



Connection

"Learning, Leading, Serving"

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A Note from the President...

I began my duties as President of KEHA this past July. It has been a wonderful experience so far. It also has been a challenge. I appreciate the help from Past Advisor Kim Henken, present State Advisor, Kelly May, Past President Karen Hill, and local Advisor Rita Stewart. They have all been very gracious, knowledgeable, and helpful. I could not do this job without their help. Many of you have heard the saying "it takes a village to raise a child." I am that child.

As most of you know, I did not have the year as a President Elect. So, I have had to be "fast and furious" as the saying goes.

In the fall I had the privilege to attend seven Area meetings and four County Annual Meetings. I enjoyed seeing the many and varied parts of Kentucky, some of which I'd never seen before. It has been a pleasure to meet so many of you and to see the projects and leadership you've displayed. I certainly look forward to visiting the rest of the Areas this year.

It is my goal to get our Homemakers recognized and publicized as much as possible. I want everyone to know who we are, what we do, and how valuable our services are to our communities.

I attended my first N.V.O.N. (National Volunteer Outreach Network) meeting in July in Indiana. We had eleven delegates that attended. Our Kentucky Homemaker membership is up to 11,229, almost double that of any of the other eight states in this organization. It is through this organization that we are also a member of the Associated Country Women of the World which is headquartered in England. I hope to learn more about this organization as I grow as a member. Their national project is the promotion of bee pollination. I have mentioned this at each meeting I have attended. Although Kentucky completed a bee project last year, we are encouraged by N.V.O.N. to continue promoting this initiative when possible.

My first board meeting as president was in November. I had the pleasure of meeting new board members and catching up with old friends. We are currently planning our spring board meeting in March and the final plans for the State Meeting in Louisville in May. I look forward to seeing you there.

Brenda Hammons, KEHA President



KEHA State Meeting
May 9-11, 2023
Crowne Plaza,
Louisville, KY 40209

"Let's Take A Hike with KEHA" is the theme for our 2023 KEHA State Meeting in Louisville! The Wilderness Trail Area is hosting this year and they have been working hard to make this year's State Meeting an enjoyable and memorable meeting we will not soon forget. The three-day agenda is packed with wonderful learning sessions and hands-on craft classes that include a wide number of topics and activities. There is sure to be something for everyone!

The State Meeting kicks off this year with the Tuesday opening luncheon. This change will give all the participants more free time on Tuesday evening. This means there are changes in times on the agenda. Please pay careful attention to these time changes. For the opening luncheon, please wear colors that represent things you might see on a hike – yellow for the sun, green for the grass, blue for the sky, and other bright colors (purple, pink, red, orange, etc.) to represent flowers blooming on your hike. Let's show off the colors of nature!

The KEHA Choir will be featured at the General Session on Wednesday night as the only performers. We are always so excited to hear those lovely voices raised in song.

The Quilt Square showcase and auction will be present again this year! I hope everyone is working on their 12-inch quilt square for the Quilt Square Auction. The Quilt Square auction is always a fan favorite. Also, please do not forget about the KEHA Showcase. Each area can have up to two displays. Please send your form by March 15.

Don't forget to send in your registration now! As hotels tend to be cold, please bring a sweater or jacket for your own comfort.

Henrietta Sheffel, 1st Vice President

2023 KEHA STATE MEETING Lodging Information

May 9-11, 2023



**Make your reservations by April 10, 2023
to secure the conference rate.**

Crowne Plaza Louisville Airport Expo Center
830 Phillips Lane, Louisville, Kentucky 40209
866-888-0620 (group code PZ5 for
conference rate)
Standard Room \$124 + Tax (1-4 people)

ORDER YOUR KEHA T-SHIRT



This brown short sleeve T-shirt has the KEHA logo on the front and the State Meeting logo, "Let's Take a Hike with KEHA" on the back. It comes in sizes S, M, L, XL, XXL, XXXL and XXXXL. Cost of the shirt is \$16 no matter what size.

2023 KEHA Quilt Square Showcase and Auction



The KEHA Quilt Square Showcase and Auction is back for the eighth 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 Louisville. 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 Henrietta Sheffel, KEHA 1st Vice President, hsheffel@gmail.com or 606-272-0193.

2023 KEHA STATE BOARD ELECTIONS



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

- 1st Vice-President (Program)
- Treasurer
- Environment, Housing, & Energy Chairman
- Food, Nutrition, & Health Chairman
- Leadership Development Chairman
- Marketing & Publicity Chairman

All positions will serve from July 1, 2023, to June 30, 2026. The duties for these positions are outlined in the KEHA Bylaws, and position 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:

Wanda Atha,
KEHA Secretary
475 Hwy 151
Frankfort, KY 40601

Credentials must be postmarked by April 8, 2023 (30 days prior to the KEHA Annual Meeting).

MARCH 1 KEHA DEADLINES

Grants, Scholarships, and Contests - March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual at www.keha.org. Be sure to submit your entries on time and to the correct address/email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.



