



Connection

"Learning, Leading, Serving"

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- UK Corner

A Note from the President...

To My KEHA Friends,

My first year as your KEHA president has been full of wonderful activities and meeting new friends. It started with the NVON Conference held in Springdale, Arkansas in July. I was proud to represent Kentucky and report on our activities. Other states are always amazed when we report our membership numbers. Next, I was honored to speak at the Bluegrass Area Leadership Training where I was met with much encouragement and excitement.

In September, I was honored to represent KEHA at the dedication of the 2020 Census Quilt that our members created. This was a project that came together in a short period of time because once again our members responded by making quilt blocks representative of their counties and sending them in to be put together in a quilt. I want to say a thank you to everyone who had any part in making this happen. I want to say a special thanks to the Grant County Homemakers who put this quilt together and had it quilted. It is a beautiful creation and one that we can be proud of for many years to come. Be sure to attend the 2020 State Meeting where it will be on display.

I had such a good time visiting and bringing greetings from KEHA to six area meetings starting in the west with the Purchase Area and ending across the state in the Wilderness Trail Area with several stops in between. I met many new Homemaker friends and heard some amazing speakers. Viewing Cultural Arts projects in the areas was a highlight. It never ceases to amaze me how many talented members we have when I see all the different items that our members make.

Another exciting venture that we should be proud of is our 2020 Leadership Academy. We have 25 excited members who will be attending this event at the Blue Licks Battlefield State Resort Park from March 4-6. This has been several years in the works, and thanks to the hard work of many, it will finally come to fruition. There is a great program planned, and I am excited to be a part of training leaders to carry KEHA into the future. I know we will be in good hands for years to come.

Lastly, I want to encourage everyone to attend the 2020 State Meeting from April 21-23 at the Owensboro Convention Center. Sharon Wood and the Lake Cumberland Area Extension Homemakers have put together a great agenda with a theme of "Adventure Awaits." I can't wait to see old friends and to make new ones. My KEHA friends are truly one of my greatest treasures. Hope to see you there!

Karen Hill, President

KEHA State Meeting April 21-23, 2020

Owensboro
Convention Center
Owensboro, Kentucky



Ahoy, mates! We are getting ready to travel to Owensboro where "Adventure Awaits" (our theme) at the 2020 KEHA Annual Meeting, April 21-23. The Lake Cumberland Area Extension Homemakers are hosting this year, and we all know that life is better at the lake. We have planned many great things for you. There are some awesome learning sessions, wonderful crafts, and excellent vendors waiting for you, along with other exciting things.

Adventure awaits at the opening banquet as we dine overlooking the mighty Ohio River. Wear your favorite spring or nautical outfit, much like you would for a riverboat dinner cruise. Bob Park, local humorist and author of "Tall Tales (and a Few White Lies) from the Front Porch," will be our guest speaker. I know you will thoroughly enjoy him! For Wednesday, our own KEHA Choir will entertain us. Our speaker will be Angel Welsh, local radio host. I cannot wait for you to meet her! You are going to love her!

K C Korner is back! This year, we are bringing our crochet hooks and knitting needles and putting strips together to make more lap throws for local charities. More information is on page 6 of this newsletter.

I hope everyone is working on their 12-inch quilt square for the Quilt Square Auction. Last year's auction was a big success. I hear the competition is on to see who can raise the most money this year—Quilt Squares or Silent Auction. Also, do not forget about the KEHA Showcase. Please send your form by March 15. Each area can have up to two displays.

Pictures are a wonderful way to remember your adventures so the SELFIE station will be back for you and your friends to capture this adventure with a photo.

Don't forget to send your registration in now because you do not want to miss this year's State Meeting! Author Wilferd Peterson once said, "A man practices the art of adventure when he breaks the chain of routine and renews his life through reading new books, traveling to new places, making new friends, taking up new hobbies and adopting new viewpoints." This is true, and all of it can happen this year at the KEHA State Meeting!!!

Sharon Wood, 1st Vice President

2020 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
- Marketing and Publicity Chairman

The duties for these positions are outlined in the KEHA Bylaws and descriptions are available in the State Board section of the KEHA website (www.keha.org). Nomination forms are located in the KEHA Manual, Appendix Section.

Credentials should be sent by certified mail to:
 Judy Jackson,
 KEHA Secretary
 5770 Elliston-Mt. Zion Road
 Dry Ridge, KY 41035

Credentials must be postmarked by March 21, 2020 (30 days prior to the KEHA Annual Meeting).

2020 KEHA State Meeting Lodging Information

April 21-23, 2020

Owensboro Convention Center
 Owensboro, Kentucky



Lodging room blocks at the Hampton Inn and Holiday Inn, both located adjacent to the convention center, are now open for reservations.

The room rate at Hampton Inn is \$129 per night + tax and includes breakfast daily. To reserve by phone, call 270-685-2005 and request the KEHA rate. Reservations may also be made online, and the link is posted on the KEHA website under the "State Meeting" tab.

The room rate at the Holiday Inn is \$134 + tax and includes breakfast daily. To reserve by phone, call 270-683-1111 and request the KEHA conference rate. Reservations may also be made online, and the link is posted on the KEHA website under the "State Meeting" tab.

MARCH 1 KEHA DEADLINES



KEHA has several deadlines upcoming on March 1. Please review below. Check the KEHA Manual at www.keha.org for requirements, and be sure to submit your entries!

