



PRESIDENT'S MESSAGE – Jill Harris

Last year, when I planned “Telling Our FCS Story” for our annual meeting, I had no idea that it would be such a success and carry over into this year. Many of you have already shared your FCS stories using some of our new marketing tools and I hope all of you will say “yes” when you are contacted to share yours. Just so you know, at the KEHA spring board meeting, I asked Extension Homemakers to share their FCS success stories with you (thank you to Judi O’Bryan for speaking on my behalf) so you may get a few of those. You may never know how big a difference you made in a person’s life unless you ask. I encourage you to keep a file of FCS success stories so you can pull out those stories and share them with as needed.



I have thoroughly enjoyed serving as your president this year. It certainly been a busy one. The Joint Council of Extension Professionals (JCEP) Leadership Conference in Orlando was outstanding and I hope you have the opportunity to attend in the future. By the time this newsletter is published, I will have also attended the Public Institute of Leadership Development (PILD) Conference in Washington DC. I heard someone say that everyone should attend the PILD conference at least once in their career, so I hope you will consider that. Presidents of the Ag, 4-H, and FCS agents associations had the opportunity to represent agents on the County Needs Assessment Committee. We presented our recommendations recently and you should hear more about it soon.

I hope you are making plans to attend the NEAFCS Annual Meeting in Omaha. What an honor it is for Kentucky to have Lora Lee Howard preside over the meeting as our national president! Make sure you have room reservations because another conference will be at the same hotel. Once the block of rooms are taken, no more will be added. Several of you have asked about a schedule. If you download the NEAFCS App, click on schedule to see an overview of each day. The App has hotel, travel, registration, plus much more information and I’m sure more will be added as we get closer to the conference.

Thank you to everyone who has assisted me in one way or another so far this year. I appreciate your help and support and look forward to seeing all of you soon!

VICE-PRESIDENT FOR PROFESSIONAL DEVELOPMENT/PRES-ELECT
Judi O'Bryan

I hope you are making plans to attend our state meeting later this year. It will be at the Holiday Inn Hurstbourne in Louisville on November 29th and 30th. (Thursday, Friday). Wednesday, November 28th will be the in-service training day. Mark your calendars now!

VICE-PRESIDENT FOR AWARDS AND RECOGNITION – Katie Alexander

We had 102 award entries entered by forty-seven agents this year - that is up from last year! So thank you to everyone who took the time to submit entries!

We were able to send in to National three Distinguished Service Award applicants and three Continues Excellence Award applicants.

Three NEAFCS categories did not have entries (NEAFCS Educator of the Year, Early Childhood Child Care Training Award, Master Family & Consumer Sciences Volunteer). Seventy-two entries were submitted to NEAFCS as State winners.

Everyone has been notified, however, since our KEAFCS Awards and Recognition Banquet is not until November, please wait until that time to publicize your accomplishments. Thank you to everyone from across the state who assisted with judging.

Remember when you submit awards to check the NEAFCS Awards manual for the guidelines and follow those. It makes it easier to read if you write your narrative in an outline format, and include your name and award category on each page. I cannot stress enough how important it is to get someone to proofread for grammatical errors, misspelled words, and incomplete sentences. Sometimes, that is the determining factor for not winning.

It's never too early to start thinking about awards for next year!!

VICE-PRESIDENT FOR MEMBER RESOURCES – Amanda Dame

If you have any new agents in your area, please let me know so I can welcome them to Extension and explain to them what the benefits are of our great Association. Also, if you have any suggestions on Honorary KEAFCS Member for this year, feel free to email me at amanda.dame@uky.edu

VICE-PRESIDENT FOR PUBLIC AFFAIRS – Melissa Goodman

Kentucky is mentioned in the NEAFCS Impact Reports 21 times. Thank you again to everyone who submitted data and information to show our collective impact. Your work shines bright.

NEAFCS Impact 2018 Reports are available. [Click here](#) to view this year's impact statements. Kentucky was mentioned 21 times and represented in all 9 IMPACT reports. 27 impacts were submitted. The KEAFCS 2018 Reminder Calendar was sent to all FCS agents in February. When promoting Extension remember to highlight Return on Investment: demonstrates Financial Value of Programming. Share your Impact Statements, Share your Building Strong Families Reports, SNAP Ed county reports. Always remember we have a great story to tell. Make it logical and impactful.

Public Issues Leadership Development (PILD) Conference 2018 theme was “Cultivating a Climate of Civil Dialogue.” We were challenged to think about how extension could help cultivate civil dialogue in our local communities. We learned about Cooperative Extension’s value proposition is a promise of value to be delivered, communicated and acknowledged. It is also a belief from the learner about how that value will be delivered, experienced and acquired. The Kentucky Extension System delegation was able to visit with our 2 Senators and 6 Representatives to thank them for supporting KY Extension through NIFA and the Farm Bill. We shared stories of impact from public value pieces and state annual reports. It was a great experience and I will end my report with a challenge. Can we answer as Kentucky Cooperative Extension Family and Consumer Science Agents, Specialist and Staff these questions on the local, state and national level: What have you done for me lately? What is the value that you deliver to the communities you serve? How do you communicate that value?