KEHA Contests - Entries are sent to the respective chairmen who oversee the contests, as noted in the [KEHA Manuel](#). Contests include:

- **Creative Writing:** Poetry, Memoirs, Short Story (KEHA Manuel pages 37-39) - Due to Barbara Seiter, Cultural Arts & Heritage, 8669 Valley Circle, Florence, KY 41042, seiterbarbara@yahoo.com
- **Adopt-A-Highway Awards** (page 49) - Due to Linda Padgett, Environment, Housing & Energy Chair, 11307 Lakeview Drive, Union, KY 41091, padgettky@gmail.com
- **Ovarian Cancer Fundraising and Promoting a Healthy Kentucky** (page 60) - Due to Sharon Fields, Food, Nutrition and Health Chair, 216 Cedarwood Drive, Greenup, Ky 41144, scrawford@kih.net
- **Homemakers Support 4-H** (pages 64-65) – Due to Denise Boebinger, 4-H Youth Development Chairman, 3275 Bald Knob Road, Frankfort, KY 40601, dboebinger@me.com
- **International Contest and Awards** (page 73) – Due to Marilyn Watson, International Chairman, 2286 Melwood Drive, Henderson, KY 42420, Mjmw1315@twc.com
- **Community Volunteerism Awards** (page 88) – Due to Ann Porter, Leadership Development Chairman, P.O. Box 88, Washington, KY 41096, annporter42@gmail.com

KEHA Grants—KEHA offers two grant opportunities. Grant proposals/applications are due to the state 2nd Vice President.

- **KEHA Development Grants** provide areas and counties with the opportunity to obtain funding for projects. Applications must be submitted by KEHA members. The guidelines and application form are included in the KEHA Manuel, Handbook section, pages 107-111, and on the KEHA website at www.keha.org. Applications must be sent by certified mail and postmarked by March 1. Send to Julie Hook, KEHA 2nd Vice President, 74 County Road 1021, Cunningham, KY 42035, or julie.hook@carlisle.kyschools.us
- **KEHA Mini-Grants for Study or Research** may be submitted by KEHA members, FCS agents, or FCS specialists. These mini-grants are for up to \$500 for study or research. The guidelines and application form are included in the KEHA Manual, Handbook section, pages 104-106, and on the KEHA website at www.keha.org. Applications must be submitted by March 1. Send to Julie Hook, 2nd Vice President, address listed above.

KEHA Scholarships - KEHA provides two educational scholarship programs. Scholarship applications are due to the state Leadership Development Chairman.

- **Evans/Hansen/Weldon Scholarship** is open to any full-time student attending a college or accredited undergraduate program in Kentucky and majoring in a Family and Consumer Sciences/Human Environment Science degree program. Details and the scholarship application are included in the KEHA Manuel, Handbook section, pages 94-98. Applications are due by March 1 to the KEHA Leadership Development Chair. Send to: Ann Porter, P.O. Box 88, Washington, KY 41096, annporter42@gmail.com
- **KEHA Homemaker Member Scholarship** is open to KEHA members with a minimum of 3 years of active membership. The scholarship may be to any college or university as well as for a trade or technical school. It is intended for students pursuing their first degree or certification. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 99-102 and on the KEHA website at www.keha.org. Applications are due by March 1 to the KEHA Leadership Development Chair. Send to: Ann Porter, address listed above.



Cultural Arts Check-In Times

Tuesday, May 9 - 8:30 a.m. - 11:00 a.m.

CHECK-IN Time	KEHA AREA
8:30 AM	Lincoln Trail, Louisville
9:00 AM	Fort Harrod, Green River, Northern Kentucky
9:30 AM	Bluegrass, Licking River, Mammoth Cave
10:00 AM	Lake Cumberland, Quicksand, Wilderness Trail
10:30 AM	Northeast, Pennyrile, Purchase

Cultural Arts Check-Out



Wednesday, May 10 - 4:00 p.m. - 5:00 p.m.

CHECK-OUT	KEHA
4:00 PM <i>(All 7 areas can come at 4pm; ends at 4:30pm)</i>	Lake Cumberland, Mammoth Cave Northeast, Pennyrile, Purchase Quicksand, Wilderness Trail
4:30 PM <i>(All 7 areas can come at 4:30pm; ends at 5pm)</i>	Bluegrass, Fort Harrod, Green River, Licking River, Lincoln Trail Louisville, Northern Kentucky

Questions? Contact Barb Seiter, KEHA Cultural Arts & Heritage Chairman, seiterrbarbara@yahoo.com

**2023 KEHA STATE MEETING
CONFERENCE AGENDA
Crowne Plaza, Louisville, Ky**
(Times listed are Eastern Time)



TUESDAY, MAY 9

8:00 a.m. - 10:30 a.m.	Trade Show Set-Up KEHA Showcase, Silent Auction, and Basket Raffle Check-In Cultural Arts Check-In <i>[Times assigned for each area]</i>	Exhibit Hall Crowne B & C Coronet Ballroom
8:30 a.m. - 11:00 a.m.	Quilt Square Auction - Check-In	Crowne B & C
8:30 a.m. - 11:30 a.m.	Registration & Voting Delegate Sign-In	Crowne Registration
9:00 a.m. - 5:00 p.m.	Trade Show & KEHA Merchandise Store	Exhibit Hall
10:30 a.m. - 5:30 p.m.	Basket Raffle, Silent Auction, and KEHA Showcase	Crowne B & C Crowne A
11:45 a.m. - 1:45 p.m.	OPENING BANQUET LUNCHEON	
2:00 p.m. - 3:15 p.m.	Seminars - Session 1	
2:00 p.m. - 5:30 p.m.	Quilt Square Auction - Viewing and Bidding	Crowne B & C
3:45 p.m. - 5:00 p.m.	Seminars - Session 2	
5:15 p.m. - 6:15 p.m.	Hands-On Creative Classes - Session 1	
	DINNER ON YOUR OWN	