- Cultural Arts - Creative Writing (Poetry, Memoirs, Short Stories) - KEHA Handbook, pages 40-41a
- Environment, Housing & Energy - Adopt-A-Highway Awards - KEHA Handbook page 49a
- Family and Individual Development Nurturing Families Contest - KEHA Handbook, page 55
- Food, Nutrition and Health Contests - KEHA Handbook, page 59
- 4-H Youth Development - KEHA Handbook, page 66
- International Project Awards - KEHA Handbook, pages 74
- Community Volunteerism Awards - KEHA Handbook, page 88
- Evans/Hansen/Weldon Scholarship - KEHA Handbook, pages 94-98
- KEHA Homemaker Member Scholarship - KEHA Manual Handbook, pages 99-102
- KEHA Mini-Grants for Research or Study - KEHA Manual Handbook, pages 104-106
- KEHA Development Grants - KEHA Manual Handbook, pages 107-111

ORDER YOUR KEHA T-SHIRT



FRONT

BACK

The Lake Cumberland Area, our host for the 2020 State Meeting, has designed a V-neck T-shirt with the alternate KEHA logo on the front and an outline of Kentucky (with words inside describing Homemakers) on the back. Cost is \$15 no matter what size. Sizes are S, M, L, XL, XXL and XXXL. These are Unisex sizes (cut slightly fuller than women's). The color is heather navy blue with white lettering.



KEHA STATE ANNUAL MEETING REGISTRATION FORM
"Adventure Awaits" • April 21-23, 2020 • Owensboro, Kentucky

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

Check all that apply:

- ___ COUNTY PRESIDENT ___ AREA OFFICER ___ KEHA BOARD ___ MFH GUILD ___ AGENT ___ UK SPECIALIST
___ GUEST 1st TIME ATTENDEE - [] YES [] NO VOTING DELEGATE- [] YES [] NO

Please check the Officer and Chairman trainings you plan to attend

Officer Trainings - Thursday, April 23 - 8:00 a.m. - 9:15 a.m.

- ___ President ___ Treasurer ___ Vice President ___ Secretary

Educational Chairmen - Thursday, April 23 - 9:45 - 11:00 a.m.

- ___ Management & Safety ___ Food, Nutrition & Health ___ Leadership Dev. ___ Family & Individual Dev.
___ Cultural Arts & Heritage ___ 4-H/Youth Development ___ International ___ Environment, Housing & Energy

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

Seminars - Session I - Tuesday, April 21 - 1:00-2:15 p.m.

- ___ KEHA Ornament: Part 1 (Cost \$25) (Maximum: 25) (Continues through Session II 2:45 - 4:00 p.m.)
___ Battle for the Ballot (Maximum: 90)
___ Campfire Cooking (Maximum: 30)
___ Are You Out of Control? (Maximum: 65) This session is eligible for agent in-service training credit.
___ Blue Jeans and Tennis Shoes: Planning a Comfortable and Happy Retirement (Maximum: 25)
___ Butterflies of Kentucky (Maximum: 60)
___ Going Beyond With Unique KEHA Opportunities (Maximum: 65) This session is eligible for agent in-service training credit.

Seminars - Session II - Tuesday, April 21 - 2:45-4:00 p.m.

- xxx KEHA Ornament: Part 2 (Participants from the 1:00 p.m. session will be automatically enrolled.)
___ A Taste Of What Is New At NEP (Maximum: 30)
___ Superheroes of KEHA Week (Maximum: 50) This session is eligible for agent in-service training credit.
___ "P" is for "Pterodactyl" (Maximum:90)
___ Going Beyond With Unique KEHA Opportunities (Maximum: 65) This session is eligible for agent in-service training credit.
___ Bluegrass and Banjos (Maximum: 50)
___ ACWW Kentucky Network (Maximum: 30)

Seminars - Session III - Wednesday, April 22 - 8:00-9:15 a.m.

- ___ Swedish Weaving (Cost \$10) (Maximum: 30)
___ Let's Get FitBlue Kentucky (Maximum: 50)
___ Making Connections - Networking and Communications Etiquette (Maximum: 65)
___ Recipes For Life (Maximum: 65) This session is eligible for agent in-service training credit.
___ Bluegrass and Banjos (Maximum: 50)
___ O Is For Oh Wow! (Maximum: 90) This session is eligible for agent in-service training credit.
___ KEHA Leadership Academy Training Follow-Up (Leadership Academy participants only)

Seminars - Session IV - Wednesday, April 22 - 1:15-2:30 p.m.

- ___ Live, Work, Play, Pray; Making Faith Communities Healthy Spaces (Maximum: 30)
___ Get Fit, Be Smart, Don't Start (Maximum: 50)
___ KEHA-Keeping It Educational & Exciting! (Maximum: 65) This session is eligible for agent in-service training credit.
___ Swedish Weaving (Cost:\$10) (Maximum: 30)
___ It's All Fun and Games: Inspiring Healthier Eating and Activity Habits with Grandkids (Maximum:60) This session is eligible for agent in-service training credit.
___ Fun, Fellowship, and Fundraising: How To Raise Money and Have Fun Doing It! (Maximum: 90)
___ Derby Delights (Cost:\$10) (Maximum: 60)
___ KEHA Choir (Pre-registered Choir Members Only)

(Continued on other side...)