Retiree Chair – Matti Daniels

We have two new KEAFCS retirees, Janet Johnson and Theresa Howard.

Retiree Annual Meeting will be June 5 at Kurtz in Bardstown. If you have any updates for or about Retirees, please email me at matti.daniels@uky.edu.

Nominating Chair – Lynnette Allen

2018 Officer Elections – The strength of KEAFCS comes from its outstanding leadership. At the 2018 Annual Meeting the Vice President Public Affairs and the Secretary will be elected each for a two year term. President Elect Vice President Professional Development will also be elected this year to serve a one-year term as President Elect and will succeed to the office of President for a one-year term. Members interested in running for these positions should complete the credential form and submit them by Oct. 30 to Lynnette Allen, Nominating Chairman.

Area News

Bluegrass Area

The Bluegrass Area agents have been busy in the past year! We started off our season by visiting Honeywood, one of Chef Ouita Michels' new restaurants. We were able to taste local fare and spend time planning out our year.



Left: Kay Denniston, Whitney Hilterbran, Madison McAlmond, Thays Flores, and Liz Coots at the Bluegrass Stockyards.

In January we ventured to Madison County to learn how to refurbish used furniture to save money. We took a class at Cottage on Main and learned all about chalk painting techniques. Each of us took home our very own chalk painted décor.

In March we ventured a little outside our comfort zone with a visit to the new Bluegrass Stockyards. It was exciting to learn about new developments in the agriculture industry and connect with potential partners. We were thrilled to learn about the yards classroom, an educational facility by the Beef Council which is located in the stockyards building. We also visited the Kentucky Proud Butcher Shop, the Chop Shop, located on site and tasted some fantastic food with local ingredients at Hayden's Restaurant. If you haven't visited Bluegrass Stockyards, it is worth a trip! It would be a great field trip for homemakers and 4-Hers alike.

To wrap up our March PD day we visited Birdsong Quilting, a local fabric store in Georgetown. We spent time checking out all of their inventory and took a class on the new Brother scan and cut machine.

We also said "see you later" to Clark County Agent, Jennifer Howard, who retired from her FCS Agent position in February. We had a going away lunch for Jennifer that was attended by retired agents Cheryl Case and Pam Dooley. We are excited to say that Jennifer is still involved with extension as the new County Manager in Clark County!

Our newest agent in Nicholas County got married in the fall. Madison Showalter is now Madison McAlmond. We are all still struggling with her name change!

Lastly, our area is very proud of our award winning coworkers! Fayette County Agent, Diana Doggett, won a national award at NEAFCS for Educational Technology. Liz Kingsland, also Fayette County Agent, received the continued excellence award. Way to go!

Right: Bluegrass area agents working on their chalk painting technique



Below: Award recipients Diana Doggett and Liz Kingsland.



Lincoln Trail Area

Lincoln Trail Area Updates

- Danielle Ford joined us as the FCS Agent in Marion County
- Theresa Howard, LaRue County FCS Agent retired this year
- Dayna Parrett, Hardin County FCS Agent is getting married in April!
- Jennifer Bridge in Meade County has been heading up the FCS Marketing and Promotions committee, spearheading the new technology training taking place in April.
- Washington County has moved into their new office

Green River Area

C Congratulations to Mary Higginbotham, former Family and Consumer Science Agent in Daviess County, for achieving her new position as Area Extension Agent for Nutrition Education. Mary was the FCS Agent in Daviess County for four and a half years and began her new position April 1st, 2018.



Green River area agents attended a Quicksand Area exchange trip on September 6th and 7th. Agents enjoyed learning about resources the Robinson Center has to offer and everyone made a wooden recipe book stand. Agents also attended a presentation by Mitch Whitaker, a falconer, at the Letcher County Cooperative Extension office. The Raptor Rehabilitation Center offers unique learning opportunities for adults and children. Agents enjoyed close encounters with a bald eagle, quail and other birds. Mitch shared the program he created for elementary age children and gave us a complete tour of the rehabilitation center.



Pennyrile Area

This has been a busy season for Family and Consumer Sciences agents in the Pennyrile Area. Highlights so far in 2018 have been assisting the Pennyrile Area Homemakers with their spring educational seminar and a professional development day at the Vulcan facility in Livingston County.

