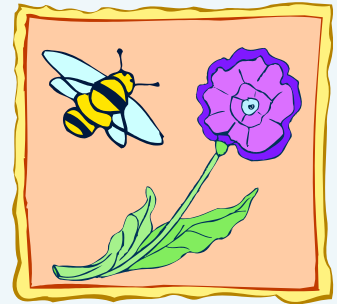


KEAFCS Newsletter

Spring / Summer 2013



President's Message

So far the 2012-13 KEAFCS year has been speeding by very quickly. I remember when our work was somewhat seasonal and there were times to catch our collective breath and catch up! Now, we must create those small blocks of time ourselves. For your health, your family and your sanity, give yourself a break and learn to say 'no' occasionally.

I have never been bored in my 26 years in Cooperative Extension, but I have been exhausted. Your association consists of those folks who can most closely understand your work and demands. Find some fellow members who share your mission and your type of humor. These friendships will last a lifetime and are a great blessing.

As you may have noticed, the registration for Galaxy IV is on-line and ready to go. Please consider taking advantage of this great educational opportunity that will take place September 16-20, 2013 in Pittsburg, Pennsylvania. And especially remember that our turn is fast approaching! NEAFCS comes to Lexington in 2014!

Don't forget to check out my President's report that I presented at the May Board meeting! Best wishes for a great summer!

Sincerely,

Becky Nash, KEAFCS President

Bluegrass Area

In December 2012, the Bluegrass Area agents took a day trip to Shelbyville, KY, to visit the Wake Field Scarce Galleries. While there, we had a lunch at the Science Hill Inn and then toured the fascinating shops and galleries, including a breathtaking display of silver memorabilia. We also sat down and mapped out our plan of work for the upcoming year.

February 2013 brought the agents to Madison County Cooperative Extension Service for training on iPads and tablets. Following an informative training, everyone went to lunch at Richmond hotspot, Hangers.

At the end of May we will be making a trip to the Fayette County Cooperative Extension Service for an in depth look at the scary world of INSURANCE! We will have a speaker from UK, as well as someone from KACO. After the training, we will venture out into downtown Lexington for lunch and some shopping!

The Bluegrass Area has also been very fortunate have two new faces among our FCS agents. Rachel Abney, BS Family Consumer Science Education EKU, joined the ranks as FCS and 4-H agent in Nicholas County in June of 2012. Benita Peoples, BS and MS in Family Studies UK, started work as the FCS agent in Harrison County in January of 2013. Welcome aboard ladies!

Fort Harrod Area

Fort Harrod Area agents recently conducted a canning professional development day at the Mercer County Extension office, canning hamburger, sausage, chicken, salsa, and strawberry jam. This fabulous learning opportunity provided newer agents with practical and hands on experience with both pressure and boiling water bath canning, in addition to the uncommon canning of meats for all agents.



Pictured from left to right are: Joan Martin, Anderson County; Tamera Thomas, Franklin County; Porsha Batts, Jessamine County; Alethea Price, Boyle County; and Elizabeth Creed, Woodford County.

Green River Area

Northern District 6 (Green River Area) FCS agents, Katie Alexander, Tiffany Calvert, Amanda Hardy, Amber Meeks, and Melanie Bealmear teamed up to sponsor Plate-It-Up food tastings at two events this year. The first was held at the Daviess County Ag Expo at the Hines Center in Owensboro, Kentucky. This event draws over 400 attendees each year. The second event was the OVAL Kitchen Tours in Henderson, Kentucky. This event hosted approximately 150 attendees. Tastings were available as well as recipes. Attendees were asked to vote on their favorite recipe. This year the Strawberry Salsa was a big hit as well as the Red Potato Salad.

Green River Area welcomed Katie Alexander to Webster County FCS in August 2012. Katie worked 7 years in Breckinridge County then transferred to Webster FCS in August.