Name _____

REGISTRATION FEES

Registration

Full - **\$40.00** (postmarked on or before March 24) \$ _____
 Full - **\$55.00** (postmarked after March 24) \$ _____
 One Day - **\$25.00** (postmarked on or before March 24) **\$30.00** (postmarked after March 24) \$ _____
 (indicate which day ___ Tuesday, April 21 ___ Wednesday, April 22 ___ Thursday, April 23

Meals

Tuesday, April 21 - Opening Banquet—**\$35.00** \$ _____
 Wednesday, April 22 - Master Farm Homemakers Guild Banquet—**\$23.00** \$ _____
 Thursday, April 23 - KEHA Awards Luncheon—**\$23.00** \$ _____

State Meeting Shirt (Heather Navy Blue V-neck T-shirt with "Adventure Awaits" Outline of Kentucky on back (Picture on page 2 of newsletter)

Qty: _____ Size: ___ Small ___ Medium ___ Large ___ XL ___ XXL ___ XXXL @ **\$15.00** \$ _____

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

	<u>Tuesday, April 21</u>	<u>Wednesday, April 22</u>		
Folded Greeting Card	___ 10:30 a.m. class	___ 3:30 p.m. class	\$5.00	\$ _____
Tier Cake Stand	___ 10:30 a.m. class	___ 3:30 p.m. class	\$8.00	\$ _____
Peony-Like Paper Flowers	___ 10:30 a.m. class	___ 3:30 p.m. class	\$5.00	\$ _____
Blue Bird House	___ 10:30 a.m. class	___ 3:30 p.m. class	\$7.00	\$ _____
Doily Ornament	___ 10:30 a.m. class	___ 3:30 p.m. class	\$4.00	\$ _____
Cookie Tray	___ 10:30 a.m. class	___ 3:30 p.m. class	\$10.00	\$ _____
Paper Pockets	___ 10:30 a.m. class	___ 3:30 p.m. class	\$10.00	\$ _____
Container Garden (Tuesday Only)	___ 10:30 a.m. class		\$10.00	\$ _____
Solar Light (Wednesday Only)		___ 3:30 p.m. class	\$5.00	\$ _____

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

KEHA Ornament April 21 - 1:00 - 4:00 p.m. **\$25.00** \$ _____
 Derby Delights April 22 - 1:15 - 2:30 p.m. **\$10.00** \$ _____
 Swedish Weaving April 22 - 8:00 - 9:15 a.m. **\$10.00** \$ _____
 Swedish Weaving April 22 - 1:15 - 2:30 p.m. **\$10.00** \$ _____

KEHA Print - Order your KEHA print via this registration for pick-up at state meeting. (Save \$6 shipping)

_____ number of prints ordered x **\$40.00** per print (\$37.74 for print plus \$2.26 sales tax) \$ _____

Make checks payable to KEHA

OVERALL TOTAL \$ _____

Notice:
 Mail by **March 24** for the discounted registration fee. Any registration with a USPS postmark after **April 7** will be returned. This is necessary to allow processing time.
 Thank You

Mail to:
Harlene Welch
KEHA Treasurer
1730 Pedro Pike
Cynthiana, KY 41031

FOR KEHA TREASURER USE ONLY:
 Date received: _____
 Check number: _____
 Amount Paid: _____
 Balance Due: _____
 Refund Due: _____

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

2020 KEHA ANNUAL STATE MEETING

Owensboro Convention Center, Owensboro, Kentucky
(Times listed are Central Daylight Time)



TUESDAY, APRIL 21

8:00 a.m. - 10:30 a.m.	Trade Show Set-Up	Exhibit Hall 1
	Silent Auction, Basket Raffle and	Exhibit Hall 1
	KEHA Showcase Set-Up	Exhibit Hall 1
9:00 a.m. - 12:00 p.m.	Cultural Arts Check-In [Times assigned for each area	Exhibit Hall 2
9:00 a.m. - 5:00 p.m.	Registration & Voting Delegate Sign-In	Registration 2 & 3
9:00 a.m. - 12:00 p.m.	Quilt Square Showcase & Auction - Check-In	Lower Lobby 3
10:30 a.m. - 11:30 a.m.	Hands-On Creative Classes - Session 1	
10:30 a.m. - 5:30 p.m.	Trade Show	Exhibit Hall 1
	KEHA Merchandise Store	Exhibit Hall 1
	Basket Raffle, Silent Auction and KEHA Showcase	Exhibit Hall 1
10:30 a.m. - 5:00 p.m.	Knit and Crochet Corner	West Ballroom Concourse
12:00 p.m. - 5:30 p.m.	Quilt Square Showcase & Auction - Viewing and Bidding	Lower Lobby 3
1:00 p.m. - 2:15 p.m.	Seminars - Session 1	
2:45 p.m. - 4:00 p.m.	Seminars - Session 2	
4:30 p.m. - 5:00 p.m.	KEHA: Women Walk The World	Lower Lobby
6:00 p.m.	Opening Banquet	West C-E

