

KEAFCS Newsletter - Spring 2009

Message from President, Donna Fryman

Wow, 2009 has been an exciting year so far. Thanks for everyone's support. I attended the KEHA board meeting and those leaders are amazing. They work so hard, but have fun. As I write this, Linda Combs and I are making plans to attend PILD to help promote KEAFCS and to learn more about public advocacy. Also thanks for allowing Sally Mineer and myself to attend the JCEP meeting in Florida. We met many wonderful agents from across the South and North. Judith Hetterman has done a fabulous job as Southern Regional director. Lora Lee Frazier Howard has submitted her credentials to follow in Judith's footsteps. Judith has submitted her credentials for Treasurer. She is trying to keep up the momentum that Debra Cotterill has done with getting the national budget in good order. Let's hope these ladies get the opportunity to serve our National Association.

Please take a few minutes to look at the NEAFCS website and make plans to attend the 75th anniversary meeting of NEAFCS. Our Southern partners have planned a great meeting for September 14-18th in Birmingham, Alabama. Registration for the conference and hotel is now open. Sign up early. Sally Mineer has agreed to make arrangements for State Night out. Be watching for details. Please sign up for some of the committees. There are plenty of opportunities to help our association and your self as you strive to move up the career ladder.

One last note, please help support the new "Living Well" Recipe/Reference Book project that NEAFCS is working on. Debra Cotterill is the chairman. Please help support this endeavor to help raise funds for NEAFCS. This project will also add to KEAFCS treasury as well. If many agents sign up to help, no one has to put in much time. Check the NEAFCS website and sign up through the online application. If you have questions, please contact Debra Cotterill at dcotteri@uky.edu or call her at 606-564-6808.

President-Elect – Sally Mineer

KEAFCS Annual Meeting will be held on December 2-4, 2009 at the Crowne Plaza Hotel in Lexington, Kentucky. The Area Vice Presidents for Professional Development held their first planning meeting and we have lots of good ideas for successful, educational and fun meeting. Go ahead and mark your calendars now and more information will be coming in early fall. You may go ahead and make your room reservations by calling

1-859-255-4281, the room rate is at \$89.00 and reservations must be made by November 1, please identify yourself as being with the KY Association of Family & Consumer Sciences to receive the room rate.

NEAFCS- September 14-18, 2009 in Birmingham, Alabama, registration is now open and you may register by mail, e-mail or fax. The early bird full registration is \$345.00 First, you will need to make room reservations at the Sheraton Hotel and have your confirmation number and then proceed to register for the meeting, this will keep you from being charged an additional fee. I will be making plans for our State's Night Out event and will be getting that information this summer. Please make an effort to attend the NEAFCS meeting and help celebrate 75 years of success. I believe this will be a great meeting and will help motivate and inspire you. If you have questions feel free to contact me or consult the NEAFCS web site.

KEAFCS Past President- Nancy Hunt

Two Friends of Extension Family and Consumer Sciences – Outstanding Leader Awards will be awarded at the 2009 KEAFCS annual meeting. Two awards are given each year with entries from areas on a rotating schedule. This year we will be recognizing leaders from the Northeast and Licking River Areas. Area presidents are in charge of the selection process for their area and they received deadline information at the spring board meeting. This award is designed to recognize truly outstanding support and/or involvement in Extension Family and Consumer Sciences efforts.



Pennyrile Area – Jill Harris

In January, Courtney Head joined us as the new Extension Agent for Family & Consumer Sciences in Caldwell County. Courtney, a native of Logan County, graduated from Western Kentucky University in December, with a major in Family and Consumer Sciences Education.

Pennyrile Area FCS Agents, Pennyrile Area Homemakers, and Master Clothing Volunteers, hosted "Come Sew with Us," a seminar for beginning and advanced sewers. Some of the topics included hand sewing, pajama bottoms, using a serger, and basic machine sewing.

Laura Holt in Muhlenberg County hosted the Pennyryle FCS Agents and Karen Ramage, District Director, in May at her home. Laura arranged a tour of the House of Onyx in Greenville, where we learned about different types of gemstones, minerals and fossils.

Nancy Hunt, Crittenden County, is serving as chairman of Join Council of Extension Professionals.

Jill Harris, Todd County, served as a reviewer of proposals for the NEAFCS Annual Session in Birmingham.

