



PRESIDENT'S MESSAGE – Judi O'Bryan



National Extension Association
of Family and Consumer



It's been a busy four months as President of our association. I've represented our association at the national JCEP conference, on the study to determine the structure of UK Extension and most importantly on the search committee for the new UK Director of Extension. The committee has made their recommendations to the Dean and in the next couple of weeks candidates will be brought onto campus to interview. I encourage all of you to participate in this process and to watch for opportunities to provide input.

Remember that this year is the celebration of NEAFCS 85th anniversary. Our state has a committee working on our state celebration and you will hear more details about that soon.

Our first board meeting of the year will be Friday, April 5th in Lexington. If you're a state officer, chair or Area President please mark your calendars. I'll be sending more details out in the next few days.

Remember to mark your calendars for our upcoming NEAFCS meeting in Hershey, PA September 30 - October 3rd. You definitely don't want to miss getting your "chocolate" fix as well as learning about great new programs and fellowshiping with other FCS professionals across many different states.

VICE-PRESIDENT FOR PROFESSIONAL DEVELOPMENT/PRES-ELECT

Melissa Goodman

Happy March!

2019 NEAFCS Annual Session will be held on September 25- October 3 in Hershey, Pennsylvania. Visit <https://www.neafcs.org/2019-annual-session> for detailed hotel and registration information. Soon information about States Night Out will be coming to an inbox near you.

The **KEAFCS Annual Meeting** will be held November 21-22 at the Hyatt-Regency Lexington/Downtown <http://www.lexingtondowntownhotel.com/>. Reservations can be made by calling 1-859-253-1234 using Group Code KFCS or online at <https://www.hyatt.com/shop/lexrl> with Group Code: KFCS The standard room rate for single or double occupancy is \$125 and includes free Wi-Fi. A **FCS In-Service** will be held at Lexington's Hyatt Regency on November 20. More details about the in-service will be available soon.

I attended the **2019 JCEP Leadership Conference** “Leading through Grace” February 6-7 in San Antonio, TX. If you would like to review the interesting and informative conference presentations, you can find them at:

<https://www.jcep.org/archives/presentations/leadership-conference-presentations/2019-elc>

Upcoming NEAFCS Webinar: Wednesday, April 10, 2019

Birds, Bugs, and the Benefits of Collaboration in Supporting Children’s Sense of Wonder through Nature at 2:00 PM Eastern Time. Description: Developing children’s sense of wonder for birds, bugs and everything nature offers is more effective through collaboration with outdoor educators. Learn what naturalists and extension educators are doing to engage early care professionals in fun, collaborative ways and explore how to develop and implement similar collaborations in your communities.

Presenters: Cynthia Thompson, Joy Rouse, and Kim Bratner. Click here to register: <https://attendee.gotowebinar.com/register/9111098000792782338>

Thank you for your commitment to our professional organizations. I look forward to seeing you in November!

With Joy, Melissa Goodman

VICE-PRESIDENT FOR AWARDS AND RECOGNITION – Katie Alexander

Thank you to everyone who entered awards this year! We had a total of 69 entries by 36 individuals, this number is down from last year.

Fifty-seven are national award entries and twelve were state only awards. The entries are in the process of being judged and once I get final word from National office I will be contacting winners by email.

Good luck to everyone and thanks again for entering!!!

VICE-PRESIDENT FOR MEMBER RESOURCES – Amanda Dame

We currently have 110 members that belong to KEAFCS! Out of those 110 members, there are 9 new members!

Whenever there is a new agent in your area or district please let me know so we can work together to encourage them to join our amazing association.

The 2019 Annual Session will be in Hershey Pennsylvania from September 30 to October 3, 2019. Lodging is now open. Keep an eye out for more information about registration.

Upcoming webinars: Wednesday, April 10, 2019- Birds, Bugs and the Benefits of Collaboration in Supporting Children’s Sense of Wonder through Nature. The webinar will begin at 2:00pm Eastern time. You are register at this link

<https://attendee.gotowebinar.com/register/9111098000792782338>.

Retiree Chair – Sheila Fawbush

Personnel has recently given me a list of retirees. On that list the last people to retire were Janet Johnson and Theresa Howard. The Retiree Annual Meeting will be Tuesday, June 4 at Kurtz in Bardstown. If you have any updates for or about Retirees, please email me at sfawbush@uky.edu.