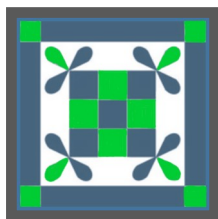
WEDNESDAY, APRIL 22

8:00 a.m. - 9:45 a.m.	Registration & Voting Delegate Sign-In	Registration 2 & 3
8:00 a.m. - 9:15 a.m.	Seminars - Session 3	
8:00 a.m. - 10:00 a.m.	Quilt Square Showcase & Auction - Viewing and Bidding	Lower Lobby 3
	Basket Raffle, Silent Auction and KEHA Showcase	Exhibit Hall 1
	KEHA Merchandise Store	Exhibit Hall 1
8:00 a.m. - 3:00 p.m.	Cultural Arts Viewing	Exhibit Hall 2
8:00 a.m. - 5:00 p.m.	Trade Show	Exhibit Hall 1
9:30 a.m. - 5:00 p.m.	Knit and Crochet Corner	West Ballroom Concourse
10:00 a.m. - 11:30 a.m.	Business Meeting	German American Bank C-E
11:30 a.m. - 3:00 p.m.	Quilt Square Showcase & Auction - Viewing and Bidding	Lower Lobby 3
	Basket Raffle, Silent Auction and KEHA Showcase	Exhibit Hall 1
	KEHA Merchandise Store	Exhibit Hall 1
11:30 a.m. - 4:00 p.m.	Registration	Registration 2 & 3
11:45 a.m. - 1:30 p.m.	Master Farm Homemaker Guild Luncheon	Riverview Room
	LUNCH ON YOUR OWN	
1:15 p.m. - 2:30 p.m.	Seminars - Session 4	
2:00 p.m. - 3:30 p.m.	Master Farm Homemaker Guild Business Meeting	Riverview Room
3:30 p.m. - 4:30 p.m.	Hands-On Creative Classes - Session 2	
4:00 p.m. - 5:00 p.m.	Quilt Square Showcase & Auction - Pick-Up and Pay	Lower Lobby 3
	Silent Auction Pick-Up and Pay	Exhibit Hall 1
	Pick Up KEHA Showcase Displays	Exhibit Hall 1
4:00 p.m. - 5:00 p.m.	Cultural Arts Check-Out	Exhibit Hall 2
	DINNER ON YOUR OWN	
7:00 p.m.	General Session with KEHA Choir Performance	German American Bank C-E

THURSDAY, APRIL 23

7:30 a.m. - 8:30 a.m.	Registration	Registration 3
8:00 a.m. - 9:15 a.m.	Officer Training Workshops	
9:45 a.m. - 11:00 a.m.	Educational Chairman Training Workshops	
11:30 a.m.	Awards Luncheon	West C-E

2020 KEHA Quilt Square Showcase and Auction



The KEHA Quilt Square Showcase and Auction will continue for the seventh consecutive year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square.

(Finished means piece the square,

put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Owensboro. Please write your name and county on a small slip of paper and attach to the back of the square.

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

Knit and Crochet Corner

The Knit and Crochet Corner is back! But this year things are different. Instead of blocks, we're asking for you to create and bring strips! It will be more efficient for us to join the strips together, and we can complete many more lap throws to donate to local charities. So pick up your hooks and needles, crochet or knit 7-inch wide x 35-inch long strips, and bring them to the Knit and Crochet Corner on the first day of the Conference. (It takes 4 strips to make a throw. The finished size will be 28-inches x 35-inches.) We hope you find time between your sessions to sit and stitch the strips together with us!



Any Questions? Contact Jennifer Williams at jjennifer143@gmail.com or 859-445-8840



WOMEN WALK THE WORLD!

ASSOCIATED COUNTRY WOMEN OF THE WORLD

ACWW Connects & Supports Women and Communities Worldwide



Each year, people worldwide celebrate ACWW's international network by joining together to Walk the World.

Pictured above are KEHA members participating in Women Walk the World at the 2019 State Meeting in Louisville, Kentucky.

This is how you can participate and take your part in Women Walk the World...



DATE: Tuesday - 4/21/2020 at 4:30 p.m.

SUBJECT: Join fellow KEHA members for an afternoon walk as a part of KEHA's observance of the ACWW Women Walk the World. Participants will convene in the Convention Center's front lobby as noted above during the State Meeting.

Cultural Arts Check-In Times

Tuesday, April 21

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

Cultural Arts Check-Out

Wednesday, April 22 - 4:00-5:00 p.m.

Areas will be called out in the reverse order from check-in beginning at 4:00 p.m. with last call at 5:00 p.m.

Questions? Contact Marilyn Watson
KEHA Cultural Arts & Heritage Chairman
mjmw1315@twc.com or 270-827-1385

**All times listed are Central Daylight Time*

KEHA Hands-On Activities

Tuesday, April 21 - 10:30 - 11:30 a.m. and Wednesday, April 22 - 3:30 - 4:30 p.m.

(View color photos at www.keha.org)

Folded Greeting Card

Cost: \$5.00 Class Limit: 20

This is a hands-on 5x7 greeting card using the "Iris Fold" technique. Iris folding is a simple paper-folding technique that originated in Holland. In this class we will be making a simplified version of the Iris Fold. All materials are included in class fee.



UK Cookie Tray

Cost: \$10.00 Class Limit: 15

Give a plain glass plate a new look. This beautiful cookie tray is backed with fabric and will add a decorative touch to your table and provide you with a unique presentation to your cookies. (UK fabric may be different than pictured.)



All materials are included with the fee.

Tiered Cake Stand

Cost: \$8.00 Class Limit: 20

With a single plate and bowl, you will make a one-of-a-kind cake stand for a variety of needs from serving to gifting.



Paper Pockets

Cost: \$10.00 Class Limit: 25

Get creative with folded, embellished paper pockets! These creative paper pockets are so easy and fun to make, once you start it's hard to stop! Participants will make four items and will receive demos and instructional information for several more with ideas for uses at bazaars, annual meeting, parties, etc. All supplies are included with the fee.