WEDNESDAY, MAY 10

8:00 a.m. - 9:45 a.m.	Registration & Voting Delegate Sign-In	Crowne Registration
8:15 a.m. - 9:30 a.m.	Seminars - Session 3	
8:00 a.m. - 10:00 a.m.	Quilt Square Auction - Viewing and Bidding Basket Raffle, Silent Auction, and KEHA Showcase	Crowne B & C Crowne B & C Coronet Ballroom
8:00 a.m. - 2:30 p.m.	Cultural Arts Viewing	Exhibit Hall
8:00 a.m. - 5:00 p.m.	Trade Show & KEHA Merchandise Store	Crowne A
10:00 a.m. - 11:30 a.m.	Business Meeting	Crown B & C
11:30 a.m. - 3:00 p.m.	Quilt Square & Auction - Viewing and Bidding Basket Raffle, Silent Auction, and KEHA Showcase	Crowne B & C Crowne Registration
11:30 a.m. - 4:00 p.m.	Registration	Whitley
11:45 a.m. - 1:30 p.m.	Master Farm Homemaker Guild Luncheon	
	LUNCH ON YOUR OWN	
1:30 p.m. - 2:45 p.m.	Seminars - Session 4	
2:00 p.m. - 3:30 p.m.	Master Farm Homemaker Guild Business Meeting	Whitley
3:30 p.m. - 4:30 p.m.	Hands-On Creative Classes - Session 2	
4:00 p.m. - 5:00 p.m.	Quilt Square Auction - Pick-Up and Pay Silent Auction Pick-Up and Pay Pick Up KEHA Showcase Displays	Crowne B & C Crowne B & C Crowne B & C
4:00 p.m. - 5:00 p.m.	Cultural Arts Check-Out <i>[Times assigned for each area]</i>	Coronet Ballroom
5:00 p.m. - 6:00 p.m.	General Session with KEHA Choir Performance	Crowne A
	DINNER ON YOUR OWN	

THURSDAY, MAY 11

7:30 a.m. - 8:30 a.m.	Registration	Crowne Registration
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	Crowne A

2023 KEHA STATE MEETING REGISTRATION FORM
"Let's Take A Hike with KEHA" • May 9-11, 2023 • Louisville, Kentucky

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 County _____ Special Diet/Food Allergies _____
 Phone (____) _____ Email _____
 Emergency Contact _____ Relationship _____ Phone # _____

Check all that apply:

KEHA MEMBER STATE BOARD MFH GUILD AGENT COUNTY STAFF UK SPECIALIST
 FIRST TIME ATTENDEE - YES NO VOTING DELEGATE - YES NO OTHER

	Early-Bird Rate (By 4/10/23)	Late Registration (By 4/24/23)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140


2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

MY REGISTRATION INCLUDES:

<input type="checkbox"/> Tuesday 5/9	<input type="checkbox"/> Wednesday 5/10	<input type="checkbox"/> Thursday 5/11
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle and Auction Opening Luncheon Banquet (price included!) Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting* General Session with KEHA Choir performance	Officer Training Workshops Educational Chairman Trainings Awards Luncheon (price included!) <div style="border: 1px solid gray; padding: 5px;"> <p>NOTE: Select specific sessions and classes on next page. * = May include extra costs.</p> </div>

FULL OR 2-DAY REGISTRATION \$ _____
AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6 \$ _____
 (MAKE CHECKS PAYABLE TO KEHA) **GRAND TOTAL** \$ _____

NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION THIS YEAR, CONTACT FAYE KORTHAUS AT: mfkshorthorns@gmail.com

 <p>Mail by April 10 for the discounted registration fee. Any registration with a USPS postmark after April 24 will be returned. This is necessary to allow processing time.</p>	<p>MAIL TO:</p> <p>Harlene Welch KEHA Treasurer 207 Fifth Street Cynthiana, KY 41031</p>	<p>FOR KEHA TREASURER USE ONLY:</p> Date received: _____ Check number: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
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If you would like to receive an email confirmation of your registration and session enrollment check here or enclose a self-addressed, stamped envelope with your registration. (Continued on other side...)

Name _____

Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session and only pay for your 1st choice if there is a fee.

