



## ***PRESIDENT'S MESSAGE – Liz Kingsland***

Dear KEAFCS friends,

I'm enjoying my year as your President. I have had the honor of representing you at the National Joint Council of Extension Professionals (JCEP) and at the Public Issues Leadership conference (PILD). Both of these meetings allow us to network, learn new information about Extension across the country as well as grow professionally. The JCEP conference had a new Town Hall format that reached out live across the country to allow more people to participate in the process. Both meetings were excellent.



Now is a time for FCS Extension professionals to speak out about what we do in our counties and our state. There have been several eye-opening opportunities since our state meeting as to what we need to do to represent ourselves. As we wait to hear about our new direction in Kentucky Extension, let us vow to continue to share our mission and values. We must let our colleagues, administration and our university know our value to the people of the Commonwealth. Through reporting our data, speaking out and sharing our work we will not be the best-kept secret! We have a special committee spearheaded by Jennifer Bridge that is working on public information pieces and other ways for us to have one message that we can use across the state. Please be responsive to her requests. This will be your message and it should come from you!

I hope you are making plans to attend the national meeting in Omaha! Our own Lora Lee Howard will be installed as the national President! We are so proud! I know you will support her with anything she needs. I'm looking forward to the meeting and all it has to offer. It's not too late to register. This is an excellent time for us to learn, gain new ideas, reward ourselves for jobs well done and even relax a little with other FCS professionals. Please take advantage of this benefit this year or plan for next year in San Antonio! Looking forward to a wonderful state meeting in Lexington with all of you!

## ***VICE-PRESIDENT FOR PROFESSIONAL DEVELOPMENT/PRES-ELECT***

***Jill Harris***

I hope you are making plans to attend the 2017 NEAFCS Annual Session in Omaha, NE. State's Night Out will be held on Wednesday, October 18, and we will be dining at 7:00 PM at the Upstream Brewing Company which is located in the Old Market Area. A local favorite, the restaurant came highly recommended plus we will have our own

private dining area. The cost will be \$50 per person which includes meal, tax, tip, and round-trip transportation (details will be provided closer to time). Make checks payable to KEAFCS. They must be post-marked by September 25 and sent to the KEAFCS Treasurer, Lora Lee Howard. The form is on the KEAFCS website under the Forms tab.

The All School Conference and KEAFCS Annual Meeting and will be here soon. The All School Conference will be Tuesday, November 28th and the KEAFCS Annual Meeting will be November 29th --30th. Both meetings will be held at the Hyatt Regency in downtown Lexington. The room rate is \$119 per night. You can make your reservations on line at <https://aws.passkey.com/go/KEAFCS2017> or call 1-859-253-1234 and ask for KEAFCS group. The cutoff date to receive the discounted guest room rate for this block is November 3, 2017. Registration/agenda for the meeting will be sent soon.

Watch your emails for further details. I hope to see you in Omaha and at the All School Conference/KEAFCS Annual Meeting!

### ***VICE-PRESIDENT FOR AWARDS AND RECOGNITION - Amanda Hardy***

I first would like to thank everyone that entered awards this past year. We had a total of 72 awards. 36 agents entered awards and 56 were sent to NEAFCS to be judged. 11 awards were KY awards. We had 10 Southern Region Award winners, 5 National Award winners, 3 Distinguished Service Award National Winners, 3 Continued Excellence Award National Winners and 10 KY Award Winners. Please remember if you won a national award, please let me know if you are going to the national meeting. Start thinking about awards for this coming year now- *success stories*. Remember that you can resubmit your awards next year by updating and making corrections. Start working on awards today for this coming year!!

### ***VICE-PRESIDENT FOR MEMBER RESOURCES - Matti Daniels***

If you have any new agents in your area, please let me know so I can welcome them to Extension and explain to them what the benefits are of our great Association. Also, if you have any suggestions on Honorary KEAFCS Member for this year, feel free to email me at [matti.daniels@uky.edu](mailto:matti.daniels@uky.edu).

