

KEAFCS Newsletter

2016



President's Message



I have enjoyed the past year serving as KEAFCS President. It has been such an honor to work with the officers, chairmen and members to promote our profession and be an advocate for the work we do. It is difficult to list the experiences here that this opportunity has allowed me to have over the past year.

Getting to know agents from across the state and working beside them in various capacities has been such a privilege that every agent should experience. Given the number of responsibilities that you juggle daily, working in the professional association may not be one of your top priorities. Nevertheless, I highly recommend that each of you consider serving as a committee member, chairman or officer before you retire, and experience these privileges for yourself.

Thank you for allowing me to serve our Association this past year. And thank you for working beside me, and always answering my calls to step up when needed. I am blessed to know each of you and consider you all my friends. I look forward to moving ahead into 2017 with the new officer team!

My best to each of you--Vicki

Amanda Hardy– VP Awards & Recognition Report

KEAFCS is an important organization for us. It is the one organization that will help us with our careers and it allows us the opportunity to meet with others that do what we do either on a state level, regional level or national level. As you can see from our recent meeting, KEAFCS is about networking with each other and getting to know others in our profession along with getting new programming ideas. We also believe strongly in leadership and taking responsibility in fighting for Family and Consumer Sciences needs and wants. Those new to KEAFCS will be able to attend our national meeting this fall and network with agents from across the country and you will bring home new ideas to use in your home counties. It is important to support your professional organization!

As a member of KEAFCS/NEAFCS, you will be able to apply for our association awards. **Awards are due FEBRUARY 10 no later!!!!** You will complete these applications on line. Please send me a hard copy in the mail as well. I also need a copy of your confirmation receipt. If you have any trouble or need any help please let me know!

The 2017 NEAFCS Awards system is open! I want to cover a few details so we are all on the same page. A video on embedding links into applications and a PowerPoint on using Adobe Acrobat Pro to combine documents have been added to the Awards page. Only one document may be uploaded into each upload space. If more than one document is uploaded into a space, the most recent document replaces any document previously uploaded. A fourth space has been added specifically for the required photo to be uploaded as a JPG (Distinguished Service and Continued Excellence do not require a photo). Again if you have any questions, please let me know!

Bluegrass Area



The Bluegrass Area Agents have been busy bees!!! In June 2015, we were able to attend a historical clothing display at Eastern Kentucky University. In March 2016, we were fortunate to volunteer to work for the Kentucky Crafted event at the Lexington Convention Center! We have also visited Northern Kentucky and toured the Boone County Extension Learning Center. In August, we took a farm tour at River Hill Ranch and spent the day with Alvina Maynard and her Alpacas! In November the Bluegrass Area agents and the Fort Harrod agents went on the first annual District 4 FCS Agent Retreat at Cliffview Resort at Natural Bridge. It was a great time of fellowship, bonding, and a time to decompress and relax with friends!

Throughout the past year we have said hello to Kay Denniston, Whitney Hilterbran, Thays Flores, and Karli Jessie! Kay is the new agent in Bourbon County. Kay has her Bachelor's Degree in Home Economics and a Master's Degree in Vocational Education. She has been with extension since 2010 as a staff assistant and was hired as an agent in April of 2015! Prior to joining extension, Kay taught for 30 years in the public school system! Whitney joined the ranks and is agent in Scott County. Whitney has her undergraduate degree in Family Consumer Science Education and her masters of Science in Instructional Leadership. Before coming to Extension, Whitney was an FCS teacher. Thays is not new to extension, but is new to Estill County. Thays first served as an Extension Intern in Christian County and then was hired as an Agent at Large in Crittenden County, she joined Estill County on August 1st. Thays has a Bachelor of Science in Family and Consumer Sciences. Lastly, our newest agent, Karli Jessie. Karlie has her Bachelor of Science in Dietetics and was an Extension Intern in Adair County in 2015. Karlie started in Jessamine County on October 31st!!!

We are so happy and fortunate to have not one, but FOUR new ladies in the Bluegrass Area!

In addition to our newcomers, we bid farewell to Connie Minch, Scott County FCS agent. Connie devoted 45 years to extension work and has left some very large shoes to fill. We celebrated Connie's career with a luncheon in her honor at the Green Tree Tea Room! Also leaving us is Rachel Abney, FCS and 4H Agent in Nicholas County. Rachel was with Nicholas County Extension for 4 ½ years. We are sad to see her go, but look forward to getting a new agent very soon!

