



Message from your President- Rosie Allen

No More "Best Kept Secret"

I am so happy to serve as your 2011 KEAFCS President. So far 2011 has been a productive year and with your support I'm sure it will continue to be a dynamic year for KEAFCS.



Liz Kingsland and I represented you at PILD (Public Issues Leadership Development Conference) in Washington DC in April. A key take away message from that conference was the "Rule of 12"...where 12 contacts with a legislator is typically the tipping point on an issue. While visiting with Representative Ben Chandler (Kentucky congressional district 6) our delegation was made aware of the need to institute that "rule of 12". We can no longer quietly go about our community-changing work and hope that someone notices. As Agents, we need to teach leaders how to promote our work and our organization. We do NOT want to ever again hear the words, "Extension is the best kept secret." Instead we want to hear people saying, "Extension is practical, FUN, research based, hands-on, and more." Each time you present a class; start with your elevator speech explaining what Cooperative Extension is and how your participants are smart to take advantage of their tax support dollars by attending your class.

PowerPoint slides to help you tell the Extension story can be found on the NEAFCS website under the Public Affairs/Advocacy drop down menu (<http://www.neafcs.org/content.asp?pageID=1975>). Select NEAFCS Advocacy Slide Set from the right side menu. These slides can be personalized with our UK CES logo and then incorporated into your PowerPoint opening.

Debra Cotterill and I proudly represented you at the National JCEP (Joint Council of Extension Professionals) Leadership Conference in San Antonio Texas in February. We learned a great deal about the NIFA – National Institute of Food and Agriculture (formerly CSREES) – grant process and how our work supports those efforts.

I thank Tracy Thornton, VP for Member Resources who represented you at the KEHA Board meeting in March. I was your representative to the State Extension Council in February.

NEAFCS is planning another e-bay auction to raise funds for the Awards program. KEAFCS has contributed an extra large tablecloth and 12 matching napkins with the hospitality pineapple theme and a UK plaid cotton scarf for the auction which starts June 12, 2011. Thanks to Dr. Ann Vail and Liz Kingsland for their generous donations of these auction items. Auction instructions will be forwarded from NEAFCS soon.

Please take a few minutes to look at the NEAFCS website and make plans to attend the Annual session in September in Albuquerque, New Mexico. Register by July 23 for the early bird discount. Debra Cotterill has agreed to make arrangements for State Night out. It will include a reimbursable registration fee. Watch for details and plan to attend. Contact Dr. Vail if you are interested in the Diverse Family Studies Tour the week before NEAFCS.

We thank Judy Hetterman, NEAFCS National Treasurer and Lora Lee Frazier Howard NEAFCS VP for Member Resources for their outstanding leadership. Judy and Lora Lee represent you well on the national level and we are proud of them both!

Kentucky JCEP news that may be of interest includes the specialist survey that was recently adopted by Kentucky. Specialists will be able to provide feedback about Agents that they interact with in three main areas: degree of interaction, type of interaction, and quality of interaction. With our new University President Capilouto making his way to Kentucky we are reminded that any county visits are to be coordinated through the Dean's office. To make this clear, any invitations to President Capilouto are to come from the Dean. Working with the 4-H Foundation our 4-H Association colleagues are planning a good old fashioned Homecoming on June 11th on campus. Information can be found on the 4-H Foundation website at www.kentucky4h.org/foundation.

I recently learned that according to 1 Corinthians chapter 3, work is God's creative process in us. Your creativity and hard work are appreciated not only in your local community, but all across our great state. I look forward to seeing you soon.

Rosie Allen
2011 KEAFCS President

Living Well Book Report- Debra Cotterill



Congratulations on the sales of Living Well Books. To date 530 books have been sold or orders placed to be delivered, reducing our inventory to 270 books. That is almost three quarters of the pallet of books we bought from NEAFCS. The books purchased have been used for various projects. A research project on Vitamin D purchased 200 books to give to their research participants.

Several counties and/or groups of counties are doing cooking schools or events centered on the Living Well Books. Some are focused on the recipes, healthy eating habits and cooking techniques while others include things like stain removal and cleaning product recipes. If you are interested in the KEHA session PowerPoint and speaking notes, "Travel Across the U S with Healthy Eating", please contact Donna Fryman, Sally Mineer or Debra Cotterill.

If we can keep this momentum going, it will not take long to secure the funds needed to host the 2014 NEAFCS meeting in Kentucky. Please keep those creative ideas flowing and share your successes so others may benefit. Think outside the box like the research participant idea or as a marketing tool to policy makers and in programming for speaker gifts.

Besides work related uses, remember personal gifts like graduation, wedding, birthday, thank you, house guest appreciation, hostess gifts, and donations to auctions and charity events. Remember to send your request to Donna Fryman using the order from our website <http://ces3.ca.uky.edu/keafcs/Member%20SALES%20ORDER%20FORM%2012-2010.pdf> . We will work with you to make deliveries as efficient as possible.

