers

Audrey Myers, FCS Agent
Taylor County Extension Service

WAYNE COUNTY

July

- 2-5 EXPO-Several homemaker volunteers and EXPO participants
- 16 Community Blood Drive
- 23 Ovarian Screening
- 27 Community Back to School Bash
- 31 Ovarian Screening

August

- 2 Officer Training & Fall Council-Burkesville at Annie Ruby's
- 17 Ovarian Screening
Harvested and Prepped Corn from the FFA School Garden to be used in School Cafeteria
- 28 Ovarian Screening
- 28 Farm to Fork Meal-homemaker volunteers helped harvest, prepare and serve meal
- 28 Leader Lesson-Dealing Creatively with Conflict
- 31 Little Mountains Quilt Show-several of our homemakers are in the guild and we have one club that sponsors a 2nd place prize in one category.

September

- 25 Leader Lesson-Personal Safety
- 29 Wayne County Heritage Festival- we have homemakers that set up a booths

October

- 4 Soap Making Class-taught by a homemaker and several attended
- 11 Sponsor the Community Scarecrow Trail-
- 16 Community Blood Drive
- 18 International Day at SCC (provide and serve breakfast breads/Muffins)
- 18 Heritage Trail Festival – Fall Membership Drive
- 14-20 KEHA Week – Facebook Photo Contest (Wayne County Heritage)
- 14-20 Decorate Windows (Ext. Homemakers Themed) Quilt Shoppe
- 23 Leader Lesson - Managing Holiday Expenses

November

- 17 Christmas Village
- 27 Leader Lesson – Creating & Maintaining Family Traditions

December

- 18 Community Blood Drive

January

- 15-17 Cultural Art Competition and viewing
- 22 Communication Essentials for Good Impressions

February

- 5 Chalk Painting Class-taught by a homemaker and several homemakers attended
- 19 Community Blood Drive
- 26 Leader Lesson – Importance of Balance
- 28 Annual Meeting Planning

March

- 1 Beginning Crochet-taught by a homemaker
- 12 Needling Felting
- 18 Spring Homemaker Council
- 26 Leader Lesson- Cooking for 1 or 2
- 28 Christmas Village Planning
- * Mondays in March and April Homemaker volunteers work with 4-H'ers on a quilting project

April

- 8 Edible Foraging
- 8 Seed Saving and Treatment
- 12 Chef Samper
- 16 Community Blood Drive
- 23 Leader Lesson – Gluten-Free Choice: Is it for me?
- 25 County Annual Meeting - McKinley Farms

May

- 6 Downtown Beautification Project- planted flowers in our downtown area
- 14-16 KEHA State Meeting

Cindy Sloan, President
Wayne County Homemakers

Cassie Munsey, FCS Assistant
Wayne County Extension Service

Report Prepared by: Joy McGinnis, Secretary
Wayne County Homemakers