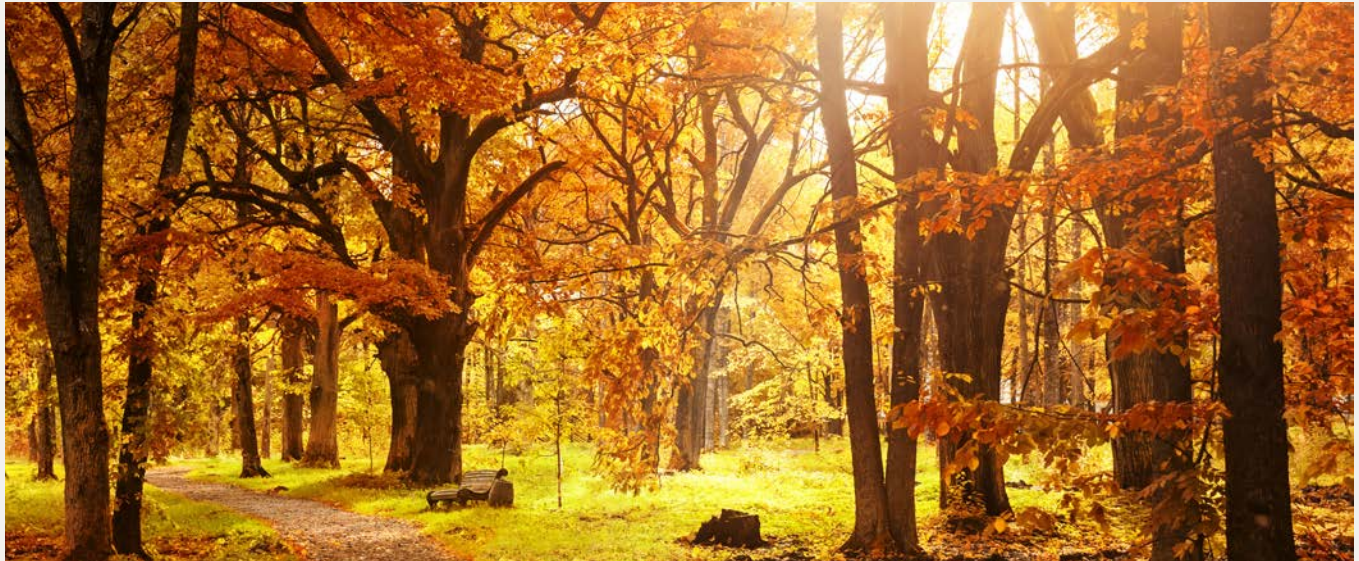


KEAFCS

2021 Newsletter Series



President's Message

By Mindy McCulley

Dear KEAFCS Members,

WOW! It has been quite a year! It is amazing to me that my term is quickly wrapping up. It seems like just only a few weeks ago I was "virtually" accepting the gavel from Melissa and now I am getting ready to actually hand it off to Leslie.

I am so excited about the great things that Leslie Workman and the Vice Presidents for Professional Development have planned for our annual session next month. First, just being able to see and be with you all will be amazing. But the things that they have packed into the very short time period will greatly benefit us all both in spirit and professionally.

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President's Message: Continued

Last week, as I spent time with you all at NEAFCS watching you present programs or viewing your posters or just hearing others talk about the things you have been doing, I just swelled with pride. And by the way, if you haven't signed up for the 30 for 30 multi-state Facebook group that Nicole Gwishiri is a part of, you need to ask her about it! Great things are going to happen there!

Last week all members of KEAFCS received an important message from Mary Hixon, Constitution and Bylaws Chair, regarding proposed changes to the bylaws to allow for the hiring of an Executive Secretary by KEAFCS. Please carefully review that email and the proposed changes and come to the business meeting prepared to ask questions and vote on this change.

Serving as your president has been one of the greatest rewards of my career. Last month, on our Fellowship Friday when we talked about gratitude I said that when I count my blessings, I always count you all. I am grateful for the opportunity to work with you and seek to serve you in the ways that meet your needs.

With a grateful heart,

Mindy

Mindy McCulley, President



NOVEMBER, 2021

KEAFCS NEW LOGO

After a statewide contest and with several options offered, the Kentucky Extension Association of Family and Consumer Sciences has chosen a new logo!