#### ***Nominating Committee Update:***

There are four officer positions that will need to be filled this December. Those are:

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

I encourage you to apply for these positions! Please fill out the credential form on the website and send it to [matti.daniels@uky.edu](mailto:matti.daniels@uky.edu).

## ***VICE-PRESIDENT FOR PUBLIC AFFAIRS – Melissa Goodman***

Public Issues Leadership Development (PILD) Conference 2017 was a great experience. The conference theme: Relationship, Relevance and Results, really encompasses the professional development opportunity that was offered to the participants. If you would like to learn more links to PILD 2017 Presentations are found here: <http://jcep.org/public-issues-leadership-development-conference/pild-presentations>. Kentucky was represent well in NEAFCS IMPACT 2017 reports. Kentucky was mentioned 18 times and represented in all 9 IMPACT areas. 24 impacts were submitted. NEAFCS Impact Statement can be found at:

<http://www.neafcs.org/impact-statements>. When writing impact outcomes, the National Level is looking for: Name of program, Number of times program offered, If it is a series of lessons, how many lessons in the series, Number of participants in the program, Number of community partners, if any, assisting with the program, Describe the need, scope and outcomes (including highlights of your evaluation data) of this program, a Participant or community partner quote on program benefit and a high resolution action PHOTO (optional, but very powerful). I will be requesting this information in December and January. If you have an interest in working with a National Public affairs committee, please join the committee by accessing this link:

link [https://neafcs.memberclicks.net/index.php?option=com\\_mc&view=mc&Itemid=272](https://neafcs.memberclicks.net/index.php?option=com_mc&view=mc&Itemid=272)

Thank You to Mindy McCulley for including Living Well Social Media Posts for March. Thank you to everyone who shared the good work of FCS during the last several months. Thank you to Jennifer Bridge for her work chairing the KEAFCS Special Committee on Marketing and Promotion, Committee Members include Jennifer Bridge-Chair, Leslie Workman, Judy O'Bryan, Melissa Goodman, Jill Harris, Natalie Taul, Diana Doggett, Elizabeth Coots, Alethea Price, Mindy McCulley. Liz Kingsland, ex-officio. This committee is diligently working to create an effective marketing and promotion strategy for Family and Consumer Sciences. They have sent out a email asking: In simple terms, what do you do as an Extension Agent for Family and Consumer Sciences Education? Your answers have been helpful, please continue to offer input. Make sure to share your success stories, share the Building Strong Families reports, SNAP county reports with elected officials and local stakeholders. We have a great story to tell. Make it logical and impactful!

## **TREASURER – Lora Lee Howard**

Just a couple of notes. When you send in your payment for states night out please send the entire sheet of paper. I will send you via email a receipt for your check. Everyone that has sent in a payment should have received a receipt via email. Please send in your registration as soon as possible that will help me out greatly and you won't have to worry about it.

I have had several questions about dues. I will send out a letter asking for dues probably at the first of September. I will then send you a receipt for your dues via email. You can pay for dues out of professional improvement for 2018. **Your dues have to be sent to me by December 11<sup>th</sup>.** We receive our DSA and Continued Excellence by the number of dues paying members we have. We have to have 101 to keep our 3 awards for each of those, plus the number of awards that we can send in for all the other awards. I have always believed being an active member of your association is one of the best investments that you can make in your own professional development. It is a decision you will not regret. So please encourage your new agents in your districts and areas to please join.

If you have questions please don't hesitate to ask. [lhoward@uky.edu](mailto:lhoward@uky.edu)

Thanks Lora Lee

Lora Lee Frazier Howard  
Clay County Extension Office; PO Box 421  
Manchester, KY 40962; (606) 598-2789

## **Area News**

### **Bluegrass Area**

The Bluegrass Area agents are off to a successful and exciting 2017. So far this year we have participated in several professional development opportunities and service learning events. In January we visited Boone Creek Creamery in Lexington to learn about the cheese making process. The owners walked us through the science behind cheese making and filled us in on the nutrient density of the often discarded whey. In addition to a behind the scenes tour we sampled the cheeses and several Kentucky Proud products.

