



# Connection

*"Learning, Leading, Serving"*

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### *A Note from the President...*

Dear Kentucky Extension Homemakers,

As I visited 11 area annual meetings this past year, I saw many differences and many similarities. However, it was easy to see the planning and execution, the delegation of duties, and the cooperation of the members in lessons, activities, and projects. Some area meetings were large and some small. All were beautifully decorated, many with wonderful themes. Some were in venues and others were smaller, quaint, cozy, and in comfortable settings. Some had speakers and entertainment, and others were more about recognition and accomplishments. All of them were great! I was encouraged and thankful to be included in all of them.

All of you 11,310 homemaker members are unique and different, and all of you are special. I appreciate you more than I could ever tell you in words. I want to give a special thank you to Kelly May, our state advisor, for her guidance and support this year. She has kept me on track and been wonderful to work with. A big thank you to our state officers: 1<sup>st</sup> Vice President Ann Porter, 2<sup>nd</sup> Vice President Julie Hook, Treasurer Patsy Kinman, Secretary Wanda Atha, and Parliamentarian Susan Hansford. These ladies have big jobs and keep us prepared, informed, and legal. I also want to thank the state chairs for the wonderful programs and contests they have planned for all of you. Our area presidents have been wonderful to work with and have gotten in reports and passed down needed information to counties and clubs. Whenever I asked one of them to do a task, they always graciously completed it. We are so lucky in Kentucky to have the structure and cooperation among its leaders. Many other states do not have this. We also are very lucky to have the guidance and support system of the University of Kentucky to help us plan and have as resources in our homemaker organizations.

It is my profound belief that we live in a society that is ever changing, and if we do not change with it, we will be left behind. This is just one reason we need KEHA. My grandmother and my mother were brought up with strong family values. They also believed in helping those that needed help, whether it was family, neighbors, or community members. I am sure that most of you grew up with this same principle. When I read over the Area President reports, I was amazed and so very proud of you as Kentucky Extension Homemakers. The many community service projects you've reported and the number of people you've helped has been tremendous. Food baskets, clothing drives, children's supplies and backpacks, supplies for homeless or displaced people, toys and clothing for children in need, visits to elderly people, and home-cooked meals for those who were ill or grieving are just a few of the very personal ways in which you have made a great difference. The many classes such as: budgets, finance, and safe banking; scams; food preparation and preservation; environment changes and bee pollination; gardening; recycling; sewing and fabric skills; mental, physical, and personal health; personal and home safety; crafts; photography; painting and drawing; and many more have all made a tremendous impact on your communities and each one of us as individuals. This is what keeps us strong! We are homemakers, teachers, helpers, and friends. We are needed! Help us grow and not be left behind.

*Brenda Hammons, KEHA President*



**2024 KEHA State Meeting**  
**May 7-9, 2024**  
**Bowling Green, KY**

'Blazing The Way With KEHA' is the theme of our 2024 KEHA State Meeting in Bowling Green! The Fort Harrod Area is hosting this year's State Meeting and they have been working hard to help local, county, and area homemakers rev up their engines and blaze the way for a memorable meeting. The three-day agenda is full of wonderful learning sessions and hands-on craft classes that include a wide number of winning topics and activities. There is a way for everyone to spark their engines to victory!

KEHA will start the race this year with Tuesday's opening luncheon. This change was well received last year, and it will give participants more evening free time while in Bowling Green. Our keynote speaker will be a representative from the Corvette Museum. Let us show our enthusiasm to join the race by wearing our racing colors! For the opening luncheon, wear the colors of the checkered flag – black and white. Right from the start, we want to showcase our victories! In racing, the checkered flag signifies the end of the race, and we will highlight how we've crossed the finish line on ovarian cancer fundraising, as well as later on volunteer hours, community service, membership, and programs.



The KEHA Choir will again be the highlight of the General Session on Wednesday night. Everyone always enjoys the KEHA Choir performing their entertaining musical talents; you don't want to miss the show.

The Quilt Square showcase and auction will be featured again this year! Everyone will want to be working on their 12-inch quilt squares, as the Quilt Square Auction is sure to be a fan favorite. Please don't forget the KEHA Showcase. Each area can have up to two displays. Please send your form by March 15.

As you get on the road to this event, remember hotels tend to be cold, so please bring a sweater or jacket for your comfort. And note that our host area has planned a new and different registration gift this year, so you may want to bring your own tote bag. You won't want to miss out! Get blazing and send in your registration now!

*Ann Porter, 1st Vice President*

## 2024 KEHA STATE MEETING

### Lodging Information

May 7-9, 2024



#### Holiday Inn University Plaza

1021 Wilkinson Trace, Bowling Green, KY 42103

Phone: 270-745-0088 (group code **KEH** for conference rate)

Standard room \$126 + tax (1-2 people)

“Triple” room rate is \$181 + tax (3 people per room)

“Quad” room rate is \$236 + tax (4 people per room)

**Make your reservations by April 6, 2024, to secure the conference rate.**

## ORDER YOUR KEHA T-SHIRT



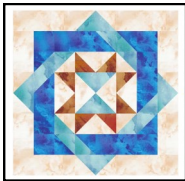
This pink, short sleeve, V-neck T-shirt shows off our *Blazing the Way with KEHA* logo.

