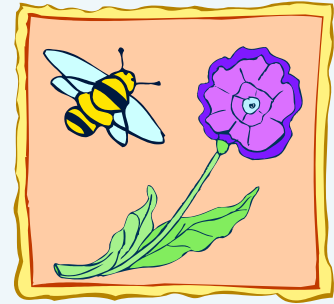


KEAFCS Newsletter

Spring / Summer 2015



President's Message



Can you believe how fast our time is passing? It seems like only yesterday we were at our National Meeting in Kentucky and now it's time to register to attend the National Meeting at the Greenbrier Resort, Whiter Sulphur Springs, WV. November 2-5. If your county doesn't supply you enough Professional Development Money to attend our National meeting, remember we have the Silent Auction Money to help those agents that need extra money to attend a Professional Event. Just let me know and I will contact our board members to work out a plan for you.

This year has been so exciting, and given me the opportunity to meet and serve on different Extension Boards. Recently I brought greeting to our Kentucky Association of Family and Consumer Sciences from KEAFCS. They had a wonderful state meeting in Lexington. Many of our FCS Agents are also members of KAFCS. Elizabeth Creed was their past president.

I am also serving on the Joint Council of Extension Professionals (JCEP). Natasha Lucas has just completed her term as president of JCEP. How proud we are of all our FCS Agents and their willingness to serve as leaders. It takes a lot of time to serve as an officer but also very rewarding. Thank you to all of our FCS Agents and your great leadership.

Being president of our KEAFCS also offers me the opportunity to serve on the board of the Kentucky Extension Homemakers Association. For the first time in several years our KEHA had an increase in membership. Thank you, agents, for working so hard to increase membership in your counties. Ruth Chowning's county had the greatest increase of members. (Agents are always willing to help new agents with ideas to increase their membership.)

Sheila Faubush and I represented you at the Public Issues Leadership Development Conference in Washington, D.C. (PILD) We had the opportunity to visit the Kentucky Members of Congress and share with their staff important information about Extension programs in their district. The Staff assistants urged agents to invite their Congressman and Senators to Extension programs. One staff assistant said she read 15 county newspapers a week. In another office, there were county newspapers displayed. FCS Agents, they do keep up with what we are doing in their districts. This is a great conference that all agents would enjoy attending. (If you would like detail information of sessions we attended, just contact us)

Thank you for all the work you are doing in your county, area and state. Don't forget to sign up to work at the FCS Booth at the Kentucky State Fair. This is another opportunity to spread the word about what we are doing in all counties. I look forward to serving you as your president the remainder of this year and seeing you at our State Fair and the NEAFCS Conference.

Sincerely,
Edith Lovett, KEAFCS President

President Elect/ Vice President for Professional Development

Attended **2015 JCEP Leadership Conference** "*Leading Through Trust*" February 11-12 in Las Vegas, NV Conference focused on:

- Enhancing the professional's leadership skills
- Offering Extension professionals an opportunity to share successful leadership programs, skills and techniques
- Training association members for leadership positions and roles
- Networking with Extension professionals from across the country

Featured speaker, **David Horsager**, author of "The Trust Edge"

- "The single uniqueness of the greatest leaders and organizations of all time is Trust."
- "A lack of trust is your biggest expense in business and in life."
- "If you won't stay trusted, you won't stay relevant."
- "The #1 most trusted profession in the world is Mom—it's because she thinks beyond herself."

Horsager's **8-pillar framework** for developing trusted leaders and organizations:

- Clarity – People trust the clear and mistrust the ambiguous.
- Compassion – People put faith in those who care beyond themselves.
- Character – People notice those who do what is right over what is easy.
- Competency – People have confidence in those who stay fresh, relevant and capable.
- Commitment – People believe in those who stand through adversity.
- Connection – People want to follow, buy from, and be around friends.
- Contribution – People immediately respond to results.
- Consistency – People love to see the little things done consistently.

NEAFCS Association Meeting

- Currently 1720 active NEAFCS members
- Contract renewed with national office for four years
- Affiliate Officers Toolkit located on the website
- Take advantage of webinars and recorded sessions.
- Visit the Facebook page and post your best practices and program ideas.
- Become familiar with the Strategic Plan for 2013-2016 (see Toolkit).
- Experienced agents should consider mentoring first time members.
- 2015 NEAFCS annual session November 2-5 at The Greenbrier; (visit www.neafcs.org for detailed hotel and registration information).

I have received replies from 25 members who plan to attend the annual session in West Virginia. As mentioned in the previous email, suites and cottages are available for groups who would like to stay together. District 7 agents have reserved a Tansas Row Cottage: <http://www.greenbrier.com/Accommodations/Legacy-Cottages/Tansas-Row-Cottages> and are looking forward to a great time together! Arrangements are being made for State's Night Out, so if you haven't replied that you plan to attend this year's annual session, please do so soon. I appreciate your response.

