



PRESIDENT'S MESSAGE – Judi O'Bryan



I can't believe that by the time you read this I will only have about one month left as President of our Association. It's been a whirlwind and difficult at times but so rewarding! The best part has been getting to know all of you. We have been through so much this year: an independent study about the structure of Extension, the hiring of a new Director of Extension, financial reviews, and currently the transition to a new structure. Through all this change and the constant noise of the grapevine, one of the things that has kept me from getting overwhelmed is great coworkers. You guys are rock stars! In my 30 years of working for Extension the one constant in my career has always been wonderful co-workers. As I have scrolled through websites, saw your social media posts and just recently attended the NEAFCS awards banquet I

am so impressed with all programs FCS Agents do. It's always so easy to forget that we make a difference, every day, in the lives of so many in our counties. So as we approach the holiday season and we start contemplating what we are grateful for, let me just say, I'm grateful for all of you.

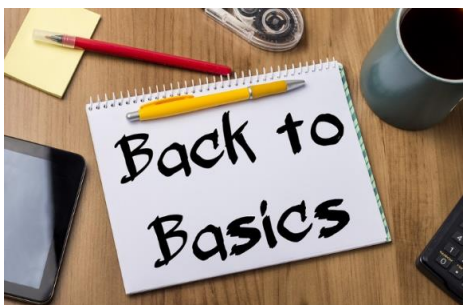
Now, on to business ... Congratulations to all the award winners at NEAFCS. I'm always so proud to be from Kentucky at our national meetings. Make sure you are sending your credentials in to Angie York. We have several officer positions open and we need you to serve! Don't forget to make your reservations for our KEAFCS annual meeting on November 21st and 22nd in Lexington. I know Melissa has done a fantastic job and you won't want to miss what she has planned for us.

Looking forward to seeing everyone in November!

Judi

VICE-PRESIDENT FOR PROFESSIONAL DEVELOPMENT/PRES-ELECT

Melissa Goodman



Mark your calendars for our state annual meeting November 21-22 in Lexington. Our meeting will begin on Wednesday, November 20, with our FCS in-service training, "Exploring the Future of Our Field". FCS Extension is currently working through the strategic planning process and we need your input!! Dr. Alison Davis and Melody Nall will help us evaluate the state-level community needs assessment and help us utilize the data to inform our next FCS strategic plan.

Thursday and Friday of our KEAFCS meeting will feature three panel presentations. *Becoming Responsive to Emerging Needs Panels* will focus on the top three ranking needs of the statewide community need assessments in light of our work in the field of family and consumer sciences. The Sponsor Luncheon and Awards Banquet will celebrate those who support FCS Extension and recognize agents, paraprofessionals, and volunteers that contribute to the work of building strong families in Kentucky. Last year's favorite addition- workshops on the move are filling up fast. Crank & Boom workshop is already filled and Fueling Up the Cats workshop is getting there fast. Make sure to register as soon as possible. The forms can be found at https://keafcs.ca.uky.edu/files/2019_keafcsinservice_registration.pdf As a reminder, the FCS In-service and KEAFCS registration fees are listed separately on the combined registration form.

Remember that the Early bird discount deadline for KEAFCS/In-service registration is October 28, 2019. The hotel discounted rate deadline is October 22, 2019.

VICE-PRESIDENT FOR MEMBER RESOURCES – Amanda Dame

Join a Committee

Becoming a member of a National Committee is a great way to become involved in the association and to get to know other NEAFCS members across the country. Listed below are the committees open for any member to join. There are other committees that are available by appointment only, the full list is on the NEAFCS website.

Awards & Recognition Committee

Chaired by the Vice President for Awards & Recognition, this committee is structured into subcommittees to achieve goals of the strategic plan and focus on priorities of the Executive Board and the membership, with special emphasis on recognition and accomplishments of members. The total committee will have a recommended range of 30-50 members. Subcommittee members will consist of a diverse representation from all regions.

Endowment Committee

This committee has 6-9 members including Active and Life members, the past president and treasurer. It will oversee the solicitation of funds for the endowment; it will work with the NEAFCS Investment Committee to develop the Endowment Investment goals.