Peony-Like Paper Flowers

Cost: \$5.00 Class Limit: 25

Participants will make three beautiful and realistic Peony Roses using coffee filters. Learn the creative ways they can be used for entertaining and decorating. This is an inexpensive and easy DIY with beautiful results. All materials included with the fee.



Container Garden

Cost: \$10.00 Class Limit: 20

Participants will make a small container garden using a variety of seasonal plants. (PLEASE NOTE: The actual finished container garden will differ from the photo based on available plants and pots.)

OFFERED TUESDAY ONLY



Blue Bird House

Cost: \$7.00 Class Limit: 20

Attract beautiful birds to your house with this simple bird house. All materials included with the fee; however, participants will need to bring a Philips head screwdriver or powered screwdriver to make this unfinished blue bird house.



Doily Ornament

Cost: \$4.00 Class Limit: 15

Using scraps of fabric, lace and a few embellishments, participants will create a beautiful but simple ornament. All materials are included with the fee.

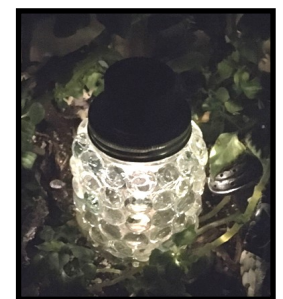


Garden Solar Light Jar

Cost: \$5.00 Class Limit: 20

This is a cute and easy-to-make solar light jar that will illuminate your garden. All supplies are provided.

OFFERED WEDNESDAY ONLY



Educational Chairman Workshops

Thursday, April 23, 9:45-11:00 a.m.

MANAGEMENT & SAFETY

Scam Red Flags and Avoiding Fraud

Join us to learn about the new Management and Safety Program of Work and all that it entails. We will review the POW and discuss ways to promote management & safety in your area and county. Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize the red flags of a scam, and take steps to protect yourself from fraud. Curriculum materials include publication, facilitator's guide, PowerPoint slides, participant activities, marketing tools, and evaluation. —*Elaine Stevens*

FOOD, NUTRITION & HEALTH

Make plans to attend the Food, Nutrition and Health Chairman learning session. This session is open to anyone who is interested in Food, Health and Nutrition. All area chairmen are encouraged to attend, or send someone to represent the area. We will be covering the year's Program of Work and current contests. Take home materials, heart-healthy snacks (and a few not-so-healthy) and door prizes for attendees. Hear the presentation: "Any Time is A Good Time: The Best Cancer Screening is the One That Gets Done" by Melanie Hunter – Community Outreach Coordinator, Markey Cancer Center. In this session you'll learn about cancer screening recommendations, general health and wellness information, and nutritional guidance. The overall goal of the program is to screen, educate and empower participants to actively engage their community in wellness conversations. —*Julie Hook*

CULTURAL ARTS & HERITAGE

Join us as we continue with the Joy in our Journey in Kentucky Cultural Arts. We will look at weaving on and off the loom, including Swedish Weaving (Huck Weaving), Cloth Weaving and Pin Weaving. We will also explore the Mills of Kentucky. All area, county, or club Cultural Arts and Heritage Chairmen are encouraged to attend. Hope to see you in Owensboro! —*Marilyn Watson*

FAMILY & INDIVIDUAL DEVELOPMENT

Newly appointed or veteran Family and Individual Development chairs and individuals with interest in nurturing families and self are invited to sign up. Program will include chairman training; ideas for new projects; and how to identify, write, and enter ongoing projects for recognition. For the highlight of our program, we will have Amy Kostelic, Associate Extension Professor & Adult Development and Aging Specialist talk about "Brain Health Through the Lifespan." I highly recommend you come and listen to her presentation in order to bring back new ideas and information to your county. And, of course, at the end of the program we will have two authentic KEHA aprons for door prizes, one short and one long. Sign up now, and don't miss the opportunity to expand your horizons about Family and Individual Development or the chance to bring home some free goodies that you will cherish for years to come! —*Leoni Mundelius*

ENVIRONMENT, HOUSING & ENERGY

This year's workshop will be on the migration of the Monarch Butterfly and Monarch Waystations. Our presenter is Joanna Kirby, former president of The Garden Club of Kentucky, Inc. (2013-2015) and now chair of the GCKY State Headquarters in Paris, Ky. She continues to serve on the board and chairs the State Park Partnership through the GCKY. She also serves on the state Pollinator Awareness Committee. During her term as state president, she partnered with the Kentucky Department of Parks to establish Monarch Waystations at each of the 49 parks. There are presently 16 parks with certified Monarch Waystations. Due to this statewide effort, the number of certified Monarch Waystations grew from 36 to more than 700 in 2019. Joanna is a cut-flower grower who lives with her husband on his family farm in Garrard County. They have been working on re-establishing native plants and pollinator species for quail and pollinators. She continues to work with garden clubs, civic groups and environmentalists to help educate and establish safe havens for pollinators throughout the state. **You do not need to be an EHE chairman to attend this workshop.** As always, my workshops will have door prizes and chocolate. Looking forward to seeing you. —*Debbie Pierce*

INTERNATIONAL

If you are interested in learning about the progressive actions Kentucky Extension Homemakers are taking to create greener spaces, healthier communities and dependable relationships at home and overseas, join me in this informative workshop! Anyone is welcome, but International Chairmen serving at any level are encouraged to join. I'm excited to share exclusive announcements and project updates with you. See you soon! —*Rebecca Clay*