Awards Update

Lora Davidson, VP for Awards & Recognition

Kentucky submitted 87 awards (75 National entries, 12 state only entries). 54 of those entries went on to Nationals as state winners. We had 11 Southern Region Award Winners, 9 National Award Winners, along with our 3 Distinguished Service Award winners, and 1 Continued Excellence Award winner.

The National and Southern Region winners will be recognized virtually during the NEAFCS state meeting in November. State winners will be recognized at the KEAFCS meeting in December. Be sure to start thinking about your award entries for next year.

PHOTO BY MARTIN R. SMITH

Entries for next year 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. You may also view winning entries from this past year on the NEAFCS website. This allows you to look and see what an award-winning entry looks like and get ideas for your award entries.

This was my last term to serve as your VP of Awards and Recognition. I have learned a lot through the process of doing awards and all the demanding work that everyone goes through to submit the awards. Thank you for allowing me to serve you in this role. I hope we will have several winners at the NEAFCS meeting in North Carolina in 2022.

Lora Davidson, VP for Awards & Recognition



Area Updates Fort Harrod Area

The Fort Harrod Area Extension Homemakers annual event, formerly known as Craft Camp, has changed to Heritage Skills Day. The Anderson County Extension Homemakers hosted a wonderful day of heritage skills classes at the Boyle County Extension Office. Fort Harrod Agents were excited to host this event at the Boyle County office this year since the previous venue at Jabez was recently sold.

Classes ranged from Kentucky Egg Basket making, to fused glass, and pin weaving. Over 50 participants enjoyed a day of crafting and fellowship after 2 years without the event due to the pandemic. Participants came from all over the state, even as far as Boone County! Thanks to the Anderson County Extension Homemakers, Area Planning Committee, and FCS Agents who made this day run smoothly. Fort Harrod Agents are looking forward to hosting Heritage Skills Day in 2022.



FORT HARROD COUNTIES

Mercer County
Boyle County
Lincoln County
Garrard County

Anderson County
Jessamine County
Woodford County
Franklin County

Area Updates Lake Cumberland Area

Lake Cumberland FCS Agents have been busy getting the new program year underway. Like everyone else, once guidelines became less restrictive they hit the ground running. Counties have hosted self-care and creative arts classes, substance abuse programs & Community Candlelight Vigils, youth cooking programs & Cooking Through the Calendar Classes, fall early childhood literacy events, community engagement programs, Pumpkin Walks, and more. Everyone is currently busy coordinating holiday programs and events in their communities.

On a more personal note, Jordan Crain, Green County FCS Agent, will be missed. She left at the end of October. Lake Cumberland Agents look forward to new coworkers joining their area soon.

Although small in number, Lake Cumberland Agents remain mighty in heart!



LAKE CUMBERLAND COUNTIES

Taylor County

Green County

Casey County

Adair County

Cumberland County

Pulaski County

McCreary County

Wayne County

Russell County

Clinton County

Area Updates Lincoln Trail Area

Lots of exciting things have been happening with Lincoln Trail Agents! Here are a few of the highlights:

- Breckinridge County FCS Agent, Lynnette Allen, and Meade County FCS Agent, Jennifer Bridge, have completed the ESP Leads program and will graduate at the State Extension Conference in December.
- Jennifer Bridge won the national ESP Visionary Leadership Award. We are very proud of her!
- Grayson County FCS Agent, Natalie Taul, and her husband, Dustin, welcomed their second child, Easton Neil, on April 15, 2021.
- Hardin County FCS Agent, Dayna Fentress, and her husband also welcomed their second child, Sutton, on March 16, 2021.



LINCOLN TRAIL COUNTIES

Breckinridge County

Grayson County

Hardin County

Larue County

Marion County

Meade County

Nelson County

Washington County

Area Updates Northeast Area

The Northeast Area has seen some changes over 2021. We welcomed a new agent and said goodbye to a faithful friend! It's been great to have a few professional development meetings and make plans to attend the KEAFCS Annual Session in December.

