



Message from your President – Sally Mineer

Welcome in the fall air and enjoy the cooler temperatures as we prepare for another wonderful association event to be held November 30-December 2 in Louisville, Kentucky. Our membership continues to be good and because of that we reap many benefits not only as individuals but also as a group of professionals. Please read the article from President-elect Rosie Allen for all the details on the Kentucky State Meeting.

I have just returned like many of you from the National Association meeting that was held in Portland, Maine and it was a wonderful meeting and location for us to enjoy. Kentucky represented 10% of the entire delegation in attendance. Thank you for supporting your state and wearing your blue on Kentucky day. Many people recognized us immediately with our “Wildcat Blue” and it did show just how many delegates we really had. Thanks to all the agents and guests who attended plus our administration. We were fortunate to have Dr. Ann Vail, Dr. Laura Stephenson and Dr. Jimmy Henning in attendance this year.

Congratulations to our 12 first timers, I hope you had a great time and will make this one of many National meetings you attend in your career with Extension. Kentucky did shine on awards night with winning several awards for Southern Region and at the National level. Thanks to our National Treasurer-Judith Hetterman for serving at this level and representing our state and then we must congratulate incoming National Officer Lora Lee Howard she will be serving as the Vice President for Member Resources. We appreciate these two agents for going above and beyond in their service to the association. In thinking about future National Meeting please mark your calendar for September 26-30, 2011 when we will travel to Albuquerque, New Mexico for our next NEAFCS meeting.

Kentucky is submitting to host the National Meeting here in Kentucky for 2014 so stay tuned to learn if we are awarded that bid. In preparing for 2014 we will need extra funds to be the host state, so I am asking each of you to please order one case of the Living Well Books by the first of December. If each agent in Kentucky does this we will have earned over \$7,000. That is good money and a fast way for each of us to help out. Please look on our KEAFCS web site for the form and please don't delay in ordering. If you have questions you may contact Donna Fryman with questions on ordering.

Leadership positions are now available in our association! Contact our nominating committee with Kay Kennedy as chair if you are interested in being a state officer. This is an opportunity for you to serve your association and make some new friends.

For current board members please remember our upcoming board meeting to be held on November 9 at the Nelson County Extension Office.

My last thoughts are to thank you for allowing me this path in my extension career. This journey has been a great one and I am so glad I said yes. The past few months as your

President have been exciting, new, fun, stressful, but most of all great. Thank you for giving me the chance to represent the Kentucky association, the pleasure has been all mine 😊

President-Elect & Vice President for Professional Development- Rosie Allen

Windows into Networking

KEAFCS ANNUAL MEETING

December 1-2, 2010

Hurstborne Holiday Inn North, Louisville, KY

"Windows into Networking" is the theme for the KEAFCS Annual Meeting to be held November 30, December 1 and 2 at the Hurstborne Holiday Inn North 1325 South Hurstborne Pkwy, Louisville 40222. **Our rooms are guaranteed until November 16.** Reservations can be made through the hotel directly at (502) 426-2600 or (800) HOLIDAY. A reservation link is also on KEAFCS website. Group code is KXT. Cost is \$82/night + 15% taxes. Members are reminded to bring a copy of your county tax exempt form to leave at the hotel in order to waive 6% Kentucky tax.

Our in-service training day on November 30 will feature an update from Dr. Vail and Dr. Stephenson in the morning. In the afternoon, a rollout of a new Leadership Development curriculum led by a sub-committee of our Association Marketing committee is on the agenda. **Be sure to register two ways for the in-service training...**through the Catspaws In-Service training catalog (session ID# N129) and in a couple weeks when I send the official meeting registration information via e-mail. Expenses for the in-service registration, travel and 1 nights lodging can be from county travel funds. The remainder of expenses will be on professional development.

Remember to wear your official name tag all 3 days.