In the spring agents served as volunteers at Kentucky Crafted: The Market. This gave us a great networking opportunity with many Kentucky entrepreneurs whose products ranged from jewelry to crafts to food and apparel.



*Bluegrass Area Agents trying out products at KY Crafted the Market. Pictured left to right: Thays Flores, Jennifer Howard, Pam Dooley, Liz Kingsland, Diana Doggett, and Gina Noe.*

In April both Bluegrass Area Agents and Fort Harrod Area Agents spent a day with Barbara Harper-Bach, author and owner of Bluegrass Cooking Clinic. We met Barbara at Wild

Thyme Cooking School in Lexington and she shared her passion for Irish culture and cookery with us. She demonstrated the preparation of Irish lore including toad in the hole, Guinness cake, rhubarb pie, colcannon and brown soda bread. After tasting these amazing dishes many of us purchased her “Irish American Cookery Clinic” cookbook so we could recreate these dishes at county international programs.



*Barbara Harper-Bach prepares Irish Soda Bread with assistance from Gina Noe*

To further their knowledge of Irish culture and food, Gina Noe, Madison County Agent, and Diana Doggett, Fayette County Agent, attended the study tour to Ireland with Dr. Vail. They were accompanied by Diana’s husband, Bill, and retired FCS Agent, Rita Smart and her husband, Richard. During this trip they were able to experience the sites, tastes, and hospitality of Ireland. Gina will be sharing her experiences with us in February during a lesson leader training which we are all looking forward to.

We have also had some staffing changes in the Bluegrass Area. Pam Dooley, Powell County FCS Agent, retired in March. We hosted a going away party for Pam and retired agents Connie Minch, Rita Smart, Connie Jones, and Cheryl Case were in attendance. We were sad to see Pam go but hope she enjoys her retirement.

We are happy to welcome new agent, Madison Showalter. Madison is the 4-H/FCS Agent in Nicholas County and began her position on June 1. She is a recent graduate from the University of Kentucky with a degree in Family Sciences and a former student of Bourbon County FCS Agent, Kay Denniston.

Lastly we are proud to have representation from the Bluegrass Area on the state KAFCS board. Whitney Hilterbran, Scott County Agent, was installed as president- elect at the April annual meeting of the Kentucky Association of Family and Consumer Sciences. Whitney was also the recipient of the Karen Davis Parker Outstanding New Agent Award.



*Pictured left at Irish Cooking Clinic: Gina Noe, Jennifer Howard, Elizabeth Coots, and Kay Denniston.*

*Pictured right at Irish Cooking Clinic: Karli Jessie, Thays Flores, Whitney Hilterbran, Tamera Thomas, and Benita Peoples.*



## Lincoln Trail Area

We welcome new co-worker Danielle Ford, FCS agent in Marion County. She started in early spring of 2017 and is from Marion County.

Area agents encouraged each other to submit award entries to KEAFCS this year by holding a group work day in January at Meade County CES.

On March 31, D5 FCS agents met for a one day retreat at the Washington County CES. Program theme for the retreat was on Work-Life balance.

## Green River Area

### Plate It Up KY Proud @ 2016 AG Expo

Area agents decided to use this annual event as a platform to promote the Plate It Up KY Proud program. Each year the Ag Expo averages 700 attendees. The area teamed up to host Plate it Up KY Proud displays and tastings. Agents conduct surveys to track results each year. The focus of the program is to increase local fruit and vegetable purchases and consumption. Recipe cards, demonstration guides, and media scripts were used to promote the program. Marketing efforts included newsletters, social media such as Facebook, local radio advertisements on WBKR (Davie County) and WSON (Henderson County), and the AG Expo event program. In the future, agents plan to have live demonstrations of recipes.



## Pennyrile Area

The Pennyrile Area continues to be a busy group of agents.