Tuesday, May 9 - SESSIONS

- Seminars - Session 1 - 2:00 p.m. - 3:15 p.m.**
- ___ Financial Management Before and After a Natural Disaster (Max: 60 attendees)
- ___ The Leadership Academy - What Would I Gain? (Max: 50 attendees) _____
- ___ Who We Are vs. How People See Us (Max: 50 attendees) _____
- ___ Herbalicious Cooking (Max: 30 attendees)
- ___ Edible Plants and Flowers in Your Landscape (Max: 30 attendees) _____
- ___ Pots - Plants and More (Max: 25 attendees)
- ___ Beginning Shuttle Tatting (Cost: \$15) \$15
- ___ Native Bees: All the Buzz on Our Busiest Pollinators (Max: 40 attendees) _____

- Seminars - Session 2 - 3:45 p.m. - 5:00 p.m.**
- ___ The Art of Charcuterie (Cost: \$10) \$10
- ___ Vanilla - The Second Most Expensive Spice in the World (Max: 50 attendees)
- ___ What is a Quilt Registry? Why Should You Register Your Quilt? (Max: 50 attendees)
- ___ Edible Plants and Flowers in Your Landscape (Max: 30 attendees) _____
- ___ Home Decor - Creative Summer Kitchen Towels (Cost \$10) (Max: 25 attendees) \$10
- ___ KEHA Leadership Academy Reunion (limited to past Academy members only)
- ___ Raising Hope Kentucky: Building Connected-ness and Community (Max: 60 attendees)
- ___ Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Max: 40 attendees)

Wednesday, May 10 - SESSIONS

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m.**
- ___ Wardrobe Accessories: The Finishing Touch (Maximum: 60 attendees)
- ___ Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 60)
- ___ Emergency Health Information (EHI) Cards - Save a Life (Maximum: 50 Attendees)
- ___ Helpful Tips and Tricks for Online Grocery Shopping (Maximum: 50 attendees)
- ___ Leading 4-H Clubs by Empowering Youth (Cost \$2) (Maximum: 30 attendees) \$2
- ___ Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- ___ Herbalicious Cooking (Maximum: 30 attendees)
- ___ Robert's Rules of Order Said What??? (Cost \$10) (Maximum: 25 attendees) \$10

- Seminars - Session 4 - 1:30 p.m.- 2:45 p.m.**
- ___ Homemakers, Take the Lead! (Maximum: 50 attendees)
- ___ Helping Others Navigate Stress After a Disaster (Maximum: 50 attendees)
- ___ Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 50 attendees)
- ___ Pathways to Wellness: Navigating the People, Places, and Spaces That Influence Health (Maximum: 50 attendees)
- ___ Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Maximum: 30 attendees)
- ___ Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- ___ How to Get Your Club Noticed - Marketing & Publicity (Maximum: 40 attendees)
- ___ KEHA Choir Rehearsal (pre-registered choir members only)

Tuesday, May 9 - CRAFTS

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m.**
- ___ Let's Make Soap \$10
- ___ Swedish Weaving Embroidery \$10
- ___ Flower Pounding Craft \$0
- ___ English Paper Piecing \$0
- ___ Snackle Box \$5
- ___ Wilderness Flowers in a Mason Jar \$0
- ___ Daisy Painting \$0

Wednesday, May 10 - CRAFTS

- Hands-On Crafts Session 2 - 3:30 p.m. - 4:30 p.m.**
- ___ Let's Make Soap \$10
- ___ Swedish Weaving Embroidery \$10
- ___ Flower Pounding Craft \$0
- ___ English Paper Piecing \$0
- ___ Snackle Box \$5
- ___ Wilderness Flowers in a Mason Jar \$0
- ___ Daisy Painting \$0

Thursday, May 11 - TRAININGS

Please check the Officer and Chairman trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

- Officer Trainings - Thursday, May 11 - 8:00 a.m.-9:15 a.m.**
- ___ President _____ Vice President
- ___ Secretary _____ Treasurer

- Educational Chairmen - Thursday, May 11 - 9:45 a.m.-11:00 a.m.**
- ___ Management & Safety _____ Food, Nutrition & Health
- ___ Leadership Development _____ International
- ___ Cultural Arts & Heritage _____ 4-H/Youth Development
- ___ Environment, Housing & Energy
- ___ Family & Individual Development

STATE MEETING SHIRT \$16

Qty: _____ Size: ___ Small ___ Medium

___ Large ___ XL ___ XXL ___ XXXL ___ XXXXL

\$ _____

AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____

STATE MEETING SHIRT \$ _____

TOTAL \$ _____

PLEASE TRANSFER THIS AMOUNT TO PAGE 5

KEHA Hands-On Activities

Tuesday, May 9 - 5:15 p.m. - 6:15 p.m. and Wednesday, May 10 - 3:30 p.m. - 4:30 p.m.

(View color photos at www.keha.org)

Let's Make Soap

Cost: \$10.00 Class Limit: 25

During this soap making demonstration, you will get the chance to see lye soap made with accessible oils that you can get at your local grocery store! During the demo, the instructor will detail the "How?" and "Why?" of the soap making process, will answer any questions, and will provide further materials and resources you can use as you dive into soap making. All registrants will receive soap to take home!