Wednesday and Thursday will be devoted to award presentations, exhibits, breakout sessions for professional development, organizational business and a "Speed Networking" opportunity. TIAA-CREF and Fidelity Retirement Investments will both be available for individual counseling sessions. Watch for more information in your registration e-mail about how to sign up for individual sessions.

National Award winners and Areas will be asked by the Wilderness Trail area to set up an exhibit for viewing on Wednesday. Please be ready to say "yes" when asked by Martha Yount, Wilderness Trail VP for Professional Development.

For those of you that attended NEAFCS in Portland Maine, please share a few of your digital photos with Purchase Area Agents. They are developing a slide show for our Wednesday

afternoon session. Denise Wooley (denise.wooley@uky.edu) is the Purchase VP for Professional Development.

The silent auction has been a great fund raiser for the last few years and will continue this year. Lincoln Trail Area will be accepting entries from 9:00-10:15 a.m. on Wednesday, December 1. All areas and individual members are asked to make donations of “regifted” or other items to this cause. Please contribute and bid high and lively.

Thursday morning will include a session for retirees, our annual business meeting and our Awards Brunch. Your registration will include the award meal. **The separate line on the registration form listed as “awards meal” is only for life members and District Directors.** I look forward to seeing everyone in Louisville.

[Click here for a draft agenda.](#)

Awards and Recognition Update by Pam York - Vice-President for Awards and Recognition

Congratulations to the following national winners who were recognized in Portland, Maine at the annual NEAFCS session.



Front Row: Peggy Powell, Martha Perkins, Dr. Ann Vail, Stephanie Derifield, Sara Brooke Jenkins, Natasha Lucas. Back Row: Diana Doggett, Judith O’Bryan, Dr. Jimmy Henning, Sheila Fawbush, Jane Proctor. Not Pictured: Gina Noe

Please mark your calendar now for the new deadline of **January 15, 2011 for submitting awards**. The deadline has been changed for NEAFCS; therefore, our deadline must be adjusted accordingly. The on-line application submission process is due to open October 15, 2010. I would like to share a few items of importance shared by Carol Chandler, NEAFCS VP for Awards and Recognition in Portland, Maine.

- Pay special attention to the General Eligibility Requirements and Awards Application information on page 3 of the awards manual. Make sure that you are eligible prior to submission for awards.

- The printed on-line application must be visible on each entry (without having to open up the entry). Therefore, you need to select a binder or folder with a clear front so the sheet may be viewed through the plastic or inserted in the clear front.
- Please remember to submit a 5x7 photo of yourself or the team if it is a team entry.
- The Early Childhood Award has been reinstated for 2011.
- Please submit written or oral English version for all communication awards.
- Each state may submit an unlimited number of Educator of the Year awards.
- Play close attention to the award money and what it goes toward. Many of the award categories offer a partial scholarship to attend the annual NEAFCS meeting and/or a grant to further a project or educational activity.
- Both, Living Well Award and Living Well mini-grant has been suspended for 2011.

Living Well... More Than A Cookbook

As a member of our association we have a responsibility to help with this project. The bottom line is, we must move over 18,000 books and that sounds like a huge amount. But when you break it down...**it is just one case of only ten books per member**. Think of it as finding a home for 10 books. Look at your calendar. Do you need birthday, thank you, and/or holiday gifts? Do you need speaker, judge, and/or volunteer appreciation gifts? **Between now and December we are asking you to please find a place for 10 Living Well books.**

- No shipping charges on case orders.
- Individual cases can be dropped shipped to any location.

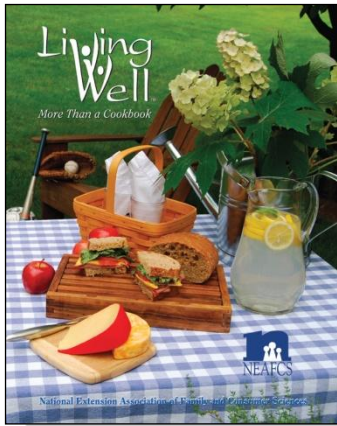
You can find the order form on our KEAFCS website. Fill out the form, enclose a check and send to Donna Fryman, state coordinator for Living Well.