Area News

Green River Area



Green River Area FCS Agents promoted healthy habits at Owensboro's 45th Ag Expo. The main focus was on sun safety and skin cancer prevention.

Green River Area FCS Agents celebrated Melanie Bealmear's retirement over lunch in Owensboro. Melanie worked as the FCS agent in Union County for 13 years. We wish her the best in her retirement!!



Wilderness Trail Area

Our Area couldn't be more proud of our very own Lora Lee Howard! Lora Howard, Clay County FCS Agent just recently completed her term serving as the NEAFCS President. A reception was held in her honor in San Antonio. Thank you for representing our association, state, district and area well.

Lora Davidson, FCS Agent in Harlan County, received her Master's Degree in December from Western Kentucky University. Her degree is in Child and Family Studies.

Judi O'Bryan finished 2018 serving as KEAFCS Vice President and now she is leading the way as our 2019 KEAFCS President. Thanks to Judi for all of her leadership and encouragement!

The Wilderness Trail Area FCS Agents visited McCloud Mountain in LaFollette, TN. Our group enjoyed learning about how McCloud Mountain came to be and enjoyed having lunch overlooking the breath taking views down into the valley. Mt. Cloud is located on a 1300 acre tract of land at an elevation of 2700 feet, atop the Cumberland Mountains, and six miles out of LaFollette, Tennessee. It contains what is believed to be one of the longest chains of solid rock in the South. From the top you can get a breathtaking view of the valley below, Norris Lake, the Great Smoky Mountains, and Knoxville, Tennessee.



On February 22nd the Wilderness Trail Area FCS Agents met in Whitley County for their association day. Fine Arts Agent, Courtney Moses presented The Beeswax Workshop where we made our very own beeswax food wraps. This type of cover gives you an alternative to plastic wrap! Great idea for going green!

Northern Kentucky Area

The Family and Consumer Sciences agents in Boone, Kenton, Campbell, Carroll, Grant, Gallatin, Owen, and Pendleton counties collaborated with a Horticulture and ANR agents on a cold Saturday in February to provide the Area Extension Homemakers with a training titled, “Healthy Horticulture for Every Body”. The full day seminar held at the Boone County Enrichment center addressed the physical, emotional, and mental benefits of gardening for all in numerous breakout sessions. Over 70 Extension Homemakers received the lesson materials to take back to their clubs to teach in their upcoming spring meetings.



Pictured L to R: Rosie Allen, Kate Vaught, Sherri Broderick, Kenna Knight, Kathy Byrnes, Joan Bowling, Diane Mason, Cathy Jansen, Linda Brown-Price.

In February the Northern Kentucky KEAFCS members met for an association planning meeting at First Watch in Crestview Hills. After association business was addressed the agents visited the Rumpke Recycling facility located in Cincinnati, OH for a walking tour and educational program. Agents learned about the state of the art technology used and were able to see how recyclables are sorted and separated. A thorough explanation of acceptable and unacceptable materials, an overview of Rumpke’s recycling operations and the opportunity for questions gave agents a new understanding of the environmental and economic impact recycling has on the world. The agents were very impressed with the operation and some are considering adding the trip as an educational tour for their county Extension Homemakers in the future.

Bluegrass Area

Bluegrass Area FCS Agents have had some exciting opportunities over the past few months. In October, several of us traveled to Falmouth to visit the Wool Festival. If you have never been, we highly recommend it. We had the opportunity to see fiber arts in process, purchase handmade woolen items, and visit with some livestock. I also have to mention the phenomenal food available from a variety of vendors, including several local groups. The homemade chicken and dumplings from a local church were second to none!



In the month of November we teamed up with Fort Harrod Area Agents to have a District 4 retreat in La Grange. We stayed at the beautiful Neal House in Goshen were able to go on some scenic farm tours. Even though it was cold we braved the weather for a hay ride through Woodland Bison Farm, a walking tour through Windy Meadows Horse Farm (filming place for several movies and home to famous horses), and visited the local history museum which had an awesome 4-H exhibit.

We have also had some staffing changes within our area. Thays Flores, Estill County Agent, left in September. We also have a new hire, Shonda Johnston. Shonda is the new FCS Agent in Clark County. She was born and raised in South Florida but has Clark County roots. Both her parents are from Winchester and she spent her summer vacations visiting her grandparents in Winchester. After attending Florida State University for her undergraduate degrees (BS in Family, Child & Consumer Sciences and BA in English), she moved to Lexington to attend the University of Kentucky where she completed her master's degree in Family Studies, with an emphasis in Marriage and Family Therapy. Shonda has worked with families in Kentucky over the past decade, doing child protective services with the Cabinet for Health and Family Services, providing judges with pre-sentencing assessments for the Department of Corrections and most recently as a Family Resource Center Coordinator in an elementary school.

