



Let's Take a Hike with KEHA

2023-2024

Facilitator's Guide for Area, County, and/or Club Officer and Chairman Training

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization dedicated to improving the quality of life for families and communities through education, leadership development, and volunteer service. Continuing our 91-year-strong journey, "Let's take a hike with KEHA!"

As the KEHA year begins, consider the theme "Let's take a hike."

- Like the variety of terrain and beautiful scenery on a trek, do your programs and activities offer a broad range of topics and interests for members?
- How can your club or county expand your reach, to "cover more ground" in the community?
- What can you do to prepare for what any season holds – today, tomorrow, and the future?

A collection of resources has been developed incorporating the theme **"Let's Take a Hike with KEHA."** These materials are for kickoff meetings and officer trainings at all levels within the organization. Each item in the collection is described below with suggestions for use. Consider the materials available as you make plans to begin a new KEHA year.

Let's Take a Hike Resources

Graphic

You can use the theme and logo developed for the 2023 KEHA State Meeting throughout the 2023-2024 KEHA year. Find the graphic file on the KEHA website in the "Member Resources" section as part of the 2023 KEHA Officer Training Materials.

Installation Ceremony

An installation ceremony outline/script has been developed incorporating the theme **"Let's Take a Hike with KEHA."** Typically, when we set out to go on a hike, we make sure to bring along snacks to provide fuel and energy for our journey. The installation ceremony uses fun snacks to represent the unique skills and energy the officers will bring to fulfill their duties and responsibilities. Clubs, counties, or areas can use this installation ceremony as desired through June 2024.

Thought for the Day

Share one or more of the quotes below as the thought for the day at the beginning of a training or meeting:

“In life, it’s not where you go, it’s who you travel with.” – Charles Schulz

“Not all who wander are lost.” – JRR Tolkien

“Remember to look up to the stars, not down to your feet.” – Stephen Hawking

“Do not follow where the path may lead. Go instead where there is no path and leave a trail.” – Ralph Waldo Emerson

Roll Call

Where was the best hike you ever took, and what did you enjoy about it?

Icebreaker Activity

Build a Hiking Scavenger Hunt

As you introduce yourself, name an item that would be fun to find on a nature trail scavenger hunt. It could be an unusual item or sight you have actually seen in nature yourself. Or it could be something you would enjoy finding someday. No one can repeat items. Have someone record the list of items. Later in the year you can take an actual hike and search for the list your group made. Make sure to get a team photo on the trail!

Presentations/Handouts

A **“Let’s Take a Hike with KEHA”** overview presentation has been developed for use at kickoff meetings or leadership trainings. Adapt the presentation as best fits your agenda. You can print the slides and use them as handout materials to either supplement a presentation or keep from displaying the slides on-screen. The presentation has 33 slides. Talking points are included in the “notes page” view in PowerPoint. An outline of the presentation content follows.

- *Slides 2-5* – General information about the KEHA mission and the three-part focus on education, leadership, and service
- *Slide 6* – Theme for 2023-2024
- *Slide 7* – KEHA president’s focus for 2022-2025
- *Slide 8* – 2023 KEHA Leadership Academy
- *Slide 9* - Membership drive and challenge information
- *Slide 10* – Points to consider when developing a club or county program of work
- *Slides 11-18* – One slide per educational chairmanship showcasing the program focus for 2023-2024 and beyond
- *Slides 19-23* – Report highlights from 2021-2022 and basic information about the use of reports
- *Slides 24-31* – Dates to remember for 2023-2024
- *Slides 32-33* – Concluding slides with information about staying informed regarding KEHA activities, the KEHA Facebook page, and a note of encouragement for all members

A second PowerPoint formatted using another **“Let’s Take a Hike with KEHA”** template gives information about roles and responsibilities. You can edit the two presentations or combine them as best fits your needs.

Wrap-Up Activity

The Same but Different

In advance

Gather up nature items for the group. Everyone should get one of the items, and make sure they're all the same type. (i.e., choose ONE of these - leaf, pine cone, acorn, rock - and make sure there's one for everyone.)

At the meeting

Sit or stand in a circle. Distribute the items, one per person. Tell everyone to examine their item and learn its features. If they were to lose it then find it later, how would they recognize it? After a few minutes, gather them all up and mix them. Then begin to pass them out to the right, one at a time. Tell everyone to keep passing until you find YOUR item that you recognize. If it is not yours, keep passing. When everyone finds their item, have some people tell how they knew. How did it feel to be reunited with your "friend?"

Group leader share

Always remember that we are all people – we are all the same despite our differences. Yet our differences make us special! Like the veins or colors of a leaf or the cap on an acorn, we all have things that make us special, and we should celebrate that!

Adapted from "Jenny's Game" by the Appalachian Trail Conservancy: <https://appalachiantrail.org/explore/plan-and-prepare/hiking-basics/hiking-games-activities/>

2023-2024 KEHA Dates to Remember

This document gives general and year-specific dates for the KEHA deadlines, activities, and events.

Evaluation

An end-of-program evaluation form is available for use at the conclusion of the training session. This evaluation is also available as a Qualtrics survey at <https://bit.ly/HikeEval> or using the QR code below. The "county" field in the online survey is required to enable the data to be sorted and returned to each county.



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