Lets help national close out this project and help raise some needed funds. KEAFCS is in the planning stages of bidding to host the 2014 NEAFCS conference. These extra funds will go a long way in funding this event. Thanks to those who have already placed an order since returning from NEAFCS.

I will help with any order, tax and/or shipping questions. Whatever obstacles you encounter, we will work them out.

Looking forward to a successful ending of the **Living Well...More Than A Cookbook** project!

Sincerely,
Debra, Judy, and Donna



LIVING WELL

More than a Cookbook

Living Well Reference Book Used in Programs

- Pennsylvania Association members have taken advantage of the rebate offered through the sales of the National ***Living Well... More Than a Cookbook*** to improve their state association budget. Their Strengthening Families team has offered an educational forum for Family and Consumer Science teachers. This year participants will received a copy of ***Living Well...More Than a Cookbook***, including information on how to order more books.
- One member is using ***Living Well...More Than a Cookbook*** for a cooking school with each participant receiving a book as part of the class. The local diabetes coalition is funding 25 copies.
- A health care professional speaking at an affiliate annual meeting was given a copy of ***Living Well...More Than a Cookbook*** as a thank you. She purchased 5 cases for her board directors and other appreciation gifts.
- “Speedy Suppers was developed to assist educators in teaching clients that with planning, a few short cuts and the right recipes you can make quick easy meals that follow the Dietary Guidelines and the MyPyramid recommendations. Recipes from ***Living Well*** used for tasting were Almond Bibb Salad (page97), Garden Platter (page 119), Sweet Potato Casserole (page 104), Baked Fish Fillets with Dill Sauce (page 189) and Fresh Peach Crumble (page 214).
- A program on kitchen safety for 175 fifth graders during Agriculture Safety Day started with the Home Safety Section (page 26 & 27) of the “Recipes for Living” chapter in ***Living Well...More Than a Cookbook***. The check list provide talking points and the idea of developing an actual kitchen with all the hazards illustrated. The students were very receptive to identifying the hazards in the kitchen and how to make their kitchen a safe place.

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PILD Scholarship Information

At the meeting for Vice-Presidents for Public Affairs it was announced that there will be 15 \$150.00 scholarships to PILD. Once the new KEAFCS Vice President for Public Affairs office is elected in December this person needs to apply for this scholarship as soon as possible. The only requirement is: to write a paragraph summarizing the PILD conference after it is over. It is a great conference!

Pennyrile Area – Jill Harris

Laura W. Wilson, Lyon County, attended the Public Issues Leadership Development planning session in Washington, D.C., August 22-24. The session was sponsored by the Joint Council of Extension Professionals. PILD is April 4-6 and is open to any Extension Professional.

Pennyrile FCS Agents have been partnering on programming with Cora Hughes, Muhlenberg County Extension Agent for Fine Arts. The agents, along with Pennyrile Area Homemakers hosted an area seminar, Cultural Heritage of Western Kentucky in October.

Livingston County officially broke ground for their new office facility and Crittenden County now owns their first building.

Congratulations to Courtney Head Heatherly, Caldwell County, who was married in June. In September, Courtney hosted professional improvement for the Pennyrile FCS Agents and arranged for a tour of Black Oak Vineyard. Agents met for lunch at the home of Elaine Clift, retired Trigg County FCS Agent.

Laura Holt, Marsha Parker, Nancy Kelley, Annie Mae Kingston, Nancy Hunt, Cecilia Hostillo, and Courtney Head Heatherly attended the NEAFCS meeting in Portland, Maine.

Quicksand Area

Crystal Osborne is on sabbatical leave working on her masters and the required project. She is planning to study how young homemakers can be encouraged to join Extension Homemakers.