Available in all sizes from small to 4X. Cost of the shirt is \$18 no matter what size. Color may vary according to the supply chain.

**Shirt must be ordered by April 9, 2024.**

## 2024 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the ninth 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 Bowling Green.

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 Ann Porter,

KEHA 1st Vice President,  
606-584-2510  
[annporter42@gmail.com](mailto:annporter42@gmail.com)

## 2024 KEHA STATE BOARD ELECTIONS



The following positions are slated for election at the KEHA State Meeting. All positions will serve from July 1, 2024, to June 30, 2027 with the exception of president-elect, which is a one year term. 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](http://www.keha.org)). Nomination forms are located in the KEHA Manual Appendix or online at <https://keha.ca.uky.edu/2024-state-board-elections>.

- **President-Elect**
- **Second Vice President**
- **Cultural Arts & Heritage Chair**
- **Family & Individual Development Chair**
- **International Chair**

Credentials should be sent by certified mail to:

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

Credentials must be postmarked **by April 5, 2024** (30 days prior to the KEHA Annual Meeting).

## MARCH 1 KEHA DEADLINES

**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](http://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 chair listed in the Manual.**



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

- **Creative Writing:** Poetry, Memoirs, Short Story (KEHA Manual pages 37-39) - Due to Barbara Seiter, Cultural Arts & Heritage, 8669 Valley Circle, Florence, KY 41042, [seiterbarbara@yahoo.com](mailto:seiterbarbara@yahoo.com)
- **Adopt-A-Highway Awards** (page 49) - Due to Ronella Chaffin, Environment, Housing & Energy Chair, P.O. Box 1057, Louisa, KY 41230, [ronella@att.net](mailto:ronella@att.net)
- **Ovarian Cancer Fundraising and Promoting a Healthy Kentucky** (page 60) - Due to Esther Bailey, Food, Nutrition and Health Chair, 304 Somerset St., Stanford, KY 40484, [hadasah5@hotmail.com](mailto:hadasah5@hotmail.com)
- **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](mailto:dboebinger@me.com)
- **International Contest and Awards** (page 73) – Due to Marilyn Watson, International Chairman, 2286 Melwood Drive, Henderson, KY 42420, [Mjmw1315@twc.com](mailto:Mjmw1315@twc.com)
- **Community Volunteerism Awards** (page 88) – Due to Nancy Snouse, 117 Meadowlark Rd., Russell, KY 41169, [wsnouse@msn.com](mailto:wsnouse@msn.com)
- **Family and Individual Development Contest** (page 55) - Due to Dottie Crouch, Family and Individual Development Chair, 8851 Highway 55, Campbellsburg, KY 40011, [bodotcr@yahoo.com](mailto:bodotcr@yahoo.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 Manual, Handbook section, pages 107-111, and on the KEHA website at [www.keha.org](http://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](mailto: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](http://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 Manual, Handbook section, pages 94-98. Applications are due by March 1 to the KEHA Leadership Development Chair Nancy Snouse, 117 Meadowlark Rd., Russell, KY 41169. [wsnouse@msn.com](mailto:wsnouse@msn.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](http://www.keha.org). Applications are due by March 1 to the KEHA Leadership Development Chair Nancy Snouse, address listed above.



### Cultural Arts Check-In Times

**Tuesday, May 7 - 8:30 - 11:00 a.m. CT**

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

### Cultural Arts Check-Out

**Wednesday, May 8 - 4:00 - 5:00 p.m. CT**



CHECK-OUT	KEHA AREA
Opens at <b>4:00 PM</b> for these Areas	Bluegrass, Licking River, Northeast, Northern Kentucky, Purchase, Quicksand, Wilderness Trail
Opens at <b>4:30 PM</b> for these Areas	Fort Harrod, Green River, Lake Cumberland, Lincoln Trail, Louisville, Mammoth Cave, Pennyrile

**Questions? Contact Barb Seiter, KEHA Cultural Arts & Heritage Chairman, [seiterbarbara@yahoo.com](mailto:seiterbarbara@yahoo.com)**

**2024 KEHA STATE MEETING  
CONFERENCE AGENDA**  
**Sloan Convention Center/Holiday Inn University Plaza**  
**Bowling Green, Ky**  
 (Times listed are Central Time)

**MONDAY, MAY 6**

3:00 p.m. - 6:00 p.m.

Trade Show Set-Up  
 Cultural Arts Set-Up  
 Silent Auction, Basket Raffle  
 & Showcase Set-Up

*Convention Pre-Function  
 Ballroom A*

5:00 p.m. - 6:00 p.m.

Registration

*Ballroom B,C,D  
 Ticket Office/Coatroom*

**TUESDAY, MAY 7**

8:00 a.m. - 10:30 a.m.

Trade Show Set-Up  
 KEHA Showcase, Silent Auction, & Basket  
 Raffle Check-In

*Convention Pre-Function*

8:00 a.m. - 5:00 p.m.

Registration &amp; Voting Delegate Sign-in

*Ballroom B,C,D  
 Ticket Office/Coatroom*

8:30 a.m. - 11:00 a.m.

Cultural Arts Check-in [Times assigned for each area]

*Ballroom A*

8:30 a.m. - 11:30 a.m.