4-H YOUTH DEVELOPMENT

Discovering Your Motivation—Why You Should Help 4-H

This workshop will teach motivational methods that engage volunteers to discover how they can assist in building 4-H and Homemaker partnerships as well as build common goals for individuals, clubs and community. With the help of Isaac Hilpp, 4-H Youth Development Specialist, you will build a toolbox of interactive practices that engage the busy volunteer. You will also learn to refine your listening skills to be present to others. —*Cathy Kunkel-Mains*

LEADERSHIP DEVELOPMENT

Are you a club, county or area Leadership Development Chair? Are you interested in leadership development and volunteer service? Attend this session to learn about the KEHA Leadership Development Program of Work. Learn tips and tricks for reporting volunteer service units, updates to the program, and the value of your volunteer time. Review opportunities for growing your leadership skills. Discuss the community volunteerism awards, and hear how your projects may be eligible for recognition. Share your ideas for the next three-year Program of Work. We hope to see you in Owensboro! —*Karen Yerkey*

KEHA Seminars – Session 1 **Tuesday, April 21 - 1:00-2:15 p.m.**

KEHA ORNAMENT

Is it quilted or is it not? Come learn how to make an ornament that looks quilted but is not. This craft takes a long time so it will continue through Session II.

Presenters: Debbie Hembree and Brenda Phillips, Shelby County KEHA members

Minimum:15 Maximum:25 **Cost:\$25.00**



BATTLE FOR THE BALLOT: Remembering the Kentucky Women Who Fought to Make Their Opinion Count

2020 marks the anniversary of the ratification of the 19th Amendment allowing women to vote. Attend this session to meet and hear Kentucky women from the past as they tell their stories of how they “Battled for the Ballot.”

Presenter: Sue Berry, McLean County KEHA member

Minimum: 10 Maximum: 90

CAMPFIRE COOKING

Whether in the woods or in your backyard, learn how to cook outside using minimum supplies. Cook breakfast, lunch, dinner and snacks while outdoors!

Presenter: Amanda Hardy, Henderson County Extension Agent for Family and Consumer Sciences

Minimum: 5 Maximum: 30

ARE YOU OUT OF CONTROL?

Are your meetings wild and out of control? Come learn simple basic parliamentary procedures and how to make your meetings run smoothly.

Presenter: Alice Brown, KEHA Parliamentarian

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

Minimum: 5 Maximum: 65

BLUE JEANS AND TENNIS SHOES: Planning a Comfortable and Happy Retirement

How can you be comfortable and happy in retirement? We will explore several factors including: financial contentment, maintaining optimal health, health care costs, housing decisions, relationships with others, continued purpose in life, having fun, and learning new things.

Presenter: Joanne Bankston, State Extension Specialist for Family Economics and Management, Kentucky State University

Minimum: 5 Maximum: 25

BUTTERFLIES OF KENTUCKY

Come and enjoy a presentation of the common butterflies of Kentucky. We have been studying and photographing butterflies for the past 5 years to learn where to find them and how to identify them in your landscape.

Presenters: Bonnie Nance & Glenda Burke, Green River Area Extension Master Gardener Association members

Minimum: 10 Maximum: 60

KEHA Seminars – Session 1 **Tuesday, April 21 - 1:00-2:15 p.m.**

GOING BEYOND WITH UNIQUE KEHA OPPORTUNITIES

This session will feature two exciting and different ideas to build membership and fundraise in your county. First up will be “Mystery Dinner: The Uninvited Guest.” Discover how the Northern Kentucky Area, with assistance from the local health departments, provided leader training and spread the word about food safety. The event included dinner, a mystery to solve, interaction with germs, and mini lessons on important topics. Second will be “The Homemaker Escape: Build your own Escape Room.” Escape Rooms are a popular, fun attraction in many urban areas. Participants must work together to solve clues, puzzles and escape in time! Learn how to build your own temporary escape room in your community for leadership training and fundraising opportunities.

Presenters: Northern Kentucky Extension Agents for Family and Consumer Sciences & Julia Wilson, Edmonson County Extension Agent for Family and Consumer Sciences

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

Minimum: 5 Maximum: 65

KEHA Seminars – Session 2 **Tuesday, April 21 - 2:45-4:00 p.m.**

KEHA ORNAMENT (Continued)

Session continues from 1:00 p.m.

Participants will be automatically registered from Session 1.

Presenters: Debbie Hembree and Brenda Phillips, Shelby County KEHA members



A TASTE OF WHAT IS NEW AT NEP

Sign up for this session to learn (and taste!) some of the new things at FCS Nutrition Education Program. Get a guided tour of the new www.planeatmove.com website and participate in some hands on recipe preparation and tasting from the new project Cook Wild Kentucky and others. You might even have a photo opportunity with Wally Cat!

Presenters: Martha Yount, Regional Specialist for Food and Nutrition, Mary Higginbotham, NEP Area Nutrition Agent, Nancy Kelley, NEP Area Nutrition Agent, Katie Shultz, NEP Extension Specialist, and Michele West, NEP Program Coordinator

Minimum: 15 Maximum: 30

SUPERHEROES OF KEHA WEEK

Find out what superpowers other counties and areas have used to celebrate KEHA week and in turn promoted the organization. Maybe with the help of this session, you can be a superhero too this year!

Presenter: Jennifer Williams, KEHA Marketing & Publicity Chairman

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

Minimum: 5 Maximum: 50



Continued on next page...