Purchase Area – Vicki Wynn



The Purchase Area FCS agents sponsored a workshop on March 17, "Spring into Green--Home Edition" at Mid-Continent University in Mayfield. 102 participants enjoyed sessions on: 1) How to Repair a Leaky Toilet, 2) The Re-purposed Home, 3) Clearing the Clutter 101, 4) Greening your Environment with Vinegar & other Natural Products, and 5) Low-Sew & No-Sew Accessories for the Home. Catherine Dunn of Creative Interiors

also demonstrated how to turn an ordinary house into an extraordinary home by using accessories you already have.

Green River Area – Amanda Hardy

In January Green River Area hosted the District 6 FCS Agents Retreat at Audubon State Park with our guest David Herbst, District 6 Director and Dr. Henning. We are also excited to welcome our new agent Amber Meeks to McLean County. Amber started in April. Amanda Hardy transferred from McLean County to Henderson County in November. We have two agents that will climb the career ladder in June. Katie Englert will complete her MAE in Marriage and Family Therapy from Western Kentucky University this summer and Melanie Bealmear will complete twelve hours in Adult Education. We continue as a district to work on our District newsletter "Handprints" and distribute these to local daycares and preschools.

District 1- Eugenia Tackett

District 1 FCS agents in Kentucky have had an eventful year. District 1 FCS agents attempt to meet monthly to discuss Homemakers events as well as KEAFCS business. The meetings are also an opportunity for us to learn about the culture and heritage of

our surrounding counties. In November 2008 the meeting was held at the McConnell House in Greenup County. This heritage house is a landmark for the county and can be rented for private events. In December 2008 District 1 met at Debra Cotterill's home and had a tour of the Mason County museum and doll house exhibit. There we got a behind the scenes look at how a museum is set up. In January we met in Boyd County and worked on award applications. March 2009 found us in Lawrence County where an auction was held as well as discussion about upcoming events and Homemaker leader lessons. We also had the following individual accomplishments:

- Thanks to grant funding Gwenda Adkins (Elliott County) now has an assistant for Environmental Education and one for Agritourism.
- Sara Brooke Jenkins (Magoffin County) will be taking office as President of KAFCS in June 2009.
- Sally Mineer (Lewis County), Rita Spence (Greenup County), Martha Perkins (Rowan County), Debra Cotterill (Mason County) and Sara Brooke Jenkins were all nominated by their peers to the KAFCS Hall of Fame.
- Martha Perkins and Peggy Powell (Montgomery County) attended the Priester Conference in Indianapolis and presented a session (along with Trevonia Hughes from HEEL) on the Mental Health and Aging Initiative, a program that was piloted in District 1.
- Sally Mineer was given the lifetime award from KAFCS and she received the KAFCS Leader Award. Also congratulations to Sally as being installed as President Elect of KEAFCS.
- Debra Cotterill has accepted the position with the NEAFCS Living Well Reference Book Chairman.
- Peggy Powell attended the 2009 Center for Clinical and Translational Science Spring Conference.
- Eugenia Tackett (Pike County) and Linda Combs (Knott County) along with Dr. Ann Vail are members of the Appalachian Information Technology Extension Services (AITES) Kentucky Partners Board. Knott and Pike Counties are the two pilots in Kentucky at this time. As Kentucky Partners board members we join the AITES team as an integral part of bringing about workforce development and change in our communities by providing pathways for females to enter the information technology jobs in our communities.

- Ashley Hampton (Menifee County) has resigned and now holds a new position with the University of Kentucky through the Office of Development helping with fundraising for the Robinson Scholars Program.

Quicksand Area FCS News, Linda Combs

All 8 FCS agents from the Quicksand area attended the State meeting in December 2008. Congratulations to: Martha Yount – Continued Excellence and Environmental Education award winner; Crystal Osborne – Food Safety award, 2nd place – Team entry – Marketing package; Glenna Wooten – 2nd place for Healthy Lifestyles Education Grant, 2nd place Written Press Release; Linda Combs – 2nd place Educational Curriculum Package; and Nanette Banks – 2nd place – team entry – Marketing Package.

All 8 agents are proud members of the KEAFCS association.

The agents have participated in stress relief and yoga lessons, making shaker boxes at the Wood Center at Quicksand, and making foot stools with Peggy Helton.

Congratulations to Crystal Osborne and Natasha Lucas for completing the Kentucky Public Health Leadership Institute.