

KEAFCS Newsletter

Fall/Winter 2013-14



President's Message



Greetings everybody! It is an honor to represent Kentucky FCS Extension Agents in 2014. Being your representative is something I take seriously and am looking forward to in the coming months. I am proud to be a Family and Consumer Sciences Extension Agent in Kentucky. I have had three aunts to serve as FCS Agents in years past and Extension has always played a role in my life.

We have a lot going on this year. This past week I attended the Annual JCEP Leadership Session in Memphis, Tennessee with Vice President Elect, Edith Lovett. It was a wonderful learning opportunity. David Mitchell, "The Power of Understanding People: The Leadership Difference", was one of our keynote speakers. I learned that I am a 'romantic'—a lot of other people in the room were as well! That just means we "care" a great deal about what we do and the people we do it for!

While there, it was my pleasure to represent and pass out information at the NEAFCS session about the upcoming national meeting hosted by Kentucky. Everybody is looking forward to coming to our neck of the woods! Kathy Byrnes and Sally Mineer had put together great information packets for everybody and I shared some Mom Blakeman Cream Pulled Candy. It was a big hit! Members really liked all of the great plans for the meeting. Thanks to Martha Younts' leadership we have some of the best In-depth sessions planned and, of course, the Kentucky Horse Park for our Welcome Event is something everybody was excited about.

I am proud of the great response of all the FCS Extension eligible persons that joined our association this year and then giving a great effort applying for awards. Many of you have been asked to serve on committees for the National meeting and also in celebration of our centennial—on top of our regular schedules these extra responsibilities this year certainly make us busier than usual. So give yourself a break once in a while and remember this time next year it will all be a blur! But a happy blur!

Thanks for all you do, Mary

Dear Members of KEAFCS,

You are amazing and do incredible work. It can never be said enough, particularly when you give so much of yourself and your family time for limited salary. However, remember that helping people help themselves is noble, needed, and rewarding in the deepest way. You get to work with great co-workers and have nice benefits. Be patient. This organization is a sisterhood where we learn from and support one another. I truly have enjoyed serving in several roles and encourage you to do the same. Each time you work toward mutual goals you make new friends. To those who have gone before me, thank you for leadership and example. To those who follow, best wishes and call me if you need me! You will make a new and better way.



Becky Nash, Past KEAFCS President

Bluegrass Area

The Bluegrass Area agents hosted its fifth Living Well Seminar at the Fayette County Cooperative Extension Office. The event proudly boasted over 300 people in attendance. We were also very fortunate to have speakers including John Carloftis, Chef Jeremy Ashby, Sylvia Lovely and Chef Cole. The speakers discussed holiday decorating ideas, by bringing the outdoors in; how to make the perfect turkey; and adding the perfect finishing touches with unique sides.

December brought several agents to The Glitz for lunch to take in the wonderful array of antiques and to discuss the 2014 plan of work. Following lunch, agents toured the textiles exhibit at the UK Art Museum.

Green River Area



The Green River Area welcomed three agents in 2013: Tiffany Calvert in Ohio County, Katie Alexander in Webster County, and Mary Higginbotham in Daviess County. We are all excited for the new adventures together. In December, all six agents attended an outing together at the Fontanel. We also work as an area on Plate It Up Kentucky Proud!

Lake Cumberland



The Lake Cumberland and Lincoln Trail area agents were afforded the opportunity for a wonderful bonding experience as they held a District 5 retreat in October 2013. The agents toured Jungle Jim's International Market, and IKEA in Ohio.

Agents in the Lake Cumberland area are continuing to assume leadership responsibilities, and we would like to congratulate Edith Lovett on becoming President Elect of KEAFCS this year. Becky Nash, also from the Lake Cumberland Area, completed her term as President in 2013. We would like to give thanks to both of these ladies for their representation of the Lake Cumberland Area and exceptional leadership.



The Lake Cumberland area would like to recognize the following award winners for their outstanding performance in various capacities:

KEAFCS winners to be honored were Kelly Bonifer, Pam York, and paraprofessional Margie Hernandez were awarded 1st place in Television for their work on Plate it Up, Kentucky Proud at the Annual KEAFCS meeting in December 2013. Six area FCS agents attended Galaxy in Pittsburgh, Pennsylvania. National winners at this conference included Christy Nuetzman, who was a member of the CEDIK Team which received the Excellence in Community Development Programming Team Award for the Community Health Needs Assessment (CNHA) Program. Kelli Bonifer and Pam York were members of the Plate It Up KY Proud committee that was awarded Social Networking first Place Southern Region winner. We would like to congratulate all participants and winners for their success in representing the Lake Cumberland area.

Licking River and Northeast Areas (District 1)

We welcome new agents to our district: Lora Pullin, Green up County FCS Agent, Andrea Johnson Magoffin County FCS agent and Rachel Price, Mason County FCS agent

Three agents are currently working on their master's degree: Amanda Hamilton, Laura White-Brown, and Hannah Leonard.

We congratulate Rachel and Laura on their weddings.

District 1 FCS agents hosted a para-professional day in August to honor our program assistants for all the hard work they do in the counties. They were treated to a day in Lexington for a program and lunch at Wild Thyme Cooking School and a program at Whole Foods. Assistants were presented with a KY Plaid gift of appreciation.

Seven agents attended the NEAFCS conference in September. District 1 was proud of all the regional and national award recipients: Sally Mineer, Brooke Jenkins-Howard, Donna Fryman, Terry Whalen, and Laura Brown- White. Special thanks to Sally for leading the Kentucky invitation during the national meeting!

In October, District 1 agents met for a tour of the Kentucky Horse Park for a get-acquainted session and preparation for the 2014 national meeting. While there we gave a best wishes gift to Brooke as she takes on a new position in the NEP program.