We would like to express our sympathy to Cecelia Hostilo, Trigg County FCS agent, at the sudden death of her husband, Paul David Hostilo on March 5, 2017. Paul enjoyed traveling with Cecelia to KEAFCS and NEAFCS annual meetings. We will continue to keep Cecelia and her daughters in our thoughts and prayers.

Pennyrile agents worked with the area Homemakers association to offer a spring seminar entitled "Trotting the Globe" and featured sessions that help familiarize us with various locations around the world. Thanks to Kathy Roesel Byrnes for presenting our opening session on the German heritage of Kentucky and introducing Western Kentucky to goetta. Also, thanks to Dr. Kim Spillman speaking about the efforts in Ghana to teach sewing skills to women to help provide them with a source of income.

Our agents also worked with the Pennyrile Area Homemakers on a recent educational tour of Frankfort, KY. The group toured many sites, including the Capitol building, Rebecca Ruth Candies, the Kentucky Vietnam Memorial, and the Governor's mansion.

Our summer association meeting and professional improvement was planned by Morgan Rousseau, Livingston County FCS agent, and included a day of learning in Princeton, KY. We were guests at Meadowview Farm for a greenhouse and flower farm tour with local producer and designer Sara Brown. Afterward, Sara led us in a hands-on workshop on floral arranging, during which everyone created a summer bloom centerpiece to take home with them. We ended with lunch at Timberdoodle, the restaurant established in the carriage house at Black Oak Vineyard just outside of Princeton.



## Purchase Area

The Purchase Area FCS agents are down to "The Final Four", but I wanted to share that we celebrated the retirements of Debbie Temple in Ballard County and Virginia Langford in Graves County. The summer has been especially busy with new and expanded farmers markets, and summer feeding programs.

## Wilderness Trail Area

The Wilderness Trail Area FCS Agents have had some wonderful association meetings in the last several months! Agents met in May to visit the Arboretum on the University of Kentucky's Campus. Our group enjoyed touring the grounds and seeing all the various types of roses and the herb garden sponsored by master gardeners. We concluded the day with a visit to a Farm to Table Restaurant in Lexington, The Sage Rabbit and a visit to Michener's, a greenhouse in downtown.

The Wilderness Trail FCS Agents also participated in two professional development days with our fellow Quicksand FCS Agents. As a district, we met and shared program ideas and talked about ways to market FCS better. These meetings will continue quarterly.

Clare Kincaid FCS Agent in Jackson County is leaving Extension to return to Nebraska. She will be missed by her co-workers. Clare's last day is August 3<sup>rd</sup>. We hosted a luncheon for her at the end of July.



In our area, Harlan County welcomed new FCS Agent, Lora Davidson, at the end of March! Lora is from Manchester, Kentucky and is no stranger to Extension. Before making her way to Harlan, she was the 4-H/FCS program assistant in Knox County for 4 years. She and her husband Kevin have two children, Hunter, who is 11 and Abigail, who is 8. Lora graduated from Western Kentucky University with a bachelor's degree in Child Studies and a minor in Family Studies. She is currently working on her master's at Western and hopes to graduate by December. Welcome aboard!

Rockcastle County FCS welcomed summer intern and Mount Vernon native, Alyssa Cox. Alyssa will be a junior this fall at the University of Kentucky and is majoring in dietetics.

## Mammoth Cave Area

The Mammoth Cave Area FCS Agents welcomes Jamille Hawkins as the Monroe County FCS Agent. Jamille started June 1, 2017 and earned her Bachelor of Science degree in Child Development and Family Studies from North Carolina A&T State University. Prior to joining extension, she worked as an Early Education Teacher. She enjoys traveling and watching movies. We look forward to working with Jamille.

A Professional Development & Program Planning day was held on July 24, 2017 at the home of Tracy Cowles. She presented information about tea as she served different teas and finger foods. After lunch, we gathered for a short business meeting and program planning.