Professional Development Committee

Chaired by the Vice President for Professional Development, this committee is structured into subcommittees to achieve goals of the strategic plan and focus on the priorities of the Executive Board and membership, with special emphasis on coordinating diverse educational opportunities. The total committee will have a recommended range of 70-80 members. Subcommittee members will consist of a diverse representation from all regions.

Public Affairs Committee

Chaired by the Vice President for Public Affairs, this committee is structured into subcommittees to achieve the goals of the strategic plan and focus on priorities of the

Executive Board and the diverse membership, with special emphasis on current public policy and legislative issues. The total committee will have a recommended range of 30-60 members. Subcommittee members will consist of a diverse representation from all regions.

Reminder: If you have any new agents in your area or district, please let me know their name and county. If you have a new agent please email the information to me at amanda.dame@uky.edu.

Upcoming Webinar:

Tuesday, December 3, 2019

Creating Recipes with Food Safety in Mind

(2:00 PM Eastern, 1:00 PM Central, Noon Mountain, 11:00 AM Pacific, 10:00 AM Alaska, 8:00 AM Hawaii)

Description:

After attending the training participants will: Increase their knowledge of importance of including food safety steps in recipes. Increase their ability to identify and correct subjective cooking food indicators in recipes. Identify how to insert the 4 keys to safe food handling into recipes. Describe one or more ways to add food safety steps to recipes.

Presenters: Lynn James, MS, RDN, LDN and Nicole McGeehan

Register: Visit: <https://attendee.gotowebinar.com/register/2200570668793249804>

VICE-PRESIDENT FOR AWARDS AND RECOGNITION – Katie Alexander

Kentucky submitted 69 awards (57 National entries, 12 state only entries). Fifty-one of those entries went onto Nationals as state winners. We had nine Southern Region Winners, three National award winners along with our three Distinguished Service Award winners and three Continued Excellence Award winners. The National and Southern Region winners were recognized in Hershey, PA at NEAFCS. State winners will be recognized at KEAFCS in November.



Be sure and start thinking about your award entries for this year!! Entries will be due in February and updated online national information should be online in November. So look over the categories and enter your amazing programs! Always be sure and have someone look over your award entries! Winning entries from this past year are also posted on the NEAFCS website, so you can take a look and see what an award winning entry looks like and possibly give you some ideas for your award entries! I would love to see several award winners at NEAFCS in Utah in 2020!!

I have enjoyed serving as your Vice President for Awards!

Thanks,

Katie Alexander

Treasurer-Amanda Hardy



I am collecting KEAFCS dues **NOW** for 2020. **Please send these as soon as possible.** New members will pay \$140 and returning members will pay \$150. Emails have been sent with the invoice for you to use. I also need everyone to fill out the membership form, also included in the emails. You will need to go on the NEAFCS website and update your information.

Area News

Green River Area

The Green River Area FCS agents are down to 3; Amanda Hardy – Henderson County, Amanda Dame – McLean County and Katie Alexander – Webster County.

This past year for homemaker lessons we recorded half of the lessons and the videos were posted to Youtube for our Homemakers to view as a club, at home or at the office. The overall feedback was positive so we recorded half the lessons for this current year as well. We have been working with Mindy McCulley to get this accomplished.



All three of us attended NEAFCS in Hershey, PA where Amanda Hardy received her Continued Excellence Award, 1st place Southern Region for TV/Video and 2nd place national award for TV/Video.

We also attended National ESP meeting in Colorado Springs, CO.

We are also all three participating in the ESP LEADS program.

Wilderness Trail Area

Lora Lee Frazier Howard finished her term as NEAFCS Past President at the meeting in Hershey, PA. The sweetest place in PA.

Wilderness Trail Area FCS Agents Judi O'Bryan, Lora Lee Frazier Howard and Hazel Jackson attended the NEAFCS meeting in Hershey, PA. Lora Lee had responsibilities on the board for the national meeting and Judi had responsibilities as the Kentucky Affiliate President.

Congratulations to our very own, Hazel Bowling Jackson, Family and Consumer Sciences Agent with Rockcastle County Extension Family & Consumer Sciences. She received the Continued Excellence Award from the National Extension Association of Family and Consumer Sciences. This award recognizes leadership and active involvement in professional improvement and professional development programs. Way to go Hazel, we are very proud of you!