In 2013, Shonda moved to Winchester with her husband and two children. She enjoys spending time with her family, especially watching her children participate in their extracurricular activities. She is very excited to be working in Clark County where she will have the opportunity to help enrich the community where she lives.

Lastly, in February we attended a knife skills training class at Wild Thyme Cooking School in Lexington. Several of us realized that we are charged with the task of teaching knife skills to clientele, but we may not have the knowledge needed to do so. We included agents from the Fort Harrod Area, and SNAP and EFNEP Assistants for this informative class. I think we all gained a lot of knowledge and I can now dice an onion in half the time it used to take me!

We are looking forward to more district and area wide activities in the year to come. We also ask that you keep Madison County Agent, Gina Noe, in your thoughts and prayers as she continues to recover. Gina is still out on leave but we are optimistic that she will return soon.

Pictured below: District 4 FCS Agents on a hay ride at Woodland Bison Farm.



At right: District 4 Agents at knife skills class



Licking River Area

Our agents have been very busy, last summer Nicole Gwishiri tied the knot to John Flynn and they are now expecting their first child later this spring. Hannah Mayrand gave birth in October to a beautiful baby boy, Luke. After spending time with Luke, Hannah made a Big Decision to be a stay home mom and leave extension. Our Kendyl Redding took a transfer from Menifee County to Powell County trying to get closer to home. Martin County Sarah Sumpter became Sarah Congleton on a beach on the

Atlantic Ocean. Lewis County Mandi Broderick has worked very hard and will be finishing her Masters in the fall. We would also like to Welcome Kayla Walton to Menifee County this year to our FCS Family.

The FCS Agents of District 1 took a Study Tour in January; they tour The Bush's Bean Factory in Dandridge, TN and the Lodge Manufacturing Foundry & Factory in South Pittsburg, TN. Agents learned so much doing the tours and later did share sessions with each other on county programming. Team Work is and always will be Number One in District 1 with the FCS Agents.

Northeast Area

Almost ten years ago I started my dream job with Cooperative Extension in my home county. Extension has been nothing but an absolute blessing to me. I have learned more than I could have ever begun to have taught someone else. I've made memories that will last a lifetime and I couldn't imagine a career that could provide more fulfillment and satisfaction. I have been able to grow as a person and professional and I have gained far more than I have given. I have had opportunities to try new things that I would have never got to do if it weren't for Extension. The good times have by far outweighed the bad. FCS agents across the state and especially in district 1 have become some of my closest friends. Carter County and Family and Consumer Sciences have always been two things that I am most passionate about and I am so blessed to get to work with the people of this county, teaching the skills that I most value. Everyone I have worked with has been an absolute blessing to me.

It's bittersweet for me to tell you that I have decided to give up the work that I love to stay home with the family that I love even more. This is one of the most difficult decisions I've ever made and my heart hurts to leave those of you that I love working with so much. Thank you for all of your support, encouragement, and mentoring that you have provided me through the years. I hope one day when my children are older that I'll have an opportunity to come back to extension, but for now I wish all of you the best and please keep in touch!

Love Always,
Whitney Morrow



Whitney Morrow Carter County FCS Agent welcomed their 4th baby in August 2018. Also pictured, Arden 8, Will Henry 6, Dyer 3

District 1 FCS Study Tour

Dandridge, South Pittsburg, Knoxville, TN January 22-24, 2019

Eleven agents from District 1 participated in a Study Tour of East Tennessee in January, 2019

We began with a professional development tour of Bush's Bean's in Dandridge, TN.

Our tour of Bush's Beans, a company formed over 100 years ago just outside Knoxville, TN was diverse. The cannery started out before the Great Depression canning tomatoes and local produce. Bush's is a testament to American industry and ingenuity. The revolutionary introduction of canned baked beans into the American home in 1969 has made it a staple on grocery shelves. Agents learned about all facets of the bean industry from growing to canning. Product information from a consumer perspective was the main focus – nutrition, convenience, use & storage, as well as recipes for diverse audiences. We saw their latest product lines & talked with company representatives about how beans have evolved in the modern American diet.