Green River Area

The Green River Area FCS Agents have had a great year. They were excited to accept their 1st Place Pride of Kentucky Award at the 2016 KEAFCS meeting in Louisville, KY. The Agents worked together as a team to provide samples of various Plate It Up KY Proud Recipes at the annual AG Expo event held in Owensboro, KY.



The Green River Area FCS Agents toured a local Agriculture tourism venue, The Farmer & Frenchman, in Henderson, KY. The venue is a locally owned winery, event venue, and restaurant.

Lake Cumberland Area

All Family and Consumer Sciences Agents jobs in our Lake Cumberland Area are filled. Amy Fugate is the new FCS Agent in McCreary County, replacing Amy Singleton. Jordan Crain replaced Audrey Myers as the agent in Green County. Audrey moved on to Taylor County, after Becky Nash retired and got married.

The Lake Cumberland FCS Agent had a special “Flavors and Favors” day for all the homemakers in our area. It was well attended with lots of educational information

We rejoice with Jordan, who is expecting their first child.

Pam York, our FCS Agent in Russell County’ was the 2nd place Southern Region Winner at the NEAFCS Conference in Montana. Pam’s entry was in the Communications Internet Education Technology Award – 2nd place Southern Region Winner. Title of the award was “Plate It Up! – KY Proud.” Edith Lovett, our FCS Agent in Pulaski County, won one of Kentucky Distinguished Service Award at our National Extension Association Family and Consumer Sciences meeting in Montana.

Lake Cumberland has two new Master Clothing Volunteer, Emma Peek from Pulaski County and Lois Alcorn from McCreary County.

Licking River



Licking River Area Agents Have Several New Agents! We have welcomed Mandi Broderick (Lewis CES), Heather Cheek (Mason CES), Peggy Jones (Rowan CES), and Sue Hughes (Robertson CES) to our area! We have enjoyed working with them and are excited that they have entered the world of Extension!

District 1 Paraprofessional Day
District One Agents from Licking River and Northeast Areas participated in a paraprofessional day, which included all NEP assistants or program assistants in the district. The

paraprofessional day was held on UK's Campus at the Meat Lab. We toured the facilities, asked tons of questions, and had lunch with each other. It was a great day.

District 1 Professional Development Day

District One Agents had a professional development day in Carter County in May. We had a member from the Chamber of Commerce speak to the group about Carter County's recent developments and other projects they have and how Carter CES plays a role in the planning. We also toured a local art facility and had the opportunity to paint our own quilt squares on canvas. The day was so much fun!

Lincoln Trail

The Lincoln Trail Area FCS agents had a Professional Development & program idea sharing day in Louisville on June 3. Activities were based in downtown area: tour of Glassworks working studios and Pedestrian Walking Bridge (Big Four Bridge) connecting to southern Indiana.

Completing Masters Degrees in Area this year:

December 2016- Cabrina Buckman, Washington Co. FCS agent- MA in Organization Leadership through WKU

Summer 2016- Dayna Parrett – Hardin Co. FCS agent- received MS in Family Studies from UK

January 2016- Natalie Taul – Grayson Co. FCS agent – MA in Education/Adult Education from WKU

Louisville Area

Chris Duncan, our Oldham County FCS Agent, hosted a wonderful Dietetics Intern, Katie Hopp, from EKU during March. They celebrated Nutrition Month by visiting various after school programs and agencies and sharing the importance of a Healthy Diet.

The Shelby County Extension Council received the Randall Barnett Award for the state's Most Outstanding County Extension Council at the State Extension Council meeting in March of 2016. The Shelby County Extension Council held a Hands-on Educational Open House. Each program area was represented by several learning opportunities. The FCS hands-on learning opportunities included making a gift from the sewing machine, quilting, knitting, spinning, weaving, caning a foot stool, churning butter, making quesadillas, making fruit smoothies, identifying 20 different types of dried beans and other fun learning opportunities.

We celebrate the retirement of Chris Duncan as FCS Agent for Oldham County in December, 2016. She will continue her work as Oldham County Agent on a part-time, post-retirement basis. We look forward to continuing serve the citizens in the Louisville area with her!

Mammoth Cave Area

Janey Cline recently joined the Cooperative Extension staff as an FCS agent in Hart County. Janey earned a Master of Arts in Organizational Leadership, a Bachelor of Science in Family Studies, and an Associates of Science in Information Technology. Prior to joining Extension, she worked at Western Kentucky University. She enjoys gardening, food preservation and spending time with her grandchildren.