Quilt Square Auction – Check-in

*Holiday Inn Plaza Deck 1*

9:00 a.m. - 5:00 p.m.

Registration &amp; Voting Delegate Sign-in

*Ticket Office/Coatroom*

10:30 a.m. - 5:30 p.m.

Trade Show &amp; KEHA Merchandise Store

*Convention Pre-Function*

Basket Raffle, Silent Auction, Showcase

*Ballroom B,C,D*

11:30 a.m. - 1:30 p.m.

Opening Luncheon

*Ballroom B,C,D*

1:45 p.m. - 3:00 p.m.

Seminars – Session 1

1:45 p.m. - 5:30 p.m.

Quilt Square Auction – Viewing and Bidding

*Holiday Inn Plaza Deck 1*

3:30 p.m. - 4:45 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 8**

8:00 a.m. - 9:45 a.m.

Registration &amp; Voting Delegate Sign-In

*Ticket Office/Coatroom*

8:00 a.m. - 10:00 a.m.

Quilt Square Auction – Viewing and Bidding

*Holiday Inn Plaza Deck 1*

Basket Raffle, Silent Auction and KEHA Showcase

*Ballroom B,C,D*

8:00 a.m. - 2:30 p.m.

Cultural Arts Viewing

*Ballroom A*

8:00 a.m. - 5:00 p.m.

Trade Show &amp; KEHA Merchandise Store

*Convention Pre-Function*

8:15 a.m. - 9:30 a.m.

Seminars - Session 3

10:00 a.m. - 11:30 a.m.

Business Meeting

*Ballroom B,C,D*

11:30 a.m. - 3:00 p.m.

Quilt Square Auction – Viewing and Bidding

*Holiday Inn Plaza Deck 1*

Basket Raffle, Silent Auction and KEHA Showcase

*Ballroom B,C,D*

11:30 a.m. - 4:00 p.m.

Registration

*Ticket Office/Coatroom*

11:45 a.m. - 1:30 p.m.

Master Farm Homemakers Guild Luncheon

*Holiday Inn Heartland Salon*

LUNCH ON YOUR OWN

1:30 p.m. - 2:45 p.m.

Seminars - Session 4

1:45 p.m. - 3:15 p.m.

Master Farm Homemaker Guild Business Meeting

*Holiday Inn Heartland Salon*

3:15 p.m. - 4:15 p.m.

Hands-On Creative Classes - Session 2

4:00 p.m. - 5:00 p.m.

Quilt Square Auction - Pick-Up and Pay

*Holiday Inn Plaza Deck 1*

Silent Auction Pick-Up and Pay

*Ballroom B,C,D*

Pick Up KEHA Showcase Displays

*Ballroom B,C,D*

4:00 p.m. - 5:00 p.m.

Cultural Arts Check-Out

[Times Assigned for Each Area]

*Ballroom A*

5:00 p.m. - 6:00 p.m.

General Session with KEHA Choir Performance

*Ballroom B,C,D*

DINNER ON YOUR OWN

**THURSDAY, MAY 9**

7:30 a.m. - 8:30 a.m.

Registration

*Ticket Office/Coatroom*

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

*Ballroom B,C,D*

**2024 KEHA STATE MEETING REGISTRATION FORM**  
**"Blazing the Way with KEHA" • May 7-9, 2024 • Bowling Green, 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 April 9)	Late Registration (By April 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 5/7	<input type="checkbox"/> Wednesday 5/8	<input type="checkbox"/> Thursday 5/9
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle and Auction Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* <input type="checkbox"/> Opening Luncheon (price included!) <i>Check if attending lunch.</i> 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* <i>(separate registration)</i>	Officer Training Workshops Educational Chairman Trainings <input type="checkbox"/> Awards Luncheon (price included!) <input type="checkbox"/> <i>Check if attending lunch.</i>

**NOTE: Select specific sessions and classes on next page.**  
 \* = May include extra costs.

**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.**  
 CONTACT FAYE KORTHAUS AT: [mfkshorthorns@gmail.com](mailto:mfkshorthorns@gmail.com)

 <p><b>NOTICE</b></p> <p>Mail by <b>April 9</b> for the discounted registration fee. Any registration with a USPS postmark after <b>April 23</b> will be returned. This is necessary to allow processing time.</p>	<p><b>MAIL TO:</b>  <b>Patsy Kinman</b>  <b>KEHA Treasurer</b>  <b>310 Falmouth St.</b>  <b>Williamstown, KY</b>  <b>41097</b></p>	<p><b>FOR KEHA TREASURER USE ONLY:</b></p> <p>Date received: _____                  Check number: _____                  Amount Paid: _____                  Balance Due: _____                  Refund Due: _____</p>
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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 7 - SESSIONS**

- Seminars – Session 1 – 1:45 p.m. – 3:00 p.m. CT**
- Who is Robert and How Well Do You Know His Rules of Order? (Maximum: 40 attendees)
- Blazing Fast Communication: An Introduction to Email (Maximum: 40 attendees)
- A Shot of Prevention is worth a Pound of Cure (Maximum: 24 attendees)
- Meatless Mediterranean Cooking (Maximum: 42 attendees)
- The Lavender Lady **Cost \$5**
- Tour Our Beautiful Kentucky (Maximum: 80 attendees)
- Communicate and Connect! (Maximum: 54 attendees)
- Great Ways to Membership (Maximum: 54 attendees)