The KEAFCS annual meeting will be held December 2-3 at the Hilton Lexington/Downtown <http://www.lexingtondowntownhotel.com/>. Reservations can be made by calling 1-859-231-9000, or 1-877-539-1648, using code **KYEAFC**. The standard room rate for single or double occupancy is \$109 and includes free wi-fi in all rooms and meeting areas.

The All-School Conference will be held at Lexington's Embassy Suites (site of the NEP training) on December 1, with registration at 8:30 and opening program at 9:30. More details about the All-School Conference will be available soon.

Thank you for your commitment to our professional organizations. I look forward to seeing you in November & December!

Sincerely,
Vicki Wynn

Vice President for Awards and Recognition

Thank you for your patience and understanding during the first year of submitting applications on-line. Thirty agents submitted 68 award entries. Fifty-six of those were NEAFCS awards, and 12 were Kentucky only awards.

Nine NEAFCS categories did not have entries (Greenwood Frysinger, Educator of Year, Past President's New Professional, Research, Child Care, Educational Curriculum, Internet Technology, Housing Outreach, Clean and Healthy Families and Communities). The KEAFCS Outstanding Agent and Pride of Kentucky Grant did not have any applications, either. Now is a good time to be thinking about awards you can enter in those categories next year!

Forty-three entries were submitted to NEAFCS as state winners, and four KEAFCS categories had first place winners. Everyone has been notified, however, since our KEAFCS Awards and Recognition Banquet is not until December, please wait until that time to publicize your accomplishments.

Thank you to everyone from across the state who assisted with judging. The feedback from the judges was used to correct errors in the electronic copies before they were sent on to NEAFCS. At the national level, the awards will only be judged electronically. The most common mistake was leaving off 5x7 action photo, and other mistakes included narratives, supplemental pages, or letters of support that were not uploaded due to file space.

Remember when you submit awards to check the NEAFCS Awards manual for the guidelines and follow those. It makes it easier to read if you write your narrative in an outline format, and include your name and award category on each page. I cannot stress enough how important it is to get someone to

proofread for grammatical errors, misspelled words, and incomplete sentences. Sometimes, that is the determining factor for not winning.

At the KEAFCS board meeting, the board voted for the Kentucky only awards be submitted electronically next year. I hope that will make applying for awards much easier, and I hope more people will apply. For the Awards Banquet at the NEAFCS meeting, the board voted to purchase a corsage for the person submitting the award application, and not for all team members.

I learned a lot this year about the on-line awards process, and, although I will not be the VP for Awards and Recognition next year, I will be happy to help any way I can.

Sincerely,
Jill Harris

Vice President for Public Affairs Report

In April I traveled with Edith Lovett from our association to the Public Issues Leadership Development (PILD) Conference in Alexandria, Virginia. The theme for the 2015 PILD Conference was “Imagining Extension – Eyes on the Future.” The entire conference was informative and a great time to build networks across the extension professional associations.

There were many conference hi-lights. The NIFA National Program Leaders met with the FCS delegates from across the United States to provide updates on national FCS programs and the impact these extension programs are making across our country. In another session, we learned about our two roles—educating and advocating—when we send information to our legislators or visit with them.

Then we spent the final day of the conference visiting with our legislators on Capitol Hill. Our Kentucky delegation broke into several groups so that we could visit the offices of all our representatives and senators. The groups I was in visited Representatives Guthrie, Barr and Massie plus Senator McConnell’s office. We actually got to visit with two of the representatives and the office staff of the others. It was great to see hometown newspapers lying on the coffee tables in the reception areas of the offices. The office staffers and the representatives had personal experience with or knowledge of the extension service in their areas of the state. Keep up the good work of sending short updates to your national and state representatives and senators!!! Do invite them and their staffers to special extension events in your county.

One gets such a sense of history in the Washington, D.C. area with all the Smithsonian museums, the Library of Congress and our established process of government. To add to the nation’s history, we celebrated the 125th Anniversary of the Passage of the 2nd Morrill Act during the PILD Conference. During our visit to Capitol Hill, our delegation toured Senator Mitch McConnell’s office that included the portico where Senator John F. Kennedy’s dog used to roam up and down. Senator McConnell’s office space was once occupied by Senator John F. Kennedy! Then to add to the history of our nation’s capital, I can say that the Kentucky delegation was on Capitol Hill when the one-man flying helicopter illegally landed on the capitol lawn! As in any news making event, there were police, emergency squads and roped off areas all over the place!

