

## Lincoln Trail Area Extension Homemakers Highlights 2016-2017

**Meade County** Extension Homemakers donated \$200.00 toward the KEHA State International Chairman's Final Push Campaign to

complete the Kentucky Academy Library building in Adjeikrom, Ghana, West Africa. Based on the homemaker's interest in this project, in April 2017, Dr. Kim Miller-Spillman from the University of



Kentucky was invited to be the guest speaker at the International Luncheon. Due to Dr. Spillman having been involved in the Ghana Study Tour and their efforts to help village women who sewed to expand their economic opportunities, she was able to provide the homemakers with more information and insight into this program. After her presentation, monies were donated and with these monies school uniforms were provided to nine deserving children. A few months later MCEH were contacted by Dr. Spillman and asked about donating additional funds. The Lincoln Trail Area donated an additional \$1,200.00 toward paying a Head Seamstress to travel to Adjeikrom and work with five to six ladies for six to eight hours a week for a year. It was determined this would be a way for the women in this area to learn a trade and for them to help support their families. It was also a way to give them self-esteem plus a way for the homemakers to "pay it forward." As with the other counties in the Lincoln Trail Area, the Meade County Extension Homemakers continue to raise money to donate to other worthy causes, such as, awarding a \$1,000 scholarship to a graduating high school student who plans to study a field related to Family and Consumer Sciences, volunteering with 4-H, contributing to a 4-H camp scholarships and pursuing ways and means to continue to increase homemaker membership.

**Hardin County** Extension Homemakers have accomplished many good things in their communities throughout the year. Each month, the homemakers give items, such as baby wipes (Clarity Pregnancy Resource Center), peanut butter (Feeding America), scarfs, gloves and socks (Hope for Kids) through (HUTS) Help Understanding Through Service. Each year the HCEH oversee the annual chicken dinner at the White Mills Civic League serving over 1,000 dinners. Over 100 blankets have been made and donated to the homeless in Louisville and numerous blankets have also been donated to the VA in Danville for the veterans. Approximately 50 quilts were made and donated to Hospice. Each year the homemakers host a fall and winter bazaar and profit over \$2,000.00. With these funds and funds made through other events the HCEH were able to give a total of nine \$500.00 scholarships to graduating seniors and four \$500.00 scholarships to homemaker members.

Every year the **Marion County** Extension Homemakers get together for a community project. This year was like no other. The council members met and decided to collect items for Foster Kid Backpacks. Each backpack contained a blanket, stuffed animal, book, and toiletry items. The outpouring of support from all the Homemaker members was phenomenal. All items were collected at the local extension office and a day was set aside to put them all together.



A total of 20 backpacks were made, with 12 of them going to the local police department for when children are in their care. They will continue to collect items throughout the year and will put together more backpacks in May of next year.

The **Breckinridge County** Extension Homemakers continue to serve the community and build leadership through many events and activities. The Homemakers conducted the annual Kick-off and Officer training to support seven community clubs. In partnership with local Chamber, the Homemakers brought CEDIK's *First Impressions* program to Breckinridge County. Also they presented the Breckinridge County Extension *Report to the People* and Kentucky Extension's Annual Report to the local Fiscal Court. The Homemakers' Relay for Life team and concessions donated over \$1,000 to the annual event.

In support to local youth, the Homemakers donated \$500 in 4-H Camp Scholarships and \$1,000 in Senior Scholarships. The Homemakers co-sponsored the annual 5K Color Run benefiting Pocketful of Hope, a support organization for families fighting cancer. With an increase in membership to 109 members, Breckinridge County was recognized for achieving the 1<sup>st</sup> year achievement in the 3 for 3 KEHA membership drive challenge. The Breckinridge County Extension Homemakers continue to be an asset in strengthening families and building communities.



Past Vice-President and KEHA Leadership Chairmen Karen Yerkey install incoming officers at annual meeting.

**Nelson** County Extension Homemakers are sharing with the community the KEHA state program to increase the awareness of local Farmers Markets and buying and eating locally grown food. During those months that the Farmers Markets are open, we continue to educate the homemaker members and public about utilizing the Farmers Markets and incorporating fresh vegetables and fruit in the daily diet. One of our most favorite locations for meetings is Bernheim Forest's Issac's Café. They have an edible garden where they grow and harvest fresh vegetables to serve in the café. Items grown in the garden are harvested in the early morning/afternoon and served in the café. Almost everything that is served is fresh from the garden. When our homemakers have functions where food is being served we attempt to utilize as many fresh from the garden items as possible and make it known to the public that homemakers support overall health of our communities and members through proper diet and increased physical activity.

In **LaRue** County each year, two clubs alternate helping cater the annual County Extension Council Leadership & Awards Banquet which recognizes local leaders for outstanding community service. Both of these clubs are past recipients of this award for their support of community projects such as Project Graduation, Relay for Life, Backpack feeding program, Family Resource & Youth Service Center needs, Food Pantry donations, 4-H Camp scholarships, Santa Bus, etc.



LaRue County Homemakers award an annual scholarship, usually to a graduating high school student who plans to study a field related to Family & Consumer Sciences or Agriculture.

Each year at the LaRue County Fair, the County Extension Homemakers oversee the Floral Hall entries and sponsor a Mother of the Year contest which receives local media coverage.



**Grayson** County Extension Homemakers continue to grow in membership. A new homemaker club has been created; they have 14 members and are very active. Several other existing clubs have added new members this year. Our homemakers continue to work with the local Family Resources Centers in the county to provide school supplies. This year some of our homemakers have started helping at Grayson County Middle School Cougar Zone with a cooking club. Lessons on culinary interests for the middle school students are given. As a county wide activity in the spring of the year, a fundraiser

was held to benefit the local Reach Out and Read. Joining with the local pediatric office homemakers provided carry out and dine in meals and raised \$1,500.00. At our KEHA week celebration, we combined a Meet 'N' Greet for new members with a presentation to our county officials of a symbolic check for the value of our volunteer hours. This opened the eyes of our county officials as to the valuable resource the homemakers are in the community.

**Washington County**

- 21 years working with the Child Abuse Awareness/Prevention Program and added a Wear Blue Day program for the public at the courthouse.
- Supported the ovarian cancer screening program.
- Made and donated quilts, pillowcases, and sheets for Center for Courageous Kids.
- Rita Yates won a blue ribbon at the Area Cultural Arts Contest.
- Monthly sewing and quilting groups.
- Volunteered for annual Truth and Consequences to teach high school freshman students the consequences of using drugs and alcohol.
- Contributed backpacks to law enforcement for comfort for children removed from their homes.
- Contributed beef stew to Community Action Food Pantry for Thanksgiving.
- Held Potluck Picnic to promote fellowship and encourage membership .



*Homemakers meet to bring backpack donation to the police station*



*Mayor Wakefield signs Child Abuse Prevention proclamation at City Council meeting*