**Seminars – Session 2 – 3:30 p.m. – 4:45 p.m. CT**

- Who is Robert and How Well Do You Know His Rules of Order? (Maximum: 40 attendees)
- Blazing Fast Communication: An Introduction to Email (Maximum: 40 attendees)
- Hands-On Canva (Maximum: 54 attendees)
- VSU Hours Made Simple (Maximum: 54 attendees)
- Suicide Prevention: Raising Hope for Farmers (Maximum: 42 attendees)
- Best of Brunch **Cost \$10**
- Waking Up Our Leadership Skills (Maximum: 80 attendees)
- Mindfulness Trails: Incorporating Mindfulness in Walking Programs (Maximum: 54 Attendees)

**STATE MEETING SHIRT \$18**

Qty: \_\_\_\_\_ Size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_  
Large \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL \_\_\_\_\_ 4XL \_\_\_\_\_

Shirts must be ordered by April 9, 2024.

**Wednesday, May 8 - SESSIONS**

- Seminars – Session 3 – 8:15 a.m. – 9:30 a.m. CT**
- The Balancing Act: Time for Everything (Maximum: 42 attendees)
- An Introduction to Computer Basics (Maximum: 40 attendees)
- Gardens, Plants, & Quilts (Maximum: 80 Attendees)
- Health Emergency Cards Can Save Lives (Maximum: 24 attendees)
- Basket Weaving Material: What's the Difference? (Maximum: 54 attendees)
- Fresh & Frugal Feasts: Seasonal & Local Eating on a Budget (Maximum: 40 attendees)
- Microfibers: Magic or Matter of Fact? (Maximum: 54 attendees)
- Treating Common Injuries on the Farm (Maximum: 54 attendees)

**Seminars – Session 4 – 1:30 p.m.– 2:45 p.m. CT**

- Super Smoothies (Maximum: 40 attendees)
- The Balancing Act: Time for Everything (Maximum: 42 attendees)
- Edible Plants and Flowers in Your Landscape (Maximum: 54 attendees)
- Get Healthy with Pickleball (Maximum: 80 attendees)
- Pillars of KEHA: Are We Meeting the Mission? (Maximum: 40 attendees)
- Inspiring Grandchildren to Become Grand Cooks (Maximum: 54 attendees)
- International Alphabet Soup: ACWW, CWC, & NVON (Maximum: 24 attendees)
- KEHA Choir Rehearsal (pre-registered choir members only)



**Tuesday, May 7 - CRAFTS**

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. CT**
- Decorative Bird Houses \$8
- Intro to Diamond Painting 1 - Birds \$10
- Round Reed Basket \$10
- Hand Sewn Owl Pin Cushion FREE
- Crochet for Beginners \$6
- Beeswax Candle Making \$7
- Vanilla Extract-ingly Easy \$10

**Wednesday, May 8 - CRAFTS**

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. CT**
- Vintage Tea Cup Pin Cushion \$8
- Intro to Diamond Painting 2 - Variety \$10
- Gift Card Basket \$15
- Hand Sewn Owl Pin Cushion FREE
- Crochet for Beginners \$6
- Beeswax Candle Making \$7
- Vanilla Extract-ingly Easy \$10

**Thursday, May 9 - TRAININGS**

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

- Officer Trainings - 8:00 a.m.-9:15 a.m. CT**
- President \_\_\_\_\_ Vice President \_\_\_\_\_
- Secretary \_\_\_\_\_ Treasurer \_\_\_\_\_

**Educational Chair Trainings - 9:45.-11:00 a.m. CT**

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

AMOUNT DUE FROM SESSIONS AND CRAFTS \$ \_\_\_\_\_

STATE MEETING SHIRT \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

PLEASE TRANSFER THIS AMOUNT TO PAGE 5

**Tuesday, May 7 - 5:15 p.m. - 6:15 p.m. and Wednesday, May 9 - 3:15 p.m. - 4:15 p.m. CT**

(View color photos at [www.keha.org](http://www.keha.org))

## Decorative Bird Houses

Teacher: Jody Paver & Michelle Padgett



Tuesday Only

Cost: \$8      Class Limit: 20  
Kits: \$8

Affordable and fun craft using small bird houses to paint and decorate for a cute spring table decoration.

## Vintage Tea Cup Pin Cushion

Teacher: Jody Paver & Michelle Padgett



Wednesday Only

Cost: \$8      Class Limit: 20  
Kits: \$10

Use teacups with saucers to create a cute pin cushion with no sewing required.

## Intro to Diamond Painting 1 - Birds

Teacher: Denise Boebinger & Elizabeth Collins



Tuesday Only

Cost: \$10      Class Limit: 20  
Kits: \$10

Want to learn what diamond painting is all about? Join us to paint one of these beautiful hummingbirds. Finished product is 12x12 inches.

## Intro to Diamond Painting 2 - Variety

Teacher: Denise Boebinger & Elizabeth Collins



Wednesday Only

Cost: \$10      Class Limit: 20  
Kits: \$10

Want to learn what diamond painting is all about? Join us to paint one of these beautiful winged creatures. Finished product is 12x12 inches.