KEHA Seminars – Session 2 **Tuesday, April 21 - 2:45-4:00 p.m.**

“P” IS FOR “PTERODACTYL”

This interactive and humorous session will examine the reasons why so many English words are hard to spell, and we'll discover some ways to make spelling easier. We will also look at some of the other oddities of our English language. There will be a little learning and a lot of fun!

Presenter: Rita Bloom, Boyle County KEHA member
Minimum: 10 Maximum: 90



GOING BEYOND WITH UNIQUE KEHA OPPORTUNITIES

(Repeat Class)

This session will feature two exciting and different ideas to build membership and fundraise in your county. First up will be “Mystery Dinner: The Uninvited Guest.” Discover how the Northern Kentucky Area, with assistance from the local health departments, provided leader training and spread the word about food safety. The event included dinner, a mystery to solve, interaction with germs, and mini lessons on important topics. Second will be “The Homemaker Escape: Build your own Escape Room.” Escape Rooms are a popular, fun attraction in many urban areas. Participants must work together to solve clues, puzzles and escape in time! Learn how to build your own temporary escape room in your community for leadership training and fundraising opportunities.

Presenters: Northern Kentucky Extension Agents for Family and Consumer Sciences & Julia Wilson, Edmonson County Extension Agent for Family and Consumer Sciences
This session is eligible for agent in-service training credit.
Minimum: 5 Maximum: 65

BLUEGRASS AND BANJOS

A history of Bluegrass via a viewing of instruments, sounds, demonstrations, videos, and a tour of the new Bluegrass Music Hall of Fame and Museum. This session will take place at the Bluegrass Music Hall of Fame and Museum. Participants should meet in the lower lobby of the Convention Center at 2:35 p.m. to walk over as a group.

Presenter: Chris Joslin, Executive Director of the Museum
Minimum: 10 Maximum: 20

KEHA ACWW NETWORK

Interested in learning more about the Associated Country Women of the World, National Volunteer Outreach Network and what Kentucky Extension Homemakers' affiliation to these organizations means? You will meet the ACWW Ky Network officers and learn about a special upcoming project. You will hear greetings from NVON. Our keynote speaker will be Becky Clay who will share her ACWW Triennial Conference experience and the new resolutions. We will discuss the upcoming ACWW Triennial Conference in Malaysia. After the workshop we will join the Women Walk the World (optional). This workshop is free but we will take donations to go towards our special project.
Presenter: Leoni Mundelius, President, ACWW–Kentucky Network

Minimum: 5 Maximum: 30



KEHA Seminars – Session 3 **Wednesday, April 22 - 8:00 - 9:15 a.m.**

SWEDISH WEAVING

Using a charted design, participants will create the design with embroidery floss onto Huck Toweling. Participants will need to bring scissors with them.

Presenter: Mary Hixson, Garrard County Extension Agent for Family and Consumer Science
Minimum: 5 Maximum: 30 **COST: \$10.00**



LET'S GET FITBLUE KENTUCKY!

Learn how to utilize the FitBlue Kentucky app to increase your overall health and wellness. We will focus on overall health and wellness practices including group movement and mindfulness from the FitBlue app.

Presenter: Natalie Jones, Extension Specialist for Family Health, UK FCS Extension
Minimum: 5 Maximum: 50

MAKING CONNECTIONS – NETWORKING AND COMMUNICATIONS ETIQUETTE

This session will share leadership skills related to communication and networking. Building relationships and social connections can help grow membership in Homemaker clubs, increase volunteer hours, and forge new partnerships for activities. Whether by letter, email, telephone, or meeting in person, there are essential skills to ensure your message is received as intended. Learn to create positive impressions through communication etiquette and to network to make successful connections.

Presenters: Kelly May, Extension Specialist for Family Finance and Resource Management and Mindy McCulley, Extension Specialist for Instructional Support, UK FCS Extension
Minimum: 5 Maximum: 65



RECIPES FOR LIFE

Recipes for Life is a hands-on educational experience where 5th grade students attend a day of learning about healthy eating, nutrition, food safety, and food preparation techniques. The concept was initially developed by KEHA leaders, and presentation of the program typically engages agents and volunteers working collaboratively. During the experience, students engage in learning activities, prepare a recipe and then share a meal. Learn more about the program, the role of volunteers and how KEHA membership can help make this a success in your county.

Presenters: Brooke Jenkins, Extension Specialist and Jeannie Najor, Program Coordinator, Nutrition Education Program UK Family & Consumer Sciences Extension
This session is eligible for agent in-service training credit.
Minimum: 5 Maximum: 65

BLUEGRASS AND BANJOS (Repeat Class)

A history of Bluegrass via a viewing of instruments, sounds, demonstrations, videos, and a tour of the new Bluegrass Music Hall of Fame and Museum. This session will take place at the Bluegrass Music Hall of Fame and Museum. Participants should meet in the lower lobby of the Convention Center at 2:35 p.m. to walk over as a group.
Presenter: Chris Joslin, Executive Director of the Museum
Minimum: 10 Maximum: 50

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KEHA Seminars – Session 3
Wednesday, April 22 - 8:00 - 9:15 a.m.

O IS FOR OH WOW!

KEHA’s Ovarian Cancer project started back in 1976 when the KEHA Health Chairman set a goal to raise \$31,000 for ovarian cancer research at the Albert B. Chandler Medical Center at UK. That goal was met within two years, but the project continues today as one of the most successful service projects of the KEHA organization. Come learn how counties are building ovarian cancer awareness and raising funds in creative and fun ways.