"Hello," I'm Martika McCoy, the Martin County Extension Agent for Family and Consumer Sciences. I am a proud native of Inez, Kentucky. In 2010 I moved to Winter Haven, Florida, where I attended college and worked as a Community Nutrition Program Manager. After welcoming our first child in March, my husband and I decided to move back to Kentucky to be closer to our families. I am honored to begin my career here at home, serving my community.



NORTHEAST COUNTIES

Greenup County

Carter County

Boyd County

Lawrence County

Magoffin County

Elliott County

Johnson County

Martin County

Floyd County

Pike County

Northeast Area Continued

In June, Leslie Workman (Pike Co) and her husband, Jimmy, celebrated 25 years of marriage. In August, Leslie visited the Southern Living design house in Louisville with her daughter Paige, who's a senior interior design student at the University of Louisville.



October was an opportunity for professional development! Leslie traveled to Savannah, GA with other Kentucky representatives to the Epsilon Sigma Phi conference. Pictured here with KEAFCS member Sally Mineer, they toured a 6th generation cotton & peanut farm in Statesboro, GA. Learning about agriculture and farm families in a different part of our country was very enlightening.



NORTHEAST COUNTIES

Greenup County

Carter County

Boyd County

Lawrence County

Magoffin County

Elliott County

Johnson County

Martin County

Floyd County

Pike County

Northeast Area Continued

District 1 agents had the opportunity to travel to Maysville and test-drive a culinary tour of the city! We sampled small plates at several locally-owned restaurants and visited with chefs on our guided tour. Maysville is a beautiful small town along the historic Ohio River in Mason Co.



Lastly, it made us really sad to say goodbye to our all-around good-time gal, Alivia Faris in Lawrence Co. Alivia is a true blue Extension girl serving first at as intern under Donna Fryman in her home county (Fleming) before becoming an agent in Lawrence. We are thrilled she decided to stay with Extension and know she'll make a tremendous impact at her new home in Scott County!

Alivia is fun, funny, uber-talented, and genuinely sweet. We are grateful for all her work in the Northeast Area.

Best of luck, Alivia!



Area Updates Northern Kentucky Area

The Northern Kentucky Area Family and Consumer Sciences agents have been getting back to “normal” by offering more in-person classes with the additional option of a hybrid format. Agents have learned so much from March 2020 and are implementing positive discoveries to our educational programs.

The fall KEHA educational program, “Brain Matters,” was taught to our eight Northern Kentucky counties. Topics include: brain basics, managing stress, prepare to care, and mind diet basics. Our next Homemaker lessons will be taught at the January program called, “It’s More than just Me.” This program will focus on how to interact in a positive way with others. Generational differences, personality styles, conflict resolution, and principles of happiness will be explored.



NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Northern Kentucky Area Continued

NKY FCS Agents met to discuss the area happenings at the Campbell County Environmental Education Center in October. They were also able to take an educational nature hike around the grounds taught by environmental educational assistant, Aubree Dawson.



Pictured L to R: Kate Thompson (Campbell), Joan Bowling (Kenton), Rosie Allen (NEP area), Kathy Byrnes (Kenton), and Asa Conkwright, his wife-Carissa, and dog (Grant).

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Northern Kentucky Area Continued

We are sad to see Linda Brown-Price leave Kenton County to take on a new role as the KSU State Specialist for Family Financial Resource Management in Frankfort. She will be dearly missed!

We are excited to have new FCS agents on board in Grant and Boone Counties.

Asa Conkwright started in September in Grant County. Here is his short bio:
My name is Asa Conkwright, and I am from Winchester, Ky. I have a beautiful six-year-old daughter named Gracie and I have been married to my beautiful wife Carissa for 2 years. I have a BS degree in Dietetics and a MS degree in Nutrition and Food Systems, both from University of Kentucky. During my college career, I was able to participate in a program called “Super Star Chef” and I feel like that job sparked my interest in being an extension agent and ultimately lead to my marriage, as Carissa was one of my teammates at the time. I look forward to working in Grant County and sharing all my food and nutrition expertise and make an impact on my programming participants. I hope to change their lives as much as extension has changed mine.



