



Message from your President – Sally Mineer

Thanks to everyone in the association that is making this term as President a wonderful experience for me. I am really enjoying the many opportunities that this office is allowing me to do, after working several years this is a nice change and challenge in my career. Kentucky is the best state to work and represent as I travel. I have represented you at JCEP leadership meeting in Nashville, KEHA board meeting, KAFCS Annual Session and PILD. I will continue to do my best and if I can be of help please contact me. I look forward to the rest of the year and our continued success together. Below are more highlights and details that are of importance to the association.

PILD- KEAFCS was well represented by me, Linda Combs and Tracy Thornton at the recent Public Issues Leadership Development Conference in Washington D.C. All of Kentucky's Associations were represented plus KSU. Our congressional visits on Capitol Hill went well and Kentucky Extension as always was easy to represent.

NEAFCS- Lighting the Way through Education Outreach will be the theme for National Meeting, September 20-24 in Portland, Maine. Visit www.neafcs.org and you may want to enjoy one of the pre or post conference workshops being offered. Early bird registration is now open so take advantage of the savings. You have two options for hotels that are being used by NEAFCS and hotel reservations are required before registration can be completed. The Welcome/Friendship Event will be held on land and Sea! Attendees will feel the ocean air as we ride on the Bay Mist Liner through Casco Bay. This is just one of the many exciting and educational opportunities for you to enjoy. Rosie Allen will be coordinating our State's Night out for Thursday evening, don't leave early it will be an enjoyable evening for everyone. For more information on sessions, tours etc. please visit the website.

Living Well- Thanks to Kentucky agents for being so supportive of the Living Well book project. If you have not ordered a case of books please try, they make excellent gifts for speakers, judges, etc. Remember our association makes a profit off each book sold. If you need an order form contact Donna Fryman at dfryman@uky.edu.

NEAFCS On-line Auction-August 2010 will be something new for agents across the nation as NEAFCS will host an on-line auction through e-bay. Kentucky has donated two items for this auction. First, a handmade necklace/earring set made by Katie Smallwood and second, a handmade basket made by Imogene Updike from Montgomery County donated by Peggy Powell. The first auction will be August 8-15 and then second will be August 15-22. If you do not have an e-bay account it only takes a few minutes to register and you will be ready to bid in August. Money earned from this auction will go to the NEAFCS Awards account. This auction does not replace the silent auction held at NEAFCS national meeting. This just allows everyone a chance to be supportive even if they cannot attend national meeting. I will send out a reminder in August when it is time to bid!!!

Fall Board Meeting-Please save the following date if you serve on the KEAFCS board. We will meet on Tuesday, November 9, 2010 at the Nelson County Extension Office in Bardstown, Kentucky.

Sally Mineer
KEAFCS 2010 President

President-Elect – Rosie Allen

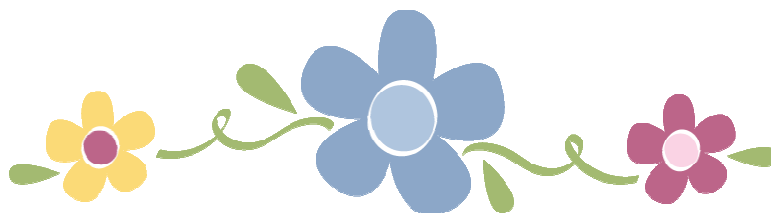
Mark Tuesday thru Thursday, November 30th, December 1st, and 2nd 2010 on your calendar for our KEAFCS State Meeting at the Holiday Inn – Hurstbourne/I-64 East in Louisville. You have attended a State Meeting at this hotel in the past. Our rooms are guaranteed until November 16. Reservations can be made to the hotel directly at (502) 426-2600 or (800) HOLIDAY to make reservations and ask for the 11/29-12/01 room block for KY Extension Association for Family and Consumer Sciences (block code “KXT”). Our block at the Holiday Inn Hurstborne has plenty of openings. If you would like to mail a check to the hotel, please include your room confirmation number and mail to: Holiday Inn Hurstborne, Attn: Accounting Dept., 1325 S. Hurstborne Pkwy, Louisville, KY 40222.

Our in-service on Tuesday, November 30 will be planned by Laura Stephenson. Watch for further emails on this training. The schedule for KEAFCS annual session will be planned by your Area Vice-Presidents for Professional Development and myself. Committee meetings will begin via conference call this summer. PLEASE share your creative ideas for planning a meaningful professional development session. I can be reached at 859-567-5481 or rallen@uky.edu.

We should have all received our information about the National Meeting by now. I noticed that the deadline for early bird registration is July 23rd. Maine is a beautiful state and the program looks great! National meetings are a good opportunity to network and acquire new programming ideas. KEAFCS will host a states night out on September 22nd at DiMillo's Floating Restaurant on the harbor in Portland. Watch your emails for further details. Hope to see you there.

Past President - Donna Fryman

Two Friends of Extension Family and Consumer Sciences Outstanding Leader awards will be awarded at the 2010 KEAFCS annual meeting. This year we will be selecting leaders from the Purchase and Pennyryle areas. Area Presidents are in charge of selection process. This award is designed to recognize outstanding support and or involvement in the Family and Consumer Sciences programs. Nominations are to be submitted to Donna Fryman by September 10, 2010.