English Paper Piecing

Cost: FREE Class Limit: 20

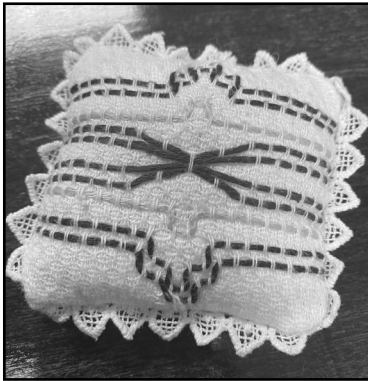
Learn how to hand piece fabric scraps into garment embellishments, beautiful quilts, or home furnishings. During this workshop you will learn the basics of this early precise method of hand piecing. Participants will practice the technique using a furnished pincushion kit. All materials for the pincushion are provided with the exception of the fiberfill (stuffing) that can be added at home.



Swedish Weaving Embroidery

Cost: \$10.00 Class Limit: 15

Swedish Weaving Embroidery will be worked on huck fabric. Participants must be able to thread a needle. **Additional kits will be available for \$8.00.**



Snack Box

Cost: \$5 Class Limit: 15

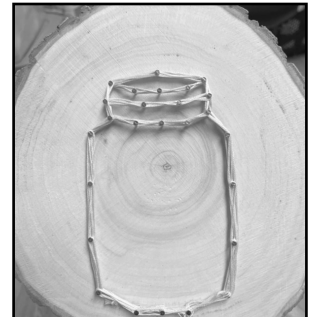
Learn how to make a quick, easy, and convenient snack solution! Perfect for the car, boat, hike, or even at home.



Wilderness Flowers in a Mason Jar

Cost: FREE Class Limit: 20

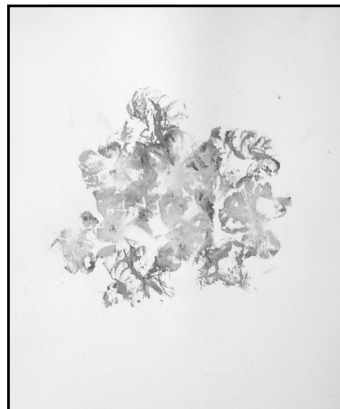
Create a nail art mason jar on rustic wood with fresh wilderness flowers. (Wilderness flowers not pictured here.)



Flower Pounding Craft

Cost: FREE Class Limit: 20

Participants will pick flowers of their choice to put on watercolor paper and then place wax paper over them. Then using a hammer, pound away to make a cute print to frame.



Daisy Painting

Cost: FREE Class Limit: 20

Paint a daisy flower on a flat panel canvas.



Educational Chairman Workshops

Thursday, May 11, 9:45 a.m. -11:00 a.m.

CULTURAL ARTS & HERITAGE

Join us this year as we review our current Program of Work (Elements and Principles of Art) and provide some resources for our Year Two Focus (Composition in Drawing and Painting). We also will discuss our Cultural Arts Exhibit Categories, address suggestions for Category revisions, and clarify Exhibit Rules and Judging Criteria. This is a great opportunity to enhance your County and Area's Cultural Arts and Heritage participation. All are welcome! —*Barb Seiter*

MANAGEMENT & SAFETY

Learn what it means to be a management and safety chair! We will review the POW and discuss ways to promote management and safety in your area and county. The new Program of Work will feature information on making plans for yourself and your money. In the first year, we'll focus on Emergency Health Information (EHI) Cards, which can be a life-saving measure, as well as transferring cherished possessions. Estate planning for your non-titled possessions can be a complicated process. Charting a course of action is a way to provide clarity and document your wishes. Curriculum materials include a handout, facilitator's guide, PowerPoint slides, participant activities, and evaluation. —*Peggy Tracy*

LEADERSHIP DEVELOPMENT

Are you a club, county, or area Leadership Development Chair? Are you interested in leadership development and volunteer service? Attend this meeting to learn about the KEHA Leadership Development Program of Work. Learn tips for reporting volunteer service units, as well as program of work and community volunteerism awards.

—*Ann Porter*

INTERNATIONAL

The International Program of Work will be embracing the benefits of diversity, environment, and exchange. A big cultural diversity is food, and international month is mostly celebrated this way. Come join us on a trip around the globe as we learn about new foods and ways of eating. —*Marilyn Watson*

FOOD, NUTRITION & HEALTH

If you are interested in Food, Nutrition and Health, make sure to attend this Chairman learning session. Anyone is welcome. FNH chairmen serving at any level are encouraged to join. We will be covering the 2022-2024 Program of Work and current contests. You will have handout materials to take back to your counties and get the latest updates on Ovarian Cancer efforts. The goal is for people to realize how their local counties and communities are different and have unique opportunities to promote healthy life choices. —*Sharon Fields*

4-H YOUTH DEVELOPMENT

Are you a club, county, or area 4-H Youth Development Chairperson? If so, join us to meet the new state education chair and advisor. We will review the new POW and brainstorm ideas of 4-H activities you can implement in your county. Participants will receive a packet that will have lessons and activities for a year of Communication Club meetings. —*Denise Boebinger*

ENVIRONMENT, HOUSING & ENERGY

Join us to learn about the Environment, Housing and Energy Program of Work. Meet the chair and advisor, review the POW, and discuss ways to promote Environment, Housing and Energy issues in your area and county. The current plan of work is focused on indoor air quality. All housing, no matter the type, size, or age can have poor indoor air quality. Keep yourself and your family safe by learning to identify actions you can take to minimize the exposure to those hazards. —*Linda Padgett*