## 4-Inch Coin Basket Using Round Reed

Teacher: Kay Kass and Bereda Weddle



Tuesday Only

Cost: \$10      Class Limit: 20  
Kits: \$10

Participants in this beginner basket weaving class will weave a 4" round and 2 1/2" tall basket. Learn basic weaving techniques using only round reed.

## Gift Card Basket

Teacher: Kay Kass and Bereda Weddle



Wednesday Only

Cost: \$15      Class Limit: 20      Kits: \$15

Participants in this beginner basket weaving class will weave a small basket to be used as an ornament or gift card basket. Learn basic weaving techniques using a combination of flat reed and round reed. Finished size 4x3.25" not including the handle.

## Crochet for Beginners

Teacher: Mechele Arnold



Tuesday & Wednesday

Cost: \$6      Class Limit: 25

A crochet class for beginners or someone who wants to brush up on their skills. Participants will learn stitches that are used in almost all patterns, terminology, and materials. Each participant must have a crochet hook size H/8/5MM and 2 balls

of Lily Sugar 'N Cream Medium (worsted) weight cotton yarn (any color). Patterns will be provided.

## Vanilla Extract-ingly Easy

Teacher: Cyndy Humble



Tuesday & Wednesday

Cost: \$10      Class Limit: 40  
Kits: \$10

Vanilla Extract is essential to make delicious baked goods. Learn how to make vanilla and other extracts at home. It couldn't be easier.

Participants will receive a kit to make a 4 oz. vanilla extract in class.

## Hand-Sewn Owl Pin Cushions

Teacher: Debbie Kraus



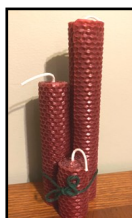
Tuesday & Wednesday

Cost: FREE      Class Limit: 50

Fun filled creative session making unique owl pin cushions. Makes great gifts for your sewing and non-sewing friends.

## Beeswax Candle Making

Teacher: MacKenzie Preece



Tuesday & Wednesday

Cost: \$7      Class Limit: 25      Kits: \$7

You will be introduced to the basics of hand rolling candles. You will be taking home your very own set of hand rolled beeswax candles!

# Educational Chairman Workshops

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

## **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 three focus (Composition in Photography). Get some tips for taking great photographs and hopefully leave inspired to sort through some photos at home. We'll continue to address any suggestions for our Cultural Arts exhibit categories and clarify exhibit rules and judging criteria. All are welcome! —*Barb Seiter*

## **MANAGEMENT & SAFETY**

As part of the Management & Safety Program of Work, this session will debut the 2024 KEHA Leader Lesson, Estate Planning Basics. If you're not sure where to get started drafting an estate plan, this lesson may help. Learn a few basics of estate planning, including how to establish goals for your estate and what information you need to gather as you begin the estate planning process. — *Peggy Tracy, Chair; Kay Denniston, FCS Agent for Bourbon County; and Krista Perry, FCS Agent for Henry County*

## **LEADERSHIP DEVELOPMENT**

Are you interested in Leadership Development and volunteer service? If so, plan to attend the Leadership Development Chairman Workshop at the KEHA 2024 State Meeting. We will be learning about the Leadership Program of Work. We also will be discussing the reporting of volunteer service units and the Community Volunteerism Awards Program. So come join us for all the important information that you can learn and take back to your club, county and area. —*Nancy Snouse*

## **INTERNATIONAL**

Blaze the way in 2024-25 in creating welcoming communities. BE JOYFUL! B=Better, E=Educational Exchange, J=Journey, O=Opportunities, Y=You All, F=Foods, U=Unique Ideas, and L=Learning Language. All this leads to a new contest. All local counties and areas have unique ideas to promote communities. Hope to see you at this welcoming workshop. —*Marilyn Watson*

## **FOOD, NUTRITION & HEALTH**

If you are interested in Food, Nutrition & Health, make sure to attend this chairman learning session. Anyone is welcome, and FNH chairmen serving at any level are encouraged to attend. We will be covering the 2024-2027 Program of Work and current contests. Receive handout materials to take back to your counties on Ovarian Cancer. The goal is to provide homeless and/or lower-income families with nutritious food through blessing boxes. We also will learn about My Plate for seniors and foods around the world. —*Esther Bailey*

## **FAMILY & INDIVIDUAL DEVELOPMENT**

Family & Individual Development is currently focusing on Self-Care and Strengthening Family and the Community. This includes strategies for improving personal social health by building strong, healthy, supportive relationships with family, friends, neighbors, romantic partners, and co-workers by taking care of yourself and caring for others. —*Dottie Crouch*

## **ENVIRONMENT, HOUSING & ENERGY**

The focus of the Environment, Housing and Energy Chairman Workshop is to: 1) learn the Program of Work for the upcoming year; 2) meet your state, area, and county chairmen and advisor; and 3) discuss ways to promote the Program of Work in your area and county. The current Program of Work is focused on Indoor Air Quality. All housing types, regardless of age, type, or size may have poor indoor air quality, due to several factors. Learn how to keep you and your family safe by identifying and minimizing the potential hazards around your home. —*Rhonella Chaffin*

## **4-H YOUTH DEVELOPMENT**

Join the state 4-H Education Chair to learn tips on how to be successful implementing multi-generational clubs and project days. The new 4-H program of work will focus on homemakers working together with your 4-H program on short-term projects. —*Denise Boebinger*



## KEHA Seminars – Session 1 Tuesday, May 7 - 1:45-3:00 p.m. CT

### **WHO IS ROBERT AND HOW WELL DO YOU KNOW HIS ‘RULES OF ORDER’?**

How do you rate your skills in using Robert’s Rules of Order? Could you use a refresher to be sure you know the basic parliamentary procedures that can improve the effectiveness of any business meeting? This session will use fun and interactive methods to help you brush up your knowledge and improve your ability to lead productive meetings.