Lynn Blankenship of Metcalfe County has a new curriculum series that she is working on with Nicole Peritore entitled Teens and Stress. The curriculum will be taught through health classes. It is in the pilot and publication process right now.

Northeast Area

Northeast Area News:

- Stephanie Derifield (Lawrence County) took a new position as Area Nutrition Agent Nov. 2016
- Andrea Johnson transferred from Magoffin to Floyd County
- Teresa Scott retired from Floyd County
- Sarah Sumpter started working in Martin County
- Whitney Morrow (Carter County) returned from maternity leave in January 2016 after the birth of third baby, Dyer James Morrow. She also was recognized in her County, by the Drug Free Coalition with a Community Change Agent Award
- Eugenia Wilson transferred from Martin County to Boyd County
- Leslie Workman in Pike County received the Extra Effort Agent award from KACAA this year at their annual meeting and was the Home Baking Association Honorable Mention in the Baking Educator of the Year awards
- District 1 Agents and program assistants participated in Paraprofessional day at the UK Meat Lab on August 5th

The Northeast Area Homemakers and Agents presented the Leadership toolbox training on August 4th in Johnson County. Agent Brenda Cockerham did a wonderful job organizing this area wide program. Northeast Area also offered an area wide Sewing Smorgasbord. Lora Pullin in Greenup County headed up the program as contact of the Master Volunteers in Clothing and Construction

Northern Kentucky

The Northern Kentucky FCS Agents have been busy planning programs for 2016-17 and learning new skills. In early January the agents met to coordinate the ballot for the Extension Homemaker Leader lessons and plan the year of NKEAFCS professional development days. Our Area is excited to welcome Rachael Price as the new agent in Grant County. Rachael transferred from Mason County to fill the vacancy left when Patty Poor resigned to accept a position with the Kentucky Cancer Coalition.

A recent trip to Heirlooms and Gretchen's in Georgetown Kentucky provided agents with a hands on learning experience making a stain glass piece. Joan Bowling and Kathy Byrnes, (Kenton Co.); Katie Trump (Boone) Kate Vaught (Campbell) Sherri Broderick (Gallatin) Rosie Allen (Area Nutrition Education), Judy Hetterman (Owen) Kenna Knight (Pendleton) Ann Schultz (Carroll). The experience gave agents a new appreciation for creating stain glass.

Pennyrile Area



They Pennyrile Area has had a busy year. We have learned lots and had a lot of fun together.

We started the year off by welcoming a new agent to Muhlenberg County in January. Mary Beth Decker Riley is a native of Grayson County and a graduate of Murray State University. Mary Beth married her husband Joe in June of this year. We look forward to many years of collaboration with her.

We had two agents welcome new babies into their families this year. Tiffany Bolinger welcomed baby Crew in June and Katherine Jury welcomed baby Koen the first of December. Congratulations to these families!

Pennyrile agents worked with the area Homemakers association to offer a spring seminar entitled "Warming Up for the Long Run" and featured activities that help us make the most out of aging. Dr. Amy Hosier was our featured speaker. In August we presented a leadership workshop for our area homemaker council based on the book "Love Works" by Joel Manby. Each agent presented a short session on a portion of the book and lunch was served. Each member of the council received a copy of the book to study at home.

Professional meetings included a Paint-your-own-canvas class and a visit to the Red Roof Alpaca Ranch in Trigg County.

Our December meeting was hosted by Marsha Parker, retired Christian County FCS agent, at her home near Oak Grove, KY. We enjoyed a nice lunch that was provided by our retired members. Brittany Yung spoke to the group about Christian County's plans for hosting the Solar Eclipse in 2017.

Congratulations to our own Jill Harris for being elected Vice President for Professional Development/President-elect. We are proud of her and know she will do a great job!

Purchase Area

The Purchase Area congratulates Sarah Bogle Martin on her retirement this past April. She is now enjoying being able to spend time with her grandchildren and husband and helps in the operation of the family farm. Melissa Goodman will split her time between Hickman County and Carlisle County until Carlisle County can hire an FCS agent.

Thanks to Vicki Wynn and Melissa Goodman for their representation of the Purchase Area over the past 3 years. Vicki has just completed her service as state president and Melissa has served as state secretary. We also congratulate Melissa on being elected to the position of Vice President for Public Affairs. Melissa's many leadership activities and community participation have prepared her to serve us very well in this position.