Pictured are Asa and his daughter, Gracie

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Northern Kentucky Area Continued

In November, Liz Evans began her Extension career in Boone County. Here is her short bio:

Hi I'm Liz Evans! I grew up in Kenton County and received my bachelor's degree in food and nutrition from The University of Alabama. I completed my dietetic internship at UK Medical Center and started out my career as a dietitian there. During that time, I completed my master's degree in wellness promotion through Morehead State University. From there, I worked in the outpatient nutrition education realm. I'm married to my husband of 3 years, Brian, and we have a four-legged fur-child named Angus. We love to hike, camp, and are always up for an adventure! I am very excited to be a part of Boone County Cooperative Extension!



Pictured are Liz Evans, her husband Brian, and their dog Angus

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Area Updates Pennyrile Area

The Pennyrile Area has had many accomplishments since the Spring. Read on to learn how agents have made a difference in areas such as community health and wellness, food and nutrition, and COVID-19 response.

Community Health and Wellness

Nine counties in the Pennyrile Area offered a walking program that reached 159 participants. They reported 32,645,552 steps, 90% gained knowledge and skills to be physically active, 82% increased their physical activity, and 53% improved one or more health indicators.

Food and Nutrition

Early in the pandemic, grocery store shelves were bare and people relied on foods in their pantry. After a series of three classes, participants made dishes without using recipes, cooked healthier meals using pantry items; and used substitutions from the pantry.

For people with hypertension, herbs and spices can add flavor and reduce the need for salt added to foods. Participants in and Herbs and Spices class reported applying what they learned to plant, grow and use herbs for the first time.



PENNYRILE COUNTIES

Todd County

Christian County

Hopkins County

Lyon County

Caldwell County

Crittenden County

Mulenburg County

Livingston County

Pennyrile Area Continued

Covid Response

The Crittenden County Extension Facebook page increased from 101 to 1221 likes and reached a total of 41,738 people. A worked together as a team to posting videos such as desert dish gardens, herb gardening, and Cook Together, Eat Together.

Caldwell County offered a slow cooker and baking challenge. Seventy Grab Bags were distributed filled with key ingredients for the recipes demonstrated. Eight recipes were demonstrated and distributed via Facebook and Youtube. 1,939 people have viewed the videos.



PENNYRILE COUNTIES

Todd County

Christian County

Hopkins County

Lyon County

Caldwell County

Crittenden County

Mulenburg County

Livingston County

Area Updates Quicksand Area

Leslie County Extension FCS and 4-H Community Gardeners planted gardens with varieties of tomatoes, cucumbers, peppers, onions, squash, watermelons and more.

For some, container gardening was a better option. Leslie County FCS Extension offered a Container Gardening lesson sharing lots of educational literature along with the Farmer's Market Shopper's Guide. We explored the many pros of container gardening along with sharing our own experiences in gardening. Everyone planted their own tomatoes or peppers in a 5-gallon size fabric container interplanted with lettuce seeds and onion sets. Container gardening offers opportunity to garden on a small-scale meeting needs of those with limited space and time for traditional, large-scale gardens.

Farmers from 4-H clover bud to adult ages across Leslie County continue to practice their skills with families and community as they become gardeners! Lots of fresh farm-to-table sharing has been enjoyed across our county. Community working with Extension sustaining nutrition and educating youth and families is an ongoing part of our Extension mission.



QUICKSAND COUNTIES

Breathitt County

Knott County

Lee County

Letcher County

Owsley County

Perry County

Wolfe County

Quicksand Area Continued

Lee County, in Eastern Kentucky, has numerous types of wild game that can be harvested. Although a large number of wild game can be harvested, there is a lack of knowledge on how to prepare the meats, as well as, proper field to refrigerator practices.

In Lee County, the Agriculture and Family & Consumer Sciences Agents partnered together to do a two part Venison Program. The first class involved participants coming in to watch a deer be processed by Dr. Greg Renfro.

The second part of the program involved the series, titled Cook Wild Kentucky. Which features 24 recipes with some of the state's most popular wild game including venison, rabbit, fish, frog, dove, and duck. In the Cook Wild Program, the FCS Agent in Lee County prepared samples of 6 different venison recipes that participants were able to sample. Two participants tried venison for the first time. In the program agents talked about ways that you can prepare the meat without just using a "frying" method. Participants were able to take home a wide range of recipe cards.