We continued with a tour of Lodge Manufacturing Foundry & Factory in South Pittsburg, TN. One of the few remaining foundries in the USA. Established in 1896 and still thriving today. Joseph Lodge created a legacy of quality workmanship that has thrived through two World Wars and the Great Depression and is carried on by his family today.

The product has evolved with dedication to quality, technology, and a dedicated work force. The company has grown recently from about 120 workers to over 400 in its production factory in South Pittsburg, TN. It continues to thrive by developing a core line of pre-seasoned cookware. Clientele have an increased interest in cooking with cast iron due to the many new products and techniques for seasoning cast iron for immediate success for the most novice cook to the professional.

The advent of cooking shows, utilizing cast iron cookware has spurred a greater interest in county programming.

It also encourages more male clientele to participate increasing participation of an underserved audience with FCS agents. Consumer demand exceeds foundry capacity and thus a 2nd foundry was built and opened in the Fall of 2017. The opening of the 2nd foundry is a testament to USA product growth and economic development.

The Lodge foundry has a major recycling program, Energy Star partnership, hazardous waste reduction, planting trees for beautification & ozone attainment. They are associated with many consumer companies. The production floor has almost zero waste, as half the product & related castings are recycled in their own plant during regular production.

Other trip highlights included a team building activity where agents shared a recipe that they would bring if we were having a tailgate and shared why they chose this particular recipe! It was really fun and everyone had a story to tell!

Other stops included McKay's Used Books in Knoxville & dinner at Calhoun's On the River.

Pennyrile Area

The Pennyrile Area would like to give a warm welcome to Janeen Tramble. While she is not new to Extension, she is new to FCS programming. In her almost 30 year career she has been a 4-H agent in both Lyon and Trigg counties. We are glad she has decided to make the switch to becoming the new FCS agent in Crittenden County. We would also like to wish Morgan Rousseau the best as she leaves Extension and pursues new opportunities. She will be missed but we know she has great things in her future.

At our most recent professional improvement, Pennyrile FCS agents spent the day team building and learning more about the intricacies of candy making. Agent Cecelia Hostilo demonstrated how to make divinity and each agent in attendance made their own batch of two-ingredient fudge. Both retired and current agents learned new skills as we fellowshipped. A big thank you to Agent Jill Harris for hosting and planning such a great day!

Quicksand Area

Area Activities:

Toured the *Kentucky Castle* with Green River Area agents

Worked the KRADD *Senior Games* program together



Special Announcements:

A.) Awards

Nanette Banks - Distinguished Service Award - First Place. *National Winner

Kayla Watts - Past President New Professional Award - First Place

Linda Combs - Family Health and Wellness Award - Second Place

All Agents - Program Excellence Through Research - First Place

Linda Combs - Innovation in Programming - Third Place

Kayla Watts - Community Partnership Award - Third Place

Kayla Watts - Marketing Package Award - First Place. *Third Place Southern Region

Nanette Banks - Progress Award - Over Ten Years - First Place

All Agents - Pride of Kentucky Grant Recipient

B.) Degrees Earned

Crystal Osborne - Master's Degree - Adult and Higher Education

Mammoth Cave Area

The Mammoth Cave Area has a new FCS Agent placement in the Barren County Cooperative Extension Service office. Sept 1st 2018 was her Start date. Here is her Bio:

LaToya Drake is a nutrition and food educator, community garden organizer, and longtime public servant with over a decade of experience. Drake received her Bachelors of Arts in Sociology from the University of Louisville in 2007 and in 2018 completed her Masters of Science in Integrative and Functional Nutrition from Saybrook University (Oakland, California). Drake, a champion for children and families, has held a variety of professional service roles including residential counselor, dependency case manager, substance abuse counselor, service coordinator, middle school nutrition liaison and is now serving as the Agent for Family and Consumer Sciences in her home County, Barren. Drake currently serves as Board Chair for Barren River Area Safe Space, is on the board for Sustainable Glasgow (Farmer's Market) and is also a member of the Glasgow- Barren County Business and Professional Women's Club. Her passion for wellness, food and, gardening have fueled her personal growth and career development. In her free time, LaToya enjoys hanging out with her golden-doodle and her husband.

The MCAFCS Agent team is also working on a YouTube video project, making PIUKYP quick prep recipe videos. There are currently 7 recipe videos uploaded, feel free to use and share. The PIUKYP quick prep recipe videos can be accessed on the Mammoth Cave Area FCS YouTube page.