Tiffany Calvert began work as the new Ohio County Extension Agent for Family and Consumer Sciences on January 1, 2013. Previously, she worked for the Grayson County Board of Education. She attended both the University of the Cumberlands and Western Kentucky University. While a student, she developed a family life education program called "Healthy Bodies; Healthy Minds." She has been active in both student and community organizations and is the recipient of several professional awards.

Lincoln Trail Area

The Lincoln Trail Area FCS agents are almost back to full staff. Lynnette Allen transferred to the Breckinridge County FCS position after serving as the Breckinridge County 4H Youth Development for 14 year. We welcome Lynnette and look forward to working with her. Hopefully within the next six months the Washington County position will be filled.

In February, several of the agents met with legislators in Frankfort during regular session. Dayna Parrett, FCS Nelson County arranged a meeting with Senator Dennis Parrett, (she has inside connections) and he shared many words of wisdom on how to interact and work with elected officials.

In April, Jennifer Bridge hosted the agents in Meade County with lunch at the Lickskillett Café which features Kentucky Proud products. It is housed inside the Shoppes At Otter Creek with features works of local artists and other Kentucky Proud products. During lunch Charlie Logsdon, Otter Creek Park Director with the Department of Fish and Wildlife talked about the park and improvements made since they took the park from the City of Louisville. He then toured the agents through the park and showcased trails and other recreation areas open for use.



Jennifer Bridge and Dr. Ken Culp were selected to conduct a super session as part of the National Extension Volunteer Conference in Frankenmuth, MI. They presented an overview of the Kentucky Extension Leadership Development curriculum and demonstrated ways it can be used to train leaders and volunteers.

Several members were selected to present programs at Galaxy and are making plans to attend. Hope to see you in Pittsburgh, if not before!

Louisville Area

Since the summer of 2012, Ruth Chowning (Bullitt County FCS Agent) has begun conducting the first parenting education program offered in the county for court ordered parents. Her work establishing Mt Washington as a certified Main Street has allowed them to be ranked in the top 7 Main Street programs in Kentucky. Ruth has also begun her work on 2014 Galaxy Exhibits as NEAFCS Exhibits Co-chair. She is excited to continue building relationships with the sponsors and vendors so that she can recruit them to be at our 2104 meeting when Kentucky hosts the NEAFCS conference.

Chris Rivera (Oldham County FCS Agent) has received a small grant from the Metro United Way for her cooking classes with the Dare to Care Food Distribution clients. The grant will cover expenses for additional cooking supplies and equipment for limited resource families in the LaGrange community.

Sheila Fawbush (Shelby County FCS Agent) has been teaching sessions on Job Interview Skills, Budgeting, Nutrition, and Stress Management for the Shelbyville Probation and Parole Board. Other speakers discuss Parole 101 and Banking. Newly paroled individuals are required to complete the series of six classes. This is a new initiative that the local Parole Board has found to be very helpful to the participants.

Allison Lewis (Spencer County FCS Agent) will be attending the AAFCS Annual meeting June 26-29, 2013 in Houston, TX. She was also chosen to attend the 1st annual AAFCS Leadership Academy which will be held on June 24-25 right before the annual meeting. As part of the Academy, Allison will:

- Gain knowledge and skills which will facilitate the development of her leadership skills;
- Become knowledgeable of AAFCS and leadership opportunities;
- Be prepared to assume leadership roles in AAFCS and other professional arenas;
- Develop a supporting network of colleagues which will link her with resources throughout her professional and volunteer experiences and;
- Partner with mentors to enable her to enhance her leadership abilities.

Congratulations to all three of our KEAFCS co-workers!

Northern Kentucky Area

Eleven Northern Kentucky FCS Agents taught Champion Food Volunteers to 16 women in Northern Kentucky. The curriculum consisted of 40 hours of instruction over a five week period. Topics included nutrition, food safety, food preparation and demonstration. In return, the trainees will become trainers over the next year as they "pay back" 40 hours by volunteering and giving food demonstrations in counties throughout Northern Kentucky.