The Wilderness Trail Area FCS Agents toured The Kentucky Castle on August 9th. Agents were given a tour of the grounds and a brief history about how the castle came to be. The tour guide informed the group that they grow their own herbs and have their own bees on the property to help with costs of the restaurant. The group finished up the day with having lunch at the castle's farm to table restaurant.



On Wednesday, September 11th the Wilderness Trail Area FCS Agents spent the day exploring at Evan's Orchard and Cider Mill in Georgetown, Kentucky. The group learned about the different varieties of apples and how to make cider. After visiting the orchard, the agents explored the new Bluegrass Stockyards and ate lunch at Hayden's Stockyard Eatery.

Mammoth Cave Area

We are pleased to have on board two new agents filling openings in Allen County, Kelly Burgess and Warren County, Kristi Shive.

Kelly Burgess writes: I was born and raised in Franklin, TN, but I am proud to call south-central Kentucky my “second home”. Throughout my youth, I loved being part of Tennessee 4-H, where my main project was Clothing and Textiles, but I also served in state-level leadership roles and was a member of a national-winning Consumer Decision-Making Team. At WKU, I studied Nutrition and Dietetics as the beginning of my journey to becoming a Registered Dietitian Nutritionist (RDN), my career goal. As a college student, I invested time in student organizations and conducted a thesis project where I studied the impact of nutrition education on food insecure populations. Identifying my passion for serving the community through nutrition led me to apply for and become a FCS intern in Simpson County through the UK Cooperative Extension Internship Program in the summer of 2017. Learning from Christy Ramey, FCS Agent in Simpson County, was incredibly inspiring, and caused me to consider Extension as a career path. After college, I completed a supervised-practice internship at Medical University of South Carolina (MUSC) before acquiring the credentials of RDN. At MUSC, I focused on Community Nutrition Promotion, which I believe prepared me well to begin serving in this role in Allen County. I am honored to join the Extension team and work to continue improving health and family life in Kentucky.

Kristi Shive writes: Hello! I am excited to be your new Family and Consumer Sciences Agent in Warren County. I earned my Bachelor of Science degree in Family and Consumer Sciences from WKU in December 2013 and I am currently working towards a Master’s Degree in Organizational Leadership. My husband, Jarrod, and I have been married for five years and reside in Bowling Green, KY with our 15-month-old son Paxton. He keeps us on our toes but we are cherishing these times with him while he is still young. In my spare time, I enjoy spending time with family and friends. I love eating good food and trying new restaurants. I recently tried my hand at refurbishing our coffee tables and I greatly enjoyed it. I’ve been keeping my eye out for another project to start. Over the last four and a half years I have worked as a SNAP Educator for the Warren County Cooperative Extension Office. I have truly developed a love and passion for service in the community and am so excited to further my work in Warren County.

Five of our Agents, Julia Wilson, Christy Ramey, Tracy Cowles, Janey Cline, Kelly Burgess, and guest Arabella Branstetter attended NEAFCS in Hershey, PA.

The team of Julia Wilson, Rachel Hance, Christy Ramey, Tracy Cowles, Lynn Blankenship, Jamille Hawkins, LaToya Drake, and Janey Cline received 1st place in the Southern Region and National for the Social Media Education – Online Video Award. Ask Janey, Christy, or Kelly about their experience on the way to NEAFCS.

The FCS Agents in the southern part of District 6, (old MCA Area) participated in a retreat on October 11, 2019. It was started by having lunch at Gerard's 1907 Tavern in Warren County. After lunch, we toured the SOKY Marketplace Community Kitchen which houses a commercial kitchen available to culinary entrepreneurs, farmers creating value-added products, caterers, and other food businesses.

Northern Kentucky Area



The Northern Kentucky Family and Consumer Sciences Agents Association met in July for a tour of Tracey Rae Floral Farm in Southeastern Ohio. Tracey is a former horticulture agent from Mason County who started her own business growing and selling flowers, flower arrangements, and wedding flowers. After the tour of the facility and a tutorial, each FCS agent made a beautiful floral centerpiece. Lunch followed

at Padrino's in Milford, Ohio, where agents discussed the Mystery Dinner/area homemaker training day and additional association business. Agents collaborated on teaching strategies and new delivery methods to increase participation at the event.