And now, as Paul Harvey would say, the rest of the story....

- ✓ GOOD NEWS Story -- I took ribbon-tied Plate It Up! Kentucky Proud recipe cards to Capitol Hill to give as gifts to the staffers and our representatives and senators. Everyone was appreciative

and excited to try these recipes. This gift provided an opportunity for me to give them a short synopsis of the Plate It Up! joint project. They were all impressed by the work and coordination that went into the recipe cards! Keep up the great work!!!

Sincerely,
Sheila Fawbush

Vice President for Member Resources

We currently have 150 members that belong to KEAFCS. We have 3 new FCS agents since December 2014. If you have new agents please encourage them to join KEAFCS.

NEAFCS members only is having a Webinar July 16 on Home Food Preservation Research and Practice Today and Totally Veggies Part A: Aug 4 Part B: Sept 15

[NEAFCS 2015 Annual Session](#) • Nov 2-5 White Sulphur Springs, WV. Hope to see many of you attend the national meeting this year.

Sincerely,
Amanda Hardy

Bluegrass Area

The Bluegrass Area FCS Agents have been very busy through the winter and spring. Due to some very unaccommodating weather, our Living Well: The Gardening Edition had to be rescheduled. We will have pictures and additional information to share in the next newsletter.

In other news, we have had a few personnel changes in our area. First, Liz Kingsland, former Bourbon County agent, has found a new home in Fayette County with Dianna Doggett.

Second, we would like to welcome our newest addition. Kay Denniston has been hired as the new agent in Bourbon County. Her first day on the job was Monday, April 13th and she has hit the ground running! Welcome Kay, we all look forward to working with you!

Fort Harrod Area

SNAP-Ed/NEP Assistants

This year many counties in the Fort Harrod Area received a SNAP-Ed or NEP assistant. Some counties are welcoming this position for the first time. It's very exciting to have more folks available to go out into our communities to teach nutrition education.

Gardening Seminar

This year for our spring area wide seminar the subject was gardening. Horticulture Agents, Specialists, and nursery experts offered information about garden health. Lunch was catered by Sage Café from nearby Franklin County. All participants learned the value of beneficial insects in the garden including

monarch weigh stations. Overall, participants were given plenty of good information to set them up for a productive growing season.

Spain

This summer two agents from the Fort Harrod Area, Elizabeth Creed and Alethea Price, and one agent from the Bluegrass Area, Gina Noe, got to participate in the 2015 Study Tour to Spain with Dr. Ann Vail. This 12 day travel experience took us through quaint little towns and also larger cities. Starting in Madrid, the streets were lined with people to see the parade celebrating the religious holiday of Corpus Christi. This holiday is a celebration of the body and the blood of Christ. It was a wonderful experience to share in this cultural event on our first day in Spain. While in Madrid, we visited many museums including the Prado which holds many masterpieces by Valazquez, Goya, Titan, Ruben and included some of Picasso's work. We also had the privilege of touring the Palacio Real where the royal family lives. At the end of our stay in Madrid, we stopped at El Rastro, one of the largest flea markets in Europe.

Just a short high-speed train ride took us from Madrid to the ancient city of Toledo. Overlooking the Tagus River, Toledo sits on a hill and it's small, cobblestone streets are very charming. There we toured a sword factory which captures the essence of historical metal working of the area. Toledo is known also for ceramics, gold, and a pastry confection called mazapan. We also toured the Cathedral of Toledo and El Greco Museum.



The next stop on the tour was Seville. There we visited the Cathedral and Giralda Bell Tower which is the world's largest Gothic cathedral which houses Columbus' tomb. After Seville we traveled to Granada and visited The Royal Chapel, a gothic chapel which houses the tomb of King Ferdinand and Queen Isabella. While in Granada, we explored the Moorish Palace of Alhambra. It was a good thing we had a whole day to tour this location since it contained multiple palaces and lush gardens.

Our Spanish tour ended in Barcelona where we experienced big city life similar to large cities in America. The most interesting place we visited in Barcelona was the Sagrada Familia. This church was one of Antoni Gaudi's most famous works. Although unfinished, Gaudi's basilica is famous for its non-traditional style, use of light and stained glass windows.

Green River Area



Green River Area Agents met for a painting party!

The Green River FCS agents enjoyed the opening banquet of the 2015 KEHA meeting with their Homemaker members.



