



## Message from your President - Donna Fryman

Greetings in this 75<sup>th</sup> year of our association. KEAFCS is celebrating this historical year with the rest of the members across the nation. We have much to be proud of in our profession. We are needed now more than ever in these challenging times.

The exciting part is we have many new agents in our state to help build a new history. I encourage current members to reach out and share the importance of membership in this organization. Encourage potential new agents and agents that have not been members in a while to join and rejoin as well as attend this year's annual session. Sally Mineer and her committee have planned a meeting you don't want to miss.

Kentucky was well represented at the National meeting in Birmingham. Our delegation was large and had a great presence. Congratulations and thanks to Debra Cotterill for serving as the National Treasurer for the past two years. She has rejuvenated the national budget and more. Special thanks also go to another national board member, Judith Hetterman. She served the past two years as Southern Regional Director. Judith wanted to serve more and was elected as NEAFCS Treasurer. It is great that KY has some presence on the National Board. Special thanks to Edith Lovett for serving on the national nominating committee. Her remark to me was that it was an enjoyable experience serving on this committee. She was elected during the regional meeting last September. I mention this to encourage more members to participate on a committee, run for an office, submit learning sessions and of course submit award entries. KEAFCS and NEAFCS is only as good as what the members put into it.

Special thanks to Lora Frazier Howard for running for Southern Regional Director. She was defeated in the election, but represented us well.

Special thanks to Debra and Judith for creating the concept of the Living Well book and spending many hours organizing and seeing the project started and to the publishers all within three to four months.

The KY agents shined in the exhibit hall as they helped promote the Living Well reference book. The book publisher was very much impressed with our enthusiasm and dedication to the project. Our state will reap the benefits from the sale of this book as well as help NEAFCS. Place your orders by Oct. 15 to get the price break.

Let me know of any ideas you may have for the profit from the sale of this reference book. I will be appointing a committee to look at this issue and to help make a plan to market the book in our state. If you would like to serve, please contact me.

Please use your Association's website and that of NEAFCS. It is part of helping us as members to network and keep the necessary information we may need available.

Thank you for giving me the opportunity to serve as your Association President. It has been a great experience and wonderful opportunity to meet and work with each of you and with other extension associations.

### **Vice President for Professional Development –Sally Mineer**

Our Past. . . Pathway to the Future will be the theme for 2009 KEAFCS Annual Meeting on December 3-4, 2009. Our meeting will be held at the Crowne Plaza Hotel in Lexington, Kentucky.

The Area Vice Presidents for Professional Development have worked hard and planned a very informative, educational and fun meeting for all agents to attend this year. Our meeting will be following the All-School Conference that Dr. Vail and staff have put together for our benefit and also earns in-service credit for attending. Make sure you register on-line for this conference and the code for that meeting is MO96.

I am pleased to say that several sessions have been planned to help rejuvenate agents that have worked awhile and to excite our new agents for a wonderful career. We have sessions on graduate work, preparing for TV, just surviving, and how to move forward in the association. At this meeting we will also benefit from displays, board meetings, award presentations and networking with everyone from the great state of Kentucky.

The Silent Auction will be held again this year on Thursday, December 3 only. We ask that each area provide at least one item or theme basket and if any individual would like to bring an item to donate that will be wonderful. This year the money raised will benefit the new agents in paying their dues. More information on that will be available at the meeting.

TIAA-CREF will be providing counseling sessions during the meeting. You will be provided an e-mail link closer to the meeting to schedule your appointment. If you are interested in a session please sign up immediately once the notice is sent so everyone can be accommodated.

Registration will be available in October, but you can go ahead and reserve your room at the Crowne Plaza Hotel. You can call 1-859-255-4281 and our code for reserving rooms is EFC. Room rates are \$89.00. This block of rooms will only be held until November 3<sup>rd</sup>, so please don't delay in making arrangements.

Go ahead and invite your District Directors for the Awards lunch that will be held on Friday, December 4 . The areas will be given payment information on the registration sheet coming soon.

I look forward to seeing everyone in December!

## Past President – Nancy Hunt

Just a reminder that we will be recognizing two Friends of Extension Family & Consumer Sciences – Outstanding Leader Awards at our 2009 KEAFCS annual meeting. This year the leaders are being selected by the Northeast and Licking River Areas. This award was designed to recognize truly outstanding support and/or involvement in Extension Family and Consumer Sciences efforts. Join me in making these individuals feel welcome at our awards program.