In October Purchase Area Agents toured the 1857 Hotel in Paducah and ate at the Kitchen Café, which is part of the WKCTCS. In September we joined the Pennyrile Area Agents for a professional Improvement day and a District 7 staff meeting. We toured the Red Roof Alpaca Ranch in Cadiz and ate lunch at the Hickory Hill Farm.



Quicksand Area



Ann Ferguson Hollon, Wolfe County Extension Agent for Family and Consumer Science Education from passed away on November 18, 2016. Ann was married to Reverend Bobby Hollon of Campton, KY. They had 2 children Rebekah Bush and Isaac Hollon. The pride and joy of Ann's life was her granddaughter, Madison Danielle Bush. Ann loved her family and she shared many stories about Bekah, Isaac, Bobby and Madison with us. For those of us that got to work with Ann we enjoyed her dry sense of humor, her way of encouraging us to keep on going "it will be okay girls" was her famous quote to us. She was always dressed for the situation – jeans for field days, dress and heels for many programs (she could walk at a fast clip in those heels), she looked awesome in black with a little touch of red. Ann's smile will be missed and her encouraging words.

Ann had a passion for the people she worked with: many of her programs focused on the hungry, the financially disadvantaged, grandparents raising grandchildren, local health issues and veterans. Ann's homemakers were state leaders, they loved Ann and her passion for their county residents. One of her more recent projects included a quilt fence. The Extension Office was in need of a privacy fence for a boundary. Ann had a passion for quilt block history and wanted to see the younger generation understand its importance in Appalachia. The idea came about to build the fence and every so many feet a quilt block would be hung. The Homemakers painted all the blocks and each program area is represented with its own "unique" block. Pastor Hollon and a group of volunteers built the fence and hung the blocks as they were completed. Ann also mapped a trail of the quilt blocks found here in Wolfe County.

We consider ourselves blessed and privileged to have the opportunity to know and work with Ann Hollon. We will miss her.

In other news, Ann Bradley of Letcher County retired after 49 ½ years of working for Cooperative Extension. Glenna Wooten of Perry County has a new grandchild and a new great grandchild. Nanette Banks transferred from Leslie County to Letcher County. Natasha Lucas has completed her term as an officer for Epsilon Sigma Phi, and new agent Kayla Watts has nearly completed her core training. Congratulations to all of these co-workers!

Awards were received by the following:

Natasha Lucas – Natasha Lucas – ESP Distinguished Team Award and KEAFCS School Wellness Award
Nanette Banks – 1st place KEAFCS Florence Hall award

Our area association has toured the Hazard ARH Cancer Center and participated in an aging simulation. We attended the 2016 KEAFCS meeting and had two agents to attend the National ESP meeting in Cape May, New Jersey. We presently have vacancies in Lee, Leslie, and Wolfe counties.

Wilderness Trail Area

The Wilderness Trail Area has had some wonderful association meetings! We visited Hawk Creek Cabin in Laurel County for a tour of grounds and cabin by the owners and learned the history about the cabin and how it made its trip to London, KY. Our next association trip was to Richmond, KY for a tour of an Alpaca Farm. We were able to see different merchandise and apparel made from the wool of the alpacas. We participated in some hands on learning by weaving and making our own coasters.

Matti Daniels and Lora Howard attended the NEAFCS meeting in Montana!

Congratulations to our very own Lora Howard for being elected as President Elect of NEAFCS! She will represent us well!

Danielle Barrett, Knox County FCS Agent, completed her Master's degree from Utah State University in Dietetic Administration in August 2016!



Editor's Note

Thank you to all the areas that sent in information for this newsletter. I hope you enjoy reading what is going on across the state in Extension FCS.

The newsletter is supposed to be quarterly, but it seemed very hard to get enough information to put one together. I would still like to try for two times each year. In an effort to make that happen, **I will start collecting information for a summer newsletter in May, 2017.** Mark your calendars!

If you see any updates or improvements that need to be done on the KEAFCS website, please let me know. Even though I have been at this a while, technology changes and the website changes and I am still learning about its workings. I can't guarantee immediate action, but will do my best to make it happen.

Thanks for your cooperation and help!

Cecelia Hostilo
KEAFCS Newsletter Chairman
KEAFCS Webmaster