## **Northeast Area**

The Northeast Area welcomed a new agent in Lawrence County, Alivia Faris. She recently graduated from Western Kentucky University with a Bachelor's of Science in Family and Consumer Sciences with a concentration in Education. During her time there I was actively involved with many clubs and activities including Sigma Kappa Sorority and many professional organizations for Family and Consumer Sciences. Although she attended school in Bowling Green, she is from Fleming County where she was also an intern for Extension last summer. She has been connected to Extension for years not only as an intern but as a 4-H member and volunteer. While working as an intern she was able to work with the Fleming County Chamber of Commerce, 4-H members, and other community groups. She loved getting work with diverse groups of people every day, which is something she also looks forward to doing as an Agent.

Congrats to Martin County Agent Sarah Sumpter who will be getting married September 28<sup>th</sup>! Sarah also will be starting her Masters this fall.

The Northeast Area Agents along with other agents in District 1 had a professional development day in Morehead. We toured Root-A-Bakers bakery and enjoyed a presentation from the owner about the development of her small business.

Our District 1 team also hosted our annual Paraprofessional Day where FCS agents and NEP and FCS assistants toured the Food Connection in Lexington. This day included education and recognition of our paraprofessionals.

NEA agents also hosted multi-county container gardening classes and a Healthy Homemakers leadership training day. Extension Homemaker leaders attend an area-wide, one-day training and then come back to their counties to teach four months of leader lessons

Several NEA FCS agents were included in an award from ESP on the "Planning for Family Financial Transitions" estate planning series. FCS collaborated on with the ANR agents. The program was in 17 District 1 counties. We won a state ESP award for Distinguished Team.

## **Quicksand Area**

Agents that transferred:

Nanette Banks from Leslie County FCS to Letcher County FCS  
Natasha Lucas from Owsley County FCS to District 1 Director  
Crystal Osborne from Owsley 4-H to Owsley FCS

New Agents:

Brittany Bowling - Leslie County FCS  
Laken Campbell – Lee County FCS/4-H

*A note from Laken.....*

I'm Laken Campbell and I am the new FCS/4-H agent for Lee County. I graduated High School in 2012 from Owsley County High School. In May, I graduated from Eastern Kentucky University with a Bachelor's of Science. I majored in Apparel Design and Merchandising and minored in Family Consumer Science. While at Eastern I was given the opportunity to study abroad in Italy. I was able to visit Rome, Pisa, Venice, and Siena. I am currently serving on National Council of Phi Upsilon Omicron, as National Collegiate Chair. As a child, I grew up with extension and 4-H. I was heavily involved in Demonstrations, Camp, State Fair events, and other various programs. I interned with the Owsley County Extension Office last summer and my love for extension just grew more. I look forward to getting to meet everyone and get things started.



Quicksand and Wilderness Trail are meeting quarterly to share program ideas and plan joint programs.

**Celebrations:**

Brittany and her husband are expecting their first baby in December; it is a boy. They also have a new Belgian Shepherd names Bella.

Linda and her family vacationed in Vegas and had a great time.

Nanette and David Banks celebrated 26 years of marriage.

Crystal and Randy celebrated 10 years of marriage.

Glenna Wooten and her husband Rufus celebrated 41 years of marriage.

Kayla Watts' husband Phillip is serving as Interim Superintendent. Her daughter Anna turned 6 in July and daughter Katy will be 4 in August.

**Leadership experiences:**

Nanette 2017 ESP chapter relations chair

Linda is serving as President elect for Alpha Kappa Chapter of ESP.



## **Ft. Harrod Area**

The Ft. Harrod Area Family and Consumer Science Agents are a great team. We are seven strong! Annually, we host two area-wide seminars, a “Holiday”/Living Well Seminar in the fall and this past March our spring Seminar which focused on technology this year. ‘Tapping into Technology’ was well received as we addressed smart phone usage, new tech gadgets, social media trends and other current issues in the tech world.