The November association planning meeting was held in Rowan County. Agents recruited Nellie Buchanan to run for KEAFCS treasurer. Congratulations to Nellie for being elected as KEAFCS treasurer.

In December, agents attend the KEAFCS annual session. Congratulations to all our award winners. District 1 came away with 21 awards.

Special thanks to Leslie Workman for serving as our KEAFCS VP for Public Affairs and presiding at the Annual meeting in the absence of the president. Great job! Congratulations to Laura White Brown for preparing the most award entries to the state this year.

Whitney Morrow was our gracious hostess for the December meeting. Agents celebrated all the successes and friendships we had gained during 2013. We also thanked David Adams for supporting our Association as District Director. We wish him well on his retirement. We welcome Jeff Smith as our new District 1 Director.

Lincoln Trail Area

The Lincoln Trail Area welcomed Cabrina Buckman as the Washington County FCS Agent in September. Cabrina had served as an extension intern so she was not a new face in Washington County but certainly a welcomed one. In January we bid goodbye and best wishes to Teran Ransom, Hardin County FCS agent. She accepted a position with Passport Health so she will still be in the area. She commented she was looking forward to attending extension programs in surrounding counties so hopefully our paths will cross again.

The agents met in December with retired agents Kay Kennedy (Washington), Carolyn Goodman (Nelson) and Nelda Moore (Meade, Hardin and Jefferson) serving as hostesses. We had a wonderful time catching up and planning several exciting events for the upcoming year. This winter has not been kind to program schedules but we have found opportunities to educate people on food and weather safety. We are certainly looking forward to spring and warmer weather!

Louisville Area



The 2014, 4-H Volunteer Forum was held in Lexington the last week of January. Chris Duncan and Kelly Woods from presented information about the Oldham County “Kids’ Cooking Camp”. This camp was started six years ago as an initiative to combat childhood obesity and encourage healthy eating habits. It was designed to be an outreach to youth, but to influence the whole family with healthy eating habits. The camp is a partnership between the

Oldham County Health Department and Oldham County FCS and 4-H. The collaboration allows agencies to reach out to new audiences and utilize additional resources while working towards a common goal.

The Shelby County Extension Office along with 10 other community partners hosted a “Go Red for Heart Health Lunch” program on Friday, February 7 at the Shelby County Extension Office. Despite the recent winter weather, 100 people came out for a free heart healthy lunch and to learn more about lifestyle changes to lead to better heart health. Many attendees participated in health screenings including blood pressure and glucose. Community partners shared educational resources at their booths at the mini-health fair held during this event.

Mammoth Cave Area



After 37 years with the Cooperative Extension Service, Pat Margolis, is retiring. We will sincerely miss her. In addition to being our co-worker, she has been a mentor, friend, and confidant. Best wishes to Pat as she and Howard begin a new journey of their lives together.

Northern Kentucky Area

Northern Kentucky FCS Agents have been busy! The NEAFCS Co-Chair, Kathy Byrnes, has been preparing for NEAFCS in Lexington in September 2014! We are very proud of her! We also welcomed a new FCS Agent, Sherri Broderick, in Gallatin County. Sherry was a 4-H agent in Campbell County. Rosie Allen has made a new career move to Area Nutrition Education Program Agent and is working out of the Boone County office location. Other changes include the marriages of Kate Vaught Thompson and Katie Smallwood Trump Congratulations!



Pennyrile Area



The Pennyrile Area FCS agents met in September to tour the Fontanel Mansion in Whites Creek, Tennessee, as well as the Southern Living Idea House on the same property. Fontanel is the log mansion built by country music legend Barbara Mandrell. It is one of the largest log structures in the world. The Idea House on the Fontanel property will be used as a Bed and Breakfast once the tours have ended.

In November we took a trip to Bowling Green, KY to The Perfect Fit and Tomorrow’s Woman specialty boutiques in anticipation of the February Homemaker Lesson, “Finding the Perfect Fit” to be taught by Tiffany Bolinger, Christian County FCS agent.

December saw the marriage of Laura Davis Holt, Muhlenberg County FCS agent to Dr. Joe Boggess, also of Muhlenberg County. We congratulate them and wish them well.

We also congratulate our own Jill Harris, Todd County FCS agent for being elected to the position of KEAFCS Vice President for Awards and Recognition. We know she will do a great job in this position!

Purchase Area

The Purchase Area agents have been busy planning our annual Spring into Green event. This year the theme is Outdoor Living Edition. It will be held March 13th 2014 at Mid-Continent University in Graves County. All are invited, registration is required and more information is available at any Purchase Area Extension Office.



Debbie Temple, Ballard County FCS Agent, Vicki Wynn, Marshall County FCS Agent, and Sara Bogle Martin, Carlisle County FCS Agent recently completed training and have been credentialed as child care provider trainers for the state of Kentucky.

We are proud to be represented by Vicki Wynn as state secretary of KEAFCS.

We were excited to meet with Cherry Kay Smith, our new Extension Curriculum Specialist with Family and Consumer Sciences Extension in January. Afterwards we met to take care of PEAFCFS business and for program planning.

In November we were hosted by Anna McCoy, FCS agent in Fulton County. We ventured across the state line to visit our friends at the University of Tennessee at Martin to tour their FCS Department. This included touring their wonderful childcare center/laboratory. The faculty at each stop were very gracious hosts.

Wilderness Trail Area

Our Area was well represented at the State Meeting. We meet in November to plan our association programs for the next year.

Wilderness Trail Area Agents went to Paul's Discount in Somerset KY to view their needlework supplies and notions. We are preparing to host an Area wide Needlework Seminar for our leaders.

Clare Kincaid has started on her Masters in Adult Education at Morehead State University.

Matti Daniels received Masters in July from Utah State University in Dietetic Administration.