### Members of KEAFCS

Now that we are home from Birmingham, this is a reminder that we need nominations for the following offers for KEAFCS:

- President Elect/Vice President Professional Development,
  - Vice President for Awards and Recognition
  - Vice President Member Resources and
    - Treasurer.

The credentials form can be found on the KEAFCS website:

<http://ces3.ca.uky.edu/keafcs>.

The deadline for nominations is October 15- so now is the time! If you have any questions, contact Marsha Parker, [mparker@uky.edu](mailto:mparker@uky.edu), Kay Kennedy, [kkennedy@uky.edu](mailto:kkennedy@uky.edu), or Natasha Lucas, [nlucas@uky.edu](mailto:nlucas@uky.edu).



## **KEAFCS Initiatives – Janet Johnson**

The KEAFCS “Building Strong Families” marketing initiative committees and agents across the state continue to make progress toward our focused impact areas, in support of Dr. Vail’s leadership and marketing initiatives for FCS:

\*Second Sunday activities, under the leadership of Diana Doggett and agents in at least 103 counties, will provide an outstanding example of focused FCS programming during October 11, 2009 and the leadership of FCS Extension toward more community focus regarding the need to support built environment for community physical activity and long term health!

\*The Leadership Curriculum committee consists of Rosie Allen, Kenna Knight, Brandi Cope, Audrey Myers, Amelia Brown, Marissa Auld and Janet Johnson along with specialists Steve Isaacs, Kris Ricketts and Ken Culp. Draft recommendations are currently underway and work toward leadership curriculum components focusing on personal, organizational and community leadership skill development, with structured skill handouts, facilitators’ guides and visual support. While curriculum activity pieces would initially support county KEHA organizational development, the curriculum skill components will be flexible for use with other community organizations.

\*The “Farm to Table” committee, consisting of Betsy Ann Tracy, Liz Kingsland and Janet Johnson along with Laura Stephensen, Liz Buckner, Rita May and Kristen Branscum of the Ky. Dept. of Agriculture have developed partnerships with University of Kentucky faculty and students to provide “Kentucky Proud” recipe development and testing resulting in fall and spring recipe additions to the new Kentucky Proud recipe database. Twenty recipes, using a variety of fall commodities, are currently being developed with fall semester classes. This ‘copyrighted’ recipe database will be an ongoing source of recipes that form the foundation for consumer nutrition education programs. Plans also include professional recipe card production and further educational enhancements such as video clips and podcasts promoting recipe preparation, nutrition and food safety, to the Kentucky Proud website.

All activities, curriculum and educational tools further provide FCS extension agents the ability to market viability and success in meeting clientele needs with Dr. Vail’s “Building Strong Families” framework! Committees look forward to sharing more at the December KEAFCS meeting in Lexington.

## International Outreach – Theresa A. Howard

The school of HES promoted an international outreach/professional improvement opportunity for KEHA members and FCS agents with a 2009 Ghana tour in West Africa. Seven KEHA Members and 2 FCS Agents went on the late summer tour with UK Administrators: Dr. Ann Vail and Dr. Kwaku Addo. Pictured is the group with kindergarten students and locals from the rural village of Adjeikrom. With the help of KEHA donations, the school has made improvements to the kindergarten classrooms. A ceiling was put in with electricity, light and fan and new tables and chairs were added. Villagers gave the group a warm welcome and we were able to spend a couple of days visiting with the students and local families.



## Pennyrile Area – Jill Harris

In July, the Pennyrile Area welcomed Cecelia Hostilo as the new Trigg County Extension Agent for Family & Consumer Sciences. Cecelia has a BS degree in Vocational Home Economics and MA in Secondary Special Education and just retired from a career that included teaching Family and Consumer Sciences as well as learning and behavior disorders. She lives in Hopkinsville and has been married for 27 years and has two daughters and a new son-in-law. Cecelia is a second generation extension agent – her father Glen Sims, was a 4-H Agent in Calloway and Todd Counties until 1984.

Annie Kingston, Livingston County, is currently on study leave to adapt the Master Food Volunteer Curriculum to Kentucky.

Laura Wilson, Lyon County has been appointed to the Epsilon Sigma Phi National Resource and Management Committee and will be attending the national Epsilon Sigma Phi meeting in Fargo, North Dakota.

Nancy Kelley (Hopkins County), Laura Holt (Muhlenberg County), Cecelia Hostilo (Trigg County) and Jill Harris (Todd County) recently attended a one-day hands on culinary skills class at the Viking Cooking School in Franklin, TN.