In April everyone enjoyed a day in Berea touring Berea College, learning more about the sustainability and enviro-friendly campus. We were inspired by the student driven tours of the Ecovillage and the recently completed energy efficient dorm near Boone Tavern. We also spent time with artisans and enjoyed lunch at Papaleno’s. We recently visited Shaker Village for lunch after meeting at the Mercer County Extension Office.



*Ft. Harrod FCS Agents hosted a “Tapping into Technology Seminar” this past March. Here are Tamera Thomas and Rita Stewart sharing their knowledge!*

## **Northern Kentucky Area**

The Northern Kentucky Family and Consumer Sciences Agents have enjoyed a busy spring and summer. In March, Cathy Jansen returned to UK Cooperative Extension as the FCS agent in Carroll County. From 1997 to 2007, she served as an Extension Agent for 4-H Youth Development in Carroll and Owen Counties (5 years in each county). After 10 years as a business owner operating franchises in Texas, Oklahoma, and Missouri she moved back to Kentucky. Cathy earned a B.S. in Home Economics with an emphasis in Textiles, Clothing, and Merchandising in 1981 and M.S. in Vocational Education in 2005. A native of Owen County, she has been happily married for 26 years and has six children and twelve grandchildren. She and her husband love to travel and are currently raising a three year old grandchild.

Other happy life events impacting our great staff are the addition of babies being born. Within the last 12 months Katie Trump (Boone Co.) welcomed twins, Max and Madeline, and Kate Vaught (Campbell Co.) gave birth to Emma.

In work related news, FCS agents have been busy planning joint programs and participating in Association events. The NKY annual Paraprofessional Appreciation Day held in May honored the work and accomplishments of the NEP and FCS program assistants. Attendees gathered at Liberty Hall, in Frankfort for a tour of the home of John Brown, the first senator of Kentucky. After the tour, participants traveled to Blue Wing Landing in Owen County to view the Brown family summer home along the bank of the Kentucky River. After lunch was served the paraprofessionals were honored for their hard work and support of the mission of the Cooperative Extension Service.



*N.KY. Paraprofessionals: B.J. Porciello & Stacie Ball, Boone County; Carol Palmieri & Melissa Pilcher, Campbell County; Angela Baldauff, Kenton County; Mimi Quiroz, Ginny Miller, and Emily Williams, Owen County; Darlene Brown, Gallatin County; Judy Jackson, & Lorie Dunn, Grant County; Meg Owens & Kaye Johnting, Pendleton County*



In June agents met to discuss upcoming joint programs and association business while also learning about the rich history of American signage. Agents Kathy Byrnes (Kenton,) Diane Mason (Boone), Rachel Price (Grant), Judy Hetterman (Owen), Rosie Allen (Area Nutrition Education Program) Kym Johnson (Kenton Co. summer intern), Joan Bowling (Kenton), Linda Brown Price (Kenton,) Kathy Jansen (Carroll )and Sherri Broderick (Gallatin) began the day at the American Sign Museum in Cincinnati. The museum is the premier institution for preserving historic signs

and promoting the sign industry's contributions to commerce, culture and the American landscape. At the conclusion of the guided tour the agents convened at The BonBonerie Café for a working lunch. Association business and planning of the multi-county two part seminar titled "Healthy Living- from the Inside Out" that is to be held in late August was discussed.

## Licking River Area

### Licking River Area Training Day

Licking River Area is hosting the second annual Leadership Day for Extension Homemakers. During this day of fun and fellowship, Family and Consumer Sciences Agents are training leaders on their first three lessons. Also, leaders will be receiving training on Parliamentary procedure, as well as ideas for the 4-H/FCS activities through 4-H chairmen reports.

Last year's leadership day had over 100 leaders receiving three lessons that day. Leaders, FCS Agents, and FCS assistants got to interact with others from the ten counties in Licking River Area, as well as plan area programs. The anticipation is that more will register for this year's training day.

While the FCS Agents dedicated their time to plan activities to enhance the Extension Homemakers' leadership skills, the recognition also falls on learning from the homemakers. Extension Homemakers are very active in the decision-making process of upcoming lessons, training needs, and social interaction.