FAMILY & INDIVIDUAL DEVELOPMENT

The focus for the Family & Individual Development program of work for 2023 is on "Self-Care and Self Pampering." Come learn how self-care and self-pampering can complement each other. Self-pampering in this sense refers to healthy adornment practices that make us feel good and not feel guilty. Self-care is more than exercise and healthy eating. —*Dottie Crouch*

KEHA Seminars – Session 1
Tuesday, May 9 - 2:00-3:15 p.m.**FINANCIAL MANAGEMENT BEFORE AND AFTER A NATURAL DISASTER**

When preparing for a natural disaster, your finances may not be the first thing to come to mind. However, a little planning can go a long way toward making sure you are prepared to cover costs that could arise in the event of an emergency. This session will help you financially prepare for the unexpected. Tips for financial recovery after a natural disaster also will be discussed.

Presenter: Nichole Huff, Ph.D., CFLE, Assistant Professor & Extension Specialist

Minimum: 10 Maximum: 60

THE LEADERSHIP ACADEMY – WHAT WOULD I GAIN?

The goal of the Leadership Academy is to strengthen leadership skills for emerging leaders within KEHA. Join us in this session to learn the benefits of volunteering and being a great leader.

Presenter: Sally Mineer, FCS Extension Specialist, and Ann Porter, KEHA State Leadership Chair

Minimum: 10 Maximum: 50

WHO WE ARE VS. HOW PEOPLE SEE US

There is a stigma surrounding Extension Homemakers in our communities and it is affecting growth and membership in our organization. This session will show what those stigmas are and help members combat them in their communities. Participants will receive realistic tools to discuss, plan, and implement new marketing strategies to help grow membership in their county.

Presenter: Natalie Taul, Grayson County FCS Agent

Minimum: 10 Maximum: 50

HERBALICIOUS COOKING

You will learn ways to use herbs in and out of the kitchen, highlighting lavender, basil, and rosemary. Also learn how to make salts and oils; baking with herbs in cookies and breads; how to make lavender lemonade. Samples of lemonade and baked goods will be provided. Tips on growing, drying and preserving herbs will be discussed.

Presenters: Cindy Williams, Taylor Co. Management & Safety Chair; Kris Fixari, Taylor Co. Treasurer; Christie Goodhue, Taylor Co. Family & Individual Development Chair

Minimum: 20 Maximum: 30

**EDIBLE PLANTS AND FLOWERS IN YOUR LANDSCAPE**

Attendees will get the opportunity to see how many plants and flowers are edible in their landscape.

Presenter: Rhonella Chaffins, B.S. Botany & Biological Science, KY. Extension Certified Master Gardener

Minimum: 15 Maximum: 30

POTS – PLANTS AND MORE

Participants will learn about all kinds of pots and plants. How to plant; what soil, fertilizer, and weather conditions are needed; differences between flowers, succulents, and herb soil; and growing conditions. Learn what plants are good for pollinators of people.

Presenter: Lois Pressgrove, KY. Extension Master Gardener

Minimum: 5 Maximum: 25

KEHA Seminars – Session 1
Tuesday, May 9 - 2:00-3:15 p.m.**BEGINNING SHUTTLE TATTING**

Learn the first steps to shuttle tatting. Students will practice the beginning steps to complete a simple project to take home.

Presenter: Ellen Long, Crafty Weavers

Minimum: 5 Maximum: 20 **Cost: \$15**

NATIVE BEES: ALL THE BUZZ ON OUR BUSIEST POLLINATORS

“BEE-CAUSE Pollinators Feed the World” is the current NVON Project in Common. Learn more about the diversity and importance of our native bee species and their habitats. Did you know that there are approximately 4,000 species of native bees in North America? Let’s learn about all the buzzing going around!



Presenter: Marilyn Watson, KEHA International Chair

Minimum: 10 Maximum: 70

KEHA Seminars – Session 2
Tuesday, May 9 - 3:45 - 5:00 p.m.**THE ART OF CHARCUTERIE**

Explore the charcuterie craze, from savory to sweet. Get ideas and techniques to prepare the perfect charcuterie. Includes recipe books, samples and door prizes. Join in the fun and possibly take home your own board.

Presenter: Julie Hook, KEHA 2nd Vice President

Minimum: 10 Maximum: 60 **Cost: \$10**

VANILLA – THE SECOND MOST EXPENSIVE SPICE IN THE WORLD

We’ll explore vanilla. Learn why it is so expensive, discuss the differences between “real” and “imitation” extract, discuss substituting vanilla products in recipes, and learn about making your own.

Presenter: Diane Mason, Boone Co. FCS Agent

Minimum: 10 Maximum: 50

WHAT IS A QUILT REGISTRY? WHY SHOULD YOU REGISTER YOUR QUILT?

