

KEAFCS

2020 Newsletter Series



President's Message

By *Melissa Goodman*

Hello All,

First and foremost, I hope you all are well and taking care of yourselves and your families as we navigate the COVID-19 epidemic together. It has been interesting to watch many of your transitions to remote work while balancing the mission of Family and Consumer Sciences Extension via social media channels. You all are amazing.

The first four months of this year have flown by. I represented our affiliate at the JCEP Leadership Conference in San Antonio, TX. One session that I attended was titled. Comfort is the Enemy of Progress. I know that many of you may be out of your comfort zone right now. One of the quotes they mentioned was from Roy T Bennett, "The comfort zone is a psychological state in which one feels familiar, safe, at ease, and secure.

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President's Message: Continued

You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone.” We are growing right now individually and collectively as we abandon our comfort zones. If you are interested in leadership and change topics, I invite you to review presentations and materials from the JCEP conference [here](#).

Last week, I attended the Public Issues Leadership Development (PILD) conference via Zoom on behalf of KEAFCS. Many speakers at PILD spoke about Extension’s “pivot to remote work and technology use” in outreach and engagement on the national level. Themes such as resilience, leadership, and opportunity emerged consistently because Extension thrives in times such as these...meeting local needs with trusted researchbased resources with a servant-leadership heart and innovative mindset.

Our state resources are available to our larger FCS family on the NEAFCS COVID-19 state affiliate resource page found [here](#). They were excited to receive our wonderful Kentucky resources.

Make sure to register for the National Meeting in Snowbird, Utah. More information can be found [here](#). If anyone has ideas about how NEAFCS and our affiliates can best convey our mission and message to legislators and decision-makers or thoughts of NEAFCS organization and structure, please email me at mgoodman@uky.edu or call my cell 270-627-1837.

Thank you for your commitment to our profession evidenced through your service to KEAFCS. Additionally, I want to extend my deepest gratitude for your everyday dedication to building strong families and communities locally. In many ways, you are educational first responders. Your contributions are critical and valuable always and especially during this time of uncertainty in our state and nation. I am grateful for each member’s work during this time.

Melissa Goodman, President



APRIL, 2020

Member Update/Quick List: Anna McCoy, VP for Member Resources

*We currently have 124 members that belong to KEAFCS! Out of those 124 members, there are 10 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 2020 Annual Session will be in Snowbird, Utah from September 14-17, 2020. Lodging is now open. Keep an eye out for more information about registration.

*The NEAFCS Annual Session App has landed! Get yours for Android or iOS today!

Apple Store: <https://apps.apple.com/us/app/2020-neafcs-annual-session/id1495351245>

Google Play: <https://play.google.com/store/apps/details?id=com.neafcs.conf7a2s04>

Anna McCoy, VP for Member Resources

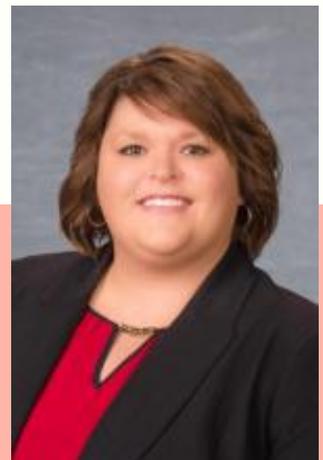


Awards Update: Lora Davidson, VP for Awards & Recognition

I would like to say thank you to everyone who entered awards this year! We had a total of 79 entries by 36 individuals. This number has gone up from last year in which we had 69 entries! Fifty-seven are National award entries and ten are state only awards.

We are still in the final process of judging all entries, once I am given the final word from the National office, winners will be contacted by e-mail. I wish everyone good luck, and again thank you for entering your awards and allowing us to see the amazing jobs each of you are doing.