Jill Harris (Todd County) hosted professional improvement in September. FCS agents toured the Fairview Produce Auction, a corporation owned by local farmers and businesses. The auction is open March through October and features sales of fresh fruits and vegetables, bedding plants, seasonal flowers, etc. as well as a quilt auction in June. The agents also visited The Country Barn, a certified roadside market, which sells heirloom tomatoes, herbs, etc. The owner of the Country Barn is also a certified home microprocessor.

## **Louisville Area – Ruth Chowning**

We welcomed Martha DeCampos, Jefferson County FCS Agent, to our area back in the summer of 2008. Martha is a registered dietician and works closely with the nutrition programs throughout her county. She comes to us from the Health Department in Jefferson County. She is married and lives in the Fern Creek area.

Allison Lewis, Spencer County FCS Agent, has successfully completed her Master's Degree in Social Work from U of L.

Nelda Moore, Jefferson County FCS Agent, went on the KEHA Ghana Trip.

Sheila Fawbush, Shelby County FCS Agent, won a Women's Health Hero Award from Our Bodies, Ourselves, a Boston-based women's health organization for her work in nutrition education, Body Recall, Walkabouts and physical activity events. She was among 100 nominees from 12 countries.

Jane Proctor, Trimble County FCS Agent, was certified as a Tai Chi instructor with the Arthritis Foundation. Jane and Kelly Woods received an Award of Excellence recognition for their "At the Starting Gate" program.

Valerie Holland, Jefferson County FCS Agent, was put in charge of coordinating the Open Class foods judging at the State Fair. She brought in many new judges with various levels of expertise.

Ruth Chowning, Bullitt County FCS Agent, received county and state recognition by the Women's Club Federation for her work concerning Natural Resources and the Environment. At

the National Women's Club Federation Meeting, the national chairman held up Bullitt County's projects and report as the example for all other Women's Club Federations to follow.

### **Lake Cumberland Area – Edith Lovett**

The Lake Cumberland FCS Agents of District 5 are happy to welcome Jody G. Paver, the new FCS Agent in Wayne County. Jody began her new career in July at the Monticello Office. She has a BS Degree in Child and Family Studies from Berea College and a Masters in Family and Consumer Science Education from Eastern Kentucky University. Jody previously taught high school home economic classes at Southwestern High School in Somerset.

The Lake Cumberland FCS Agents had another successful event at their Heritage Skills Retreat at the Lake Cumberland Leadership Center. More than 50 classes were offered to the 90 persons in attendance from Kentucky, Indiana, Ohio, and Tennessee. Several younger clients were in attendance, including some college students. Audrey Myers, the Green County FCS Agent, was the chairwoman for this event.

The Russell County Extension Office has a new home, located on South Highway 27. Pam York is the FCS Agent for Russell County and has been busy the past few months working on the interior for the new office.

### **Wilderness Trail Area – Rebecca Sharp**

The Wilderness Trail FCS Association met on several occasions throughout the year. On Wednesday, May 27<sup>th</sup> agents met in Bell County to visit Cumberland Gap National Historic Park. Those present viewed jewelry, quilts, and other handmade items by local crafters in our area. Also, on Thursday, August 20<sup>th</sup> the Wilderness Trail FCS Association met at Robinson Station to visit the Wood Center. Carol Fackler, presented agents with a hands-on class of making shaker tape boxes and the possibility of having this as a lesson for our Homemakers Organization.

The following Agents for the Wilderness Trail Association attended the National Meeting in Birmingham, AL: Judi O'Bryan, Lora Howard and Hazel Jackson.

Renata Farmer, FCS Agent in Knox County has transferred to the 4-H position in Knox County. We wish her well in her new position!!!

### **Quicksand Area News**

Martha Yount and Linda Combs attended the NEA/FCS meeting in Birmingham, AL and had a great time. On the way to Birmingham they stayed with Martha's parents who live in Alabama.

## Green River Area Report

In July Whitney Dodson joined extension as the new FCS agent in Webster County. Six agents from the Green River Area attended NEAFCS in Birmingham this year. Katie Englert, FCS agent in Hancock County finished her masters in Marriage and Family Therapy. Our area continues to meet as an area for Homemaker Leader Lessons. We meet in 2 locations 4 times a year. We offer a lesson in the morning, agents prepare lunch and follow with a lesson in the afternoon. In October we are going to Evansville, Indiana to attend a women's conference.