Presenters: Kim Henken, Director of Extension Engagement & Administrative Initiatives, and Susan Hansford, KEHA Parliamentarian

Minimum: 12                      Maximum: 40

### **BLAZING FAST COMMUNICATION: AN INTRODUCTION TO EMAIL**

This workshop offers an introductory overview of how to get the most out of using email for regular communications. Topics include setting up an email, selecting a password, basic/advanced actions, and how to be safe online.

Presenter: Dr. Mark Mains, Extension Director for Workforce & Equity Initiatives

Minimum: 10                      Maximum: 40

### **A SHOT OF PREVENTION IS WORTH A POUND OF CURE**

Let’s take a closer look at vaccine-related health options for older adults. There is a lot of information “out there” about vaccines. This session will focus on evidence-based information specific to older adults and a variety of considerations each person should take before deciding on illness prevention strategies.

Presenters: Katherine Jury, Extension Specialist for Family Health, and Dr. Joann Lianekhammy, Senior Extension Specialist for Family Life

Minimum: N/A                      Maximum: 24

### **MEATLESS MEDITERRANEAN COOKING**

Would you like to reduce the amount of meat you are eating and move to a healthier, more plant-based diet? This presentation will include meal planning, balancing tastes, a suggested Mediterranean pantry, and how to cook specific recipes with step-by-step photos. Easy recipes have been selected to appeal to even meat lovers, and to include a limited number of readily available ingredients. A handout will include full recipes and instructions for the healthy and delicious entrees, salads, side dishes, and desserts included in the presentation.

Presenter: Victoria Faoro, Madison & Fayette County Champion Food Volunteer

Minimum: 10                      Maximum: 42

### **THE LAVENDER LADY**

The Lavender Lady will discuss the many uses of lavender. Attendees will receive samples of stress relief roll-on, lavender tea bags, lavender hand sanitizer, lavender baked goods, and lavender lemonade, as well as recipes, directions, and information. **COST: \$5**



Presenter: Cindy Williams, Lake Cumberland Area Secretary and Taylor County Vice President

Minimum: 25                      Maximum: 54

## KEHA Seminars – Session 1 Tuesday, May 7 - 1:45-3:00 p.m. CT

### **TOUR OUR BEAUTIFUL KENTUCKY**

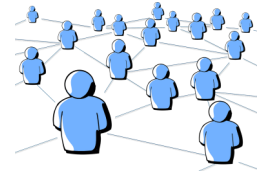
Learn about tourist spots in Kentucky! The Kentucky Department of Tourism will present information that you, your club, your county, or your area could use to develop a fun trip.

Presenter: Kentucky Department of Tourism

Minimum: 10                      Maximum: 80

### **COMMUNICATE AND CONNECT!**

This session will share leadership skills related to communication and networking. Building relationships and social connections can help grow organizational membership, increase engagement, 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.



Presenter: Mindy McCulley, Extension Specialist for Instructional Support

Minimum: N/A                      Maximum: 54

### **GREAT WAYS TO MEMBERSHIP**

Rev your MEMBERSHIP engines to help your club, county, and area finish the race with interesting ways to increase membership.

Presenters: Connie Bowling, Bracken County, Tara McCarty and Ann Porter, Mason County

Minimum: N/A                      Maximum: 54

## KEHA Seminars – Session 2 Tuesday, May 7 - 3:30-4:45 p.m. CT

### **WHO IS ROBERT AND HOW WELL DO YOU KNOW HIS ‘RULES OF ORDER’?**

How do you rate your skills in using Robert’s Rules of Order? Could you use a refresher to be sure you know the basic parliamentary procedures that can improve the effectiveness of any business meeting? This session will use fun and interactive methods to help you brush up your knowledge and improve your ability to lead productive meetings.

Presenters: Kim Henken, Director of Extension Engagement & Administrative Initiatives, and Susan Hansford, KEHA Parliamentarian

Minimum: 12                      Maximum: 40

### **BLAZING FAST COMMUNICATION: AN INTRODUCTION TO EMAIL**

This workshop offers an introductory overview of how to get the most out of using email for regular communications. Topics include setting up an email, selecting a password, basic/advanced actions, and how to be safe online.

Presenter: Dr. Mark Mains, Extension Director for Workforce & Equity Initiatives

Minimum: 10                      Maximum: 40

*“Intellectual growth should commence at birth and cease only at death.” – Albert Einstein*

**KEHA SEMINARS****KEHA Seminars – Session 2**  
**Tuesday, May 7 - 3:30-4:45 p.m. CT****HANDS –ON CANVA**

Drop-in to this session for hands-on assistance using Canva to market and promote your KEHA events and programs. Please bring your laptop with Canva already loaded. Don't forget your log-in credentials!