KEAFCS Initiatives – Janet Johnson

Living Well Reference Book Used in Programs

Judy Hetterman (KY), Treasurer and Debra Cotterill (KY), Co-Chairs of Resource Book Committee

Concern about health and finances are leading some people back to the kitchen and to Extension Family and Consumer Sciences for help. The UK curriculum "Speedy Suppers" assist educators in teaching clients that with planning, a few short cuts and the right recipes you can make quick easy meals that follow the Dietary Guidelines and the My Pyramid recommendations. District 1 used recipes from *Living Well...More Than a Cookbook* for "Speedy Suppers" tasting. They included Almond Bibb Salad (page 97), Garden Platter (page 119), Sweet Potato Casserole (page 104), Baked Fish Fillets with Dill Sauce (page 189), Oriental Ground Beef Skillet Supper (page 164) and Fresh Peach Crumble (page 214).

A registered dietician attended one of the Extension Speedy Supper trainings and sent an e-mail message complimenting us on the program and the recipes used. She purchased the ingredients to prepare the featured recipes for her family. Remember as members of NEAFCS you have the right to copy and share recipes in your educational programs.

As of today, **Kentucky has earned \$6,700** from *Living Well* Book sales. This is not meant to be a hard-sell effort. If you simply use the books and have books available, they will sell. Remember they were developed as a fundraiser for Affiliates and the National Association, and then expanded to market Extension and the FCS profession. They were designed for those that enjoy reading and giving cookbooks. Chapter one, "Recipes for Living" gives the consumer extra value and makes a wonderful gift for young families and professionals.

If each member of NEAFCS would assist by selling just ONE case of 10 books...we would be sold out and enjoying some financial relief from the profits. Donna Fryman is our state contact; you place your orders with her dfryman@uky.edu. She has some in stock or you can order and have them shipped direct to you to avoid shipping charges. Follow the directions on the Kentucky order form.

For more information and marketing materials, go to the NEAFCS web site www.neafcs.org click on the log in button (upper right hand corner) and do the member log in and check out the ***Living Well, More Than A Cookbook*** page. You will find marketing information and program support materials; or contact Debra at dcotteri@uky.edu or 606.407.5492.

Pennyrile Area – Jill Harris

Laura Willett Wilson, Lyon County, was elected as Epsilon Sigma Phi Southern Regional Vice President at the JCEP Leadership Workshop in February. She will be installed for a two year term at the 2010 National ESP Conference to be held in October in Jackson Hole, Wyoming. Laura's assigned responsibility is Public Issues. She will be serving on the Public Issues Leadership Development Conference Planning Committee, a leadership meeting held annually in Washington.

Pennyrile Area FCS agents met at the Trigg County Extension Office on November 16th for their quarterly meeting and program. Cecelia Hostilo, Trigg County FCS agent demonstrated the preparation of cake balls and chocolate ganache. Lunch was served and business was conducted.

Sally Snyder, retired 4-H agent hosted the group at Pennyrile State Park. Attending were retired agents Carolyn Ham and Elaine Clift. The program was on Friends of the Pennyrile and their efforts to support the park with landscaping, marketing and continued ice storm clean-up. The goal of the group is to increase traffic to the park, and market the park as a wedding destination. The speaker, Charlie Beshear, also spoke to the group about his dove release business.

Wilderness Trail Area – Rebecca Sharp

The Wilderness Trail FCS Association met for our spring meeting, to discuss managing resources in tough times. Our association visited and toured several clothing businesses in Lexington that are meeting the needs of individuals and families in today's tough times by offering name brand clothing at a reduced price.

Matti Daniels, is the new FCS Agent in Knox County. Matti came on board April 1st, 2010 and is starting with core training this coming month. Matti has a Bachelor's Degree in General Dietetics from Eastern Kentucky University and she just completed her internship with Utah State University this spring. Welcome to the family of Extension!!!

Quicksand Area News

Crystal Osborne received the under ten year FCS association award in December 2009, we are very proud of Crystal.

District 1 – Eugenia Tackett

District 1 FCS agents in Kentucky have had an eventful year. District 1 FCS agents Attempt to meet monthly to discuss programming events as well as KEAFCS business.

January, we had a joint programming and association meeting in Lawrence County. We focused on award entries.

We met again in March to do homemaker lesson planning and association business. Plans were made to host another Para professional day in August.

In April, District 1 agents met for a day of learning in Lexington. First we met at the Good Barn with two guest speakers about UK benefits. Next we toured the Arboretum where a speaker informed us about bulbs, vegetables, roses, native plants and "Walk across Kentucky". We then went to Flag Fork Farm and the speaker there taught us about growing herbs, herb uses, herb safety, and cooking with herbs.

District 1 agents received many awards for their work during the KEAFCS annual session. We received 14 1st place awards and several 2nd and third. This was possible to the support and encouragement we gave each other. Plus, Gwenda Adkins received 5 first place awards. Besides doing excellent work, she was able to compile the entries due to a big winter storm that kept her homebound. She spent her time efficiently.

We are so proud of Martha Perkins who received the KAFCS/Karen Davis Parker Award.

Other notable items:

*Debra Cotterill is working hard as the NEAFCS Living Well Reference Book Chairman.

* Stephanie Crum has resigned from Martin County and is being replaced by Eugenia Wilson, FCS Agent from Pike County.

*Martha Perkins transferred from Rowan County to Bath County.

* We welcome Justin Thomas as the CEA for 4H/FCS in Menifee County. Justin just graduated from Berea and started work on June 1st.