Lora Davidson, VP for Awards & Recognition



APRIL, 2020

A Look Forward: NEAFCS Annual Meeting 2020 Notes from the NEAFCS Website

Where: Snowbird Resort ~ Snowbird, UT

When: September 14-17, 2020

Hashtag: #NEAFCS2020

We are invited to “Experience Life Elevated” at 8,000- 11,000 ft. where we will be granted ample opportunities both on- and off-site to:

Explore opportunities to inspire a sense of purpose

Engage with new and experienced colleagues

Elevate personal and professional commitment

Embrace prospects to find clarity of purpose

Energize and set a customized course to success

Information including hotel, transportation, 2020 Annual Session App, and more can now be found on the NEAFCS website.



Perspective: A Look Back & A Look to the Future

Agents in Ft. Harrod Area met in Mercer County Extension Office in early November to plan for our next year's Association meetings.

During the KEAFCS annual meeting, agents from Ft. Harrod were glad to help by driving vans for transportation in and around Lexington during the Workshops on the Go sessions.

In January, agents met in Mercer County to discuss awards and start the process of writing. We followed up in February for award applications.

The association meeting planned for March was cancelled, but agents have met via zoom to keep in touch.



FORT HARROD COUNTIES

Mercer County

Boyle County

Lincoln County

Garrard County

Anderson County

Jessamine County

Woodford County

Franklin County

Perspective: A Look Back & A Look to the Future

Amanda Broderick, Lewis County FCS Agent, completed her masters in December 2019. Her masters is in Public Health and she received two certificates in Health Education and Organizational Leadership.

Sarah Congleton, Martin County FCS Agent, transferred to our Montgomery County FCS position this spring. She brings with her an outstanding program to add to our group. As they say on, “The Voice” Our Team is Full; Sarah filled our last open vacancy for FCS in the Licking River Area. Welcome Sarah.

February, the Licking River Area Homemakers hosted their Spring Leadership Training Day at Mason County. This Spring Leadership Training brought in well over a 100 Homemakers to learn new lessons to take back to their area Homemakers.



LICKING RIVER COUNTIES

Lewis County
Rowan County
Morgan County
Menifee County
Robertson County

Montgomery County
Bath County
Fleming County
Mason County
Bracken County

Perspective: A Look Back & A Look to the Future

Lincoln Trail Area agents are working to create, promote, implement, and evaluate remote programming. Several counties are developing program to go bags or mailing packets directly to families.

Breckenridge County has been contacted by their local Health Department and Hospital to provide masks and gowns through their Homemaker and Sewing Clubs.

All social media effort have ramped up during the COVID-19 threat.

Dayna Fentress and her husband Ryan welcomed a baby girl, Rylee, in October.

Luke Fries married Nicole Fries, also in October.

Danielle Ford in Marion county resigned, we are anticipating a new hire in LaRue soon.



LINCOLN TRAIL COUNTIES

Marion County
Hardin County
Grayson County
Meade County

Larue County
Nelson County
Washington County
Breckinridge County

Retrospect: A Look Back at Educational Tours

The Northern Kentucky Area Family and Consumer Sciences agents have met multiple times since the last newsletter to plan and conduct joint programs as well as continuing education in the field. In the late fall the agents visited Eagle Bend Alpaca Farm in Boone County and learned about the animals and the fiber that is collected and made into very special blended yarns. The owner provided the agents with a detailed tour of the farm and explained the different yarn blends and their business model. Following the tour, agents met to discuss upcoming programs and coordinate efforts for the Extension Homemaker leader lessons.



A Look Forward: Future Programming

.In January, agents planned the upcoming year and conducted the winter Extension Homemaker “Learn with Us” lesson event titled, “Simplify Your Life”. Almost 100 Extension Homemakers from Boone, Campbell, Carroll, Kenton, Gallatin, Grant, Owen and Pendleton Counties descended on the Boone County Enrichment Center to learn new strategies to reduce food waste, minimize clutter, speed cleaning, organizing, minimizing digital clutter, and detangling relationships.

NORTHERN KENTUCKY COUNTIES

Campbell County
Kenton County
Grant County
Boone County

Carroll County
Gallatin County
Owen County
Pendleton County

A Look Back At A Successful Career



On a more personal level we would like for everyone to join us in congratulating Judy Hetterman, Owen County FCS agent, on her retirement in May. Judy has served the University of Kentucky Cooperative Extension Service and the field of Family and Consumer Sciences for over 43 years.