Presenters: Mindy McCulley, Extension Specialist for Instructional Support, and Sharon Fields, KEHA Marketing and Publicity Chair

Minimum: N/A                      Maximum: 54

**VSU HOURS MADE SIMPLE**

We will be explaining and instructing attendees in the proper procedure for reporting their VSU hours.

Presenters: Nancy Snouse, KEHA Leadership Development Chair, Sally Mineer, UK Leadership Development Chair Advisor, and Ann Porter, KEHA 1<sup>st</sup> Vice President

Minimum: 25                      Maximum: 54

**SUICIDE PREVENTION: RAISING HOPE FOR FARMERS**

In 2020, a collaborative Kentucky coalition, branded Raising Hope, was formed. The statewide group is addressing the mental health challenges of Kentucky farmers. This presentation will describe diverse projects implemented during the past three years to raise hope for Kentucky farmers.

Presenters: Dr. M. Susan Jones, WKU Raising Hope Team

Minimum: 10                      Maximum: 42

**BEST OF BRUNCH**

Come learn new and exciting ways to prepare and present brunch favorites. Cookbooks, samples and door prizes will be provided.

**COST: \$10** (EXTRA COOKBOOKS \$5)

Presenter: Julie Hook, KEHA 2<sup>nd</sup> Vice President

Minimum: 25                      Maximum: 80

**WAKING UP OUR LEADERSHIP SKILLS**

How to discover your leadership skills when you didn't know that they existed.

Presenters: Jackie Waibel, President of Kenton County Extension Homemakers, and Marla Johnson, President of Independence Homemaker Club

Minimum: 20                      Maximum: 24

**MINDFULNESS TRAILS: INCORPORATING MINDFULNESS IN WALKING PROGRAMS**

Want to have a positive impact on the mental well being of your community? During this workshop, participants will be introduced to mindfulness practices, while learning about the positive benefits of nature on mental health and wellness.

Participants will learn to set up and host a mindfulness trail in their own community and how to incorporate mindfulness trails into their programming.

Presenter: Danielle Hagler, Nelson County Cooperative Extension Agent

Minimum: 15                      Maximum: 54

**KEHA Seminars – Session 3**  
**Wednesday, May 8 - 8:15-9:30 a.m. CT****THE BALANCING ACT: TIME FOR EVERYTHING**

Take a look of all your life categories & learn to balance family, friends, and yourself. Learn to enjoy the many things you have without feeling overwhelmed or unable to commit. Bring your calendar and an open mind to new opportunities and closing chapters when needed.

Presenters: Sally Mineer, UK FCS Extension Specialist, and Whitney Morrow, Carter County FCS Agent

Minimum: 10                      Maximum: 42

**AN INTRODUCTION TO COMPUTER BASICS**

This workshop offers an introductory overview of computers, terminology, and associated topics. Learn more about hardware, software, program types, and how to make an informed computer purchase.

Presenters: Dr. Mark Mains, Extension Director for Workforce & Equity Initiatives

Minimum: 10                      Maximum: 40

**GARDENS, PLANTS, & QUILTS**

Explore the way quilters capture striking gardens and their blooms in quilts, from traditional approaches used for centuries to techniques being used by today's quiltmakers. Stunning side-by-side full-color images of quilts and blooms will illustrate the talk. Whether you are interested in quilting or gardening, you are sure to enjoy this journey.

Presenters: Victoria Faoro, Madison County Master Gardener and Founding Executive Director of the National Quilt Museum

Minimum: 10                      Maximum: 80

**HEALTH EMERGENCY CARDS CAN SAVE LIVES**

Who needs health information cards? What information should be on your health information card? Find out why it's important to talk to county first responders.

Presenter: Lois Pressgrove, Lincoln Trail Area President, and Vicky Greenwell, Wilderness Trail Area President

Minimum: N/A                      Maximum: 24

**BASKET WEAVING MATERIAL: WHAT'S THE DIFFERENCE?**

This is a class to explain and demonstrate the different kinds of basket weaving materials. From cane to reed, black ash, oak and hickory. This class will be helpful to those who want to identify the types of material in baskets for cultural arts divisions.

Presenter: Kay Kass, Kettle Homemakers, Cumberland County

Minimum: N/A                      Maximum: 54



*"Leadership and learning are indispensable to each other."*  
— John F. Kennedy

**KEHA Seminars – Session 3**  
**Wednesday, May 8 - 8:15-9:30 a.m. CT**

**FRESH & FRUGAL FEASTS: SEASONAL & LOCAL EATING ON A BUDGET**

Delve into the art of seasonal and local eating on a budget. Uncover the rewards of this culinary practice, understand the significance of supporting local farmers, and explore related KYNEP/Extension resources. Discover savvy strategies that empower you to embrace seasonal and local eating without breaking the bank, as we redefine how you approach food choices and budgeting.