In September the Mystery Dinner Theatre entitled "The Uninvited Guest" went off without a hitch! The 186 participants representing Boone, Kenton, Campbell, Carroll, Owen, Gallatin, and Grant, and Pendleton Counties, actively solved the food borne illness mystery by collecting clues and gaining information from each of the food safety stations being taught by the agents that were set up throughout the Boone County



Enrichment Center. The Northern Kentucky and Three Rivers Health Departments also collaborated by hosting a question and answer session.

NKEAFCS members Pictured L to R:: Ronda Rex, Kenna Knight, Cathy Jansen, Kate Vaught, Sherri Broderick, Joan Bowling, Judy Hetterman, Kathy Byrnes, Rachel Price, Linda Brown Price, and Diane Mason.

In other news, the Northern Kentucky Family and Consumer Sciences Agents are honored to have in our ranks, Sherri Broderick of Gallatin County, a southern region award winner, for her program “Plastic Lids to Benches” Extension Homemaker Environmental Project. Sherri also received second place at the NEAFCS meeting in Hershey, PA. Congratulations Sherri!

We are also extremely proud that one of our own, Judy Hetterman (Owen County) is serving as Chair of the NEAFCS endowment committee. Judy is a great mentor to all agents as she works diligently to further the mission of NEAFCS. Thanks Judy for all the hard work you do!

Licking River Area



Licking River area Family and Consumer Sciences

Bracken County FCS Agent Shannon Smith planned an incredible educational trip for the Licking River Area FCS Agents this summer. A Kentucky Riverboat Thoroughbred Cruise was arranged with Kentucky State University; the tour included a narrator giving us the history and culture of the Kentucky River and Frankfort. The ride took us up the Kentucky River 4 miles and then back lasting around 90 minutes. After the tour our group enjoyed a wonderful meal at Sage Garden Café that is located in Wilson Nursery then added more knowledge from the workers about their plants and landscaping items. Some magnificent shopping finished the tour at the nursey and then it was off to travel back

to our counties. This is necessary for any Agent group in Kentucky to add to their bucket list of educational adventures.



Our Bath County and Rowan County Homemakers made this same trip and tour together in September and they also loved the education and history of the Kentucky River. The Homemakers all agreed that it is never too late to learn about our history.



Shona Bishop FLYNN was born March 15 to Nicole Gwishiri Flynn. She is a bundle of joy and the sweetest baby. Her favorite things is her mama and her mama. She's intelligent, compassionate, affectionate, and talkative. She's trying new foods and she's a blessing. Congrats to Nicole.

Bluegrass Area

Bluegrass Area has had several staffing changes over the past few months. We said "so long" to Liz Kingsland, who retired as FCS Agent in Fayette County. Liz has taken a new position at UK working with the Plate it Up! Program. Jennifer Howard Skaggs, who retired as Clark County FCS and became their County Manger, also retired from that role this summer. Lastly, Gina Noe, FCS in Madison County, has also retired from her position. Those of us remaining in the area are trying to hold down the Fort but it is tough without our fearless leaders!

Harrison County FCS agent Benita Peoples joined together with Bourbon County FCS agent Kay Denniston and Nicholas County FCS agent Madison McAlmond to host Food Preservation classes in each of their counties. Harrison County hosted the first class on August 7th, Nicholas County on August the 8th and finished with Bourbon County on August 15th. The three classes were held at different times, morning, noon and

evening, to accommodate participant attendance and to give location options for the neighboring communities. It was a great success and lots of fun!

Harrison County held its 2nd Annual Grandparents as Parents Seminar: Parenting Again on September 26th. Participants were presented information on *Understanding Why Your Grandchildren Act the Way They Do*; *Estate Planning: What Happens to Them When Something Happens to Me*; the latest information on *Relative Kin Providers* and, finally on *Grandparents Raising Grandchildren: Doubly Stressed but Triply Blessed!* Participants received warm greetings from the new Harrison County Schools Superintendent and the Center Director for the Harrison County Community Action Council. Several exhibitors shared information about their services and a hearty lunch was served! It was a great day!