She joined UK Cooperative Extension in 1978 as Kenton County Urban Extension Agent for Home Economics. In 1984, she transferred to her current position as the Owen County Extension Agent for Family and Consumer Sciences.

Perhaps one of Judy's most distinguishing contributions has been her leadership in professional organizations. She served as Membership Chair, Southern Region Director, Treasurer and Endowment Chair for the National Extension Association of Family and Consumer Sciences. Judy held numerous officer positions in the Kentucky Extension Association of Family and Consumer Sciences, including president, and played a key role in establishing the organizations endowment to provide support for professional development. She led the charge for Kentucky FCS agents to host the NEAFCS annual conference in 2014.

The impact Judy has made on countless individuals, her community, and the state is substantial. She is an outstanding professional, teacher, colleague, and champion for Family and Consumer Sciences. Congratulations Judy on a great career!

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County



A Look Forward: Bright Futures

We want to say congratulations to Ashley White on her engagement and upcoming marriage. If Corona virus behaves, they intend to be married in September!

Retrospect: A Look Back



In December the Pennyrile Area group enjoyed a tour of the newly remodeled Alhambra theatre in Hopkinsville, KY as a part of their quarterly professional improvement. The Alhambra Theatre Tour encompasses historical and architectural highlights of the building, including the main lobby, theatre auditorium, and recent second story lobby expansion and additional performance space.

PENNYRILE COUNTIES

Todd County

Christian County

Hopkins County

Lyon County

Caldwell County

Crittenden County

Mulenburg County

Livingston County



Quicksand Area Agents implemented their annual Holiday Roadshow program in all 8, Quicksand counties. Shown here, agents visited Letcher County to give participants tips on reducing Holiday spending.

Retrospect: A Look Back

Congratulations to Nanette Banks for receiving the Continued Excellence Award at the KEAFCS Annual Meeting.

Congratulations to Crystal Osborne for receiving the Distinguished Service Award, and the Progress (over 10 years) Award at the KEAFCS Annual Meeting.

Congratulations to Laken Campbell for receiving the Greenwood Frysinger - 2nd Place Award, the Innovations in Programming - 3rd Place Award, and for receiving the Past President's New Professional - 1st Place Award at the KEAFCS Annual Meeting.

Congratulations to Kayla Watts for receiving the Excellence in Teamwork - 1st Place Award, and the Progress (under 10 years) Award - 2nd Place at the KEAFCS Annual Meeting.

Congratulations to Linda Combs for receiving the Educator of the Year - 2nd Place Award at the KEAFCS Annual Meeting

Congratulations to all Quicksand Agents for receiving the Dean Don Felkner Financial Management - 2nd Place Award at the KEAFCS Annual Meeting.

QUICKSAND COUNTIES

Breathitt County
Knott County
Lee County
Letcher County

Owsley County
Perry County
Wolfe County



The Wilderness Trail Area FCS Agents met at Campbell's Ceramic shop in Corbin, KY for their February association day. We learned about different techniques and how the firing process works. The owner talked with us on how she got started in the business and all the wonderful services and classes she has to offer the community.

Retrospect: A Look Back

Judi O'Bryan, Laurel County FCS Agent finished her term as KEAFCS President at the 2019 meeting in Lexington, KY. Thanks for all your hard work and making it a great meeting. We appreciate your service and devotion to our association!

Congratulations to Lora Davidson, Harlan County FCS Agent, for winning 2nd place in Family Health and Wellness and 2nd place in Community Partnership at our KEAFCS state meeting. She was also sworn in as the VP of Awards and Recognition.

Rebecca Miller, Bell County FCS Agent was the 2nd place winner in the category of Human Development and Family Relationships at the past KEAFCS state meeting.

Danielle Barrett, Knox County FCS Agent transferred to McCreary County as their new 4-H Youth Development/FCS Agent. We will miss her, but wish her well!

WILDERNESS TRAIL COUNTIES

Laurel County
Whitley County
Bell County
Harlan County

Clay County
Rockcastle County