Presenters: Bethany Pratt, Agriculture Extension Associate Senior, and LaToya Drake, Program Coordinator II  
 Minimum: 20                      Maximum: 40

**MICROFIBERS: MAGIC OR MATTER OF FACT**

Explore the mysteries of microfiber cleaning cloths and learn how they magically remove dust and dirt. This session begins with a brief textile lesson, providing a basic knowledge of fibers and their properties. We'll discuss different types of microfiber cloths and see how they compare with each other.

Presenter: Jeanne Badgett, Senior Extension Associate  
 Minimum: 10                      Maximum: 54

**TREATING COMMON INJURIES ON THE FARM**

We never want accidents to occur, but reacting quickly and knowing simple measures to take when they do happen can mean the difference between life and death or permanent disability. Learning the what, when and how to care for an injury will help you to remain calm when an accident occurs. In this workshop you will learn about common injuries on the farm and what to do when they occur. This information is both good to know yourself and to share with others in your community.

Presenter: Dr. Cheryl Witt, Extension Specialist Senior and Ag Nurse  
 Minimum: N/A                      Maximum: 54

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**KEHA Seminars – Session 4**  
**Wednesday, May 8 - 1:30-2:45 p.m. CT**

**SUPER SMOOTHIES**

We will provide a brief presentation on the beneficial nutrients and will demonstrate how to build a smoothie with samples provided at the end.



Presenter: Anna Cason, Senior Extension Associate  
 Minimum: 10                      Maximum: 40

**THE BALANCING ACT: TIME FOR EVERYTHING**

Take a look of all your life categories and learn to balance family, friends, and yourself. Learn to enjoy the many things you have without feeling overwhelmed or unable to commit. Bring your calendar and an open mind to new opportunities and closing chapters when needed.

Presenters: Sally Mineer, UK FCS Extension Specialist, and Whitney Morrow, Carter County FCS Agent  
 Minimum: 10                      Maximum: 42

**KEHA Seminars – Session 4**  
**Wednesday, May 8 - 1:30-2:45 p.m. CT**

**EDIBLE PLANTS AND FLOWERS IN YOUR LANDSCAPE**

This session will allow attendees the opportunity to see how many plants and flowers are edible in their landscape.

Presenter: Rhonella Chaffin, Lawrence County Homemakers & Master Gardener

Minimum: 15                      Maximum: 54

**GET HEALTHY WITH PICKLEBALL**

Pickleball has been the fastest growing sport in America since 2020. It has grown in popularity because most ages, body types, and skill levels can play. It is an easy, affordable, accessible, fun, social, and friendly game that combines badminton, ping-pong, and tennis features.

Presenter: Hardin Stevens, Senior Extension Associate for Healthy Homes and Communities

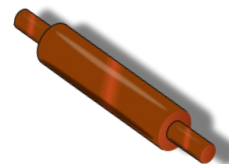
Minimum: 10                      Maximum: 80

**PILLARS OF KEHA: ARE WE MEETING THE MISSION?** Hear the results of a study conducted in the explored membership experiences with the pillars of KEHA – education, volunteerism, and leadership – as well as social connections and fellowship.

Presenter: Jill Harris, Todd County FCS Extension Agent  
 Minimum: N/A                      Maximum: 40

**INSPIRING GRANDCHILDREN TO BECOME GRAND COOKS**

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll share ideas and do activities to bring different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.



Recipe tasting included!

Presenters: Dr. Courtney Luecking, Extension Specialist for Health and Nutrition, and Cathy Fellows, 4-H Youth Development Agent  
 Minimum: 25                      Maximum: 54

**INTERNATIONAL ALPHABET SOUP: ACWW, CWC, & NVON**

KEHA participates with several regional, national, and international organizations known by the acronyms of ACWW, CWC, and NVON. Would you like to gain more knowledge on your role in their projects? Find out about current initiatives, where donations go, and possible future travel opportunities.

Presenter: Marilyn Watson, KEHA International Chair  
 Minimum: N/A                      Maximum: 24

**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.)**



Presenter: Wendy Hood, KEHA Choir Director and Fort Harrod Area President



## 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. At the state level, we have been actively working to offer training opportunities for both new and tenured agents to ensure our programmatic offerings continue to meet local community needs. I hope 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 are excited about the new programming agents will be to offer at the county level.

FCS Extension continues to be very successful in securing extramural funding. Total grant awards exceeded \$13 million. Extramural funds allow the opportunity to serve specific needs within our communities; programmatic efforts include substance use prevention and recovery, mental health first aid, military families, and nutrition education.

Highlights from extramural projects include over 1,800 individuals trained in Mental Health First Aid, 1,000 community professionals trained in Addiction 101, nearly 1,200 nurses participating in a continuing education course focused on rural mental health challenges and unique farm stressors that impact the well-being of farmers, farmworkers, and their families; and 590,212 SNAP and EFNEP participants were reached.

The Family and Consumers Sciences Extension program has focused heavily on expanding campus-based partners, allowing more program offerings at the county level. Examples of campus-based partners directly contributing to Extension programming include the College of Pharmacy, the College of Dentistry, the Markey Cancer Center, and the College of Nursing.

We are pleased that we can continue to fill positions at the county level; if you know someone interested in joining our fantastic team of Family and Consumer Sciences professionals, please encourage them to check out the Martin-Gatton College of Agriculture, Food and Environment Job website at <https://jobs.ca.uky.edu/>.

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*