One important purpose of the Kentucky Heritage Quilt Society is to support and expand the collection and preservation of Kentucky quilts and the records of Kentucky quilt makers and their work. Find out how this goal is being accomplished through the efforts of the KHQS program entitled “Host A Quilt Registry.” Participants have the opportunity to learn a bit about quilt history, view some antique quilts, AND learn how to register their quilt!

Presenters: Vickie Coleman, Kentucky Heritage Quilt Society, Museum and Archives Chairperson; Karen Graham, Kentucky Heritage Quilt Society, Historian

Minimum: 20 Maximum: 50

EDIBLE PLANTS AND FLOWERS IN YOUR LANDSCAPE

Attendees will get the opportunity to see how many plants and flowers are edible in their landscape.

Presenter: Rhonella Chaffins, B.S. Botany & Biological Science, KY. Extension Certified Master Gardener

Minimum: 15 Maximum: 30



KEHA SEMINARS**KEHA Seminars – Session 2**
Tuesday, May 9 - 3:45-5:00 p.m.**HOME DÉCOR – CREATIVE SUMMER KITCHEN TOWELS**

We will enhance a large quality towel using fabrics, buttons, and decorative stitches, etc., to create a beautiful summer home decor item for your kitchen.

Presenters: Debbie Shepherd, CEA Family & Consumer Sciences; Joy McGinnis, FCS Program Assistant

Minimum: 10

Maximum: 25

Cost: \$10

KEHA LEADERSHIP ACADEMY REUNION

KEHA Leadership Academy Reunion is for those who competed the academy in 2020 and 2023. This session will be a time to reflect on knowledge gained from the academy, and answer questions for those who just finished in March. Reconnect and build those relationships from the academy.

Presenters: Sally Mineer, FCS Extension Specialist; Ann Porter, KEHA State Leadership Chair

(Limited to past Academy members only)

RAISING HOPE KENTUCKY: BUILDING CONNECTEDNESS AND COMMUNITY

Learn about the Raising Hope initiative in Kentucky, which is dedicated to providing farmers and farm families with education, outreach and support for both mental and physical health. You will leave this session with information about the initiative and takeaways to support the mental health of your community.

Presenter: Cheryl Witt, Ph.D., RN, Project Director, Raising Hope KY; Clinical Director, AgriSafe

Minimum: 20

Maximum: 60

PREPARING FOR THE FUTURE: IMPACTS OF A WETTER AND WARMER CLIMATE IN KENTUCKY

While most everyone is focused on short-term weather conditions, we need to be thinking long-term, too! Our climate in Kentucky has shifted in a warmer and wetter direction over the past decade. This presentation will focus on the implications of this shift, both on the agricultural sector and natural disasters in the Bluegrass State.

Presenter: Matt Dixon, Senior Meteorologist, UK Ag Weather Center

Minimum: 10

Maximum: 40

**KEHA Seminars – Session 3**
Wednesday, May 10 - 8:15-9:30 a.m.**WARDROBE ACCESSORIES – THE FINISHING TOUCH**

Fashion accessories can make our outfits more flattering, versatile, and practical. This PowerPoint lesson will cover basic guidelines for selecting accessories by incorporating the elements and principles of design and reviewing styles that are flattering to our various shapes. We'll discuss how to draw attention to preferred areas of our bodies and balance our silhouette. Handouts will be provided.

Presenter: Jeanne Badgett, Senior Extension Associate

Minimum: 10

Maximum: 60

KEHA Seminars – Session 3
Wednesday, May 10 - 8:15-9:30 a.m.**STRETCHING YOUR DOLLAR – WHAT TO DO WHEN THE “ENDS” DON’T MEET**

“Making ends meet” is getting harder in today’s economy. This session will cover how to make your dollars and resources go farther. Tips for saving on groceries, gas, utilities, clothing and other household essentials will be discussed. We also will explore no- and low-cost ways to have fun!



Presenter: Nichole Huff, Ph.D., CFLE, Assistant Professor and Extension Specialist

Minimum: 10

Maximum: 60

EMERGENCY HEALTH INFORMATION (EHI) CARDS – SAVE A LIFE

If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. Be on the ground floor to learn about a new state-wide KEHA program that might save your life or the life of a loved one. Hear how this card was beneficial in one homemaker’s treatment when she had a serious accident and ended up in Vanderbilt trauma unit for 5 days.

Presenters: Lois Pressgrove, Lincoln Trail Area President; Vicky Greenwell, Wilderness Trail Area President; Peggy Tracy, KEHA State Management and Safety Chair

Minimum: 10

Maximum: 50

HELPFUL TIPS AND TRICKS FOR ONLINE GROCERY SHOPPING

Join us in learning how to make the online grocery shopping process as seamless as possible. When utilized correctly, online grocery shopping can save time and money. It also can be a helpful tool for those with transportation or physical limitations. This training will cover tips and tricks for the entire online grocery shopping experience, from searching to storing!

Presenters: Jeannie Najor, Program Coordinator II, Nutrition Education Program (NEP); Brooke Jenkins, MS, NEP; Martha Yount, NEP

Minimum: 10

Maximum: 50

LEADING 4-H CLUBS BY EMPOWERING YOUTH

Leading a 4-H club is a wonderful way of passing skills and knowledge on to younger generations. Learn how to empower young people and lead high-impact 4-H clubs.