Nanette Banks, Linda Combs, Natasha Lucas and Martha Yount attended the NEAFCS meeting in Portland, Maine. All agreed it was a wonderful conference; relaxing but very informative.

Natasha Lucas received the DSA award at the conference, congratulations.

Mammoth Cave Area

The Family and Consumer Science Agents of the Mammoth Cave Area are continuing the tradition of teamwork that has been a longstanding hallmark of our organization. Together with the agents from the other program areas, we shared our annual Legislative Breakfast with local and state legislators and national field office representatives. In addition, members of our county extension councils were invited to share in this opportunity to engage our leaders in presentation and dialogue with our legislators. Keeping the lines of communication open with our elected officials and reminding of them of the impact Extension has on our communities aids in supporting initiatives to enhance Extension programming.

Our agents hosted the FCS agents of the Green River Area for our annual District 6 FCS Retreat. This event serves as a great opportunity for sharing our successes and challenges in programming, while reinforcing the bond we share as colleagues. In addition to some great dialogue with our district director, agents enjoyed the opportunity to focus on small business development in Bowling Green. Tours of a local bakery, distillery and pottery shop were included in this event, with opportunity for agents to create their own pieces of art at the potters. As has become tradition, we awarded our "District 6 FCS Award" for exemplified leadership, teamwork, compassion, support and loyalty during the previous year to Betsy Ann Tracy (Warren County). Previously, this award has been bestowed upon Jan Dougan (former agent in Henderson County) and Pat Margolis (Hart County).

Lara Savage (Monroe County) has just celebrated her 1st year with Kentucky Extension. Prior to arriving in Monroe County, Lara served as a 4-H agent in the Tennessee Cooperative Extension system. Lara joined other agents from the Mammoth Cave Area, Janet Johnson, Kathy Jump, Suzan Nunn, Betsy Ann Tracy, and Tracy Thornton in Maine at her first NEAFCS National Meeting.

District 1 – Eugenia Wilson

Peggy Powell in Montgomery County was named Extension Educator of the Year.

Whitney Dyer Morrow had a baby girl- Arden. Brooke Jenkins-Howard is now married to Ivan Howard.

13 agents and 5 guests went to Maine for the NEAFCS Meeting.

We hosted a Para professional day and honored all our program assistants with a day at the thoroughbred center and then lunch.

Agents had their meeting in June and visited the thoroughbred center, a horse farm and had lunch in Paris.

District 1 Award Winners:

Stephanie Derifield:

Marketing Package: National and Southern Region Winner

Communications-Educational Publication: Southern Region Winner

Martha Perkins:

2010 AAFCS Excellence in Extension Award

2010 NEAFCS Distinguished Service Award

Southern Region and National Awards:

Environmental Education Award: Brooke Jenkins, Peggy Powell & Linda Adler

Greenwood Fellowship: Brooke Jenkins

Theresa Howard- (LaRue County) initial campaign coordinator for Kentucky Saves



Agents we are gearing up to launch a statewide effort of the America Saves campaign <http://www.americasaves.org/> . We'll customize it and call it Kentucky Saves but each year our efforts will highlight America Saves Week <http://www.americasavesweek.org/> , which will be Feb. 20- 27 in 2011.

Remember resource materials are located on a HES Internal page- http://www.ca.uky.edu/hes/internal/kentucky_saves.php such as a flyer promoting our 1st

annual Piggy Bank Design Contest. This is for youth (under age 18) and we plan to display 2 winning design photos from each Extension District during the month of February 2011 in the state capitol rotunda in Frankfort. Winning youth may even get a photo op with Gov. Beshear on Feb. 22 as part of America Saves Week.

An in-service on Kentucky Saves is being offered to agents on Oct. 5 & 12. Further questions can be directed to myself or Jennifer Hunter- Assistant Extension Professor, Family Finance or Katie Keith- Cooperative Extension Associate, Family Finance.