QUICKSAND COUNTIES

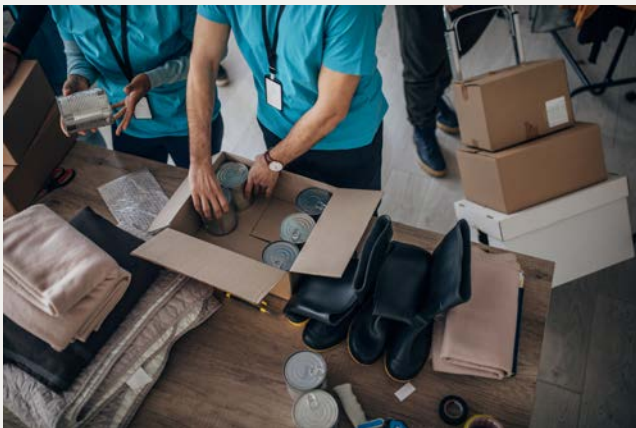
Breathitt County
Knott County
Lee County
Letcher County

Owsley County
Perry County
Wolfe County

Quicksand Area Continued

Former Wolfe County Family and Consumer Sciences Agent, Alyssa Cox, recently partnered with the UK Center of Excellence in Rural Health, Kentucky Homeplace, and the Wolfe County Health Department to host the Appalachian Community Health Days at the Hazel Green Fire Station #2 monthly food distribution. Participants were offered free food and produce, COVID-19 vaccinations, health screenings, and free medical supplies. Around 300 families benefitted from this drive-through event!

PHC Since conducting this program, Alyssa transferred from the Wolfe County FCS Agent position to the Rockcastle County 4-H Agent position. She began her new placement on November 1st, 2021. She is excited to be back home with her family but will certainly miss her FCS family! Agents in the Quicksand Area wish Alyssa the best of luck!



QUICKSAND COUNTIES

Breathitt County

Knott County

Lee County

Letcher County

Owsley County

Perry County

Wolfe County

Quicksand Area Continued

The Quicksand Area Agents celebrated the retirement of colleague, Linda Combs, in early Fall, 2021.

Linda started her UK Cooperative Extension career January 1, 2000. Her UK extension career ended October 1, 2021 when she retired. Linda thoroughly enjoyed her extension career.

The highlights, according to Linda, were helping those in her small rural community improve their lives, and take what they have and make it better. Linda loved the variety of the work schedule from working with preschool to those in their later years. On the professional side, she loved working with agents across the state. She hoped she helped newer agents in their career with encouragement. Doors opened by participating in professional development opportunities benefited not only her career, but benefitted her personal life also. She plans to live quietly and fully during retirement.



QUICKSAND COUNTIES

Breathitt County

Knott County

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Letcher County

Owsley County

Perry County

Wolfe County

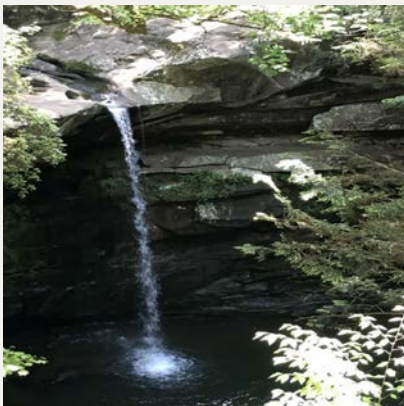
Area Updates: Wilderness Trail

Lora Lee Howard, Clay County Family and Consumer Sciences Agent, has retired after 40 years of service. Her last day was August 31st. We will miss her but wish her the very best in this new journey. Enjoy!

Lora Davidson transferred from Harlan County FCS to Laurel County FCS. She started her new position on June 1st.

Congratulations are in order for Matti Coffey, Whitley County FCS Agent, she and Rockcastle Ag Agent, Garrard Coffey, got married on June 19th. Best wishes on your new life together!

The University of Kentucky Cooperative Extension Service, Wilderness Trail Area Family and Consumer Sciences Agents, met in May for FCS Association in Jackson County. Rockcastle Ag Agent, Garrard Coffey, took us on a beautiful nature hike at Flat Lick Falls. He talked about the history of the area and helped identify trees and plants along our walk.



WILDERNESS TRAIL COUNTIES

Laurel County

Whitley County

Bell County

Harlan County

Clay County

Rockcastle County