Debra Cotterill and Donna Fryman

Northern Kentucky Area- Kate Vaught

Rosie Allen was elected as the president of KEAFCS in December at our state meeting. We are honored to have Rosie in our area, and we know with her "go get 'em" attitude that she will do an outstanding job! We are also fortunate to have representation on a national level from Northern Kentucky; Judy Hetterman was elected as the national treasurer for NEAFCS. Judy brings a wealth of experience and personal determination to keep our organization viable.

At the state meeting in December, Northern Kentucky was responsible for hosting the speed networking session. Many people commented on how they found the session helpful because they were able to meet other agents and learn about new program ideas.

As a group, we went on a tour to the Green Energy Center in Brookville, OH. We learned about alternative energy technologies such as wind, solar, nuclear, biomass, ethanol, hybrid vehicles,

recycling, green building design, geothermal, methane, etc. We also saw six, 120-foot wind turbines on this working family farm, which provided the energy needed on it. We also took a tour of Dorothy Lane Market in Springboro, OH. Dorothy Lane Market began as a fruit stand, and it has now prospered into three gourmet supermarkets.

We also completed a Facebook training in Lexington, and we have been working hard on our respective county Facebook pages. So please visit our county pages to see what's happening!

Pennyrile Area – Jill Harris

Laura Wilson retired at the end of February with nearly 36 years as FCS Agent in Lyon County. Laura's contributions to Lyon County and beyond were included in a front page article of the *Herald Ledger* in Eddyville. Laura said "I was blessed...in that I have known from the time I was 15 years old what I wanted to do and I have been able to do it." In early February she was recognized by the Lyon County School Board with the Beyond the Call Award for the nutrition education program she provided for Lyon County students. Laura is serving as National Epsilon Sigma Phi Southern Region Vice President and attended the Public Issues Leadership Conference in Washington, D.C. April 3-6.

Pennyrile Area said goodbye to Courtney Head Heatherly, after serving as FCS Agent in Caldwell County for 2 ½ years. Courtney and her husband, Tony, moved to Greenbrier, TN, where he received a promotion with his work.

Nancy Kelley, Hopkins County, attended the National Association of Community Development Extension Professionals (NACDEP) conference in Charleston, South Carolina. She along with Andy Rideout, Hopkins County Extension Agent for Horticulture, each received a \$500.00 scholarship from CEDIK to attend.

Purchase Area

The Purchase agents met at Melissa Goodman's home for 2011-2012 program planning.

LaDawn Hale was a Southern Regions winner in the category of Communications – Written Press Release. The topic was Learn to Sew and the press release helped grow the number of trained clothing leaders from 9 to 23.

Vicki Wynn received a M.A. in Career & Technical Education in December, 2010 from Murray State University.

District 1 – Donna Fryman and Eugenia Wilson

We will miss Cristy Honaker, Pike County FCS, as she leaves Cooperative Extension to pursue a teaching career. We wish her well.

District 1 agents celebrated two more weddings in 2010. Justin Thomas, Menifee CO. FCS/4H agent married Megan and they reside in Mt. Sterling. Gwenda Huff Johnson, Elliot County FCS agent, married Gene Johnson in October. They are adding the finishing touches to the cabin which Gene restored to make it their home.

Martha Perkins hosted the December Association meeting. Award winners were congratulated as well; thank you to Sally Mineer for serving as our KEAFCS president. Debra Cotterill was congratulated for being elected as President Elect of KEAFCS. The highlight of the day was our first annual apron contest. A fashion show of interesting aprons was held.

Shannon Smith hosted the January professional development meeting at the Bracken County Extension office. We hosted our annual auction to raise funds for the treasury. Agents focused on award entry preparations for KEAFCS.

Brooke Jenkins Howard hosted the District 1 agents in February for a professional development meeting. Peggy Powell and Brooke arranged for a benefits session with UK through a conference call.

Rita Spence hosted District 1 FCS Association and Program planning session at the Greenup County new extension office facility for the March meeting.

Eugenia Wilson hosted the District 1 agents for the April meeting in Inez. We got a tour of the new Martin County Extension office. What a beautiful building. After the planning meeting, lunch was prepared by the Martin County office staff. Following that we visited the office greenhouse and created planter boxes with herbs and flowers.



District 1 agents are stepping up to the plate and serving in many officer roles. Congratulations to: Martha Perkins for being installed as the KAFCS president-elect, Debra Cotterill for being installed as the KEAFCS president-elect, Donna Fryman for being installed as ESP treasurer and Nellie Buchanan for continuing another year as ESP secretary. Sally Mineer is serving as

KEAFCS Past president and will be co chair of the 2014 NEAFCS annual session. We challenge other agents to submit their credentials for leadership positions.



These District 1 agents attended the KAAFCS annual meeting in Lexington. Pictured are Martha Perkins, Sally Mineer, Debra Cotterill, Brooke Jenkins-Howard, Rita Spence

Bluegrass Area- Cheryl Case

We welcomed Tammy Howard to Estill County. We were at full staff until we found out that Amelia Brown in Fayette County is leaving Extension. October 22, 2011 will be her last day with Extension.

Four Bluegrass Area Agents went to NEAFCS; Liz Kingsland, Pam Dooley, Cheryl Case and Dianna Doggett.