Northeast Area

The Northeast Area is excited to welcome new agent Cath Sparks to our area. Cath Sparks is the new FCS Agent in Magoffin County. She comes to us as a retired Family & Consumer Sciences teacher from Magoffin County High School with almost 30 years of experience. She is also the wife of former ANR Agent Russell Sparks. Cath has a well-rounded background and understands many facets of Extension. She's a former district board member and county extension homemaker president. We are excited to welcome her to our team!



We also said goodbye to longtime FCS Extension agent Eugenia Wilson. She resigned her position as Boyd County FCS Agent in August. She previously served in Martin and Pike Counties. Eugenia took a teaching position in Ohio and we wish her well in her new endeavors.



NEAFCS Annual Session in Hershey, PA was attended by Cathy Sparks (Magoffin Co) & Alivia Faris (Lawrence Co).

Something is in the water in the Northeast Area!

Floyd Co FCS Agent Andi Slone and her husband Matthew have a new addition! Welcome to the world Natilee Jade Slone. She made her arrival on September 5, 2019 at 10:54 AM weighing 6 lbs 15 oz and 19 inches long. We are so happy for them and their family.





Johnson Co FCS Agent Brenda Cockerham welcomed another beautiful grandbaby. Many of you may know Brenda's daughter & KEHA Board Member Becky Grace. Becky welcomed a baby girl named Olivia late in the summer. Congratulations to Brenda on grandbaby #4.

Martin Co FCS agent Sarah Congleton and her husband Jeremy are expecting a baby boy in November. We are anxiously awaiting that arrival with them!

Pennyrile Area

In celebration of the 85th anniversary of NEAFCS the Pennyrile agents visited Sanctuary, the regional Domestic Violence Shelter in Hopkinsville, Kentucky, Agents set up a rotating schedule of programming for shelter clients and their



children. Participants were able to take classes on relationships, basic sewing, cooking, budgeting and more. While Moms were taking classes, the children were able to take part in Stories, Songs, and Stretches as well as nutrition and germ-busting lessons. The day ended with agents and participants working together to make dinner for those living in the shelter.



For our most recent Professional Improvement, Pennyrile agents traveled to Nashville, TN and participated in a walking tour of Germantown in the downtown area. On the tour the group learned about tourism, entrepreneurship, food preparation, and of course, we tasted many culinary delights from four premier restaurants.

As entertainment for the Pennyrile Area Homemakers at their Area Annual Day, the Pennyrile Area Agents learned the “Zydeco Bounce” and line danced for the group. Ag agent, Darrell Simpson, proxy for the Muhlenburg County FCS program, joined in the fun even though he had never seen the dance before the day of the event.



Quicksand Area

WELCOME ALYSSA COX

The Quicksand Area would like to give a warm welcome to Alyssa Cox, Wolfe County FCS Agent. Alyssa began working in Wolfe County in September, but was previously interning in Carter, Elliott, and Montgomery Counties. Alyssa is originally from Brodhead, KY (Rockcastle County), and graduated from UK in May 2019 with a bachelor of science in Dietetics. Alyssa also interned with Cooperative Extension for two additional summers while a UK student; both were in her home county, Rockcastle.



Upon graduation, Alyssa's number one career goal was to obtain an FCS agent position. She is very excited to work in the FCS Extension field, and cannot wait to impact the communities in Wolfe County.

Welcome, Alyssa!

NEAFCS ANNUAL MEETING



Quicksand FCS Agents participated in, and were recognized at, the 2019 NEAFCS annual meeting in Hershey, Pennsylvania. Agents enjoyed workshops, Chocolate World, and the States Night Out event.

NEAFCS AWARDS

Nanette Banks – Continued Excellence

Crystal Osborne – Distinguished Service

Laken Campbell – Past President's New Professional – 1st Place Southern

All Agents - Dean Don Felker Financial Management – Team Award – 2nd Place Southern

Quicksand Area Homemaker Meeting

Quicksand agents participated in the Annual Quicksand Homemaker Meeting, hosted by Knott County Agent, Linda Combs, and the Knott County Homemakers, on October 10, 2019. There were close to 100 Homemaker members and guests in attendance!

Thanks to Sally Mineer for the great Hershey photo!