A "Tasty Travels" program was held by the Northern Kentucky FCS agents to promote the Living Well cookbook. The audience consisted of FCCLA members, FCS teachers, food service workers and Extension Homemakers in the Northern Kentucky region.

The agents have hosted several association days, one trip was to see the Dead Sea Scrolls at the Cincinnati Museum Center. A paraprofessional day was held at the Schenk Mansion in Indiana.

Pennyrile Area

The Pennyrile Area has celebrated (and mourned!) the retirement of two of our FCS agents. Annie Kingston retired effective January, 2013, and Marsha Parker retired effective the end of February, 2013. We wish both these wonderful colleagues a relaxing retirement and success with their next endeavors, whatever that may be.

Jill Harris, Todd County FCS Agent, and Cecelia Hostilo, Trigg County FCS Agent, recently completed training and have been credentialed as child care provider trainers for the state of Kentucky.

The Pennyrile Area Association met on May 20th for a professional improvement meeting hosted by Sally Fourqurean, one of our retired members. We met in Madisonville, KY and toured the home of Ina Kembell. She gave us a tour of her lovely home that she has completely furnished and decorated with items that she got from yard sales and consignment and thrift stores. We ended the meeting by enjoying lunch together.

We would like to welcome three new agents to our area. Angie York began work as FCS agent in Lyon County October 1, 2012. She was previously the Crisis Response Specialist for the Purchase Area Sexual Assault and Child Advocacy Center in Paducah, KY. Ashley White began work as the FCS agent in Caldwell County on January 3, 2013. She was previously a FACS teacher at Lone Oak High School in Paducah, KY. Tiffany Bolinger began work as the FCS agent in Christian County on April 1, 2013. She was previously employed as the Public Information Officer at the Christian County Health Department. Prior to that, she served as a Mental Health Counselor at the Trilogy Center for Women in Hopkinsville, KY.

Wilderness Trail Area

Wilderness Trail Area FCS Agents would like to welcome two new agents: Teresa Montgomery in Knox County and Clare Kincade in Jackson County.

Wilderness Trail Area FCS Agents have had a variety of professional improvement activities. In the winter, we toured the Henry Clay estate in Lexington, KY. Since this visit, homemakers from our area have visited this special tourism site. FCS Agents have also had a session on beginning watercolors, which was interesting and can be used in programming for Cultural Arts.

Currently, WTA Agents are currently planning our Annual Holiday Cooking School. This is an area wide event that happens every November. A cookbook is chosen and participants from all eight counties come to a central location and sample things from the cookbook and watch a few food demonstrations. Last year, the Living Well Cookbook was used. It was a great success. Some Dietetic students and a Professor from the University of Kentucky gave a demonstration on the benefits of cooking with Olive Oil.

Retirees

Retired members of KEAFCS met in Bardstown on June 4, 2013, for a luncheon. Members enjoyed a great lunch, as well as great fellowship.



A Message from Teresa Howard, LaRue County



Kentucky Academy- Ghana projects

KEHA has continued to support this ongoing international project. But this is a reminder how you or your County Homemaker organization can be involved in the *Kentucky Academy* in the village of Adjeikrom in West-African country of Ghana.

Send donations to the non-profit (501C-3) group- **Kentucky for Ghana**

Nelda Moore (2013 Treasurer)

245 Scovell Hall

Lexington, KY 40506-0064

Donations help ongoing projects of a kindergarten feeding program, school garden & irrigation system, and development of library facilities and resources.

For opportunities to **travel** to the Kentucky Academy & other areas of Ghana, contact:

Kentucky for Ghana Chair-Dr. Kwaku Addo- kaddo01@uky.edu

UK Faculty- HES Nutrition & Food Science (859-257-7784)

or contact Dr. Ann Vail.

For updates, like [Kentucky Academy Ghana](#) on Facebook.