On March 16, 2018, the agents from Pennyrile and Purchase Areas toured the Kentucky Dam and Lock in Gilbertsville, KY and the Vulcan Materials Company location in Grand Rivers, KY. The group toured the inner workings of the dam on the Tennessee River that holds back the water that forms Kentucky Lake. Vulcan is the nation's largest Producer of construction aggregate. The group rode through the quarry and learned about how Vulcan takes advantage of the river industry. The tours were arranged by Morgan Rousseau, Extension FCS Agent in Livingston County.

On March 23, 2018, area agents worked alongside Pennyrile Area Homemakers to present their annual spring educational seminar. The event focused on Kentucky Proud and the importance of shopping locally. The featured speaker was Chad Smith with the Kentucky Department of Agriculture. Sessions were presented by SELECT Honey and Casey Jones Distillery, two local Kentucky Proud businesses, as well as "Bites of the Bluegrass" by Morgan Rousseau and "Plate It Up! Kentucky Proud" presented by Cecelia Hostilo. The highlight of the day was a mini-marketplace featuring all Kentucky Proud vendors. Kentucky Proud popcorn was donated for the participants to munch on while they shopped. It was a successful event that raised a great deal of awareness and interest in shopping locally.



Purchase Area

In December, our 4 FCS Agents visited with John Sellers. He is the entrepreneur of the Martin Coffeehouse which supports Letters in Motion, a non-profit benefitting literacy work in Nepal. He and his wife wanted to create a space for the people of their soybean celebrating small town of Martin, TN to come together. A place designed for family, friends, and comfort. But also a space to be a part of a global mission to build libraries in Nepal. It has been their dream to build a system that makes long term sustainable impact in Nepal as easy as drinking coffee. To learn more about their mission check out our non-profit <http://lettersinmotion.org/> ! John gave us great insights into the challenges and dreams of a young entrepreneur.



Wilderness Trail Area

The Wilderness Trail Area FCS Agents had a wonderful association meeting in February visiting the Lemon Tree! This is a campus-based restaurant that provides UK HES students real world food production experience. Agents tasted a delicious meal made up of winter green soup, roasted pork loin with apple cranberry chutney, tri-colored root vegetables, parker house rolls and of course saved the best for last, brownie sundae bites.

In our Area we are so very proud of Lora Lee-Frazier Howard and the leadership she provides the Agents in the state of Kentucky and across the United States! Lora is currently serving as NEAFCS President and will then be serving as Past President for the next few years to come.

Judi O'Bryan from our area has been elected to serve as President Elect for KEAFCS. She will be busy planning a wonderful state meeting for us in December and we look forward to helping and supporting her!

Matti Daniels represented the Wilderness Trail Area well during our KEAFCS 2017 meeting by bringing home three awards. She won 1st place in the Progress Award (under 10 years), 3rd place in the Community Partnership Award and 2nd place in the Dean Don Felker Financial Management Award.

Mammoth Cave Area

The FCS Agents in the southern part of District 6, (old MCA Area) participated in a retreat on January 2, 2018. It was held at The Narrows Bed & Breakfast located in Barren County. While there, programs were planned, duties were distributed to fill vacancies left in counties, and the development of the rotation for Family Lifestyles was formed.

Family Lifestyles was a program that Janet H. Johnson, former Allen County FCS Agent hosted this program for several years. The opportunity to continue the program was offered and the remaining agents developed a rotating schedule. WPBM-DT Proclaim, cable TV network, is in Allen County, KY.

The show will air Wednesday at 1:30 a.m.; Thursday at 9 a.m.; Thursday at 2 p.m., Friday at 8 p.m. and Saturday at 10:30 a.m. on Channels: For Media Com 7; Comcast 9; Electric Plant Board (Glasgow) 18; (Horse Cave) Comcast and EPB 14, SCRTC 48. If you use an antenna it can be picked up on air channel 31 or digital channel 46.

A retirement celebration was held for Janet H. Johnson on February 16, 2018. She has been a mentor, a friend, a colleague, a team player, a role model, and an outstanding supporter of us and extension. She will be missed greatly in our area but we are glad we will still have the opportunity to work with her thru the state level.

Julia Wilson, Edmonson County FCS Agent, completed her M.S. in Organizational Leadership from Western Kentucky University, in December 2017.

Northeast Area

The Northeast Area Agents taught lessons from the Healthy Homemaker's Series at an area-wide leader training. Leaders attended from all nine counties and then went back to their counties and clubs and shared lessons. The agents also offered several other multi-county programs. Recently the District 1 Agents enjoyed a professional improvement day at the Oil Springs Cultural Arts and Recreation Center (OSCAR) in Johnson County Kentucky.

Whitney Morrow, Carter County FCS Agent and Andrea Johnson, Floyd County FCS



Agent both joined ESP this year. Whitney Morrow attended the National ESP meeting in Wilmington, NC in October.

Northeast Area Agents have been busy personally as well. Sarah Sumpter Congleton, Martin County FCS Agent got married this past September and Andrea Johnson, FCS Agent in Floyd County got engaged and is planning a wedding for this upcoming September!