Green River at National Meeting

## Northern Kentucky Area – Grace Angotti

Northern Kentucky agents, Judy Hetterman and Kathy Roesel Byrnes attended the NEAFCS annual meeting in Birmingham. We have been very proud to say that our own Judy Hetterman, Family and Consumer Sciences Extension Agent of Owen County has been Southern Region Director these past two years. Great Job, Judy! But, Judy is not going out of the NEAFCS leadership team as at the NEAFCS national meeting she was elected as NEAFCS Treasurer following Deborah Cotterill also of Kentucky leaves that position. Judy and Deborah led the effort to bring the “Living Well, More than a Cookbook” resource book to fruition...Judy would also like to express appreciation to the Kentucky delegation for their help in working at the Living Well booth at the national meeting.

Other worthy notes:

Rosie Allen, Gallatin County FCS agent is chairman of the 2010 Tri-State Diversity Conference, “Learning Today, Stronger Tomorrow” to be held February 4 – 5 in Hebron, Kentucky.

Grace Angotti is serving on the American Association of Family and Consumer Sciences Annual Conference planning team for 2009 – 2011. She has also been appointed to serve on the AAFCS

Annual Conference Innovation Task Force (ACITF) a national committee to review the structure of upcoming AAFCS national meetings.

Judy Hetterman was honored with the award of “Owen Countian of the Year” during the Owen County Fair this year.

### **Lincoln Trail Area – Jennifer Bridge**

The Lincoln Trail Area welcomed Terran Ransom to the area in June. Terran is the FCS agent in Hardin County. Previously Terran had served as a NEP assistant in Fayette County.

In April, the FCS agents were treated to a behind the scenes tour of a new signature Kroger Store in Bardstown. We learned about consumer trends and processes Kroger uses to meet customer needs.

### **Purchase Area – Vickie Wynn**

FCS Agents from the Purchase Area toured the Heartland Hydroponics operation at Wyatt's Farms in Benton, KY. They learned about the operation that produces tomatoes and lettuce and distributes them under the Rebekah Grace label. They also visited the site of one of the quilt squares on the Kentucky Quilt Trail at the Hitching Post, in Aurora, KY. The square is located on the General Store and was painted by folk artist and Hitching Post owner, Su Festen. The last stop on their Professional Improvement tour was the corporate headquarters for FLW Outdoors in Benton, KY. They sponsor fishing tournaments across the nation and provide family activities on site at each event. Agents were excited to receive goody bags filled with items from FLW.

Also, Fulton County is pleased to welcome their new FCS Agent, Amy Tyler. She is a former teacher and is working on collaborating with the schools in Fulton County with FCS programming.



## District 1 – Eugenia Tackett

Whitney Dyer Morrow is the new Family and Consumer Science Agent of Carter County. She is a graduate of Morehead State University, where she received a degree in Family and Consumer Sciences Education and was a member of the Epsilon Theta chapter of Chi Omega. She is pursuing a Masters degree in School Administration, also from MSU. After graduating college in 2006, Whitney moved to Lawrenceburg, KY to teach FCS at Anderson County High School. She taught there for two years and met her husband during this time. Whitney is so happy to be back to her home in Carter County. She was recently married, early this September and has a two year old Maltese, Derby Pearl.

District 1 FCS agents met in Morehead in May for association business and for a follow-up on the Mental Healthiness and Aging Initiative program that was piloted in 10 District 1 counties. Debbie Murray reported to the group the preliminary results from surveys done following presentation of the MHAI programs.

Peggy Powell, Martha Perkins and Donna Fryman attended the Priester Health Conference in Indianapolis in April. Powell, Perkins and Travonia Hughes presented a session on the Mental Healthiness and Aging Initiative.

District 1 was well represented at NEAFCS in Birmingham, AL we had 8 agents and 3 guests attend the meeting. The District was represented during the business meeting with 2 agents serving as voting delegates. Debra Cotterill finished her two term as National Treasurer but she will continue her committee work with the National Cookbook project entitled Living Well. Several agents from the District are award winners but Brooke Jenkins received 1<sup>st</sup> Place in Southern Region for the Greenwood Fellowship, and Gwenda Adkins 2<sup>nd</sup> place in Southern Region for Educational Publications. We were also very honored to have Stephanie Derifield receive the DSA-Distinguished Service Award and Debra Cotterill receive Continued Excellence.

KEAFCS Members of District 1 hosted paraprofessional day in honor of FCS program assistants on August 7, 2009 in Magoffin County. Over 40 Agents, Paraprofessionals and guests participated. University of Kentucky work-life benefit staff served as guest speakers, explaining various aspects of the programs they offer. Paraprofessionals also participated in program sharing ideas with the group. Following the program, Agents recognized the achievements of the Paraprofessionals and expressed appreciation for the contributions to the FCS program. The day concluded with lunch and a matinee showing of the Jenny Wiley production, Smoke on the Mountain.