Presenter: Isaac Hilpp, Ed.D.

Minimum: 10

Maximum: 30

Cost: \$2

PLAN. EAT. MOVE. FOR BETTER HEALTH!

Join us for a journey through the NEP website Plan. Eat. Move. You will find exercises for meal planning, eating healthy on a budget, nutrition basics, food safety, exercise inspiration, gardening, and loads of recipes. There are how-to videos for several recipes and basic cooking skills. Wrap up this session by trying out a budget-friendly recipe for two.

Presenter: LaToya Drake, NEP Program Coordinator for Nutrition Media and Marketing

Minimum: 20

Maximum: 40

KEHA Seminars – Session 3

Wednesday, May 10 - 8:15-9:30 a.m.

HERBALICIOUS COOKING

You will learn ways to use herbs in and out of the kitchen, highlighting lavender, basil, and rosemary. Also learn how to make salts and oils; baking with herbs in cookies and breads; how to make lavender lemonade. Samples of lemonade and baked goods will be provided. Tips on growing, drying and preserving herbs will be discussed. Presenters: Cindy Williams, Taylor Co. Management & Safety Chair; Kris Fixari, Taylor Co. Treasurer; Christie Goodhue, Taylor Co. Family & Individual Development Chair
Minimum: 20 Maximum: 30

ROBERT’S RULES OF ORDER SAID WHAT???

We will discuss some of the Robert’s Rules of Order basic procedures for a meeting, as well as some things that make a meeting go off the rails. How do Robert’s Rules of Order procedures get the meeting back to where it needs to be? (Paperback Roberts Rules of Order will be provided, thus the fee of \$10).
Presenter: Susan Hansford, KEHA Parliamentarian
Minimum: 20 Maximum: 25 **Cost: \$10**

KEHA Seminars – Session 4

Wednesday, May 10 - 1:30-2:45 p.m.

HOMEMAKERS, TAKE THE LEAD!

Leaders are more successful when their roles and responsibilities are clearly defined. Offering training opportunities for officers and educational chairpersons gives Extension Homemakers the tools and confidence to serve in these leadership positions. Learn tips on how to implement officer and chairperson training at the area, county, and/or individual club level. Presenters: Cyndy Humble, Lake Cumberland Area President; Alethea Bruzek, Boyle Co. FCS Agent
Minimum: 10 Maximum: 50



HELPING OTHERS NAVIGATE STRESS AFTER A DISASTER

This session will cover how trauma induces stress and affects the brain. Additionally, we will cover signs of stress and trauma, and how to help your family and community members recover from it after a disaster. Presenter: Paul Norrod, DrPH, RN, Extension Specialist
Minimum: 10 Maximum: 50

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Minimum: 10 Maximum: 50

KEHA Seminars – Session 4

Wednesday, May 10 - 1:30-2:45 p.m.

PATHWAYS TO WELLNESS: NAVIGATING THE PEOPLE, PLACES AND SPACES THAT INFLUENCE HEALTH

Did you know that diet, physical activity, and sleep account for less than half of the factors that determine the length and quality of your life? In this session we will explore how the people, places, and spaces in which we live, learn, work, and play influence health. This interactive session will give you a sneak peek of a new health-focused curriculum. Presenters: Courtney Luecking, Ph.D., Extension Specialist for Health and Nutrition; Angela Baldauff, Senior Nutrition Assistant; Leslie Workman, Extension Specialist for FCS and NEP
Minimum: 25 Maximum: 50



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Minimum: 20 Maximum: 40

HOW TO GET YOUR CLUB NOTICED – MARKETING AND PUBLICITY

Join us at this session to learn the basics of marketing your area, county, or club’s events. We will explore basic procedures and ways you can increase awareness with a just a click of a button! Presenters: Mindy McCulley, Extension Specialist for Instructional Support; Rebecca Clay, KEHA State Marketing & Publicity Chair
Minimum: 10 Maximum: 40

KEHA CHOIR REHEARSAL

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). Presenters: Wendy Hood, KEHA Choir Director and Fort Harrod Area President
(Pre-registered choir members only)





Kentucky Extension
Homemakers Association

UK Corner

The University of Kentucky Family and Consumer Sciences Extension program continues to work to build strong families across the Commonwealth. The support KEHA provides at the local and state level is instrumental in allowing us to work toward this goal. Over the last 12 months, we have been extremely fortunate to hire nearly 40 new FCS Extension agents! At the state level, we have been actively working to provide training opportunities for both new and tenured agents to ensure our programmatic offerings continue to meet local community needs. I am hopeful that you have noticed the range of programming offered in your county newsletters. We are currently gearing up for our February FCS Agent Training Week, and excited about the new programming agents will be able to offer at the county level.

FCS Extension continues to be successful in securing extramural funding to support county programming. Our total grants for 2022 exceeded \$14 million. The extramural funding allows us to serve specific needs within our communities, including substance use prevention and recovery, mental health first aid, and nutrition education.

On behalf of our state staff and faculty, I would like to express our sincere appreciation for the support the KEHA organization and its individual members provide the Family and Consumer Sciences Extension program.

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