Quicksand Area

Green River Visits Quicksand!

Agents from both areas attended and informational session at the Robinson Center for Appalachian Resource Sustainability (RCARS) Wood Center. Each agent was able to create their own wood masterpiece – cookbook holder!



Linda Combs – FCS Agent Knott County Extension Service

Linda is now the president of Alpha Kappa Chapter of Epsilon Sigma Phi. She attended JCEP in Orlando and will attend PILD in April.

Crystal Osborne – FCS Agent Owsley County Extension Service

Crystal completed her Master's Degree from the University of Kentucky.

Brittany Bowling – FCS Agent Leslie County Extension Service

Brittany and her husband welcomed a new baby boy on Thanksgiving night, 2017! Mom, Dad and baby are happy and healthy!

Ft. Harrod Area

The Ft. Harrod FCS Agents have had a busy 2018. As we gathered together in January to work on Association Awards, we welcomed back Franklin FCS Agent, Tamera Thomas, after a medical leave of a few months. All the Agents worked together on a Facebook Live production of the homemaker lesson, "Economical Entrees", with Woodford FCS Agent, Elizabeth Coots, taking lead and being the 'star'. This was our first foray into live streaming for a lesson on Facebook. She did a great job!

March brought a new addition as Mercer County FCS Agent, Luci Hockersmith and family welcomed a baby girl! We all worked together again on our Spring Area Seminar, this year focused on Insurance and lead by Boyle County FCS Agent, Alethea Price. We had a great turnout, wonderful speakers and leaders will be sharing informative handouts to homemaker members and others.

March also included fun along with information as five of us met up in Boyle County to tour The Great American Dollhouse Museum, Elmwood Tea Shop and ate at a new restaurant, *Harvey's* in downtown Danville. We left with wonderful insight into possible destinations for clientele when they plan local trips themselves and Elmwood Teas provided great speaker gift options for our area seminar.

The past few months, Elizabeth Coots and Mary Hixson have also worked closely with Ft. Harrod Master Volunteers in Clothing Construction to conduct four area-wide Serger Workshops. All agents have been involved in promotion as the seminars have been in different locations/times around the area.

In late March it was again all agents on deck as we met for business in Frankfort, but also included a late lunch at *Sage*, a local, tasty restaurant on the grounds of Wilson's Nursery.



Pictured are from left: Elizabeth Coots, Karli Jessie, Alethea Price, Rita Stewart and Mary Hixson at the Great American Dollhouse Museum in Danville, KY

Northern Kentucky Area

The Northern Kentucky Family and Consumer Sciences Agents have been collaborating on teaching strategies and new delivery methods to increase participation in programs. In August and again in January the agents presented a daylong seminar designed for for the Northern Kentucky Extension Homemakers entitled “Healthy Living from the Inside Out”. Seminars on, Heart health, Get Moving, Educate before you Medicate, Home safety, and Stay Happy, Stay Healthy kicked off the homemaker leader lessons in the fall. The winter program topics included: Importance of Balance; Living with Diabetes; Protecting your Smile; Stroke Awareness; and How to Deal with Depression. The agents enjoyed planning the lessons, providing lunch for the participants and teaching the sessions. Outside speakers from various agencies were also on hand to add additional educational expertise. A total of 232 Extension Homemakers from all of the Northern Kentucky Counties attended.

The Northern Kentucky Family and Consumer Sciences Agents are honored to have two award winners in our ranks.



Diane Mason, Boone County Extension Agent for Family and Consumer Sciences Education, received the 2017 Individual Diversity Award from the University of Kentucky Cooperative Extension Service. Instituted in 1994, the Extension Diversity Awards recognize the outstanding achievements and the commitment employees and volunteers have made to strengthen community diversity, recruit and retain diverse clientele and

foster a culture of inclusiveness. A total of 29 nominations were considered for these honors, and Family and Consumer Sciences professionals were recognized in both categories. Diane’s program “Hands on Cooking Class for Adult English as a Second Language Participants,” reached more than 325 people in under a year.

Judy Hetterman was named as the recipient of the Patricia Brantley Todd Award of Excellence in Human Environmental Sciences for the Cooperative Extension.

The awards are given biennially and are named after the wife of former UK president Lee T. Todd, Jr. and an alumna of the school. They recognize excellence among faculty and staff within the school, which is a part of the College of Agriculture, Food and Environment.

Judy joined the UK Cooperative Extension Service in 1978 as Kenton County's urban extension agent for home economics. In 1984, she transferred to her current position as the Owen County extension agent for family and consumer sciences. She has displayed a strong talent for partnering with extension volunteers to extend extension's reach within the community and has been active in various community projects. Hetterman has held national leadership positions in the National Extension Association of Family and Consumer Sciences and championed professional development and involvement among her peers.