Presenters: Barren, Letcher, and Pike County KEHA leaders and Family and Consumer Sciences Agents

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

Minimum: 5 Maximum: 90



KEHA Seminars – Session 4
Wednesday, April 22 - 1:15-2:30 p.m.

SWEDISH WEAVING (Repeat class)

Using a charted design, participants will create the design with embroidery floss onto Huck Toweling. Participants need to bring scissors with them.

Presenter: Mary Hixson, Garrard County Extension Agent for Family and Consumer Science

Minimum: 5 Maximum: 30 **Cost: \$10.00**



IT’S ALL FUN AND GAMES: Inspiring Healthier Eating and Activity Habits with Grandkids

We will talk about ways adults influence children’s eating and physical activity and ideas for how you can positively impact the children in your life. This session will give you time to practice and plan small steps to encourage and support good nutrition and physically active lifestyles.

Presenter: Courtney Luecking, Extension Specialist for Food and Nutrition, UK FCS Extension

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

Minimum: 25 Maximum: 60

KEHA Seminars – Session 4
Wednesday, April 22 - 1:15-2:30 p.m.

LIVE, WORK, PLAY, PRAY: Making Faith Communities Healthy Spaces

In many Kentucky counties, faith communities are the backbone and heartbeat of the community. With many people spending time within their faith communities weekly, it is important we think about what the faith community environment looks like to support a healthy lifestyle. During this session learn practical ways to make your faith community’s spaces healthier places through policy, system, and environmental changes.

Presenters: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition and Natalie Jones, Extension Specialist for Family Health, UK FCS Extension

Minimum: 15 Maximum: 30

GET FIT, BE SMART, DON’T START

This interactive and visual presentation by Markey Cancer Center discusses general health, wellness, and mental health. The emphasis on physical activity, making smart health-related choices, and risk factors for cancer and obesity will empower participants to make the best decisions related to health and empower them to share with family and friends. You don’t want to miss it!

Presenter: Melanie Hunter, Community Outreach Coordinator, Markey Cancer Center

Minimum: 15 Maximum: 50

KEHA-KEEPING IT EDUCATIONAL & EXCITING!

Listen and gain new ideas of how to keep your KEHA members involved in learning and enjoying all the organization can be in your county and beyond. Be the club everyone wants to be a part of in your community! Learn to plan activities and service projects that can benefit your membership and county.

Presenters: Cherie Mingus & Diane McCamish-Hardin County Extension Homemakers

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

Minimum: 5 Maximum: 65

FUN, FELLOWSHIP, AND FUNDRAISING: How To Raise Money and Have Fun Doing It!

Does your county or area struggle to raise money? Attend this session and see how McLean Co. Homemakers’ “Recycle and Reuse” craft classes developed into a steady source of income and promotes KEHA awareness for potential new club members.

Presenter: Sue Berry, McLean County KEHA Member

Minimum: 10 Maximum: 90

DERBY DELIGHTS

Explore the traditional dishes of the Kentucky Derby and some new favorites. Sample dishes, and get ideas for decorating and hosting a Derby Party. Everyone will leave with a recipe booklet of Derby Delights, and a take home surprise for all attendees. Tons of fun, food and door prizes will be awarded. There will even be a Derby hat contest with a special prize awarded.



Presenter: Julie Hook, KEHA Food, Nutrition & Health Chairman

Minimum: 10 Maximum: 60 **COST: \$10.00**

KEHA CHOIR

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

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

Minimum: N/A Maximum: N/A

LOVE TO SING?

Join your fellow Homemakers from across the state in the KEHA State Choir. They sing one time – at State Meeting in April. Send your name, address, e-mail, phone, and \$10 to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330. You’ll receive a practice CD before the meeting and all the information you need to enjoy singing in this fun group. For questions contact her at Wendy7Hood@icloud.com.



Kentucky Extension Homemakers Association

UK Corner

The past year has had many high-points! It is exciting to watch the Family and Consumer Sciences Extension program continue to grow!

We are excited to have welcomed new staff at both county and state levels. Since January 2019, we have welcomed new agents in Allen, Ballard, Madison, Magoffin, McCreary, Montgomery, Warren, Wayne, and Wolfe counties. On-campus, we have also welcomed several new faces, many of who you will see at the KEHA annual meeting! As we are excited to share the news of our growing team, unfortunately this year we also lost Connee Wheeler. Connee passed away on Friday, May 17th. She was a valued member of the FCS Extension team for more than 30 years, serving as an agent in three diverse central and eastern Kentucky counties and as an extension associate with the FCS state staff. Connee worked with KEHA for varying tenures as state advisor, advisor to the Leadership Development Chairman and, most recently, as advisor for Cultural Arts and Heritage.

As hopefully you have seen in your county newsletters, we have provided several new trainings for our Family and Consumer Science Extension agents. Agents have participated in a variety of trainings ranging from *Stories, Songs, and Stretches*, a pre-K school readiness program to *Positive Employability*, a new program designed to equip agents with personal skill sets and resources to partner and deliver workforce “soft skills” development programs with local schools, Industrial Development Authorities, Chambers of Commerce, local businesses and other workforce development agencies.

We appreciate the continued and unwavering support KEHA provides to the Family and Consumers Science Extension program at both the local and state levels. We look forward to our continued partnership with KEHA members across the state.

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