Lincoln Trail Area

News and Notes:

- Dayna Parrett transferred from Nelson FCS to Hardin FCS
- Jennifer Bridge, Meade County FCS Agent, completed a Master's of Arts Education in Adult Education and received outstanding Graduate student in her program.
- Dustin and Natalie Taul, Grayson County FCS Agent, are expecting their first child in December 2015!
- Lincoln Trail Area and Lake Cumberland Area participated in a Professional Development Day to Louisville Stoneware to learn about the pottery industry and economic development.
- Jennifer Bridge, Meade County FCS Agent and Kelli Bonifer, Adair County FCS Agent attended the National Extension Volunteer Conference in Portland, Maine in May. It was a great conference and FCS can benefit from learning how to better engage volunteers.

Hardin County Homemakers in Progress:

Hardin County has a new Homemakers club. Over 50 young adults attended the first meeting of the Hardin County Homemakers in Progress. They don't quite feel that they're real Homemakers yet, but that's why they're there- to learn to be Homemakers. The majority are young moms, both working and stay at home. Some single girls, some married with no children, and some grandmothers. They're a great mix and they love to have fun. Right now their focus is on the things they need now – canning, couponing, freezer meal prep, etc... But they're educating themselves on Homemaker rules every day. They have already had a few successful fundraisers, and are putting into place a community service chairman so that they can start giving back to the community. About 25 members attend regularly, while others participate via their Facebook page and their blog summaries of each meeting. They're a great group who give the Hardin County Homemakers a very bright future!

Louisville Area

Spencer County FCS Agent Allison Lewis went on the Spain Study Tour.

Bullitt County FCS Agent Ruth Chowning, Shelby County FCS Agent Sheila Fawbush and Trimble County FCS Agent Jane Proctor will go on the Chicago Study Tour.

Northern Kentucky Area



The Northern Kentucky Extension Agents for Family and Consumer Sciences have enjoyed a great spring! On May 18th the agents hosted the annual Paraprofessional Day to honor the FCS program assistants for all of their hard work throughout the year. The tour of the *FoodChain* in Lexington provided us with education and demonstration of innovative, sustainable food production inside of an old bread factory in downtown Lexington. Tilapia are grown inside large tanks and the water is filtered through the aquaponics beds to grow fresh foods such as lettuce and herbs that are used in the adjoining restaurant.

A nice lunch followed the tour and a plaque was presented to Cheryl Brown, Kenton county FCS program assistant from Kathy Byrnes for "Outstanding Paraprofessional"



On a more personal level the Northern Kentucky FCS Agents also surprised Sherri Broderick (Gallatin County) and Katie Trump (Boone Co.) with a baby shower. Agents presented gifts and made personalized onesies. We are anxiously awaiting the birth of their little bundles in July.

Pennyrile Area

The Pennyrile Area has celebrated (and mourned!) the retirement of another FCS agent. Nancy Hunt retired from being the FCS agent in Crittenden County on February 6, 2015. Nancy is looking forward to travel with her husband, Charlie, and spending quality time with their grandson, Russell. We will miss her dearly!

On April 29, 2015 the Pennyrile agents attended the Country Living Fair in Lebanon, TN, as part of their professional improvement. It was a real lesson on upcycling the unimaginable and the latest trends in home décor.

Congratulations to Morgan Orange, FCS agent in Livingston County! She is engaged to be married on October 10, 2015.

The Pennyrile Area and the Purchase Area are joining forces to plan a District 7 study tour to Charleston, SC, in May of 2016. We are all looking forward to that opportunity.

Quicksand Area

The District 2 FCS agents attended a short learning retreat in Pigeon Forge, Tennessee. Agents shared program ideas and successes in each of the 7 FCS initiatives, ate, laughed, cried together and simply became closer co-workers and friends.

We plan to take the months of June, July and August to spend as much free time as we can with our families.

We are making plans to attend NEAFCS 2015 in West Virginia.



Retirees
Judith O'Bryan

Four new retirees were honored at this year's KEAFCS meeting in December. From Left to right: Grace Angotti (17 years), Pat Margolis (27 years), Martha Perkins (35 years), and Peggy Powell (42 years).



On the first Tuesday of June each year FCS retirees from across the state meet in Bardstown to welcome the new retirees and spend several hours fellowshiping with past agents and specialists. As retiree chairman, I have the privilege of meeting with this group and enjoying a full day of fellowship. This year a group of over 30 retirees met and had a fabulous time eating and talking with everyone. Much thanks to Janette Chapman and Geraldine Watson for coordinating the event. Since having a "program" seems to be written in our DNA as agents LOL Janette and Geraldine ask each person to share for a few minutes on what they've been doing over the past year. As you can imagine there is a lot of volunteer work, some travelling, quite a few grandchildren and even a few that have gone to work other jobs. These ladies are some of the busiest women in the state. The central theme of the day is retirement is wonderful; you get to do what you love when you want to do it and you can always say no.

